



PARTNERS IN CRIME PREVENTION

JANUARY/FEBRUARY 2021

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COVID-19— PANDEMIC PUTS PRESSURE ON DOMESTIC VIOLENCE & MENTAL HEALTH

The COVID-19 pandemic has been rough for everyone. The need to wear masks, to use social distancing, and restrictions on business have increased stress on all of us.

The Centers for Disease Control and Prevention (CDC) points out that stress can cause:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Difficulty concentrating and making decisions
- Difficulty sleeping
- Worsening of chronic health problems and mental health conditions
- Increased use of tobacco, alcohol, and other substances

The CDC points out that it is natural to be stressed and anxious during the pandemic. It makes a few recommendations on what you can do to control that stress:

- Take a break from reading or listening to the news. Being up to date on COVID-19 is important, but too much information can be upsetting.
- Take deep breaths, stretch, or meditate.

- Eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol, tobacco, and substance use.
- Make time to unwind.
- Connect with people you trust.

The Sheriff’s Office has seen an increase in mental health calls. Many domestic violence experts have been concerned about domestic violence survivors, because their abusers may have more control during the restrictions that are in place to stop the spread of COVID-19.

For domestic violence survivors it can be difficult to communicate with friends or family or support organizations since the abuser may have closer control.

There are organizations that can help domestic violence survivors. Some organizations are set up to not only accept phone calls but also communicate via text message or direct message which may be more private than talking on the phone.



Adam Fortney- Sheriff
Snohomish County
Sheriff’s Office

3000 Rockefeller
M/S 606
Everett, WA 98201
425-388-3393
<http://sheriff.snoco.org>

DOMESTIC VIOLENCE- SIGNS TO LOOK FOR

Your friend or relative may be a survivor of domestic violence if

- *Their partner insults them in front of other people*
- *They seem constantly worried about angering their partner*
- *They make excuses for their partner's behavior*
- *Their partner is extremely jealous or possessive*
- *They have unexplained marks or injuries*
- *They have stopped spending time with friends and family*
- *They are depressed or anxious, or display changes in personality*

For more information about recognizing abuse go to,

<https://www.thehotline.org/identify-abuse/>

COVID-19- DOMESTIC VIOLENCE

Ever since the beginning of the COVID-19 pandemic, domestic violence experts have been concerned about the well being of domestic violence survivors.

The conditions for a more dangerous situation for DV survivors have occurred in what amounts to a perfect storm. A May 9, 2020 article in "Psychology Today" (<https://www.psychologytoday.com/ca/blog/making-sense-chaos/202005/why-the-increase-in-domestic-violence-during-covid-19>) lists five factors that the pandemic has encouraged that heightens domestic violence,

- Isolation
- Stress
- Economic Anxiety and Joblessness
- Alcohol
- Lack of Resources

The pandemic has made it more difficult for survivors to contact friends and family who could provide support. The pandemic has allowed the abuser more control. The economic anxiety has increased stress on top of the stress of the pandemic. Given the conditions, abusers take it out on the survivors, and alcohol only increases the opportunity to strike out.

If you are in an abusive situation, its important to practice self care and develop a safety plan.

You can practice self care by doing what you can to alleviate stress for you and your family such as healthy activities

that help reduce stress, finding safe quiet spaces, finding ways to connect with your social and support networks, and when needed, contacting an advocacy line or crisis chat line.

If you know someone who is a DV survivor you can help by,

- Listening to them via phone call, video call, or text.
- Learn the resources that are available to them and to you.
- Don't judge, blame, or pressure.
- When you talk and listen have an attitude of "What do you need? How can I help?"

If you know someone who may need help or if you are a DV survivor, you can contact,

- Providence Intervention Center for Assault and Abuse- (425) 252-4800
- Domestic Violence Services- (425) 25-ABUSE (425-252-2873)
- In an emergency situation, you can text 911 if you are worried about being overheard on the phone.

Reference- Snohomish Health District-

<http://www.snohd.org/Blog.aspx?IID=34#item>

COVID-19- MENTAL HEALTH & SUICIDE

Mental health and suicide calls for service for January 2021 are on track to outpace November and December 2020.

If you are feeling depressed, anxious, or suicidal, the Sheriff's Office encourages you to contact a family member, friend, or a hot line to talk about how you are feeling.

If you are a family member or a friend to someone who is experiencing mental health problems or may think of suicide, keep in touch with them. Listen to what they have to say without being judgmental.

The National Suicide Prevention Lifeline has warning signs for determining who might be at risk of suicide. It recommends that if you or someone you know exhibits any of the behaviors below, call the Suicide Prevention Lifeline. Or, a local hotline you can contact is ImHurting Crisis Chat at (800) 584-3578.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

NATIONAL
SUICIDE PREVENTION
LIFELINE
1-800-273-TALK (8255)
 suicidepreventionlifeline.org

IMHURTING CRISIS CHAT- HELP IS JUST A CLICK AWAY!

ImHurting Crisis Chat's mission is to help people by providing online emotional support during times of crisis.

The service is offered through Volunteers of America Western Washington and focuses its efforts in the North Puget Sound and Salish regions.

Crisis Counselors will help you explore your feelings, come up with some coping strategies, and focus on your personal safety.

Your conversation with an ImHurting Crisis Chat counselor is confidential. All chat conversations are encrypted.

To chat with a counselor or find out more about the service and more information about mental health go to

<https://ImHurting.org>

DV, MENTAL HEALTH, & SUICIDE- PREVENTION RESOURCES

Whether you are involved in a domestic violence situation, have a mental health issue, or have been thinking of suicide, or are a friend or relative who is involved with any of these situations, there are organizations that can give you support and information that can help you successfully cope.

Domestic Violence-

- Domestic Violence Services of Snohomish County: <https://dvs-snoco.org>
- Providence Intervention Center for Assault and Abuse: <https://www.providence.org/location/s/wa/intervention-center-for-assault-and-abuse-everett>
- Snohomish County Human Services: <https://snohomishcountywa.gov/432/Domestic-Violence>
- Washington State Coalition Against Domestic Violence: <https://wscadv.org>
- National Domestic Violence Hotline: <https://www.thehotline.org>
- Rape, Abuse & Incest National Network (RAINN): <https://www.rainn.org>

Mental Health and Suicide-

- ImHurting Crisis Chat: <https://imhurting.org>
- National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org>
<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>
- Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- Here is how one person uses her creativity to cope with anxiety: https://www.king5.com/article/entertainment/lydia-selk-collage-anxiety/281-e0260c4f-d51a-41b8-b1f9-b71edd4a9c13?utm_campaign=sn-d-autopilot

OFFICE OF NEIGHBORHOODS

MAKING OUR NEIGHBORHOODS SAFER

<https://www.snohomishcountywa.gov/311/Office-of-Neighborhoods>

Homeless Outreach-

Sgt. Troy Koster
Phone: (425) 508-8301
Email: troy.koster@snoco.org

Nuisance Properties-

Deputy David Chitwood
Email: David.Chitwood@snoco.org

SHERIFF'S OFFICE CRIME PREVENTION WEB PAGE:

<http://www.snohomishcountywa.gov/289/Crime-Prevention>

NEWSLETTER INFO

EDITOR

Steve Moller

If you have questions regarding this newsletter or any articles that appear in it, please contact the editor at neighborhoodwatch@snoco.org

TIP LINES



Snohomish County Sheriff's Office: 425-388-3845

<http://snohomishcountywa.gov/303/Anonymous-Tips>

Crime Stoppers of Puget Sound: 1-800-222-8477