

The Stepping Stone

Spring - Summer 2010

The Stepping Stone is a newsletter published quarterly by Someplace Safe, Inc. We are a non-profit social service agency and are committed to serving survivors of domestic violence.

AVAILABLE SERVICES

24-HOUR Crisis Hotline
Emergency Shelter
Crisis Intervention
Legal Advocacy
Women's Individual &
Group Support Services
Children's Individual &
Support Services
Community & School
Education Programs



All services are accessible by calling:

Someplace Safe, Inc.
330-393-3003 or the
24-Hour Crisis Hotline
330-393-3005
www.someplacesafe.org

Someplace Safe, Inc. is funded by the State of Ohio Marriage License Bureau, VOCA, VAWA, United Way, Family Violence and Prevention, Trumbull County Department of Jobs and Family Services, and private donations.

LADIES OF THE HIGHWAY RIDERS



2ND ANNUAL FUN RUN

WHEN: Saturday July 17th 2010

WHERE: Dennison's Deelite
2185 Parkman Rd., Warren, Ohio

Proceeds will go to **SOMEPLACE SAFE, INC.**
(Trumbull County's only Domestic Violence Agency)

Registration: 10:00 AM – Noon

First bike out at Noon

Last bike in at 4:00p.m.

Dinner to follow

Cost: \$10.00 Single or \$15.00 Couple
All Vehicles Welcomed

50/50, Door Prizes, Trophies, and DJ

CONTACT: Brenda @ 330-350-2988 or
Laurie @ 724-301=3091 or
Tina @ 330-469-1596

Date Rape Drugs: What are They and What Do They Do

Date rape drugs are used in drug-facilitated sexual assault. This could be any activity that a person does not consent to doing from being touched, putting something into the vagina, attempted rape, rape and sexual intercourse. These drugs are strong and can be easily slipped into a drink without a person noticing. The drugs have no color, taste, or smell. You can't tell if you have been drugged or even if you have been raped. The drugs make you weak, confused, or even pass out. You can not refuse to have sex, and you are unable to defend yourself.

The most common drugs are:

- Rohypnol is a trade name for flunitrazepam. The abuse of two similar drugs, Xanax and Klonopin, have replaced Rohypnol in the United States.
- GHB is gamma hydroxybutyric acid.
- Ketamine

These drugs are club drugs because they tend to be used at dance clubs, concerts, and raves. They are known on the streets by many names.

Rohypnol could be called: Roofies, Ruffies, Whiteys, Roopies, Rope, Circles, Forget pill, LA Rochas, Mind erasers.

GHB could be called: Easy Lay, Cherry meth, G, Gamma 10, G-juice, Gook, Goop, Liquid E, Liquid Ecstasy, PM.

Ketamine is also called: Black hole, Bump, Cat valium, Green, Jet, K, K-hole, Kit Kat, Purple, Special K, Super acid.

These drugs come in many forms. Rohypnol comes as a pill that dissolves in liquids. The new pills make clear liquids turn bright blue and dark liquids turn cloudy but the color changes may not be seen in dark liquids or in dark rooms. GHB has several forms: a clear, odorless liquid, a white powder and in pill form. It might give drinks a salty taste but can be masked by sweet and fruity tasting drinks. Ketamine comes as a liquid and a white powder.

These drugs are very powerful and they affect you very quickly. Rohypnol can be felt in half an hour and can last for several hours. You may look like you're drunk, can't stand, have slurred speech or just pass out. Problems from Rohypnol can be: Loss of muscle control, nausea, confusion, problems seeing, low blood pressure, stomach problems, and death. GHB takes effect in 15 minutes and can last 3 to 4 hours. It is very potent and a small amount can have a big effect. It is also made by people in home or street labs so you don't know what you're getting. GHB can cause these problems: relaxation, drowsiness, dizziness, nausea, problems seeing, blackouts, seizures, breathing problems, tremors, sweating, vomiting, slow heart rate, coma, and death. Ketamine is very fast acting. You may be aware of what is happening but you can't move

to do anything about it. Some problems associated with Ketamine are: distorted perceptions of sight and sound, out of body experiences, feeling out of control, problems breathing, convulsions, vomiting, memory problems, numbness, aggressive or violent behavior, depression, high blood pressure, and slurred speech.

