

# TRAPPED DURING COVID: GOING THROUGH INTIMATE TERRORISM

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RECOVERY IOWA



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I was born and raised in Des Moines, Iowa. I graduated with an Associates degree in Criminal Justice and Bachelors in Criminal Justice and minor in Human services. In 2012, I had moved to Albuquerque New Mexico for an internship with the Domestic Violence Resource Center and the Albuquerque Police department. Within this field, I became a domestic violence court advocate for the resource center which is also known as the Family Advocacy Center. Shortly after and during I worked this position, as well as a Case Manager for the Haven House domestic Violence shelter in Rio Rancho, New Mexico. Both positions led me to my passion of helping individuals who struggled with domestic violence situations and unhealthy relationships. I currently work as a behavioral health care coordinator for Magellan/Presbyterian health care working with individuals who have barriers in mental and physical health, as well as secondary job with Covid Recovery Iowa as a specialty coordinator for the domestic violence, mental health, substance use and homelessness team.

# COVID AND DOMESTIC VIOLENCE...IT COULD HAPPEN TO YOU!

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- **Fact: The First stay at home order took place 3/19/2020 in California**

## **Scenario:**

You are a woman/man who is suffering emotional and physical abuse from your significant other. As of March 2020, the state of California that you live in indicates there is a “stay at home” order, preventing you and your abuser from leaving the home. Prior to the “stay at home order”, your abuser has already physically and emotionally abused you on a frequent basis. From name calling, gas lighting, leaving marks and even abuse in front of your children.

Now, you must see them 24/7 and are unable to contact outside sources, including:

Researching the internet on how to break free

Speaking to your friends, family or therapist about how to create your safety plan

