Domestic Violence & People with Disabilities

Anyone can be affected by domestic violence and abuse, but people with disabilities are more likely to experience abuse than people without disabilities. Because abuse is about power and control, people with disabilities may face unique challenges and barriers to accessing support.

According to the Equal Rights Center, domestic violence can intersect with disability in four key ways:

- Domestic violence can cause temporary or permanent disability;
- People with disabilities experience higher rates of domestic violence, sexual assault and abuse;
- Violence, assault and abuse against a person with a disability often take on non-“traditional” forms; and
- People with disabilities face additional barriers when seeking help.

The red flags of abuse are the same for everyone, but a person with disabilities may experience non-”traditional” signs, including an abusive partner who:

- Tells them that they are “not allowed” to have a pain flare up
- Steals or withholds their Social Security Disability check
- Tells them that they are a bad parent or could never be a parent because they have a disability
- Uses gas lighting to invalidate their disability (for example: “You’re faking it” or “It’s all in your head”)
- Uses their disability to shame or humiliate them
- Refuses to help them use the bathroom or complete necessary life tasks when they had previously agreed to
- Withholds or threatens to withhold medication; purposefully over-medicates or mixes medications in a dangerous/non-prescribed way
- Instigates sexual activity when they know their partner is not capable of consenting
- Withholds, damages or breaks assistive devices
- Does not allow them to see a doctor
- Threatens to “out” their disability to others (for example, someone who is HIV-positive may not wish to disclose their status, and their abusive partner will use their status to control them)
- Threatens to harm or harms their service animal
- Uses a disability as an excuse for the abuse; tells them that they “deserve” abuse because of their disability

Continued on page 4
TAKE ACTION!

We are looking for YOU! That’s right...YOU!!

Look at the ways you could make a difference in your community:

- 24-Hour Crisis Line: Listen, Help, Refer
- Clerical Duties: Answer Phones, Make Copies, Filing
- Education: Community Health Fairs
- Emergency Shelter: Groups, Babysitting
- Legal Advocacy: Assist, File, Organize
- Special Projects: Silent Witness Vigil, Sexual Assault Awareness Month, Folding & Labeling Newsletters
- Thrift Store: Sorting, Organizing, Pickups

If you are interested in volunteering, please contact Julia Hogan at 864.583.9803 or julia.hogan@shrcc.org

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH!

SAFE Homes-Rape Crisis Coalition, Seventh Circuit Solicitor’s Office, Spartanburg County Domestic Violence Coordinating Council, Spartanburg County Department of Social Services, Spartanburg County Sheriff’s Office, and Spartanburg Police Department invite you to attend.

THE 21ST ANNUAL SILENT WITNESS VIGIL

THURSDAY, OCTOBER 4, 2018
5:00 PM - 6:00 PM
Daniel Morgan Square
(Main Street)

Please join us as we gather together to honor past and present domestic violence victims and survivors.

We need to remember their stories.
We need to remember their names.

SHRCC 2017 STATISTICS

- Assisted 2,565 adults and 1,273 children traumatized by domestic violence and sheltered 354 adults and children
- Assisted 456 victims of sexual assault
- Provided 4,698 individual and 1,636 family therapy sessions for 624 people
- Provided 232 therapy/support groups which were attended by 259 individuals
- Accompanied 103 victims of sexual assault to the hospital
- Assisted 328 victims with filing order of protection petitions and attended 1,363 hearings with domestic violence and sexual assault victims
- We provided 633 education/prevention programs reaching 134,367 individuals
- 2,031 volunteers contributed 26,611 hours this year

TAKE ACTION!

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When Abuse Goes from Shouting to Striking
Verbal abuse often turns to physical abuse. Here’s how to see the signs

June 12, 2017 / By domesticshelters.org

There’s no medical report. No bruises or black eye or broken bone to signal what’s happening behind closed doors. But that doesn’t mean the abuse is any less damaging.

Verbal, emotional and psychological abuse take many forms—put-downs and power plays, bullying and blaming, trivializing and threatening—but its end game is the same: to dominate and control. While dangerous enough on its own, these forms of abuse and others often escalate into physical violence. Statistics vary widely due to under-reporting, as they do with much research on domestic violence, but according to a study published in the *Journal of Interpersonal Violence*, 95 percent of men who physically abuse their intimate partners also psychologically abuse them.

