




DOMESTIC VIOLENCE AND COVID-19

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A circular portrait of Smita Varia, a woman with dark hair and glasses, smiling. The portrait is set against a background of green foliage and is framed by a white circular border with a blue, watercolor-like splash effect around it.

Hello!

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Today's Agenda:

- Dynamics of Domestic Violence
- Domestic Violence during COVID-19
- Resources

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**We are going to be talking about violence and abuse.
It can be hard to hear and talk about.
If you need a break,
please feel free to step away.**

**If you need assistance, please call the
Montgomery County Crisis Center at 240-777-4000
to speak with an advocate.**

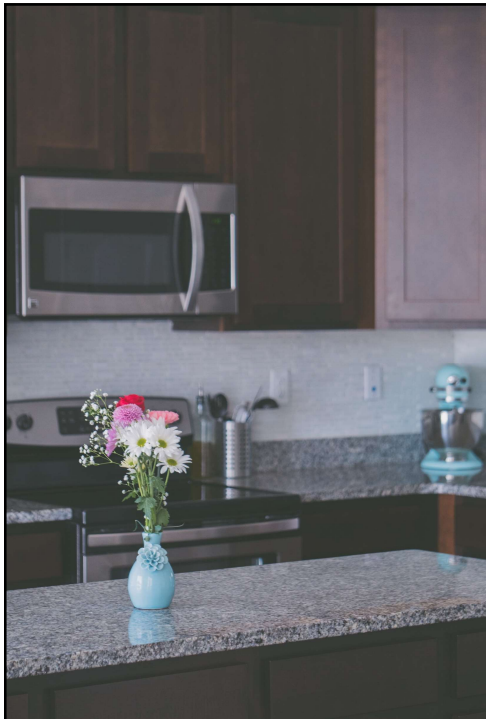
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What is Domestic Violence?

It is a pattern of behaviors used by one partner to **gain and maintain power and control** over another partner in an intimate relationship.

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Domestic Violence Statistics

- 20 people are physically abused **EVERY MINUTE**.
- More than **1 in 3 women** and more than **1 in 4 men** have experienced rape, physical violence and/or stalking.
- **1 in 3 teens** in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner.
- An average of **10 protective orders per day** are filed in Montgomery County.

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Types of Violence

Physical Abuse

- Physical force with the intent to cause fear or injury

Emotional Abuse

- Non-physical behavior with the intent to diminish the other's dignity and self worth

Sexual Abuse

- Any action that pressures someone to do something sexually they don't want to do.