No longer do you have an option to call 9-1-1 out of more fear than before

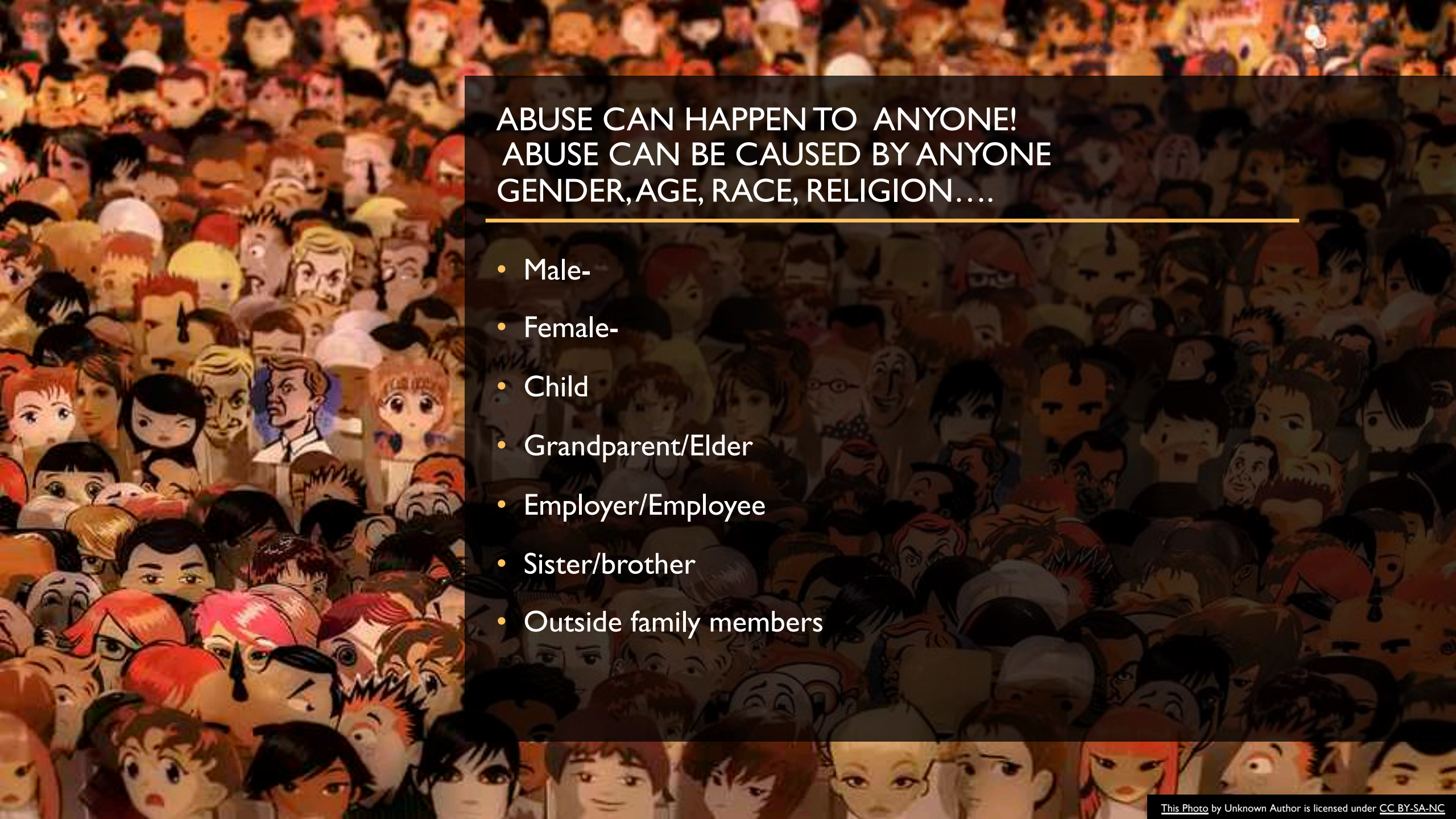


## WHAT WE HEAR, AND WHAT YOU SAY.....

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### **What Advocates have heard from some survivors reaching out:**

- *“A chatter mentioned that the abuser was using the virus as a scare tactic to keep the survivor away from their kids.”*
- *“A chatter said the abuser was using COVID-19 as a scare tactic so that they would not visit family.”*
- *“A health professional still living with their abuser called and said they were physically abused that night because their abuser was sure they were trying to infect them with COVID-19.”*



ABUSE CAN HAPPEN TO ANYONE!  
ABUSE CAN BE CAUSED BY ANYONE  
GENDER, AGE, RACE, RELIGION....

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- Male-
- Female-
- Child
- Grandparent/Elder
- Employer/Employee
- Sister/brother
- Outside family members

# HOW TO SEE SIGNS OF ABUSE

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# SIGNS AND SYMPTOMS

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- Agitation, anxiety and constant apprehension
- Sleeping habits, (too much, never enough)
- Developing drug or alcohol problems
- Continuously saying “I am sorry”.
- Low interest in activities
- Seems on edge or fearful
- Low self esteem
- Depression signs



## Does your partner ever....

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- Tell you that you can never do anything right?
- Embarrass you with put-downs?
- Get jealous when you spend time with friends?
- Control what you do, who you see or talk to or where you go?
- Look at you or act in ways that scare you?
- Push you, slap you, choke you or hit you?
- Stop you from seeing your friends or family members?
- Control the money in the relationship? Take your money or Social Security check? Make you ask for money or refuse to give you money?





# IOWA NUMBERS AND STATS

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## **Domestic Violence in Iowa:**

- 31.3% of Iowa women and 19.6% of Iowa men experience domestic violence in their lifetimes.
- In 2011, 6,628 domestic violence incidents were reported to Iowa law enforcement..
- On a typical day, domestic violence hotlines receive approximately 21,000 calls, an average of close to 15 calls every minute

# ILLINOIS NUMBERS AND STATS

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## DOMESTIC VIOLENCE IN ILLINOIS:

- 37.7% of Illinois women and 25.7% of Illinois men experience intimate partner physical violence, intimate partner sexual violence and/or intimate partner stalking in their lifetimes.
- 26.9% of domestic violence homicides are committed with firearms, significantly less than the nationwide rate.
- 5 Illinois has very strong domestic violence-related firearms laws.
- Stalking is a felony in Illinois.

