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Wurzweiler Care Cafe is a free offering from the Wurzweiler School of Social Work at Yeshiva University
Supported by New York City Councilmen Eric Ulrich and Ydanis Rodriguez

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RESOURCES: Domestic Violence & Rebuilding Your Life

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DOMESTIC VIOLENCE HOTLINE NUMBERS

- **New York State Domestic Violence 24 Hour Hotline** (English & español/Multi-language accessibility):
 - 1-800-942-6906 or 711 for Deaf or Hard of Hearing
- **National Domestic Violence 24 Hour Hotline** 1-800-799-7233 or 1-800-787-3224 (TTY)
- **National Deaf Hotline Videophone** 9am-5pm M-F 1-855-812-1001 or deafhelp@thehotline.org

NEW YORK CITY AREA

- **African American Planning Commission** (800) 621-HOPE (4673)
 - *Offers culturally specific services to African Americans
- **Allen Women's Resource Center** (718) 739-6200 *Offers Christian specific services - OCFS Licensed and Approved.
- **Barrier Free Living** (212) 677-6668 *Offers services to people with disabilities - OCFS Licensed and Approved.
- **Center Against Domestic Violence** (718) 439-1000 - OCFS Licensed and Approved.
- **Crime Victims Treatment Center of St. Luke's Roosevelt Hospital** (212) 523-4728
- **Edwin Gould Services for Children and Families** – STEPS to End Family Violence (877)-STEPS-94
 - OCFS Licensed and Approved.
- **Food First Family Project, Inc.** (877) 230-5705 - OCFS Licensed and Approved.
- **Good Shepherd Services – Safe Homes Project** (718) 499-2151 (Monday–Friday, 9am–5 pm)
 - OCFS Licensed and Approved.
- **HELP USA** (718) 922-7980 - OCFS Licensed and Approved.
- **Henry Street Settlement** (212) 577-7777 - OCFS Licensed and Approved.
- **Jewish Board Family & Children's Services** – please see their website for the various hotline numbers.
 - *Offers Jewish specific services - OCFS Licensed and Approved.
- **Korean American Family Service Center** (718)-460-3800 *Bilingual Korean/English; offers Korean specific services
- **NYC Anti-Violence Project** (212) 714-1141 *bilingual Spanish/English hotline; offers LGBTQ specific services
 - OCFS Licensed and Approved.
- **NYC DOMESTIC VIOLENCE HOTLINE** (800) 621-HOPE (4673)

NYC Area Continued Next Page

Disclaimer: Wurzweiler Care Cafe provides this list of resources, programs and providers only as an informational service. These resources, programs and providers are not endorsed and have not been evaluated. We encourage attendees to independently investigate and evaluate the listed resources, programs and providers.



Yeshiva University
WURZWEILER SCHOOL OF SOCIAL WORK

NEW YORK CITY AREA, continued

- **New Destiny Housing** (646) 472-0262 ext. 11
- **New Vista for Families, Inc.** (718) 984-6842 - OCFS Licensed and Approved.
- **Womankind (formerly New York Asian Women's Center)** (888) 888-7702
 - *multilingual hotline; offers Asian specific services - OCFS Licensed and Approved.
- **Ohel Children's Home & Family Services** (800) 603- OHEL (6435) *offers Jewish specific services
 - OCFS Licensed and Approved.
- **Queens Legal Services** (917)-661-4500 - OCFS Licensed and Approved.
- **Safe Horizon** (800) 621-4673 - OCFS Licensed and Approved.
- **Sanctuary for Families** (212) 349-6009 - OCFS Licensed and Approved.
- **Seamen's Society for Children & Families – Safe Passage** (718) 447-7740 - OCFS Licensed and Approved.
- **Services for the UnderServed (S:US)- formerly Palladia, Inc.** (800) 621-HOPE (4673) - OCFS Licensed and Approved.
- **Urban Justice Center– Domestic Violence Project** (718) 875-5062 - OCFS Licensed and Approved.
- **Urban Resource Institute** (888) 279-2211or (888) 252-2890 - OCFS Licensed and Approved.
- **Violence Intervention Program** (800) 664-5880 *24/7 bilingual Spanish/English hotline
 - OCFS Licensed and Approved.
- **Volunteers of America, Greater New York** – to contact, use:
 - **NYC Domestic Violence Hotline** (800) 621-HOPE (4673) - OCFS Licensed and Approved.
- **Womankind (formerly New York Asian Women's Center)** (888) 888-7702
 - *multilingual hotline; offers Asian specific services - OCFS Licensed and Approved.

BRONX

- **Urban Resource Institute** (646) 588-0030 - Provides both residential and transitional domestic violence services. OCFS Licensed and Approved.

NASSAU COUNTY

- **Circulo de la Hispanidad, Inc.** – Salva Domestic Violence Program (516) 889-2849
 - Provides non-residential domestic violence services. OCFS Licensed and Approved.
- **Long Island Anti-Violence Project** (516) 323-0011
 - Provides non-residential domestic violence services to LGBTQ survivors of intimate partner violence.
- **The Safe Center LI (516) 542-0404** - Provides both residential and non-residential domestic violence services.
 - OCFS Licensed and Approved.