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Types of Violence

Technological Abuse

- Use of technology and/or social media to intimidate, harass or control

Stalking Abuse

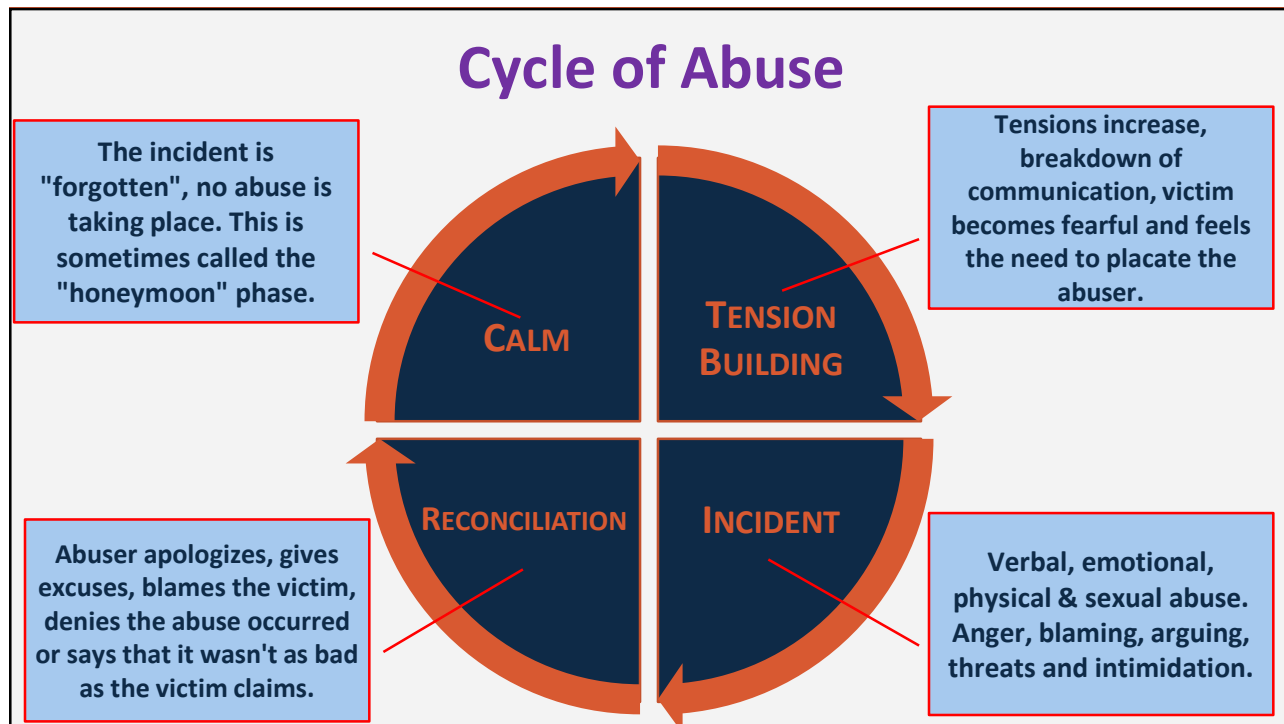
- Being repeatedly watched, followed, monitored or harassed

Financial Abuse

- Using money to control the other person



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Effects on Children

Witnessing domestic violence in the home can be a traumatic experience with lasting consequences on their mental and physical health.

- Frequent nightmares
- Fear and anxiety
- Reverting to an earlier stage of development
- Feel guilty, or believe that the abuse is their fault
- Poor school performance
- Difficulty with attachment

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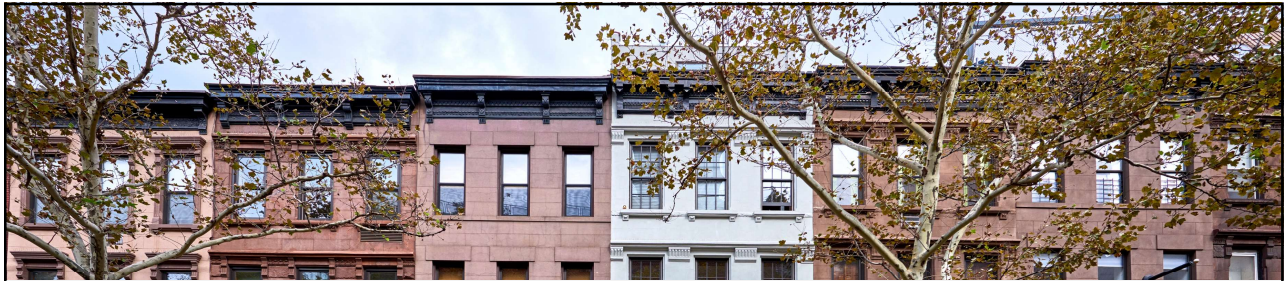
My stage had a young girl, half an octave, who sang "Tib.
No. 1" and was reinforced by my father. A bell, which was, and
only a few days, on the first day.

