

# CROSSROADS CONNECTION

Fall 2012

Volume 14, Issue 1

Crossroads Connection is an annual publication concerning issues of domestic violence in Clearfield and Jefferson Counties.

For more information, call (814) 938-3580 or Toll Free 1-800-598-3998

## Survivor Wisdom

By Robbin Bumbarger (Kephart)

### Victim: A person who is cheated, fooled or hurt by another.

That was me, a victim for 18 years. I was married to a monster. Someone who said he loved me. I'll take care of you, I wouldn't let anyone hurt you. I believed those words, but he called me worthless, stupid and names I can't mention. I was told that I was nothing, restrained, pushed and other attacks. I was a victim of physical and emotional abuse on a daily basis. It was put in my head that it was my fault and that I deserved it. The sad thing was that over the years, I believed him.

People asked me, "How could you stay with him and put up with it for so many years?" I just say, "Love is blind." The children were physically and emotionally abused. My daughter moved out of the house after graduation because of the abuse. We had two sons together. They were brain washed into thinking it's my fault and I don't deserve anything. A sad thing is, they started to act abusive like their dad. They were brought up thinking this is how things should be.

### Survivor: To remain alive, continue to exist.

That is me now, a survivor. I have moved on with my life. I love my life because I know I matter in this world. It's been a tough road but I'm still standing and I'm proud of myself. People notice that I'm different. I'm outgoing, I raise my head when I walk, I'm more confident about myself. I'm trying to start a business, write a book and I speak at colleges about domestic violence. I recently attended a rally "Take back the night". I heard stories from other survivors that overcame their circumstances and rose higher than they ever believed possible.

### Overcome: To win a victory over; conquer.

To anyone that is in a domestic violence situation, there is HOPE. You have to press forward and not look back. If you have a dream, go forward with it. You are worth more than you know. Faith can take you places that you thought were impossible.



### A battered woman is:

20 times more likely to be killed if she has been threatened with a gun.

15 times more likely to be killed if she has received a death threat.

10 times more likely to be killed if her partner has tried to strangle her.

7 1/2 times more likely to be killed if she has experienced forcible sex.

4 times more likely to be killed if her partner is drunk every day or almost daily.

4 times more likely to be killed if her partner is unemployed.

3 times more likely to be killed if she was abused during pregnancy.

2 times more likely to be killed if she is an undocumented immigrant.

Source: Campbell, J. (2003). Assessing Risk Factors for Intimate Partner Violence. Johns Hopkins University, Baltimore; National Institute of Justice.



The Crossroads Project provides services to adult victims of domestic violence and their dependent children. For service, call Crossroads 24-hour toll free hotline at 1-800-598-3998 or the nearest office: Punxsutawney 814-938-3580; Brookville 814-849-2779; DuBois 814-371-1223; Clearfield 814-768-7200

Crossroads is administered by Community Action, Inc. The Executive Director of Community Action, Inc. is Robert A. Cardamone. The address is Community Action, Inc.'s Crossroads Project, 105 Grace Way, Punxsutawney, PA 15767-1209.



## Domestic Violence, Mental Illness and Self-Medication

By Brenda Kay Paulson, Counselor/Advocate II

Abuse is patterns of violence, intimidation and threats used to gain physical and mental control over another person. Whether the abuse is primarily physical, mental or both, the goal of the abuser is control of the victim.

One tactic used by the abuser is "crazy making." The perpetrator commits deliberate acts or manipulates to make a victim feel crazy or to believe that she is crazy. This strengthens control over the victim because it lowers self-esteem; increases depression, anxiety and post-traumatic stress; and makes her appear less credible (crazy) to others.

Mental illness can be a direct result of abuse and domestic violence (DV) can exacerbate an existing mental health condition. Studies have estimated that from 30% to 90% of DV victims have mental health problems. In one study, 81% of women who have been treated for psychiatric disorders report histories of abuse. Commonly cited mental illnesses and rates experienced by DV victims include: post traumatic stress disorder (54% to 84%); depression (63% to 77%); anxiety and panic disorder (38% to 75%). Rates vary widely based on a number of factors, such as the mental health assessment tool used, the number of women in the study and the timing of the assessment (e.g. during a crisis versus after a woman is safe).

A battered woman's coping strategies can be misdiagnosed as symptoms, pathologizing what is an appropriate response to battering. For example, a battered woman's extreme caution and fearfulness is not a symptom of paranoia but a rational response to experienced violence. Distrust of others is not pathological but learned from victimization. Lack of emotion is a way of protecting one's self from the psychic trauma of abuse. A battered woman's symptoms can become examples of her strength in coping with what has happened and as a reasonable attempt to survive in a violent relationship.

