

Domestic Violence Awareness

It happens every 9 seconds...

Domestic violence is the leading cause of serious injury to women and accounts for nearly 15% of all violent crime in the U.S. In fact, 1 in 3 women and 1 in 4 men will be victims of domestic violence at some point in their lives.¹

Research shows that every minute, 20 people in the U.S. are beaten or assaulted by their spouse or partner, and it is estimated that at least half of all incidences of abuse go unreported. In the home, millions of children will witness domestic violence each year. For the majority of these children, life will never be the same and many will suffer severe consequences, such as anxiety, depression, and other behavioral problems. Experiencing violence during childhood will continue to affect children throughout their adult lives.



What exactly is domestic violence?

Domestic violence is more than a bruised face or broken arm. It includes:

- Physical abuse – slapping, kicking, choking, spitting, punching, pinching
- Sexual abuse – forced sexual activity, sexual assault, sodomy
- Emotional abuse – humiliation, intimidation, name calling, demoralization, playing mind games, isolation
- Financial - limiting access to family income or assets, restricting or disrupting employment

How will I know if I am a victim of domestic violence?

Does your spouse or partner constantly put you down and make you feel ashamed? Do they tell you what to do and who you can see? Have they ever threatened to hurt you or your family? Have they ever pushed or hit you, or forced you to have sex? If you have answered “yes” to any of these questions, you are a victim.

What should I do if I am feeling threatened?

- Avoid rooms without exits or with potential weapons, such as kitchens.
- Arrange a signal with a neighbor to let them know when you need help, such as pulling down a certain window shade.
- Discuss a safety plan with your children, including people they can call or go to in an emergency.
- Call 911 if you are in immediate danger.

What if I’m an inflictor of domestic violence...how do I get help?

Inflictors of domestic violence also have many avenues for getting help. Local Batterers Intervention Programs can assist. For information, call Nonviolent Alternatives (Greenwood) at 877-545-7698 or the Life Recovery Center (Indianapolis) at 855-HELP-LRC to discuss options for treatment.

Change is not always easy, but it can be done. Professional help is your best avenue, but you can take the first steps by:

- Leaving the room or vicinity when you feel an oncoming violent episode
- Taking responsibility for the hurt and fear you may be causing
- Talk with someone about what you are doing and why you want to stop
- Watch for warning signs of your behavior

Help is just a phone call away!



Who can help?

Our goal is to provide you with several avenues for getting help.

Desert Rose Shelter offers emergency and transitional shelter as well as counseling, support groups, safety planning, crisis intervention, case management, assistance in filing protective orders and victim advocacy.

Law Enforcement

Emergency..... 911
Morgan County Sheriff.....765-342-5544
Martinsville P.D..... 765-342-6614
Mooresville P.D..... 317-831-3434

Victim Assistance

Morgan County..... 765-342-1186

Shelters

Desert Rose..... 765-342-ROSE
Julian Center.....317-920-9320
Middle-Way House..... 812-336-0846
Sheltering Wings..... 317-745-1496

Support/Counseling

Desert Rose..... 765-342-ROSE
Families First..... 317-634-6341
Centerstone..... 765-342-6616

Other Important Numbers

Morgan County Prosecutor.....765-342-1050
Legal Aid..... 1-800-822-4774
Center of Hope Rape Crisis.....317-865-5440

Note: To be notified when your abuser is released from jail (Morgan County); call 765-342-4303

If you find yourself in immediate danger, call
911

Who are victims of domestic violence?

They are your co-workers, neighbors, friends or family. Victims of domestic violence can be any age, gender, race, and come from any cultural background.

Safety Plan

Develop a Safety Signal to alert neighbors to call police



Have a bag packed (include the following if possible)

- Change of clothes for yourself and children
- Address book – include phone numbers of friends, relatives, doctors, lawyers
- Money
- Extra keys – to home and car
- Emergency Medicine
- Important papers – include checking and savings account numbers, copy of lease, copy of No Contact order/Protective Order, birth certificate, social security numbers for you and children and partner, ADC/SSI/ Medical cards, etc.

Remember: Be aware of your cell phone's GPS location tracking. When fleeing abuse, make sure that your phone will not give away your location. Advise school system, court, and welfare offices not to give out information.

¹National Coalition Against Domestic Violence - <http://ncadv.org/learn-more/statistics>

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Desert Rose Shelter



**Sheltering our Community
Against Domestic Violence &
Sexual Assault**



Desert Rose Foundation, Inc.

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