



COMMUNITY POLICING in Snohomish County

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Domestic Violence— *Introduction*

Domestic violence usually is not the first topic that we think about when it comes to crime prevention. For neighbors, co-workers or the person on the street domestic violence may not be as obvious as burglary, car theft, ID theft, or robbery. But, it does have it's affects on society.

Between 1997 and mid 2004 at least 281 people were killed by domestic abusers in Washington state. 63% of these victims were women who were killed by their current or former boyfriend or husband.

In 2004, Washington police departments responded to 52,055 domestic violence calls including rapes, assaults, robberies, and arsons. Snohomish County police agencies responded to 4,997 domestic violence calls. 75% of the Snohomish County calls involved assault. Often, domestic violence calls are dangerous for victim and police alike.

Domestic violence often affects more than families in the home. Neighborhoods and workplaces can suffer from violence. Medical costs increase while economic productivity goes down. And being around violence affects children both mentally and physically.

A major problem for domestic violence victims is isolation from family, friends, and anybody who can help them with their situations. An

atmosphere of fear and intimidation instilled by the abuser can immobilize the victim from taking action to protect herself or her children.

In getting help, the victim can look to many organizations and people for help— friends/family, service organizations and government. Each have specific roles.

The challenge can be getting the victim to get help. While an outsider might wonder why the victim doesn't just walk away from the relationship, doing so can be much easier said than done. The web of fear and intimidation, as well as social isolation, social stigmas and possible legal issues can deter a victim from acting.

Snohomish County has many resources that can help a domestic violence victim when you or a friend are ready to use them. Throughout this issue we have provided phone numbers and web links that victims can use. All use strict confidentiality in discussing the victim's situation.

Eastside Domestic Violence Program

This eastside organization's website provides excellent insight about domestic violence:

www.edvp.org/



DV– Self Tests

Organizations that help victims of Domestic Violence offer self tests with factors similar to those listed on this page. You can use the tests to help you determine if you are a victim of domestic violence.

Some web sites with self tests include:

Snohomish County Center for Battered Women-

<http://www.snocobw.org/selftest.htm>

Snohomish County Human Services-

http://www1.co.snohomish.wa.us/Departments/Human_Services/Divisions/Admin/DV/

National Domestic Violence Hotline-

http://www.ndvh.org/educate/abuse_quiz.html

Domestic Violence– *What It Is*

Experts define domestic violence as abuse by a person in a current or previous intimate relationship. The abuse is used to maintain power and control over the other person. Domestic violence is not an angry outburst, a response to stress or caused by outside circumstances.

Domestic violence is a learned behavior which is often repeated and frequently escalates. The behavior is coercive and targeted toward it's victim creating an environment of fear and intimidation.

Abusers and victims can come from any age, race, ethnicity, culture, sexual orientation, religion, economic level or educational level. The abuse can take the form of physical, sexual, verbal, social, economic, emotional, or psychological.

Emotional abuse occurs when your partner:

- Calls you names, insults you or continually criticizes you.
- Does not trust you and acts jealous or possessive.
- Tries to isolate you from family or friends.
- Monitors where you go, who you call and who you spend time with.
- Does not want you to work.
- Controls finances or refuses to share money.
- Punishes you by withholding affection.
- Expects you to ask permission.
- Threatens to hurt you, the children, your family or your pets.
- Humiliates you in any way.

Physical abuse occurs if your partner:

- Damages property when angry.
- Pushes, slaps, bites, kicks or chokes you.
- Abandons you in a dangerous or unfamiliar place.
- Scares you by driving recklessly.
- Uses a weapon to threaten or hurt you.
- Forces you to leave your home.
- Traps you in your home or keeps you from leaving.
- Prevents you from calling police or seeking medical attention.
- Hurts your children.
- Uses physical force in sexual situations.

Sexual abuse occurs if your partner:

- Views women as objects and believes in rigid gender roles.
- Accuses you of cheating or is often jealous of your outside relationships.
- Wants you to dress in a sexual way.
- Insults you in sexual ways or calls you sexual names.
- Has ever forced or manipulated you into to having sex or performing sexual acts.
- Held you down during sex.
- Demands sex when you were sick, tired or after beating you.
- Hurts you with weapons or objects during sex.
- Involves other people in sexual activities with you.
- Ignores your feelings regarding sex.