Things to do to protect yourself from being a victim:

- Don't take drinks from other people
- Open containers yourself and close them
- Keep your drinks with you at all times
- Don't share drinks
- Don't drink from punchbowls
- If someone offers to get you a drink, go with them and watch it being poured and carry it back yourself
- Don't drink anything that tastes funny
- If you have left your drink unattended, don't drink it, throw it out
- If you feel like you are drunk and haven't ingested any alcohol, get help immediately

How can you tell if you've been raped? You may not be aware of the attack until 8 to 12 hours afterwards.

These drugs can leave the body and leave no proof but there are still signs that you may have been drugged:

- You feel drunk and haven't drunk any alcohol
- You wake up feeling hung over and have no memory of a period of time
- You remember having a drink but can't remember anything after that
- You find your clothes are torn or not on right
- You feel like you've had sex but you can't remember it

Get medical help right away. Don't urinate, wash, douche, brush your teeth, wash your hands, change your clothes or eat and drink anything before you get help. Call the police from the hospital. Tell them every thing that you remember. Remember, nothing you did from drinking or doing drugs justifies rape. Ask the hospital to take a urine test to check for date rape drugs. Even though they leave your system very quickly, they are detectable for several hours. Don't pick up or clean up where you think the assault happened. There could be evidence left behind. And if you need it, get counseling. Feelings of shame, guilt, fear, and shock are normal. A counselor can help you work through these emotions and start the healing process. Taken from information from the Office on Women's Health in the Department of Health and Human Services.

We Need Your Help!

Every day 4 women die from domestic violence. That's 1460 women a year. This Unity Day, Oct. 4th, we would like to display 1460 pairs of women's shoes to impact the audience. We would like old shoes. Everybody has a pair of shoes sitting in the closet or under the bed that you haven't worn in a while. Gather them up and drop them off at Someplace Safe, Inc.

1540 Tod Ave. NW

Warren, OH

or call Darlene at 330-393-3003

Thank you in advance.



Palestine Green

Goodbye, to a good friend!

Palestine (Pat) Green recently announced her retirement from Someplace Safe, Inc as Administrative Assistant and is an asset that will be missed. In her 14 years of service to the Agency, Pat has seen many positive changes and program growth. She said, "I like the diversity best—there's always something different each day." The most rewarding aspect of her position is "feeling like I made a difference in the lives [of our clients]."

When asked what she will miss the most, Pat shared, "The staff—we're like family." She also said she liked working together with staff members to help find ways to better assist the clients. Fellow staff members said they will "miss her laugh and hugs" and "sense of humor." Pat plans to enjoy her family and especially her granddaughter during her time off as well as favorite hobbies.



Pat Green & Linda Baer

Ugly Divorce Reform Bill Threatens Victims of Domestic Violence

By June Carbone, *Special to The Kansas City Star*

Kansas City Star headlines recently announced what those in the field have long known: a tough economy increases the incidence of domestic violence and depletes the resources available to combat it.

What has received less attention is a new Missouri bill that would make matters worse.

House Bill 1234 claims to promote “heterosexual marriage” by making divorce more difficult; what it really does is to strip away hard-won protections for the victims of domestic violence. Indeed, the bill’s proposals are so one-sided, it should be renamed “The Full Protection of Batters Act.”

The proposals start by limiting divorce to cases of mutual consent or “marital irresponsibility.” Marital irresponsibility, however, includes domestic abuse only in cases of “serious spousal abuse involving injury to petitioner where petitioner was not the initiator of physical violence” or a “history of serious emotional or physical abuse.”

