

CROSSROADS CONNECTION

Fall 2011

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

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

Domestic Violence Facts

According to the National Coalition Against Domestic Violence (2011), domestic violence is the willful intimidation, physical assault, battery, sexual assault or other abusive behavior perpetrated by an intimate partner against another. It is an epidemic affecting individuals in every community, regardless of age, economic status, race, religion, nationality or education.

Violence against women is often accompanied by emotionally abusive and controlling behavior as part of a systematic pattern of dominance and control. Domestic violence results in physical injury, psychological trauma and sometimes death. The consequences cross generations and last a lifetime.

Effects on Children

- Witnessing violence between parents or caretakers is the strongest risk factor of transmitting violent behavior from one generation to the next.
- Boys who witness domestic violence are twice as likely to abuse their partners or children as adults.
- 30% to 60% of perpetrators of intimate partner violence also abuse children in the household.

Homicide and Injury

- One-third of female homicide victims reported in police records are killed by an intimate partner.
- In 70-80% of intimate partner homicides, no matter which partner was killed, the man physically abused the woman before the murder.
- Less than one-fifth of victims reporting an injury sought medical treatment.
- More than 18.5 million mental health care visits each year are the result of intimate partner violence.

Protection From Abuse (PFA) Orders

- Approximately 20% of the 1.5 million people who experience intimate partner violence annually obtain PFAs.
- One-half of PFAs obtained by physically assaulted women were violated.
- Two-thirds of the PFAs against intimate partners who raped or stalked the victim were violated.

Economic Impact

- The cost of intimate partner violence exceeds \$5.8 billion each year.
- Victims of intimate partner violence lost almost 8 million days of paid work.
- There are 16,800 homicides and 2.2 million medically treated injuries due to intimate partner violence annually, costing \$37 billion.

Reporting Rates

- Domestic violence is chronically underreported.
- One-quarter of all physical assaults, one-fifth of all rapes and one-half of all stalking against females by intimate partners are reported to the police.

Reference data from www.ncadv.org.



DID YOU KNOW

- ◆ One in every four women will experience domestic violence in her lifetime.
- ◆ An estimated 1.3 million women are victims of physical assault by an intimate partner each year.
- ◆ 85% of domestic violence victims are women.
- ◆ Historically, females have been most often victimized by someone they knew.
- ◆ Females 20-24 years of age are at the greatest risk of nonfatal intimate partner violence.
- ◆ Most cases of domestic violence are never reported to the police.



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.



Emotional abuse: It's a bigger problem than you think

When people think of domestic abuse, they often picture battered women who have been physically assaulted. But not all abusive relationships involve violence. Just because you're not battered and bruised doesn't mean you're not being abused. Many men and women suffer from emotional abuse, which is no less destructive. Unfortunately, emotional abuse is often minimized or overlooked - even by the person being abused.

Understanding emotional abuse

Emotional abuse chips away at your feelings of self-worth and independence. If you're the victim of emotional abuse, you may feel there is no way out of the relationship or without your abusive partner you have nothing.

Emotional abuse includes *verbal abuse* such as yelling, name-calling, blaming and shaming. Isolation, intimidation and controlling behavior also fall under emotional abuse. Additionally, abusers who use emotional or psychological abuse often add threats of physical violence or other repercussions if you don't do what they want.

You may think physical abuse is far worse than emotional abuse, since physical violence can send you to the hospital and leave you with scars. But the scars of emotional abuse are very real and they run deep. In fact, emotional abuse can be just as damaging as physical abuse - sometimes even more so.

Violent and abusive behavior is the abuser's choice

Despite what many people believe, domestic violence and abuse is not due to the abuser's loss of control over his or her behavior. In fact, abusive behavior and violence is a deliberate choice made by the abuser in order to control you. Abusers use a variety of tactics to manipulate and exert their power.

