Relationship Violence and Sexual Assault Response Toolkit

A component of the Community Coordination for Safety in Relationships Project funded by Status of Women Canada

Facilitated by the Golden Women's Resource Centre with contributions from community service providers, stakeholders, and community members.

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Purpose of the Relationship Violence and Sexual Assault Response Toolkit

The purpose of *Relationship Violence and Sexual Assault Response Toolkit is* to provide the community of Golden and its service providers with a resource to turn to when working with victims of relationship violence or sexual assault. The toolkit will contain resources compiled from different service providers in our community, contact information for agencies in Golden, and further information on relationship violence and sexual assault.

Golden's Relationship Violence and Sexual Assault Response Toolkit is modeled on Saskatchewan's Community Connections plan which can be found at: http://abusehelplines.org/wp-content/uploads/2011/06/Community-Connections-Plan.pdf

This tool will assist the Community Coordination for Safety in Relationships Team to identify gaps in its response and work together to fill those gaps while developing the Golden Interagency Case Assessment Team and raising awareness in the community of the existing response and what can be done to help.

The *Relationship Violence and Sexual Assault Response Toolkit* was created because the importance of having an updated booklet of current services, resources, contact information, policies and procedures, and additional supports for service providers to use when addressing relationship and sexual violence was identified by the CCSR team in our Community Plan (http://www.goldenwomencentre.ca/addressing-relationship-and-sexual-violence.html).

Community Coordination for Safety in Relationships (CCSR): Who we are.

The CCSR Team has been meeting since early 2011. The purpose of the team is to build a coordinated response to violence in relationships. Team members represent a variety of social service organizations including the Golden Family Centre, Ministry of Children and Family Development, Royal Canadian Mounted Police, Victim Services, Ministry of Social Development and Social Innovation, Golden Safe Homes Program, Golden Mental Health, Golden Pentecostal-Tabernacle, and Cranbrook Community Corrections.

To date, the team has succeeded in: obtaining two grants for funding for their work; hiring a coordinator; hiring a consultant and working with this consultant to conduct a Gender-Based Analysis (community needs assessment: http://www.goldenwomencentre.ca/gender-based-analysis-report.html) that will inform the work of the team; as well as met on many occasions to make decisions, develop common ground and learn more about each other's work.

The team is made up of concerned service providers who believe that the issues of relationship violence and sexual assault need to be addressed in our community. The CCSR team has also been motivated by the work of Integrated Case Assessment Teams that are currently underway in Invermere and Vernon and being adopted by various other communities in BC. These teams work collaboratively to respond to 'high-risk' cases of violence in relationships where family members are at risk of serious injury or death. As of June 2013 the Golden Interagency Case Assessment Team has been established as a sub-committee of the CCSR committee and is working towards developing a response for victims of abuse in *high risk* cases.

The CCSR teams work has been influenced by the Ending Violence Association of BC and we are currently using resources from this organization. The *Step by Step: Tools for Developing a Coordinated Response to Violence Against Women* document, published by EVA BC and Community Coordination for Women's Safety (CCWS) provides the team with insight into important work that has been done by other communities when developing a coordinated response and includes activities adopted by these communities to develop common ground among the team as well as resources used by these teams to develop tools to respond to 'high risk' cases.

Community Coordination for Safety in Relationships (CCSR): Mission and Principles

Mission Statement

The Mission of the Golden and District Community Coordination for Safety in Relationships committee is to maintain collaboration between agencies to generate safety in relationships through support, education, prevention and coordinated intervention for all members of Golden and area district with the goals of creating a community which fosters zero tolerance towards relationship violence and sexual assault. We will conduct ourselves ethically, compassionately and respectfully.

Guiding Principles

Principle 1: We all have a part to play in preventing abuse. It's everyone's issue.

Principle 2: The use of violence is always the offender's choice. The offender must be held accountable.

Principle 3: A victim is the expert in her/his own life; people who live with violence evaluate their risk on a continual basis.