The effects can be chilling. Several studies have found that psychological abuse can do long-term mental health damage—including depression, suicidal ideation, low-self esteem and trust issues—as well as lead to a variety of diseases with physical symptoms. One study even found that psychological abuse is a stronger predictor than physical abuse of post-traumatic stress disorder (PTSD), which affects 7 out of 10 psychologically abused women.

Escalation Red Flags

The increased awareness around psychological abuse has helped many survivors identify problems earlier on, and get help before physical abuse starts. Here are some indications that psychological abuse may take a violent turn in the future:

- Isolating you from friends or family and/or discouraging you to see them.
- Blaming you and others for his behavior; not taking responsibility for his own actions.
- Threatening you with a weapon.
- Pushing, shoving, or cornering you.
- Destroying your property or threatening to hurt or kill your pets.
- Threatening to take away or harm your children.
- Does not respect your boundaries; keeps constant tabs on your activities.
- Displays excessive jealousy or paranoia.
- Pressures you to have sex or use drugs.
- Has a history of abusing others.

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The Americans with Disabilities Act

The Americans With Disabilities Act (ADA), adopted in 1990, provides protection from discrimination for people with disabilities. The ADA defines disability as “a physical or mental impairment that substantially limits one or more of the major life activities.”

It’s important to note that under Title II of the ADA, social services such as domestic violence shelters must be accessible for people with disabilities. Title III of the ADA covers public accommodations, which generally includes all places open to the public, such as offices for counseling services, legal services, translation services, doctors’ offices and shelters.

Per the ADA, to be accessible to people with disabilities, shelters and offices are required to:

**ADMIT PEOPLE WITH DISABILITIES INTO THE SHELTER**

People with disabilities must have an equal opportunity to benefit from programs, services and activities. People with disabilities must be treated equally and may not be excluded from shelters on the basis of having a disability.

For example, it is not permissible to deny admittance to an individual because he or she has a mental health disability or HIV.

**PROVIDE REASONABLE ACCOMMODATIONS**

‘Reasonable accommodations’ – alterations to policies, practices and procedures – allow a program or shelter to provide the same services to people with disabilities as people without disabilities. Reasonable accommodations must be made unless they entail significant difficulty or expense.

For example, if a shelter has a no pet policy, that policy may need to be altered to admit an individual who has a service dog.

**ELIMINATE STRUCTURAL BARRIERS TO ACCESS**

A building must be free of structural barriers to people with disabilities. Although people with mobility disabilities are the most affected by structural barriers, people with a range of disabilities can benefit from the removal of structural barriers or modifications of physical attributes.
With your continued support, we can help so many...

___ $95 to provide shelter for one night
___ $190 to provide shelter for two nights
___ $475 to provide shelter for five nights
___ $665 to provide shelter for seven nights

___ I wish to make a gift of my own choosing ______________
___ I would like my gift to be made in honor/memory of:
    In honor of ____________________________________
    In memory of ___________________________________
___ I would like more information about volunteer opportunities

Name ______________________________________________________________________
Address ___________________________________________________________________
City ____________________________________ State ____________ Zip __________
Phone ( ______ ) _____________________Email ______________________________

Please make checks payable to SAFE Homes-Rape Crisis Coalition
Mail to: 236 Union Street, Spartanburg, SC  29302

Shelter Wish List:

Sexual Assault Closet Wish List:
New Children’s, Women’s & Men’s Underwear (All Sizes), Socks (All Sizes), White Butcher Block Paper, Women’s & Men’s Lightweight Drawstring Type Pants (S-XXL)

Donations are tax deductible according to the tax regulations regarding 501(c)(3) not-for-profit organizations.
Your Christmas Gift Store is available to our shelter residents as well as those clients we have served within the past year. Each client must fill out an application and once approved will be able to shop and wrap gifts they choose for their children. These parents will be required to invest $5 per child or $20 per family. Those parents who cannot afford to pay the required amount will be given a voucher to shop for gifts. We are asking our sponsors to purchase new items for children ages 0-18, adult women, and/or household supplies. This gift store has allowed our clients the opportunity to be involved in the gift selection process for their children, as well as, provided them with the knowledge that they are not alone. Our little ones also have the opportunity to shop for their mothers in a separate gift store. In 2017, SAFE Homes-Rape Crisis Coalition was able to provide gifts to 182 adults and children that have been impacted by violence. The sponsors who made this effort possible all came from our local community. We appreciate all that you did to make this program possible and look forward to working with YOU again this year.