Consider what this means. Husband and wife argue. Husband threatens to kill the wife, and beats her up so badly she ends up in the hospital. Wife sues for divorce.

The husband insists that the wife slapped him first (a common allegation whether true or not) and that the episode of “serious” abuse was an isolated incident. Wife, in the hospital with a skull fracture, has no grounds for divorce.

The bill gets worse. It mandates that the assertion of domestic violence “shall not be deemed credible in the absence of physical evidence or convincing testimony by parties unrelated to the spouses.”

Consider again what this means. The wife returns home from the hospital. The husband repeatedly threatens her, slaps her without leaving bruises, grabs her and holds her by the neck in front of the teenage children, and tells her in front of his mother and her sister that if she leaves him, she will never see the children again.

This woman has no grounds for divorce. Her testimony, however convincing, is deemed not to be “credible” as a matter of law. The testimony of the children, his mother and her sister (all relatives) do not matter.

The proposed legislation also makes it more difficult to protect children. Impressive empirical evidence demonstrates that exposing children to domestic abuse has lifelong negative consequences even if the abuse is directed only at the spouse.

In response to these studies, every state in the country has expanded the ability of the courts to take domestic violence into account in determining custody. This bill would undo the protections.

It provides that even if a spouse meets the act’s tough standards and proves domestic violence to the satisfaction of the court, “a protective order shall not deny the [abuser] parenting time if the petition for dissolution does not allege child abuse or neglect.”

In other words, if the husband cracks open his wife’s skull, but does not touch the children, he cannot be denied parenting time.

And the new definitions of child abuse are even harder to prove than spousal abuse. Punching and hitting children is not physical abuse unless it causes injury.

Moreover, if repeatedly striking a child causes injury only rarely, it is not abuse where it can be said to be an “infrequent” mistake or a manifestation of parental differences about appropriate discipline.

Yet, interfering with the other spouse’s parenting time because the children are terrified is emotional abuse, while threatening to kill a child becomes abuse only if it is “continuing and chronic.”

Finally, the bill punishes spouses who allege domestic abuse, but fail to prove it under these draconian standards.

To take only one example, the proposed legislation would threaten a spouse who alleges domestic violence with loss of custody if the court does not find in her favor, while a battering spouse who commits perjury is guaranteed continuing contact with the children unless he has been separately found guilty of child abuse.

Taken together, these measures provide a handbook on how to inflict domestic terror with impunity. The bill threatens all of us as it puts the cycle of violence that brutalizes parents and children outside of public view – until the violence tragically erupts in ways that are impossible to ignore.

June Carbone is the Edward A. Smith/Missouri Chair of Law Professor at the University of Missouri - Kansas City. She is the co-author of "Red Families v Blue Families: Legal Polarization and the Creation of Culture" (Oxford 03/10). She lives in Kansas City.

Read more:

<http://voices.kansascity.com/node/8863#ixzz0nAtrykrw>

Photo: <http://lady4peace2.blogspot.com/>



BARRIERS, PART II: “Why Does the Victim Stay?”