Principle 4: Abuse is abuse regardless of class or socio-economic background. Offenders who abuse victims come from all backgrounds.

Principle 5: Regardless of their age, children are victims in all forms of family violence. The child's well-being is integrally linked with the safety of the mother.

Principle 6: There is no excuse for domestic violence; considering addiction, anger, mental health, or substance use as a justification for domestic violence minimises the issue at hand and oversimplifies the underlying power imbalance in the relationship.

Principle 7: We all have a responsibility to let both victims and offenders know about services available to them and how to access those services.

***A Note on Language**

It should be recognized that there is still some debate among community members and service providers on who the victim of abuse is, and who the offender is in relationship and sexualized violence. For the purpose of this project it should be noted that based on statistics, when we refer to a victim we are referring to women and when we refer to an offender we are referring to men. While we recognize men experience relationship and sexualized violence, statistics prove that women are most often the victims and men most often the offenders.

How Can the Community and Individuals Respond?

When relationship violence is disclosed or witnessed it is our responsibility to respond. A range of responses exist within our community, and you can understand how different service providers respond in these situations on pages 21 through 41 of this toolkit.
Safety and support are important to a coordinated and effective first response to relationship violence. **The safety of the victim is the top priority**.

First helper – A First Helper is the first person who may witness an act of violence or may be the first person a victim/survivor tells about the violence that is occurring in their life. It doesn't matter if the violence was witnessed in a parking lot or a front yard, the first responder should start by asking the following questions:

1.Are you okay? Are you safe?
2.What happened?
3.What can I do to help?

1. Are you okay? Are you safe?

If the victim requires immediate medical attention, call 911 or taker him/her to the hospital if you are able to and it is safe to do so.

If the person says they are in danger, safety is the primary goal. Safety means getting the victim to a safe place, away from the offender. If the victim is in immediate danger, and by association you may be as well, call 911. If children are involved and at risk, notify both the Ministry for Children and Families as well as the police about their safety needs.

Stay with the victim during this time to support his/her needs.

2. What happened?

If you haven't witnessed the violence, asking when, where and how are good indicators of the level of immediate danger. It is also important to ask if weapons and/or drugs and alcohol are involved.

3. What can I do to help?

If you are not a professional service provider your role in helping the victim/survivor may end once safety is achieved. You should continue to provide support to the victim/survivor once police and/or services providers become involved if they ask you to stay in contact.

Assist, support and empower the victim/survivor to make safe choices about what to do next.

Do believe the victim's experience because it is true for him/her

Do respect the victim as the expert of this experience
Do support the victim using an empathetic and non-judgmental attitude
Do seek permission to take further action

Don't rescue
Don't take over
Don't direct
Don't control
Don't dominate

You can give a victim/survivor information about what relationship violence is, what can be done now (safety plan) and where to go for more help.

If a victim does not want further assistance, first helpers should be supportive, patient and understanding. We should respect a victim's right to privacy and confidentiality and not blame, judge or abandon him/her for staying in a relationship. We need to respect his/her decision as being the correct one at that point in their life and can explore with them their reluctance to take action.

-Saskatchewan Community Connections Plan

Personal Safety when responding as a First Helper

It can be difficult to remain connected and calm when responding to an individual in danger. As a first helper your safety is also important. Before asking if someone is safe or okay, you should assess your own situation for safety. Trust your gut feeling. If the situation does not feel safe for you to respond directly then find a phone and call 911. Some other considerations might be:

- Do you have access to a safe building/vehicle if the offender turns the violence towards you?
- Are there other witnesses nearby? One person's action for safety can move others to also take a positive action.
- Can you see what is in the hands of the victim and offender? If there is any sense that there may be weapons involved, call 911 immediately. Weapons can be anything that the offender could use to hurt the victim or you (i.e. Rocks, broken bottles, etc.)
- Do you know the offender and/or victim? In smaller communities, responding directly may create future danger for you or members of your home.