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Fear
Isolation
Children
Love
Lack of Money/Resources
Cultural/Religious Reasons
Language Barriers/Immigration Status
Believing Abuse is Normal
Fear of Being Outed
Embarrassment or Shame
Low Self-Esteem
Disability

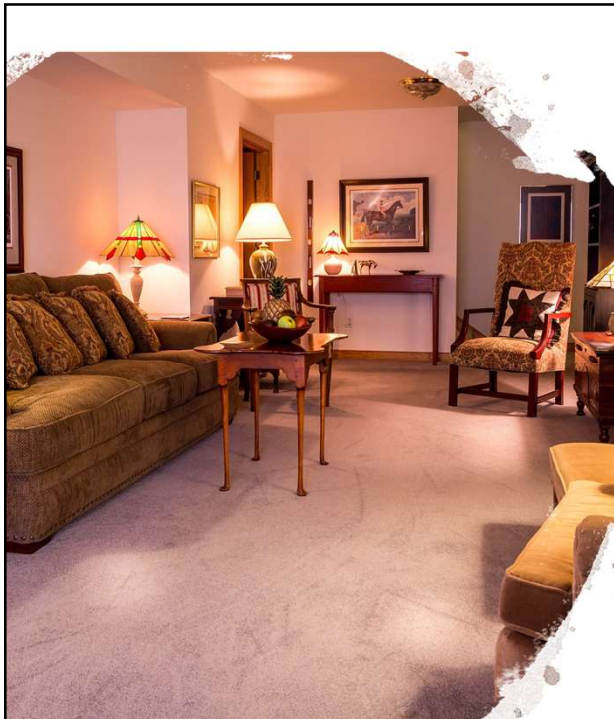
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**The most dangerous time for a victim
is when they try to leave.**



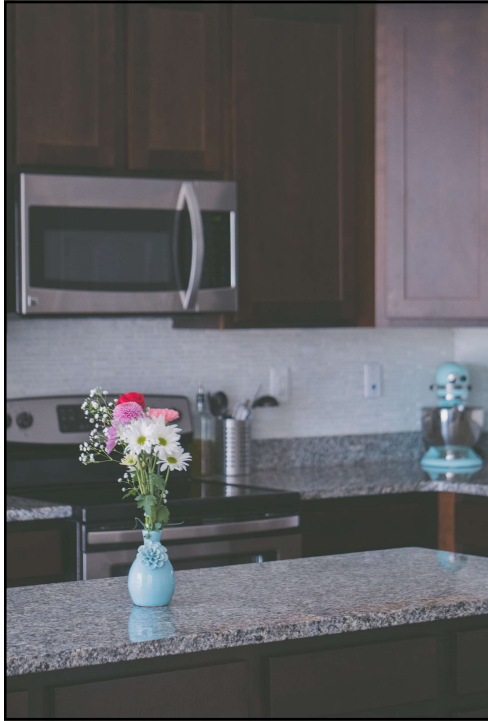
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Warning Signs (the Victim)

- Anxiety or fear
- Sensitivity about home life
- Apologetic or defensive
- Given up things they used to enjoy
- Spend less time with family or friends
- Constantly worried
- Weight and/or appearance have changed
- Injuries
- More critical of themselves

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Warning Signs (The Abuser)

- Extremely jealous
- Controlling
- Have an explosive temper
- Make false accusations
- Blame others
- Physically violent
- Possessive
- Very charming

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How to Help the Victim

- Be supportive and listen.
- Believe them.
- Give him/her time to open up.
- Do not make victim-blaming statements.
- Ask them how you can help.
- Refrain from telling the victim what to do.
- Refer the victim to the Family Justice Center.

Remember - you cannot "rescue" them.


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How to talk to the Abuser

- Approach them when they are calm.
- Be direct, firm and clear about what you have seen.
- Focus on the behavior.
- Tell them that their behavior is their responsibility.
- Avoid making judgmental comments about them as a person.
- Don't validate their attempt to blame others for their behavior.
- Never argue with them about the abusive actions.



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Greetings!