# COVID-19, REPORTING DOMESTIC VIOLENCE CASES ACROSS THE NATION....

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- During this time of the Covid-19 pandemic, 7.5% increase in domestic violence calls during the 12 weeks after social distancing began. (within the U.S)
- 1 in 4 women report intimate partner violence
- 1 in 10 men report their experience with intimate partner violence
- 20 people in the United States experience physical domestic violence every minute.
- As individuals quarantine in the United States, individual states reported increases in Domestic violence and abuse incidents ranging from 21% to 35% during lockdown.
- Limited data has been shown how DV has changed following the stay-at-home orders, except for the phone calls that have been received by officers.

# THE “DO”

- Being available for the victim (making time and effort)
- Start a conversation-” I’m worried about you because ....” or “I’m concerned about your safety...” or "I have noticed some changes that concern me..“
- Listen without Judgement
- Learn the warning signs:
  - Black eyes and bruises
  - Low self esteem
  - Over apologetic
  - Fearful and on edge
  - Becoming withdrawn/distant, Canceling appointments or being late often
  - Isolation

Believe the victim

Validate their feelings

Offer support and resources

Help build a safety plan

# WHAT IS A SAFETY PLAN?

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- A safe place to go in an emergency, or if they decide to leave home
- A prepared excuse to leave if they feel threatened
- A code word to alert family or friends that help is needed
- An "escape bag" with cash, important documents (birth certificates, social security cards, etc.), keys, toiletries, and a change of clothes that can be easily accessed in a crisis situation
- A list of emergency contacts, including trusted family or friends, local shelters, and domestic abuse hotline



## “THE DON’T”

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- **Don't...**
- Bash the abuser. Focus on the behavior, not the personality.
- Blame the victim. That's what the abuser does.
- Underestimate the potential danger for the victim and yourself.
- Promise any help that you can't follow through with.
- Give conditional support.
- Do anything that might provoke the abuser.
- Pressure the victim.
- Give up. If they are not willing to open up at first, be patient.
- Do anything to make it more difficult for the victim.

# LOCAL RESOURCES FOR ILLINOIS

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- Illinois Coalition Against Domestic Violence-
- (877) TO END DV or (877) 863-6338 (Voice)  
(877) 863-6339 (TTY Hours: 24/7 /365)
- CAWC 24 Hour Crisis Hotline-773) 278-4566
- <https://www.dph.illinois.gov/covid19/community-guidance/intimate-partner-violence-sexual-violence-and-child-abuse-and-neglect-preventionsupport>
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://www.illinoislegalaid.org/>
- [www.Dhs.state.il.us](http://www.Dhs.state.il.us)
- Illinois Call4Calm text line for Covid-19 pandemic counseling Services
- 2-1-1 for Health and Human Services
- CVRC of Illinois (Crime Victims Rights Commission)



The background features a stylized illustration of two hands, one larger and one smaller, cupping a heart. The hands are rendered in various colors including shades of blue, purple, and yellow. The heart is a solid red color. The background is composed of abstract, overlapping geometric shapes in shades of teal, blue, and purple.

## LOCAL RESOURCES FOR IOWA

- Iowa Coalition Against Domestic Violence
- <https://www.iowalegalaid.org/>
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <http://www.survivorshelpline.org/is-this-abuse.php>
- Iowa victim call center- [1-800-770-1650](tel:18007701650)  
or text 'iowahelp' to 20121
- [www.covidrecoveryiowa.org](http://www.covidrecoveryiowa.org)
- 1-844-775-WARM Covid Recovery Iowa 24/7 counseling services and resources
- 2-1-1- listing of local services and resources
- CVRC of Iowa (Crime Victims Rights Commission)



# QUESTION AND ANSWER.....

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