Individual Name/Company Name/Organization Name:

Contact Person if Company/Organization:

Address (for tax receipt):

City: ___________________________ State: ____________ Zip: _______________

Telephone (H): ___________________________ (W): ________________________________

Cell: ___________________________ Email: ________________________________

*After we have received your sponsor form, we will mail or email you further sponsorship instructions/gift suggestions*

____ I would like to purchase holiday gifts for ___infant, ___child, ___tween, ___teen, ___adult

____ I would like to make a contribution as a holiday gift in honor of:

Honoree Name & Address:

(We will send each donor a card notifying them that you have made a donation in their honor.)

Please check one of the following:

____ You (or your organization) will make arrangements to deliver the gifts to the SAFE Homes-Rape Crisis office no later than Friday, December 7, 2018.

____ You (or your organization) will need for a SAFE Homes-Rape Crisis Coalition representative to arrange for pick-up of gifts. (Please inform us when gifts are ready)

Please Note: Our Offices will be closed December 24 & 25 in observance of the Christmas Holiday.

If you would like more information, please contact Karen Martin-Wilkins or Jennifer O'Shields @ 864.583.9803 or 1.800.273.5066 
karen.martinwilkins@shrcc.org or jennifer.oshields@shrcc.org

*Return Form To: Karen Martin-Wilkins @ SAFE Homes-Rape Crisis Coalition 236 Union Street ~ Spartanburg, SC 29302 or Fax to 864.583.9611*

OFFICE USE ONLY: Date Wish List Mailed/Emailed To Sponsor: ________________ Date Wish List Faxed To Sponsor: ________________ Date gifts dropped off/picked up: ________________
Rages out of control with you but can maintain composure around others. It can be difficult to prove nonphysical violence in court. That’s why survivors should consider keeping a safe, secret record of what’s going on.

Healthy Boundaries Are Important to Set Early

Just as you can’t blame yourself for your abuser’s behaviors, you also can’t necessarily prevent them. But if you’re starting a new relationship, you can start by seeking and identifying safe people — those who make you a better person just by their presence in your life. These are people who are honest, on your side, and who make you and your feelings a priority.

When you’re ready to enter a relationship with someone you feel is safe, you should set boundaries to establish expectations of mutual respect, identify when lines are being crossed, and spot signs that a partner may turn abusive in the future.

There are five types of personal boundaries:

Physical: Your body belongs to you. Don’t use sex as currency (or allow your partner to) as a sign of love or “payment” for a nice dinner or gift. And don’t feel pressured to get physical too fast. Your partner should respect your comfort level and timeline.

Emotional: You have the right to have any emotion you want. Don’t let a partner tell you how you should feel.

Material: Set boundaries around sharing your possessions and lending money. You also don’t have to share passwords or access to your social accounts, email, and devices if you’re not comfortable with it.

Spiritual: You are allowed to have your own faith-based beliefs, and you shouldn’t feel pressured to share them with your partner.

Mental: You’re entitled to your own opinions and thoughts. You should have the ability to decide what’s important to you and to speak up for things you believe in.

“This project was supported by Federal Formula Grant # 2016 VA GX 0022, awarded by the Office for Victims of Crime, U.S. Department of Justice through the South Carolina Office of the Attorney General. Any points of view or opinions contained within this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.”
Cyber-abuse once was narrowly thought of as cyberbullying and online name-calling, and was remedied by simply blocking the perpetrator. But as our world becomes increasingly digital and new technologies develop, so too does the definition of online abuse.

“Cyber-aggression is an old behavior in a new guise,” says Alison Marganski, assistant professor of criminology at Le Moyne College and an expert in intimate partner violence, cyber-stalking and online harassment. “While communication technology has evolved to ease the ways we communicate, it’s also increasingly being used to abuse. And the dynamics are much more complex than one would think.”

Online abuse takes many forms, including:

- **Defamation**: An abuser posts lies about an individual in an attempt to disparage his or her character.

- **Doxing**: An abuser posts an individual’s private information, including full name, address, date of birth or social security number with the intent of harassing the individual or opening them up for others to commit crimes against them.

- **Financial abuse**: With online banking and electronic bill pay, an abuser might take financial abuse to the Internet by interfering with an individual’s accounts, changing passwords, denying access to finances or even identity theft.