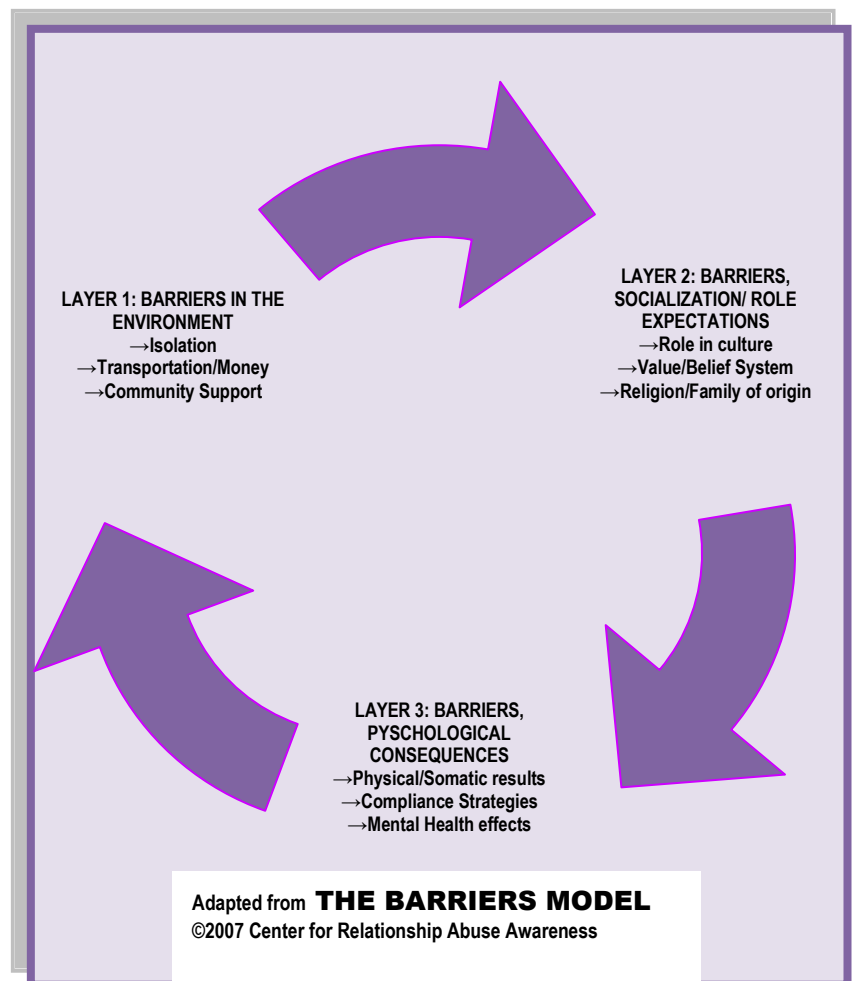
Barriers can prevent the victim from finding freedom and healing. The barriers that victims face are cyclical in nature just as the cycle of domestic violence is. To better understand the barriers cycle, Nancy Grisby and Brenda R. Hartman, Psy. D. have developed “The Barriers Model©” to demonstrate its causes.

The Stepping Stone will explore each of the three layers of “The Barrier Model©” in this issue as well as upcoming issues.. We believe community members are better equipped to assist victims of domestic violence in attaining a healthy and violence-free lifestyle as members learn about barriers and its cycle. According to Grisby in *Psychotherapy*:

The Barriers Model of psychological treatment for survivors of domestic violence places the focus [sic] of analysis on society and context rather than on the individual. It recognizes that

symptoms present in clients who are victims of domestic violence are often the result of victims colliding with socially imposed barriers to safety and security rather than of individually rooted pathology. The Barriers Model proposes three layers of barriers to the psychological well-being of a survivor of domestic violence. These barriers must be addressed in order, with barriers in the first layer (the environment) being addressed first, in order to provide for the victim’s immediate safety needs. After the first layer of barriers has been resolved, the second layer (socialization) and third layer (psychological consequences) may be addressed by the therapist. Therapy focused around the second and third layers before addressing the first layer may be ineffective and could contribute to a victim’s isolation and self-blame. (Vol. 34, No. 4, Winter 1997)

Layer 2 of The Barrier’s Model© will be featured within the next issue of *The Stepping Stone*.