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COVID-19 and Domestic Violence

- Avoiding public spaces and working remotely can help to reduce the spread of COVID-19
 - But what about those who aren't safe at home?
- Social distancing orders have the unintended consequence of cutting domestic violence victims off from their support systems



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COVID-19 and Domestic Violence

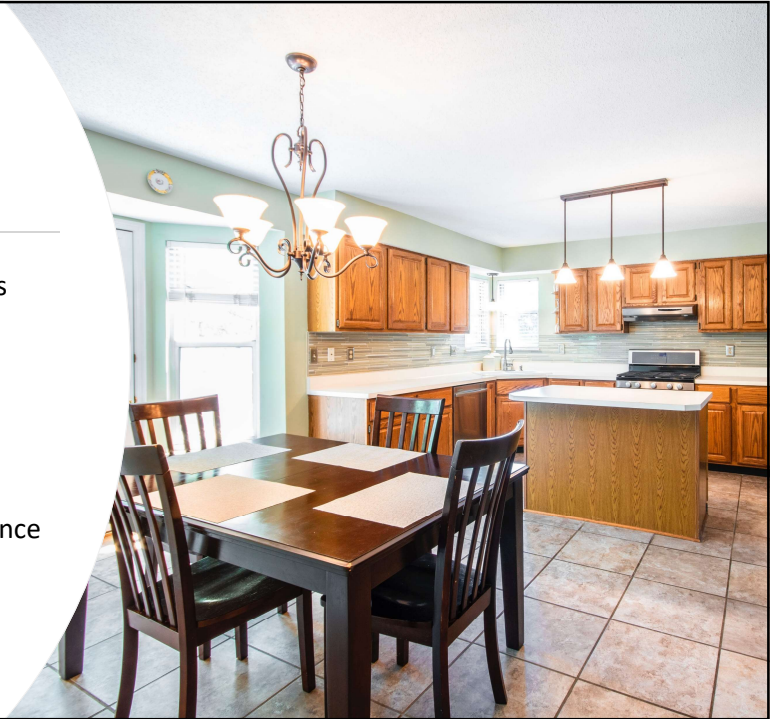
- People are being encouraged to switch to virtual or technology-based forms of communication, and yet abusers nearly always have access to their victims' cell phone, computer, tablet, social media accounts, etc.
- The abuser will now have more opportunities to exert power and control.



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Abusers may use COVID-19 to their advantage by:

- Withholding necessary items, such as hand sanitizer or disinfectants
- Spreading misinformation about the pandemic to control or frighten
- Threatening to cancel medical insurance
- What are some other ways?



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Victims may not reach out for help because:

- They think that services are not available during the COVID-19 crisis.
- They may fear entering shelter because of being in close quarters with groups of people.
- Why else?



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How to help someone you are worried about:

- Continue to reach out to them by phone/computer if it is safe to do so
- Be judgment-free
- Be supportive



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Create a safety plan:

- If possible, have a phone accessible at all times and know what numbers to call for help.
- Develop a plan or signal for your friend to let you know they need help
- Tell your friend to keep a bag packed with a change of clothes, medications and important documents.



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Know What Services Are Available

Family Justice Center – 240-773-0444

safe@montgomerycountymd.gov

(Mon-Fri, 8:30 – 5:00 pm)

Help with safety planning, protective orders, legal assistance, counseling.

Montgomery County Crisis Center – 240-777-4000 (24 hours)

Help with crisis situations, and shelter placement.

District Court Commissioner's Office (24 hours)

191 East Jefferson St in Rockville

File Protective Orders

National Domestic Violence Hotline (24 hours)

800-799-7233

thehotline.org (to chat)