- **Harassment**: Social media offers abusers a multitude of new ways to harass victims via private message, voice calls and public posts.

- **Google bombing**: In this tactic, the perpetrator uses optimization to cause defamatory content to rise to the top of search results when someone Googles the victim’s name.

- **Online impersonation**: This is when an abuser creates a fake account or hacks into a victim’s account and sends messages that appear to be coming from the victim. Often the messages are disparaging or defamatory in nature. Or, they may be used to cause turmoil between the victim and a third party. In extreme cases, abusers post fake prostitution ads or rape fantasies inviting individuals to the victim’s home for sex.

- **Revenge porn**: An abuser shares intimate photos or videos of a sexual partner that were obtained with or without consent during the relationship or when the abuser hacked into the victim’s computer, phone or online document storage.

- **Stalking**: Abusers tracking the victim’s whereabouts through online “check-ins” or by installing GPS tracking on the victim’s phone and monitoring the location hits.

- **Threatening**: This tactic is as old as time, but can now be done behind a veil of secrecy. Internet threats aren’t always taken seriously by online platforms or law enforcement but they do cause real anxiety in victims.
• **Unsolicited pornography:** This occurs when an abuser sends unwanted pornography to a victim or posts it online, such as in an open-forum comment. It also includes sexualizing a photograph of the victim and posting it online.

Online abuse has very real consequences for victims. And while states are lagging in passing legislation that keeps up with new forms of abuse, many are working on it, and it’s still important to report it as harassment. You can find each state’s individual laws regarding stalking on the Stalking Resource Center’s website.

“Flag inappropriate comments and report online abuse to police,” Marganski says. “We should not tolerate these behaviors. The more people report it, the more seriously it will be taken.”

*Source: The Women’s Media Center*

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**United We Stand...Putting the Pieces Together**

**14th Annual Interpersonal Violence Conference**

**Friday, October 12, 2018**

7:30 a.m. - 3:30 p.m.

Registration: 7:30 a.m.

Program: 8:30 a.m.

*Family Life Center ~ First Presbyterian Church*

393 East Main Street, Spartanburg

*Featured Speaker: Audace Garnett, BSN*

Technology Safety Specialist

National Network to End Domestic Violence

Washington, DC

Registration Fee is $100.00;

$25.00 Additional fee after September 28, 2018;

$50.00 for Undergraduate, Full-time students.

On-line Registration:

[www.spartanburgregional.com/CEEvents](http://www.spartanburgregional.com/CEEvents)

On-line registration closes on September 28, 2018

Fee includes on-line conference materials, refreshments, lunch, and certificate of attendance.

Deadline for registration is September 28, 2018

No refunds, but substitutions are accepted.

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**United We Stand Topics Include:**

- Domestic Violence Laws
- Human Trafficking 101 & Advanced
- Suicide Prevention
- Creating Victim Friendly Courts
- Obsessive Love
- Family vs Criminal Court
- Overview & Updates on SANE Kit
- Online Dating & Gaming
- Bystander Intervention
- Brain Changes from Trauma
- Self Defense vs Aggression
- Trauma Informed Interviewing
- Teens & Technology
- Sexual Assault
- Home Front Update
- Orders of Protection vs Restraining Orders
- Judicial Ethics

CE Credits Approved Include: Nurses, Social Workers, Therapists, Victim Service Providers, Attorneys, Judges, Law Enforcement Officers & Others.

Limited numbers of scholarships are available.

Contact Marlene Evans at 864.583.9803 for more information.

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SAFE Homes-Rape Crisis Coalition, Sixteenth Circuit Solicitor’s Office, & Union County Sheriff’s Office invite you to attend

**UNION COUNTY SILENT WITNESS VIGIL**

**THURSDAY, OCTOBER 9, 2018 - 12:00 PM - 1:00 PM**

**THE UNION COUNTY COURTHOUSE**

Please join us as we gather together to honor past and present domestic violence victims and survivors
SAFE Homes-Rape Crisis Coalition (SHRCC) provides services to victims of domestic violence in Spartanburg, Cherokee and Union Counties and victims of sexual assault in Spartanburg and Cherokee Counties.

SAFE Homes-Rape Crisis Coalition Mission

Our mission is to use our collective voice to address the impact of domestic and sexual violence by providing quality services to those affected and to create social change through education, training, and activism.

VISION:

We envision a community liberated from all forms of domestic violence and sexual assault.