Layer 1: Barriers in the Environment

- Information/Misinformation
 - Because of the social isolation battered women experience:
 - They often have little access to information about the dynamics of abuse, and
 - Don't know where they can go to find community resources and legal options.
- Abuser
 - Trained therapists often become so focused on what is going on in the victim's psyche that they often forget tangible, even physical barriers to her leaving.
 - Therapists need to explore what tactics the abusive partner has employed to keep the victim from leaving.
- Money
 - Therapists need to understand the financial means their clients have, to actually make a transition to independence from the abuser, and be familiar with community resources to which they can link clients for financial assistance.
- Transportation
 - Many victims lack transportation to get to safe shelter, and subsequently to appointments for themselves and their children (e.g. medical, legal, looking for housing, welfare).
- Police Assistance
 - For any battered woman, involving outsiders, especially powerful entities like the police, is a risky venture. Some questions to ask before involving the police are:
 - What policies do the police have in your community regarding arrest?
 - Will the victim be required to cooperate with criminal prosecution to get the abuser arrested?
 - Will anyone be there to explain what that means to the victim and assist her through the difficult prosecution process?
 - Do police enforce violation of protection orders with arrest?
- Criminal Justice System
 - Therapists need to explore what the likely response is from prosecutors, pretrial evaluators, judges and probation officers in their own cities.
- Attorneys
 - Therapists need to know how clients can retain affordable legal counsel in their community and help clients access these services.
- Religious Counseling/Guidance
 - Many victims hear that the abuse is their fault, God's will and within their power and control if they are only more obedient partners.
 - Therapists working with battered women who require a spiritual component to their process are encourage to locate religious guidance that will prioritize safety first.
- Mental Health System
 - The inaccessibility of long-term therapy is a barrier to both safety and recovery.
- Physical and Cultural Accessibility to Shelters/Services
 - Accessibility, while potentially a barrier to all victims, is a larger concern for marginalized groups.
 - Discrimination
 - Many battered women are being arrested for self-defense.
 - Language
 - Therapists working with clients who face language barriers need to become familiar with translator resources and the dynamics of using them in these cases.
 - Physical barriers
 - Culture
 - Most domestic violence programs center around counseling (usually with a person from the majority culture), support groups (where the battered woman of color may be the only person of her ethnicity) and legal services.
 - Many victims of color find their mistrust of the police not understood by shelter workers who see protection orders as the foundation of safety.
 - Immigration
 - Affordable housing



Someplace Safe has a need of the following items:

LARGE HEAVY DUTY TRASH BAGS AND TALL KITCHEN BAGS

LAUNDRY DETERGENT, DISH SOAP & CLEANING SUPPLIES OF ALL KINDS, LYSOL SPRAYS, COLD MEDICINES

DISPOSABLE DIAPERS AND BABY WIPES



PAPER TOWELS & TOILET PAPER

SUGAR, FLOUR, SPICES



SPAGHETTI SAUCE



CANS OF RAVIOLI, SPAGHETTI-O'S, SLOPPY JOE'S, ETC.

HAMBURGER HELPER, TUNA HELPER, ETC.



CANNED VEGETABLES, FRUIT, MEATS AND SOUP

CEREALS, PEANUT BUTTER AND JELLY



PRESWEETENED DRINKS, COFFEE AND TEA

KETCHUP, MUSTARD & MAYONNAISE



BATTERIES OF ALL SIZES

MOPS AND BROOMS

DESPERATELY NEEDING COMFORTERS AND PILLOWS



THE STEPPING STONE



Someplace Safe, Inc.
1540 Tod Ave NW
Warren, OH 44485

Non-Profit Org.
U.S. Postage
Paid
Permit No. 300
Warren, Ohio

Current Resident or

Place mailing label here

**IF YOU KNOW SOMEONE WHO IS IN A DOMESTIC VIOLENCE CRISIS
PLEASE ENCOURAGE THEM TO CALL 330-393-3005 FOR 24-HR
CRISIS INFORMATION.**

Someplace Safe's Crisis Line & Shelter is Staffed 24-hours a Day.

All services that Someplace Safe provides are free of charge.

If you need assistance in obtaining a Civil Protection Order or need Court Accompaniment; please call 330-393-3003 for an appointment with one of our Legal Advocates.

**We believe in the philosophy that everyone is entitled to a life
free of violence!**