Text LOVEIS to 22522

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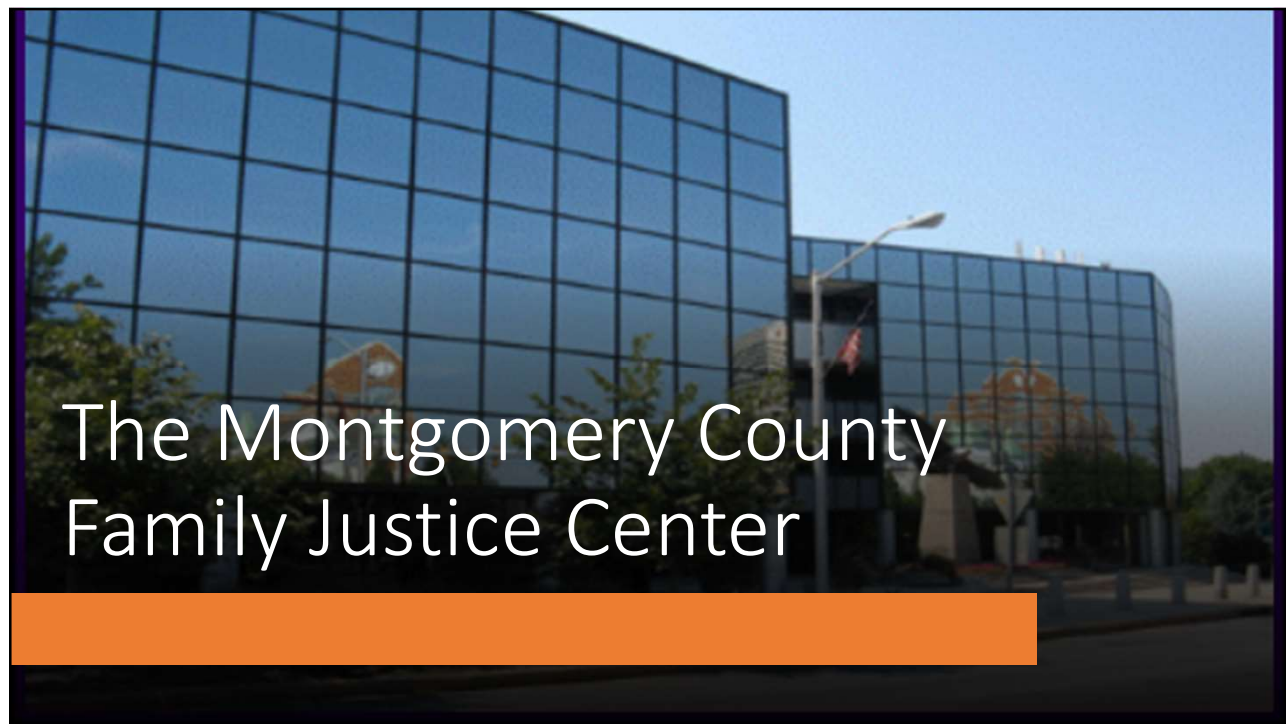
The Family Justice Center Model

- San Diego, CA
- No single agency or program, working alone, can meet the need
- “Best Practice” –U.S. DOJ

