



Mental Health Matters

**Counseling and
Psychological Services
(CAPS)**

**Fall 2005
Relationship Violence**

Relationship (Domestic) Violence: Helping someone you know

"The use of power and control within an intimate relationship that threatens a person's well being."

(The Domestic Violence Network of Greater Indianapolis)

Domestic Violence is the leading cause of serious injury to women, more common than rape, muggings, and car crashes combined (Stark and Flitcraft, 1985).

While it is important to note that violence occurs and involves people from all walks of life, the majority of relationship (domestic) violence is perpetrated against women.

College Counseling Centers across the country have consistently reported increased severity of presenting concerns in their clients (Patterson, 2003; Peterson, 2002). The most pervasive primary diagnosis treated at IUPUI Counseling and Psychological Services (CAPS) is clinical depression, followed closely by 'Relationship Problems'.

How to help

- **Any member of the IUPUI community may come into contact with a distressed student. Many students come to the attention of faculty or staff through journal entries or papers. *Prevention and intervention* can be accomplished by helping our students recognize healthy relationship patterns, signs of and tendencies for relationship violence, and resources on campus and within the community.**

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Studies Reveal:

It happens every 9 seconds

Almost half of all incidents of domestic violence against women are not reported.

Anytime a mother is abused her children are also affected in both overt and subtle ways.

Children of abused women are at high risk of being abused themselves.

Children of battered women show their distress in a range of physical and emotional problems.

Children (particularly boys) of battered women are at great risk of repeating the patterns they saw as children when they become adults.

Characteristics of a Healthy Relationship

- Communication is open and spontaneous
- Feelings and needs are openly expressed
- Individuality, freedom and personal identity is enhanced
- Each enjoys doing things for self, as well as for the others
- Each does not attempt to 'fix' or control the other
- Self-confidence and security in own worth
- Openness to constructive feedback
- Ability to let go of need to 'be right'
- Each is trustful of the other
- Balance of giving and receiving
- Negotiations are fair and democratic
- Tolerance: forgiveness of self and other
- Mistakes are accepted and learned from
- Change and exploration is encouraged
- Continuity and consistency is present in the commitment
- Responsibility of own behaviors and happiness – lack of blaming
- Recognize that developing healthy relationships is an important life skill (adapted from Life Management Skills III: Korb-Khalsa, Azok, Leutenberg, 1994)

Rape Facts:

- Rape is an act of violence
- Rape can happen to anyone
- Rape is the fastest rising violent crime in America
- One woman is raped every two minutes
- One in three women who live an average lifespan will be raped
- The average rapist rapes 18 women before being apprehended
- Women can and do commit acts of rape
- Men can be and are victims of rape
- Rape in marriage is illegal in Indiana

Warning Signs of Relationship Violence

- Power struggle and control
- Verbal attacks: criticism, minimizing, denying, blaming
- Intimidation, Coercion, Behavioral and/or Verbal Threats
- Encourage the isolation from and/or discourage the connection with family, friends, support network
- Addictions
- Physical/Verbal Aggression
- Explosive anger
- Repetitive/unrealized promises to change

IUPUI Resources

IUPUI Counseling and Psychological Services (CAPS)

Union Building (UN) 418
Phone: 274-2548
Email: capsindy@iupui.edu
<http://life.iupui.edu/caps>

IUPUI Police Department

Emergency: 911 or 274-7911
TTY 274-1387
Non-emergency: 274-2058
<http://www.police.iupui.edu>

Student Advocate Office

University College (UC) 002
Phone: 274-7594
<http://www.life.iupui.edu/advocate>

IUPUI Student Health Center

Coleman Hall (CF) 100
Phone: 274-8214
<http://www.iupui.edu/~iupuishc>

Office for Women

University Library (UL) 1140
Phone: 278-3600
<http://www.opd.iupui.edu/ofw.index/htm>

IUPUI Human Resource: Work/Life Balance

Phone: 274-5466
<http://www.hra.iupui.edu/worklife>

IUPUI HR: Employee Relations

Union Building (UN) 368
Neelam Chand
Phone: 274-8931

Community Resources

Center for Hope: Wishard Hospital

Emergency room: (317) 633-4673
(633-HOPE)
<http://www.wishard.edu>

Indiana Coalition Against Domestic Violence (ICADV)