Domestic Violence— *How to Help*

You might have a friend, co-worker, or relative who you fear is a victim of domestic violence. You might also know someone who is being abusive. You may not want to get involved, but, if something is not done, their (or your) family could be destroyed; their children will learn that abuse is OK; someone involved with the abuse could be injured or killed.

You can help the victim:

- Let them know that you are concerned about their safety. Help them recognize that they are not in a normal relationship.
- Be supportive. Listen to what your friend has to say. Let them know that you will help them whenever they need it.
- Be non-judgmental. Do not criticize their decisions. There are many reasons for victims not to leave an abusive relationship. They might be fearful about leaving, they may lack access to affordable housing, childcare, a job. There may be family or other pressures to keep the relationship together.
- Encourage them to have activities outside of the relationship.
- Help them to develop a safety plan. A safety plan is a series of steps that the victim takes to protect themselves from the abuser while the victim leaves the relationship. See the Center for Bat-

tered Women web site: <http://www.snococbw.org/safety.htm>

- Encourage your friend to get help from a domestic violence expert. See sidebar for local agencies and hotlines.

Say something to the abuser:

- Draw attention to the abuse. *“Did you mean to be so rough? That’s not cool.”*
- Tell him what you think. *“I’m surprised to see you act that way. You’re better than that.”*
- Express ideas about loving behavior. *“Loving her doesn’t mean abusing her.”*
- Offer suggestions or solutions to abusing. *“Kids learn from their parents. Is this how you want your son to treat women?”*
- If his behavior is criminal, tell him so. *“You could end up in jail if you don’t find another way to deal with your problems. Then what would happen to you and your family?”*

He may not like what you say. He may make excuses or get enraged. You might feel that you are taking a personal (physical) risk. But your silence is your consent.

But then, he just might decide to change his behavior.

Domestic Violence Hotlines

- *Snohomish County Center for Battered Women:*
(425) 252-2873
www.snococbw.org
- *Providence Sexual Assault Center:*
(425) 252-4800*
- *Care Crisis:*
(800) 584-3578
www.voaww.org/voa3f.cfm?SectionGroupsID=4
- *DSHS Domestic Violence Program:*
(800) 562-6025*
www1.dshs.wa.gov/ca/dvservices/
- *National Domestic Violence Hotline:*
(800) 799-SAFE (7233)*
www.ndvh.org

* denotes 24 hour line



911– Calling the Sheriff

If you are in immediate physical danger from abuse call 911 and ask for a deputy. The deputy can protect you from immediate danger, arrest the abuser and advise you of local domestic violence services.

When the deputy arrives:

- *Try to stay calm.*
- *Ask that a report be filed.*
- *Describe the incident in detail.*
- *Show the deputy any injuries, bruises or damaged property.*
- *Ask the deputy to photograph any injuries or property damage.*
- *Tell the deputy if there were any witnesses.*
- *Tell the deputy about other violent incidents.*
- *Show the deputy any court documents that you have such as a Protection Order.*
- *Ask the deputy for his/her business card and case number of the incident.*

Domestic Violence— *When You Decide to Leave*

In an abusive relationship, the victim of the abuse may come to a decision point that she needs to get out. There may be many decision points. Leaving is not as easy as it may appear to an outside observer.

Barriers to leaving. Many abusers try to isolate their partner from friends, family and outside financial resources giving the victim a feeling of being completely alone. So to leave the victim needs to overcome many barriers:

- Lack of financial resources. The abuser might control the household money or the victim might be prevented from having her own job. Even if she has a job, she might not earn enough to support herself and her children.
- No safe place to go. Being cut off from family and friends takes away a safe haven from the abuser. Not knowing of shelters in the area also isolates the victim.
- Threats of violence. Threats of physical violence or death are often strong deterrents to leaving an abusive relationship.
- Social stigma. Often a stigma is placed on the woman who is in an abusive relationship, similar to divorced women or single parents. Society sometimes accepts certain forms of violence.
- Immigration issues. The abuser might isolate the victim by hiding

or destroying important immigration papers, if the victim is not from this country. He might threaten to turn her in to the Immigration and Naturalization Service. He might prevent her from learning English.

Personal Safety Plan. The most dangerous time for a victim is when she tries to leave the relationship. Careful planning can help reduce the danger. Here are a few things that a Personal Safety Plan should have:

- Important phone numbers handy—911, a domestic violence support group hot line number.
- Friends, relatives and/or neighbors who you can trust to help you. Talk to them about your situation and ask them for your help.
- Secure place(s) you can go if you decide that you need to leave home.
- Extra money, clothes, copies of important papers, medications etc. to leave with your trusted friend or relative or to put in a back pack to take with you.
- Some change with you to make phone calls from pay phones.
- Review you plan periodically. If you can, practice your plan with your trusted friend.