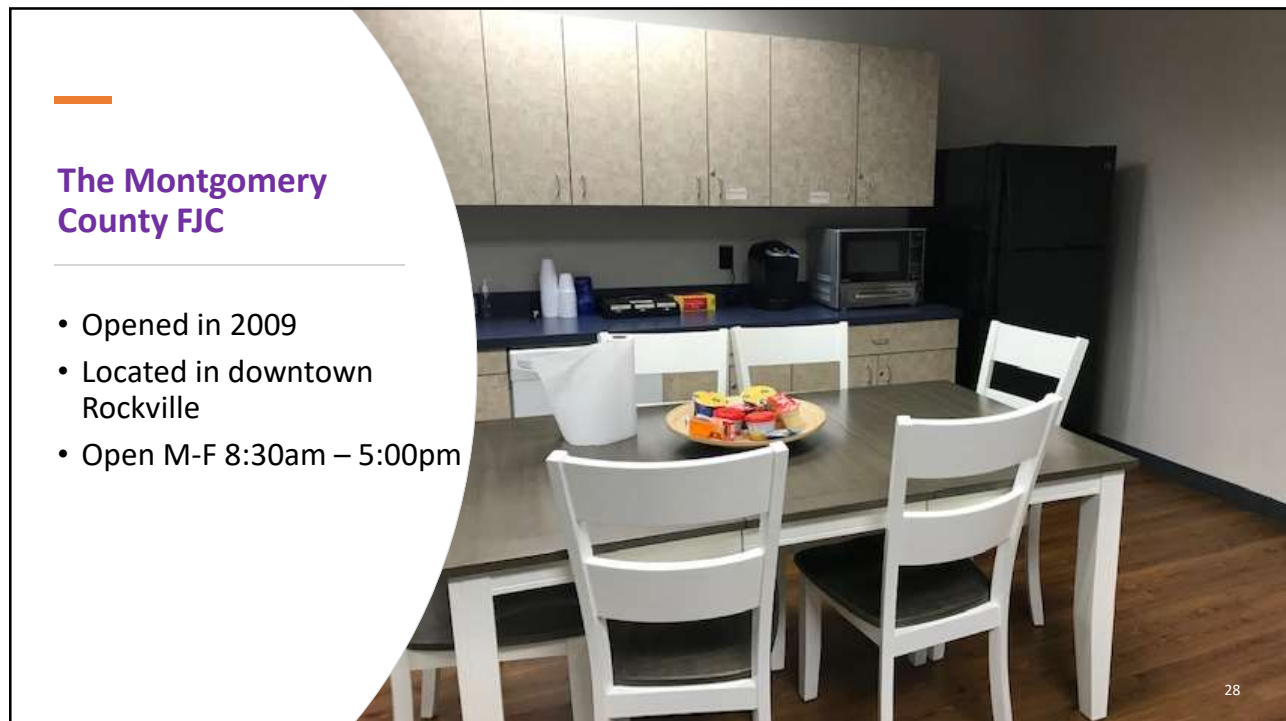


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The Montgomery County FJC

- Who do we serve?
 - Any victim of intimate partner violence
 - Live in Montgomery County
 - Abuse occurred in Montgomery County
 - Juveniles under 18 require parental consent*



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The Montgomery County FJC

- Who do we serve?
 - Any gender
 - Any sexual orientation
 - Regardless of immigration status
 - Regardless of race, religion, or ethnicity
 - English fluency not required!