Toll Free 24-hour hotline
Voice and TTY: 800-332-7385
Resource Center: (317) 917-3685
www.violenceresource.org

Indiana Family Helpline: 800-433-0746

Prevent Child Abuse Indiana

CARE Line: 800-962-2798
www.PCAIN.org

Protective Order Pro Bono Project – Victim Advocacy

Provides victim advocacy services including assistance in court, safety planning and referrals to services

Phone: (317) 327-6999
(317) 638-7671
Email: abiesecker@popbp.org
<http://www.popbp.org>



SUGGESTIONS FOR HELPING

Some basic steps that can be taken to assist someone who may be a target of relationship violence:

Approach – in an understanding, non-blaming way. Tell her/him that s/he is not alone, that there are many like her/him in the same kind of situation, and that it takes strength to survive and trust someone enough to talk about it.

Acknowledge – that it is scary and difficult to talk. Tell her/him that s/he doesn't deserve to be threatened, hit or beaten. Nothing justifies violence.

Share – information. Show the 'Characteristics of Healthy Relationship', 'Warning Signs of Relationship Violence'. Discuss the dynamics of violence in the relationship.

Support – be a good listener. Allow her/him to make own decisions, even if it means s/he isn't ready to leave the relationship.

Ask – if s/he has suffered physical harm. Offer to help in securing treatment and/or report to the police if s/he chooses to do so.

Provide – information on available resources both on/off campus.

GLBT Relationship (Domestic) Violence

- More difficult to find appropriate support because most resources are designed for heterosexual women
- Discounted by myth of "mutual" abuse
- Accessing services means coming out
- Minimized by the GLBT community to avoid negative attention

(Adapted from: Paula Keeton, Same Sex Violence)

Selected Relevant Domestic Violence Statutes

Intimidation. I.C. 35-45-2-1.

A Person who threatens another person with the intent of placing the other person in fear of retaliation for a prior lawful act, commits the crime of Intimidation, a *Class A misdemeanor*.

If the intimidation involves a witness (or spouse of child of a witness) in any pending criminal case against the person making the threat, it is a *Class D felony*.

If the intimidation is committed while using a deadly weapon, it is a *Class C Felony*.

Harassment. I.C. 35-45-2-2.

A person who makes a telephone call, sends email, or otherwise communicates with a person with the intent of harassing, annoying, or alarming that person, commits the crime of Harassment, a *Class B misdemeanor*.

Stalking. I.C. 35-45-10-5.

The crime of stalking is defined by law as any repeated or continuing harassment causing the victim to feel terrorized, frightened, intimidated, or threatened, and is a *Class D felony*.

If the act of stalking involves a threat placing the victim in fear of sexual battery, serious bodily injury or death; is in disregard of a protection order issued in Indiana or by another state or tribal court; or occurs while a criminal case of stalking against the same victim is pending in court, the crime is a *Class C felony*.

If the act of stalking occurs while the offender is armed with a deadly weapon, or if the offender has a previous conviction of stalking the same victim, the crime is a *Class B felony*.

Victim Rights. I.C. 35-40.

Officers responding to domestic violence scene are required to provide a victim with a written notice of their statutory rights. This information is also available on ICADV's website in English or Spanish: <http://www.violenceresource.org/victimrights.doc>

Penalties:

Class C misdemeanor:	Fine up to \$500 and up to 60 days in jail.
Class B misdemeanor:	Fine up to \$1000 and up to 180 days in jail.
Class C misdemeanor:	Fine up to \$5000 and up to 365 days in jail.

Class D felony:	Fine up to \$10,000 and 6 months-3 years in jail/prison.
Class C felony:	Fine up to \$10,000 and 2-8 years in jail/prison.
Class B felony:	Fine up to \$10,000 and 6-20 years in jail/prison.
Class A felony:	Fine up to \$10,000 and 20-50 years in jail/prison.

(Source: Indiana Coalition Against Domestic Violence And The Resource Center)



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*The Division of
Student Life and
Diversity*