

# CROSSROADS CONNECTION

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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](http://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  
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 Karen Ray  
 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  
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