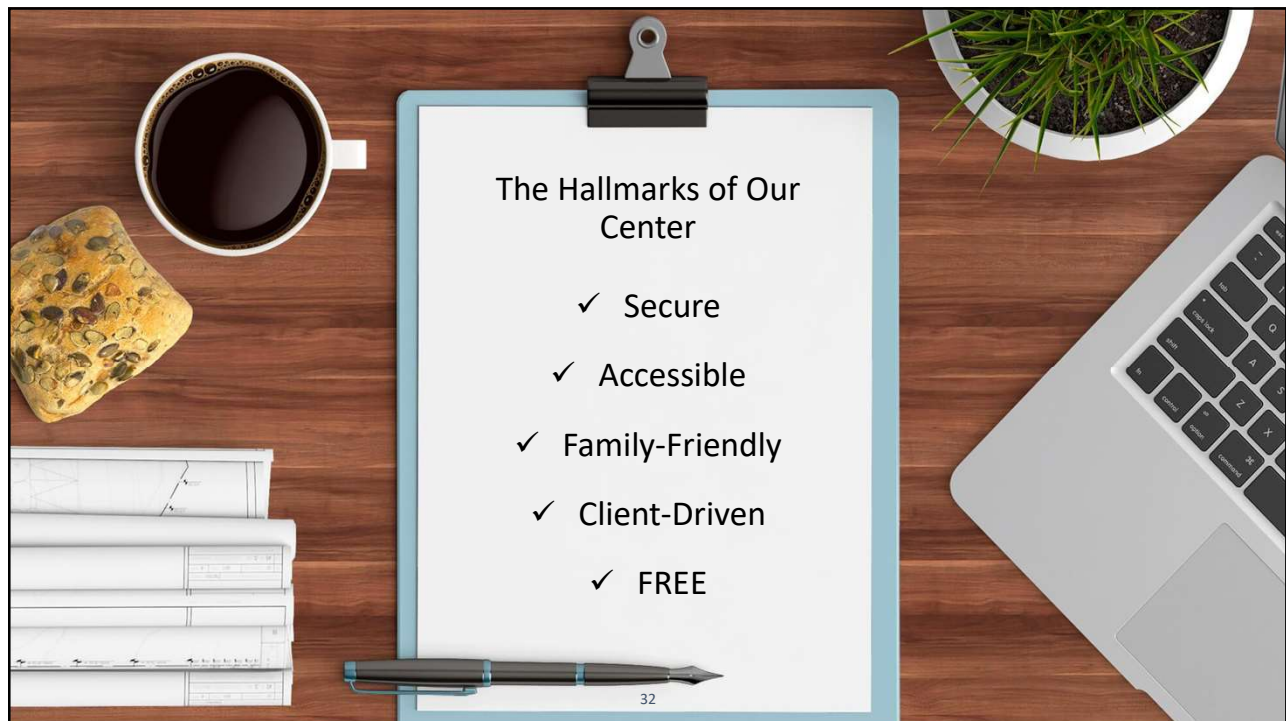


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Domestic Violence Client Assistants



SHERIFF'S OFFICE
CIVILIANS



BACKGROUND/
EDUCATION IN SOCIAL
WORK, PSYCHOLOGY,
COUNSELING, OR OTHER
HUMAN SERVICES FIELD



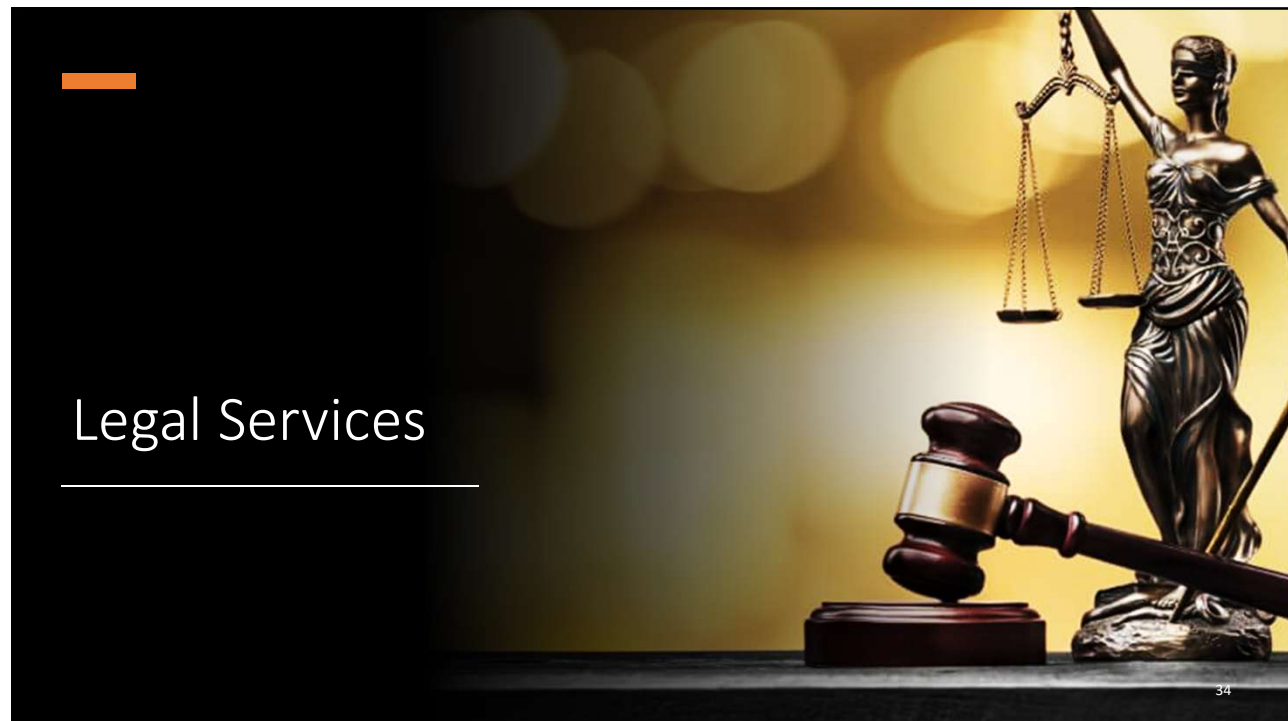
INITIAL AND PRIMARY
POINT OF CONTACT FOR
VICTIMS