Familiar with the victim's mental health background, the batterer may use it for control:

1. Tell her no one will believe her because she is crazy
2. Force her to be hospitalized
3. Use threats of involuntary commitment to terrorize the victim
4. Control medication, overmedication, inducing symptoms by withholding medication
5. Use the victim's mental health status as basis for emotional and psychological abuse and to impact interactions with court officials, shelter advocates, children and youth workers, substance abuse counselors and other mental health professionals

Many domestic violence victims have a dual diagnosis (mental illness and substance abuse). Research has strongly indicated, to recover fully, a victim with co-occurring disorders needs treatment for both problems. By addressing DV issues, mental health concerns and substance abuse the domestic violence survivor can develop better social skills and judgment in order to succeed in life.

Substance Abuse may be the victim's attempt to medicate herself in order to deal with the ongoing abuse or the consequences of the trauma or a method of control used by the abuser. Studies indicate a strong association between domestic violence and substance abuse. It is estimated that between 25% and 50% of participants in DV programs have a substance abuse problem and one-third of DV victims may suffer from alcoholism.

Domestic violence programs need to address the full range of women's concerns to include longer-term recovery and support issues. These are often viewed as secondary problems that will resolve once the primary issue is addressed.

Abuse and violence are associated with increased risk for developing a range of psychiatric conditions and exacerbating existing ones. Many studies show a high percentage of inpatients at psychiatric clinics have been abused in the past. At the same time, living with a serious mental illness may increase a woman's vulnerability to abuse.

Although DV causes considerable emotional pain, many battered women do not develop mental health conditions and data indicates symptoms, particularly of depression, may resolve when social support and safety increases.



In memory of  
**Brenda Kay Paulson**  
12/29/55 - 2/28/12

Brenda helped hundreds of victimized adults and children during her ten years of service with Community Action, Inc.'s Crossroads Project.

Brenda was instrumental in the operations of the DuBois Crossroads Shelter, the CARE Parenting Program and the Pennsylvania Family Support Alliance Parent Support Groups in Punxsutawney and Clarion.

Brenda also worked at the Brookville Crossroads satellite office where she advocated for and accompanied victims to legal or court appointments.

Brenda made a difference, in many ways, in the life of every domestic violence victim with whom she worked.

She is remembered fondly and deeply missed by all.

### Common Types of Abuse:

#### Verbal abuse:

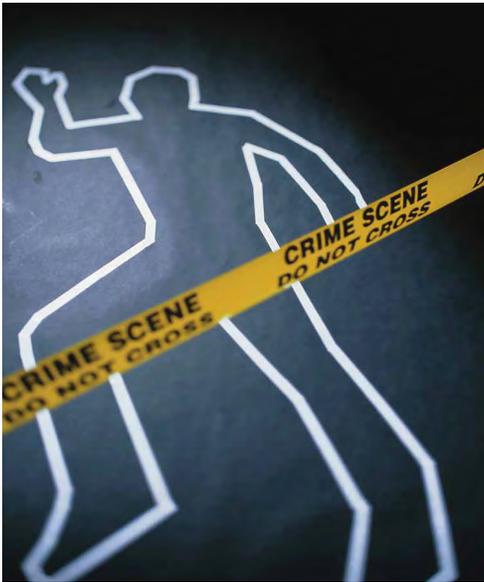
1. Threats/Taunts
2. Shame
3. Blame
4. Humiliation
5. Name Calling

#### Physical abuse:

1. Coercion
2. Retaliation
3. Deprivation
4. Physical harm

#### Psychological abuse:

1. Manipulation
2. Stalking
3. Isolating
4. Acts that degrade or break down the self



## I know he killed her, but I can't prove it...

Regrettably, many domestic violence homicides are never proven.

The Pennsylvania Coalition Against Domestic Violence relies on media accounts to compile domestic violence fatality numbers because no centralized database of domestic violence deaths exists in Pennsylvania. Often families are afraid to come forward, many do not want media attention, victims are missed because police or media didn't identify the relationship or motive and other murders simply remain unsolved or take years to solve.

In 2011, 119 victims of domestic violence and 47 perpetrators died in Pennsylvania\*. Motives for these killings ranged from the usual jealousy, retaliation and custody conflicts to something as trivial as, in one case, a bowl of noodles. Firearms were the preferred weapon of perpetrators, accounting for 66% of the fatalities.

## Lethality

Domestic violence programs across Pennsylvania use a variety of tools to help determine the danger level in a domestic violence situation in order to better plan for victim safety.

One of these tools is based on a 2003 study by Jacquelyn Campbell at Johns Hopkins University. Researchers compared two groups of battered women: one group who had been killed by their partners; the other group who had been abused but not killed.