(Continued on page 5)



Domestic Violence– *When You Decide to Leave continued*

(Continued from page 4)

For help in developing your safety plan, you can ask any of the organizations with hotlines on page 3.

Also, the Eastside Domestic Violence Program's web site has very good guidance at www.edvp.org/AboutDV/safetyplan.htm

Getting help. Most abuse victims cannot get out of an abusive relationship on their own. They usually need help from someone. Breaking the isolation imposed by the abuser is the first step.

Confiding in a trusted friend or family member is one step.

Another step is to contact a service organization such as the Snohomish County Center for Battered Women (www.snococbw.org/), the Washington Violence Against Women Network (WAWAWNET) (www.wawawnet.org/), Providence Sexual Assault Center (www.providence.org/Everett/Women_Health/e45Sexual.htm), YWCA of Seattle/King County/Snohomish County (www.ywcaworks.org/page/25/).

The police and the courts can also help. The police can protect you from immediate danger, arrest the abuser and advise you of local domestic violence services.

The courts can issue “protection orders” which can restrain the abuser from acts of domestic violence and from contacting the victim.

Taking Action– Protection Orders

A Protection Order is a civil court order (non-criminal) that orders an abuser to stop any further violence or threats. Also, it can direct the abuser to leave your home, prevent him from contacting you, grant temporary custody of minor children to you, require the abuser to get counseling or treatment.

Anyone who has been physically, emotionally or sexually abused by a spouse, former spouse, family member, partner, other parent of your child, current or former roommate, or current or former person in a dating relationship get a Protection Order served on an abuser as well as anyone who has been stalked-repeatedly harassed to the point of being terrorized, intimidated or threatened.

You can petition any Superior, District or Municipal Court for a Protection Order. For more information about Protection Orders you can call:

- Snohomish County Clerk's Office Domestic Violence Protection Order Program- (425) 388-3638
- District Court (Domestic Violence / Anti-harassment Orders)- (425) 388-3168
- Prosecutor's Victim/Witness Unit- (425) 388-3628

Taking Action– Help for the Abuser

Several organizations in Snohomish County provide treatment for domestic violence perpetrators:

- *Catholic Community Services:*

*1918 Everett Ave,
Everett, WA 98201
425-257-2111,
ext 3348
www.ccsww.org/familyservices/northwest/snohomish/snohomish.php*
- *Northwest Family Life:*

*15620 Hwy 99, Suite 6
Lynnwood, WA
425-742-6410
www.northwestfamilylife.org/*
- *SEAMAR:*

*5202 - 198th Street
SW, Suite 1,
Lynnwood, WA 98036
425-744-0300
www.wadvip.com/pages/program.html*



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Snohomish County Sheriff
M/S 606 - 3000 Rockefeller Ave.
Everett, WA 98201

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Rick Bart, Sheriff
Snohomish County
3000 Rockefeller Ave.
M/S 606
Fourth Floor County
Courthouse
Everett, WA 98201
(425) 388-3393

www1.co.snohomish.wa.us/Departments/Sheriff/

Steve Moller– Editor



1-800-
CRIME-13

Tip Lines:

- Phone:
425-388-3845
- Sheriff's Website:
www.co.snohomish.wa.us/SheriffRpts/AnonymousTips/default.htm

VINE– Protection Through Notification

In 2003 one fifth of all inmates booked into the Snohomish county Jail had a domestic violence charge. When an inmate with a domestic violence charge is released, there is a good chance that he will retaliate against his partner/victim.

VINE (Victim Information & Notification Everyday), an automated telephone system, notifies domestic violence victims when the offender is placed in the custody of the Snohomish County Jail. VINE also notifies victims when an offender is released, transferred, escapes or dies.

VINE can be an important part of a domestic victim's Personal Safety

Plan by providing a heads up when the abuser is released from jail.

For more information about VINE go to the Snohomish County Human Services VINE web page at:

www1.co.snohomish.wa.us/Departments/Human_Services/Divisions/Admin/DV/VINEService.htm

To sign up for the VINE service, from a touch-tone phone, call:

1-877-VINE-4WA
(1-877-846-3492)