MORE SUPPORT

Visit **The National Domestic Violence Hotline** at www.thehotline.org for information and resources about help for family, friends, survivors, for abusive partners, legal help, deaf services, pets, abuse in LGBTQ relationships, defining abuse, understanding why people stay in abusive relationships, abuse and immigrants, information on healthy relationships, hotlines, statistics, and more.

Visit **Safe Horizons** at www.SafeHorizons.org for information on safety planning, counseling, shelters, and legal and court programs, as well as online chat assistance.

Visit **VIPMujeres.org** for **COUNSELING** • Please call us at **1-800-664-5880, 24/7**.

- Are you being hurt by a loved one? Abuse is not just physical, but can be emotional, mental, or economic.
- We are here to help - no matter what your situation is.

VIPMujeres Shelter:

- **Emergency Shelter at Morivivi** is an option for survivors as they move forward establishing violence-free lives. Families are housed in scattered site apartment for up to 180 days and receive a range of services including individual and group counseling, advocacy, and case management.
- **Transitional Housing at Casa Sandra** - we provide eligible families coming out of domestic violence shelters up to two years of transitional/supportive housing. Clients are referred via New York City's network of emergency domestic violence shelter or other community-based organizations.

Are you experiencing abuse?

Abuse can happen to anyone and is not always physical.

- Are you afraid of your partner's anger?
- Are you afraid to disagree?
- Does your partner constantly check up on you and not believe your answers?
- Do you feel that nothing you do is ever good enough for your partner?
- Does your partner get jealous when you spend time with friends or family?
- Does your partner take or keep money from you?
- Does your partner accuse you of cheating and being disloyal?
- Does your partner make you feel worthless?
- Does your partner hurt you by hitting you, choking you, or kicking you?
- Does your partner try to control what you do and who you see?
- Does your partner pressure or force you into unwanted sex?
- Does your partner control your access to money?

If you answered yes to any of the questions above, you might be experiencing abuse.

Please call the VIPMujeres 24-hour bilingual hotline to speak with a counselor: 1-800-644-5880.

Economic Abuse

Abuse is not just physical. Economic abuse—using money as a tool for power and control—occurs just as frequently as physical and emotional abuse and can be an overwhelming hurdle. VIPMujeres aims to promote self-sufficiency through a series of financial literacy and economic empowerment services.

If you think you are experiencing financial abuse, call the VIPMujeres hotline at 1-800-644-5880.

Warning signs to look out for if you are concerned a friend or family member is experiencing abuse:

- Their partner puts them down in front of other people
- They are constantly worried about making their partner angry
- They make excuses for their partner's behavior
- Their partner is extremely jealous or possessive
- They have unexplained marks or injuries
- They've stopped spending time with friends and family
- They are depressed or anxious, or you notice changes in their personality

How you can help a friend or family member if you suspect abuse:

- Empower them. Abuse is about power and control, so one of the most important ways you can help a person in an abusive relationship is to consider how you might empower them to make their own decisions
- Acknowledge that they are in a very difficult and scary situation, be supportive, and listen without interrupting
- Be non-judgmental and respect their decisions. Do not criticize them.
- If they end the relationship, continue to be supportive of them. They will need time to mourn the relationship
- Say you believe them
- Encourage them to participate in activities outside of the relationship with friends and family. Support is critical and the more they feel supported by people who care for them, the easier it will be for them to take the steps necessary to get and stay safe away from their abusive partner. Remember that you can call the hotline to find local support groups and information on staying safe
- Encourage them to talk to people who can provide help and guidance
- Help them develop a safety plan

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Safety Plans

A safety plan is a personalized, practical plan that includes ways to remain safe while in a relationship, planning to leave, or after you leave. Safety planning involves how to cope with emotions, tell friends and family about the abuse, and how to take legal action and more.

Plan of Safety While Living with an Abusive Partner:

- Identify your partner's use and level of force so that you can assess the risk of physical danger to you and your children before it occurs.
- Identify safe areas of the house where there are no weapons and there are ways to escape. If arguments occur, try to move to those areas.
- Don't run to where the children are, as your partner may hurt them as well.
- If violence is unavoidable, make yourself a small target. Dive into a corner and curl up into a ball with your face protected and arms around each side of your head, fingers entwined.
- If possible, have a phone accessible at all times and know what numbers to call for help. Know where the nearest public phone is located. Know the phone number to your local shelter. If your life is in danger, call the police.
- Let trusted friends and neighbors know of your situation and develop a plan and visual signal for when you need help.
- Teach your children how to get help. Instruct them not to get involved in the violence between you and your partner. Plan a code word to signal to them that they should get help or leave the house.
- Tell your children that violence is never right, even when someone they love is being violent. Tell them that neither you, nor they, are at fault or are the cause of the violence, and that when anyone is being violent, it is important to stay safe.
- Practice how to get out safely. Practice with your children.
- Plan for what you will do if your children tells your partner of your plan or if your partner otherwise finds out about your plan.
- Keep weapons like guns and knives locked away and as inaccessible as possible.
- Make a habit of backing the car into the driveway and keeping it fueled. Keep the driver's door unlocked and others locked — for a quick escape.
- Try not to wear scarves or long jewelry that could be used to strangle you.
- Create several plausible reasons for leaving the house at different times of the day or night.