They found that where a history of domestic violence exists, certain factors vastly increase the likelihood that a victim will be killed. For example:

- Those threatened or assaulted with a gun one time -- are 20 times more likely to be murdered.
- Those who have been choked are 10 times as likely to be killed

Other factors that increase a victim's risk are substance abuse, unemployment, depression, abuse during pregnancy, any kind of estrangement and the presence of a stepchild.

Source: Campbell, J. (2003). Assessing Risk Factors for Intimate Partner Violence. Johns Hopkins University, Baltimore: National Institute of Justice.

We mourn for all the victims of domestic violence – counted and uncounted. We honor these victims and work with families trying to cope with their loss. If you have lost a loved one due to domestic violence or would like to learn more about domestic violence homicides in Pennsylvania, call Crossroads at 800-598-3998.

\* PCADV 2012 Homicide Report, [www.pcadv.org](http://www.pcadv.org)



### Crossroads Shelter Needs:

- ✓ Bath towels
- ✓ Beverages such as coffee, tea and juice
- ✓ Cleaning supplies for floors, windows and bathrooms
- ✓ Disinfectants such as bleach, Lysol liquids and spray
- ✓ Diapers: size large, x-large and pull-ups
- ✓ Dish soap and dish washing scrubbers
- ✓ First aid items
- ✓ Flashlights and batteries
- ✓ Food storage bags and aluminum foil
- ✓ Food storage and freezer containers
- ✓ Garbage bags (all sizes)
- ✓ Gift cards and certificates for groceries or gas
- ✓ Laundry detergent and dryer sheets
- ✓ Light bulbs: 60 watt; night lights and energy savers
- ✓ Medicines such as pain relievers, cold and allergy
- ✓ Paper towels, plates, plastic cups and silverware
- ✓ Pillows (bed), pillow cases and protectors
- ✓ Twin size fitted sheets and mattress protectors
- ✓ Toilet paper (lots of it)



Crossroads served 1,430 domestic violence victims between July 2011 and June 2012 in Clearfield and Jefferson Counties. Victims were provided with 5,755 hours of counseling and/or advocacy, 3,420 nights of emergency shelter and 48 individuals received relocation assistance. Of these victims, 910 were new adult victims, 420 were children and 100 were friends or family members affected by violence.

# Shelter is Vital for Victims

When it comes to domestic violence, until a victim and their children are safe, it's a matter of life and death for many. With support like yours, Crossroads' shelters have served as the "emergency room" for domestic violence services in Clearfield and Jefferson Counties for many years.

Since 1986 Community Action, Inc.'s Crossroads Project has been committed to changing beliefs, attitudes and behaviors that perpetuate domestic violence while creating a safe space for victims to seek refuge, heal from the abuse and be empowered to move forward violence free.

In December 2011, the doors to our Clearfield County shelter were closed. While we seek a new shelter, emergency services are being provided at a temporary safe location.

Last year, the number of victims served rose 6.7%, the hours of counseling / advocacy increased by 17.88% and the number of shelter days provided to adult and child victims rose by an astounding 35.32%.

We simply have to do all we can to secure a permanent shelter as quickly as possible. Our greatest fear is someone will stay in a dangerous situation and be killed because we have no shelter available.

We can't control what an abuser might do, but we have the power and the responsibility to provide victims in our community with the best possible options to include a safe place to go. This can mean life or death for some victims...

**Please make a difference and give hope today!**



In 2011, 109 individuals were provided with 3,420 nights of shelter; **37 had to be turned away** due to lack of space!

To learn what you can do to help, please contact the Crossroads office nearest you:

**Brookville: (814) 849-2779**  
**Clearfield: (814) 768-7200**  
**DuBois: (814) 371-1223**  
**Punxsy: (814) 938-3580**  
**Toll Free: 1-800-598-3998**  
[smclaughlin@jccap.org](mailto:smclaughlin@jccap.org)

✂

**Yes! I want to help provide emergency shelter for victims of domestic violence!**

<p>Name _____</p> <p>Address _____</p> <p>Phone _____ E-mail _____</p> <p><input type="checkbox"/> My contribution is enclosed      <input type="checkbox"/> Invoice Me / My Organization</p>	<table border="0" style="width: 100%;"> <tr> <td><input type="checkbox"/> Room sponsor</td> <td style="text-align: right;">\$5,000.00</td> </tr> <tr> <td><input type="checkbox"/> Bed Sponsor</td> <td style="text-align: right;">\$1,000.00</td> </tr> <tr> <td><input type="checkbox"/> Shelter Family Night Sponsor</td> <td style="text-align: right;">\$100.00</td> </tr> <tr> <td><input type="checkbox"/> Shelter Individual Night Sponsor</td> <td style="text-align: right;">\$50.00</td> </tr> <tr> <td><input type="checkbox"/> Other - Give what you can, every dollar makes a difference!</td> <td style="text-align: right;">\$ _____</td> </tr> </table> <p>This contribution is: <input type="checkbox"/> In Memory / Honor of _____</p> <p>Please send acknowledgement to: _____</p>	<input type="checkbox"/> Room sponsor	\$5,000.00	<input type="checkbox"/> Bed Sponsor	\$1,000.00	<input type="checkbox"/> Shelter Family Night Sponsor	\$100.00	<input type="checkbox"/> Shelter Individual Night Sponsor	\$50.00	<input type="checkbox"/> Other - Give what you can, every dollar makes a difference!	\$ _____
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To make a contribution on-line using PayPal, visit [www.jccap.org](http://www.jccap.org). Your donation may be tax deductible.  
 Community Action, Inc. is a 501(c)(3) tax exempt charitable corporation. The official registration and financial information may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