SAFETY PLANNING,
PROTECTIVE ORDERS, BASIC
NEEDS, CONNECTION WITH
OTHER PARTNERS,
REFERRALS TO ADDITIONAL
OFF-SITE PROGRAMS

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FJC Legal Service Providers



Immigration

Catholic Charities



Criminal

Montgomery County Police Dept.
Montgomery County State's Attorney's Office



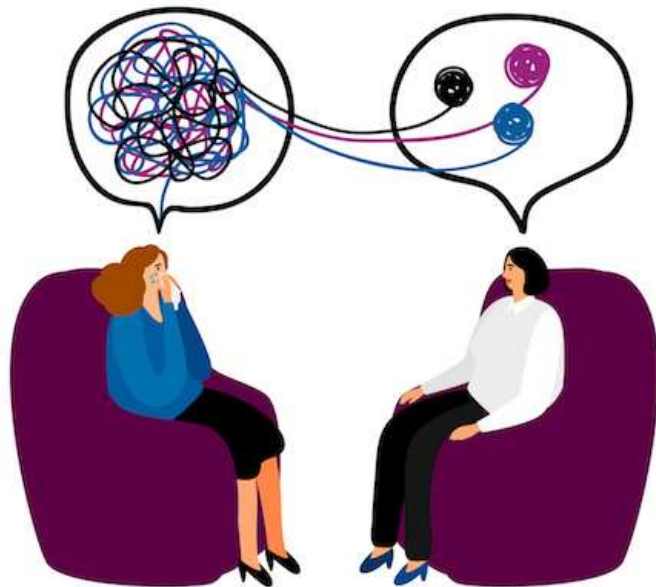
Civil

Montgomery County Sheriff's Office
DVS Legal Services
House of Ruth Maryland
Jewish Coalition Against Domestic Abuse
Abused Persons Program (MoCo HHS)
Ayuda

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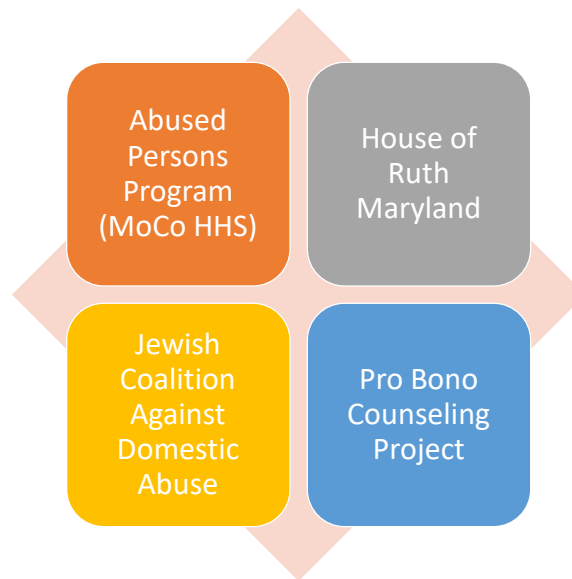
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Therapeutic Services



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FJC Therapeutic Service Providers



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Other Services and Referrals Available

Career Counseling

Shelter referral

Crisis Center referral

Basic needs assistance (food, housing, etc.)

Culture or religion-based assistance

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Services for Children

- Tree House Child Advocacy Center
- Safe Start
- Child Welfare Services



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Changes due to COVID-19

- FJC remains open
- Social distancing protocols in place
- Many staff are teleworking on a rotating schedule
- How our partner agencies handle altered operations

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How to get help

- Walk in: **600 Jefferson Plaza, Suite 500, Rockville, MD 20852**
- Call: 240-773-0444
 - After hours? Call 240-777-4000 (Crisis Center)
- E-mail: safe@montgomerycountymd.gov

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Questions?



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