Safety Plans Continued on Next Page

Emotional Safety Planning:

- **Seek Out Supportive People:** A caring presence such as a trusted friend or family member can help create a calm atmosphere to think through difficult situations and allow for you to discuss potential options.
- **Identify and Work Towards Achievable Goals:** An achievable goal might be calling a local resource and seeing what services are available in your area, or talking to one of our advocates at The Hotline. Remember that you don't have to do anything you aren't comfortable with right now, but taking small steps can help options feel more possible when you are ready.
- **Create a Peaceful Space for Yourself:** Designating a physical place where your mind can relax and feel safe can be good option when working through difficult emotions that can arise when dealing with abuse. This can be a room in your house, a spot under your favorite tree, a comfy chair by a window or in a room with low lights.
- **Remind Yourself of Your Great Value:** You are important and special, and recognizing and reminding yourself of this reality is so beneficial for your emotional health. It is never your fault when someone chooses to be abusive to you, and it has no reflection on the great value you have as person.
- **Remember That You Deserve to Be Kind to Yourself:** Taking time to practice self-care every day, even if it is only for a few minutes, really creates space for peace and emotional safety. It's healthy to give yourself emotional breaks and step back from your situation sometimes. In the end, this can help you make the decisions that are best for you.

Safety Plan for Leaving an Abusive Relationship:

- Keep any evidence of physical abuse, such as pictures of injuries.
- Keep a journal of all violent incidences, noting dates, events and threats made, if possible. Keep your journal in a safe place.
- Know where you can go to get help. Tell someone what is happening to you.
- If you are injured, go to a doctor or an emergency room and report what happened to you. Ask that they document your visit.
- Plan with your children and identify a safe place for them, like a room with a lock or a friend's house where they can go for help. Reassure them that their job is to stay safe, not to protect you.
- Contact your local shelter and find out about laws and other resources available to you before you have to use them during a crisis. WomensLaw.org has state by state legal information.
- Acquire job skills or take courses at a community college as you can.
- Try to set money aside or ask friends or family members to hold money for you.

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23 SIGNS OF EMOTIONAL ABUSE

Carefully watch if these attitudes are present in your home - take into consideration the age level of each family member.

These signs are adapted from information provided by the Family Violence Prevention Fund and by the Office on Women's Health.

<p>1 Using harmful language – curse words in order to humiliate and intimidate the other</p> <p>2 Name calling and mocking</p> <p>3 Sending offensive cellphone messages or making offensive comments on the online profile of the other</p> <p>4 Describing the spouse, child or parent as being evil, stupid, ugly, and many other negative qualities that harm the person's sense of self-worth</p> <p>5 Using destructive criticism – constantly putting down any ideas or talents the other might show</p> <p>6 Playing mind games – saying lies or faking emotions in order to manipulate the other, alternating verbal abuse with kind gestures</p> <p>7 Humiliating the other – wrongfully making them feel ashamed or guilty</p> <p>8 Spreading lies or private information about the other</p> <p>9 Using social and economic standing, popularity, race or disability to manipulate the other</p> <p>10 Taking advantage of the dependency for medicine, care, food, clothing and basic needs to humiliate, belittle and treat them with contempt</p> <p>11 Ignoring the other for long periods of time as a way of controlling them</p>	<p>12 Making all the decisions for the other – not allowing freedom of thought or speech</p> <p>13 Controlling everything the other does and where they go</p> <p>14 Deciding what the other wears, who they see or talk to</p> <p>15 Isolating the other from education, employment opportunities and resources in the community</p> <p>16 Isolating the other from extended family and lifelong friends</p> <p>17 Causing fear and insecurity – saying things such as “No one cares about you!”</p> <p>18 Intimidating the other – saying things such as “I will leave you” or “I will throw you on the street.”</p> <p>19 Using threats to control the other – threatening to expose private information or to commit suicide</p> <p>20 In the case of partners – wrongfully accusing the other of being unfaithful</p> <p>21 Exposing the other to language or images that cause emotional harm and trauma, and making a mockery out of it</p> <p>22 Neglecting the other person's concerns about the emotional abuse or saying that it did not happen</p> <p>23 Blaming the emotional abuse on the person being abused, making them feel guilty, insecure and discouraged to seek for help</p>
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From www.vipmujeres.org/learn-more/immigration/

FACTS ABOUT DOMESTIC VIOLENCE



75% of undocumented immigrants are women and children.

Almost **50%** of our clients are undocumented.

Fear of deportation often prevents victims from calling the police or leaving their abuser.

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