- **Dominance** – Abusive individuals need to feel in charge of the relationship. They will make decisions for you and the family, tell you what to do and expect you to obey without question. The abuser may treat you like a servant, child or even as his or her possession.
- **Humiliation** – An abuser will do everything he or she can to make you feel bad about yourself or defective in some way. After all, if you believe you're worthless and no one else will want you, you're less likely to leave. Insults, shaming, name calling, and public put-downs are all weapons of abuse designed to erode your self-esteem and make you feel powerless.
- **Isolation** – In order to increase your dependence on him or her, an abusive partner will isolate you from the outside world. He or she may keep you from seeing family or friends or prevent you from going to work or school. You may have to ask permission to do anything, go anywhere or see anyone.
- **Threats** – Abusers commonly use threats to keep their partners from leaving or to scare them into dropping criminal charges. Your abuser may threaten to hurt or kill you, your children, family members or even pets. He or she may threaten to commit suicide, file false charges against you or report you to child services.
- **Intimidation** – Your abuser may use a variety of intimidation tactics designed to scare you into submission. Such tactics include making threatening looks or gestures, smashing things in front of you, destroying property, hurting your pets or putting weapons on display. The clear message is if you don't obey, there will be violent consequences.
- **Denial and blame** – Abusers are very good at making excuses for the inexcusable. They will blame their abusive and violent behavior on a bad childhood, a bad day and even on the victims of their abuse. Your abusive partner may minimize the abuse or deny it occurred. He or she will commonly shift the responsibility on to you; somehow, his or her violent and abusive behavior is your fault.



Parenting Classes and Support Groups are Valuable Resources

Although any parent can benefit from information and support provided at parenting classes, adults who were abused or neglected as children have an even greater need. When someone grows up in a home with domestic violence they are more likely to become a victim or abuser in adulthood. As parents, they may begin to repeat ineffective or abusive parenting methods used by their parents. Parenting classes provide support and encouragement necessary to break this cycle by taking a hard look at learned parenting methods and beliefs, discarding the ineffective ones and learning new skills and family rules to help the whole family function better.

To provide a good home for children, parents must meet all basic survival needs for the family to include: affordable housing; an income sufficient to pay for living expenses and emergencies; access to healthcare; and food and education. If these needs are not met, the a family environment will be stressful for both parents and children. Parenting class can provide techniques for coping with stress and also offer information about needs versus wants, employment opportunities, budgeting, time and money management, food and nutrition, as well as how to access community services to help families succeed in meeting basic needs.

Many families have just one parent, a step parent or separated parents who do not work together to parent. Any single parent situation can be especially hard. Depression, addiction or mental illnesses also present unique parenting issues. In a parenting class or support group participants can talk about any specific problems they are having and often gain valuable information and support from others. The facilitator or another participant may have dealt successfully with a similar issue and be able to make suggestions to help and strengthen the family.

Free parenting classes and support groups are available to help parents find information and support when most needed. Interested parents in Clarion or Jefferson County may call 1-800-598-3998 for further information.



Crossroads provided **1,280** individuals with **5,575** telephone hotline counseling and/or crisis services from July 1, 2010 - June 30, 2011.

BECOME A CROSSROADS VOLUNTEER!

FREE Domestic Violence prevention training classes are offered each Spring and Fall.

Classes enhance personal or professional skills and will prepare you for Crossroads volunteer opportunities.

A little bit of your time may make a world of difference to someone in need!

**FOR MORE INFORMATION
CALL 1-800-598-3998**

Witnessing Family Violence Hurts Children

When there is domestic violence in the family children are affected both directly and indirectly, even when the children are not physically abused themselves.

Children trying to cope with domestic violence in the home are more likely to suffer from fear, depression, anxiety, bed-wetting and a variety of behavior problems. In school, concentration may be poor, academic performance drops and the student may exhibit bullying behavior.

Older children may avoid being at home or use drugs and alcohol as a means of escape. They may lose respect for the victimized parent or become abusive to family members.

Children watch and learn how to act from what they see their parents do at home. It often becomes a vicious cycle. The parents fight and as it affects the children, they begin to act out and misbehave. Then the already stressed parent reacts in a negative way and the cycle continues with all family members stressed and unhappy.