**Invest in the lives of victims struggling  
to raise their families free of abuse**

On behalf of 1,430 victims of domestic violence served from July 1, 2011- June 31, 2012, Crossroads would like to thank those who helped to make services possible.

Our appreciation goes out to volunteers; individual and group donors; United Way and United Fund contributors; churches, community members and area businesses.

**MEMORIAL DONATIONS**

**Volunteers:**

- Marie Allen
- Sven Barnes
- Brittany Barrett
- Tom Branch
- Betty Burnett
- Sheldon Buterbaugh
- Shirley Buterbaugh
- Laura Clarke
- Merlena Collins
- Donna Cox
- Judy Dickerson
- Rachel Dixon
- Patricia Frantz
- Delbert Geer
- Raymond Gongaware
- Ronnie Graham
- Cheryl Hamner
- Nila Hoffman
- James Kearney
- Kacee Kirkwood
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- Lisa Tinker
- Maurice T-Toe
- Dorothy Van Dyke
- Mary Wiesinger
- Amber Willis
- Cody Wood
- Amanda Yeager

- In memory of Brenda Paulson:
  - Pennsylvania Family Support Alliance
- In memory of Wayne Pifer
  - Wayne Pifer Trust
- In memory of Lorna Reig
  - Evelyn Askey
  - Bill and Joann Frederick
  - Ed and Nanette Ivoska
- In memory of Ellen Stear:
  - Annabell Grove
  - Mr. and Mrs. Claudet Tandy

Memorials provide a meaningful tribute and help Crossroads to continue to shelter, support and advocate for victims of domestic violence.

**Individuals:**

- William Allenbaugh
- Jean Barbe
- Regina Bowers
- Lisa Bradley
- Robbin Bumbarger
- Nancy Chelgren
- Tom Chelgren
- Lennea Darrin
- Betsy Delleire
- Ann Dixon
- Darlene Fait
- Edna Enterline
- Adriene Goss
- Sally Hampton
- Mary Emma Hoover
- Marsha Johnson
- James Kearney
- Marlene Kerr
- Arlene Lowmaster
- Sandra McGuire
- Pauline Orarke
- Dorothy Reed
- James Riggie
- Heidi Rodgers
- Andrew Roy
- Linda Schiel
- Mary Tote
- Bob Tullman
- Kathy Vzzo
- Judy White
- Barbara Williams
- Gail Williams

**Churches:**

- Beechtree Union, Brockway
- First Baptist, Punxsutawney
- First United Methodist, Punxsutawney
- Lutheran Parish, Punxsutawney
- Mount Zion United Methodist, DuBois
- Scotland Ave. Church of God, Punxsy
- Temple Baptist Church, DuBois
- Timblin United Methodist, Timblin
- Valier United Methodist, Valier

**Foundations:**

- Brookville Area United Fund
- Clearfield Area United Way
- DuBois Area United Way

**Organizations:**

- Brockway Orient Club
- Circle of Hearts, DuBois
- Cloe Women's Christian Society
- Curwensville B. P. W.
- Fraternal Order of Eagles #965
- Punxsutawney Rotary Club
- Richardsville Munderf WCTU

**Businesses:**

- Cristini's Auto Wrecking, Inc., Brockport
- Clearfield Bank and Trust Company, DuBois
- Goodwill Industries, Falls Creek
- Marcela Estrada Studio Zumba, DuBois
- Miller Brothers Furniture, DuBois
- Pantall Hotel, Punxsutawney
- Wal-Mart Supercenter, Punxsutawney

We sincerely thank you!

# CROSSROADS CONNECTION

Community Action, Inc.  
105 Grace Way  
Punxsutawney, PA 15767-1209



## CROSSROADS CONNECTION

814-849-2779 Brookville area  
814-938-3580 Punxsutawney area

**24-hour hotline**  
**toll free 1-800-598-3998**

814-371-1223 DuBois area  
814-768-7200 Clearfield area

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A United Way Member Agency