A parent who is being physically or emotionally abused may become isolated from friends and family, losing their support when it is needed most. For that reason, parenting classes or group support is essential to break the cycle of family violence.

Is it Physical Abuse?

Physical indicators (signs or clues) of physical abuse may include injuries or bruises, while behavioral indicators are ways victims and abusers act or interact with each other.

Many indicators listed below can be explained by other causes (e.g. a bruise may be the result of a fall) and no single indicator can be taken as conclusive proof of physical abuse. Patterns or clusters of indicators may suggest abuse.

Physical indicators

- Sprains, dislocations, fractures or broken bones
- Burns from cigarettes, appliances or hot water
- Abrasions on arms, legs or torso that resemble rope or strap marks
- Internal injuries evidenced by pain, difficulty with normal organ functions and bleeding from body orifices
- Signs of traumatic hair and tooth loss
- Bilateral bruising to the arms (may indicate a person has been shaken, grabbed, or restrained)
- Bilateral bruising of the inner thighs (may indicate sexual abuse)
- "Wrap around" bruises that encircle a person's arms, legs, or torso (physical restraint)
- Multicolored bruises (sustained over time)

Behavioral indicators

- Injuries are unexplained or explanations are implausible (they do not "fit" with the injuries observed)
- Family members provide different explanations of how injuries were sustained
- A history of similar injuries, and/or numerous or suspicious hospitalizations
- Victims are brought to different medical facilities or medical practitioners for treatment to prevent injury pattern recognition

**Crossroads provided
3,789 days of shelter for
129 individuals from
July 1, 2010 - June 30, 2011**

Technology stalking is new and dangerous

Stalkers are misusing all types of technology to terrorize, impersonate, harass, threaten, monitor, track, intercept and locate victims. Take steps to help prevent this crime:

Phone Safety

- Turn off automatic answer or call function on cell phone.
- Turn phone off or remove battery to prevent GPS tracking.
- Use prepaid calling cards or new cell phone when making or receiving long distance calls, private calls or making escape plans.
- Delete call dialed and call received histories.
- Minimize use of cordless phones because calls can be intercepted.
- Keep and lock all threatening text messages.
- Keep and lock all threatening voice mail messages.
- If using a TTY device use a password to be sure you are communicating with the correct individual.

Computer Safety

- Use a computer at a library, work place or internet café.
- Create a new email account with an anonymous name.
- Don't check email from a computer the abuser can access.
- Change passwords and pin numbers frequently.
- Be sure to delete browser history after computer use.
- Google your name. If you can find it, so can a stalker or abuser.
- Save harassing e-mails with header information.

Crossroads Shelter Needs:

- ✓ Bath towels and washcloths
- ✓ Beverages such as coffee, tea, hot chocolate and juice mixes
- ✓ Cleaning supplies for floors, windows, bath and toilets
- ✓ Disinfectants such as bleach, Lysol type liquids and sprays
- ✓ Diapers: size 3, 4, 5, 6 and pull-ups
- ✓ Dish soap and dish washing scrubbers
- ✓ First aid items such as band aids, burn and antibiotic ointments
- ✓ 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
- ✓ Healthy snacks and beverages for children
- ✓ Laundry items such as detergent, dryer sheets and clothes baskets
- ✓ Light bulbs: 60 watt; night lights and energy savers
- ✓ Lots of toilet paper
- ✓ Medicines such as pain relievers, cold and allergy medicines
- ✓ Paper towels, plates, plastic cups and silverware
- ✓ Pillows (bed), pillow cases and protectors
- ✓ Twin size fitted sheets and mattress protectors

Volunteers:

Kaitlyn Barackman
 Sven Barnes
 Erica Baumgardner
 Justine Bolam-Wright
 Sheldon Buterbaugh
 Shirley Buterbaugh
 Ashley Clark
 Merlena Collins
 Foster Crawford
 Sally Daisher
 Madge Davis
 Deborah Devittorio
 Judy Dickerson
 James Freeze
 Jason Gallager
 Delbert Geer
 Ronnie Graham
 Cheryl Hamner
 Miles Himes
 Jasmine Himes
 Sierra Himes
 Nila Hoffman
 Taylor Jacobson
 Ken Kirby
 Lars Kvant
 Stephanie Kriner
 Christopher Larson
 Christina Lavoie
 Ken Learish
 Nancy Lombardo
 Jeremy Long
 Sister Ruth Ann Madera
 Austin McLaughlin
 Alexis Minich
 Patricia Monella
 Milton Nalley
 Bryant Palmer
 Angela Paulson
 Tammylyn Park
 Derrick Polohonki
 Barbara Powell
 Donna Pringle
 John Raniowski
 Bobbi Reitz
 Andre Saint Laurent
 Joseph Sikora
 Avarea Smith
 Heather Smith
 Jane Ann Spencer
 Bonnie Stewart
 Christallena Suplizio
 Lisa Tinker
 Christina Tischler
 Mary Wiesinger
 Kevin Williams
 Amber Willis
 Kayla Zurenda

Thank You!

The commitment and generosity of volunteers, individuals, community groups, churches, businesses and anonymous donors is sincerely appreciated.

Individuals:

Sally Baldus
 Jean Barbe
 Carmen R. Bickings
 Carol Blair
 Linda Bradley
 Lisa Bradley
 Pastor Rick Butler
 James Bowser
 Debbie Catzanorita
 Patricia Conway
 Jessica Derks
 Nancy DeMotte
 Jill Earley
 Nadine Earley
 Shirley Fleckenstein
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 James Riggie
 Heather Rodgers
 Diane Simpson
 Mary Smith
 Walter Smith
 Agnes Songer
 Shirley Steiner
 Bob Stevens
 Patricia Strawn
 Barbara Williams
 Gail Williams
 Peggy Work
 Mary Young

Businesses:

Brookville Hospital
 Brookville Nursery School
 Cen-Clear Child Services, Inc.
 County Market
 Credit Health
 Crosstown Food Pantry
 Cultural Resources, Inc.
 Gatti Pharmacy
 Holiday Hair
 Jefferson Grocery
 Punxsutawney Area School District
 Wal-Mart Supercenter

Churches:

Beechtree Union
 First Assembly of God
 First Baptist
 First Christian
 First Church of God
 First United Methodist
 Grace Evangelical Lutheran
 Mount Zion United Methodist
 St James Lutheran
 St John's Reformed
 Steffey United Methodist
 Trinity Lutheran
 Valier United Methodist
 Woodland Avenue United Methodist

Groups:

Beechtree Missionary Society
 Brookville Civic Club
 Clearfield VFW 1785
 Cloe Women's Christian Society
 Flowing Waters Outreach
 Fraternal Order of the Eagles
 Henderson Grange 1315
 Mapleview PTO
 Mahoning Grange 1732
 Mary Brown Bridge Club
 Munderf Richardsville WCTU
 Nimble Thimble Quilters
 Outreach Committee
 Punxsutawney Rotary Club
 Ringgold MYF
 Steffey Sunday School
 Woodland Avenue UMW

YOU CAN HELP!

- Make a memorial donation in memory of a loved one
 - Learn about domestic violence prevention by attending Crossroads volunteer classes
 - Volunteer your time
 - Make a monetary donation
 - Donate shelter supplies and food
 - Sponsor a family for a holiday meal, holiday gifts or school clothes
- Contact Crossroads staff to learn more about the many ways you can help.

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

Crossroads Project Advisory Council Membership 2011-2012

Bobbi Reitz, Council Chair
Nancy Lombardo, Council Vice Chair
Jane Ann Spencer, Council Secretary/Treasurer
Susan G. F. McLaughlin, Crossroads Director
Granville Carter, CAI Board Representative
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John Raniowski



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