-Saskatchewan Community Connections Plan

The Cycle Theory of Violence – Lenore E. Walker

Battered women are not constantly being abused, nor is their abuse inflicted at totally random times. There is a very definite battering cycle. Understanding this cycle is very important if we are to learn how to stop or prevent battering incidents. This cycle also helps explain how battered women become victimized, how they fall into learned helplessness behaviour, and why they do not attempt to escape.

The battering cycle appears to have three distinct phases, which vary in both times and intensity for the same couple and between couples.

Phase one: The tension building phase
During this time, minor battering incidents occur. The woman will attempt to calm the batterer through the use of techniques that have previously proved successful. She may become nurturing, complacent and may attempt to anticipate his every whim, or she may stay out of his way. She lets the batterer know that she accepts his abusiveness as legitimately directed towards her. It is not that she believes she should be abused, rather, she believes that what she does will not prevent his anger from escalating. She will deny to herself that she is angry at being unjustly hurt psychologically or physically. She may rationalize that perhaps she did deserve the abuse, often indentifying influences, such as job stress, or drinking. She hopes the situation will change, and bring about an improvement in his behaviour towards her.

Tension builds, battered incidents occur more often and the woman rapidly loses any type of control she may have had. Her anger steadily increases, even though she may not express it or even recognize it.

The batterer, spurred on by her apparent passive acceptance of his abusive behaviour, does not try to control his abusive behaviour. He becomes more oppressive, jealous and possessive; she becomes more passive and helpless. Tension between the two becomes unbearable.

Phase Two: The acute battering incident
There is a point towards the end of the tension building stage where the process ceases to respond to any controls. Inevitability is reached, the next phase, the acute battering incident will occur. Phase two is characterised by the violent discharge of the tension that has been built up during Phase One. The trigger for moving into Phase Two is rarely the battered woman's behaviour or the internal state of the man.

This phase of the cycle is briefer than the third and first phase. Usually it lasts from 2-24 hours, although some women have reported a steady reign of terror for a week or more.

It is during this time that the woman is mostly likely to be seriously hurt or killed. When the acute attack is over, it is usually followed by initial shock, denial and disbelief that it has really happened. Both the batterer and the victim find ways of rationalising the seriousness of such attacks. Most battered women do not seek help during this period immediately following the

attack unless they are so badly injured that immediate medical attention is called for. Similar to catastrophe victims, they become listless, depressed and feel helpless, and may not seek help for several days.

The police are usually called during Phase Two if they are called at all. In Walker's study, only 10% of the women interviewed called the police. They feel that the police cannot effectively deal with the batterer and often after the police leave, the beatings resumed with increased intensity.

Phase Three: Kindness and contrite loving behaviour – The Honeymoon Stage
After the brutality of Phase Two, the movement into Phase Three is welcomed by both parties. The batterer knows he has gone too far and becomes extremely loving and contrite in an attempt to make it up to her. It is during this phase that the battered woman's victimisation becomes complete.

The batterer will be charming, beg forgiveness and promise he will never do it again. He truly believes he will never again behave in such a manner to tempt him to hurt her.

It is at the beginning of this stage that the woman is most likely to flee. She may have been through the cycle a number of times, experienced it inevitably, and decided to stop being a victim.

The batterer will do every to try to hold on to her. He will engage friends and relatives in his cause. They all work on her guilt (she was his only hope, what about the children, etc.) Although everyone acknowledges the batterer to be at fault, the battered woman is held responsible for the consequences of any punishment he receives or for breaking up the home.

It is during this phase that the woman gets a glimpse of her original dream of how wonderful love is. His behaviour is her reinforcement for staying in the relationship. He is now everything that she ever wanted in a man.

Helpers of battered women become exasperated at this time, since the woman will often want to back down helping prosecute her partner or on separation or divorce and try to patch things up until the next acute incident.

The couple who live in such a violent relationship become a symbiotic pair, each so dependent on the other that when one attempts to leave both lives are drastically affected. They are bonded in their overdependence and over reliance on one another.

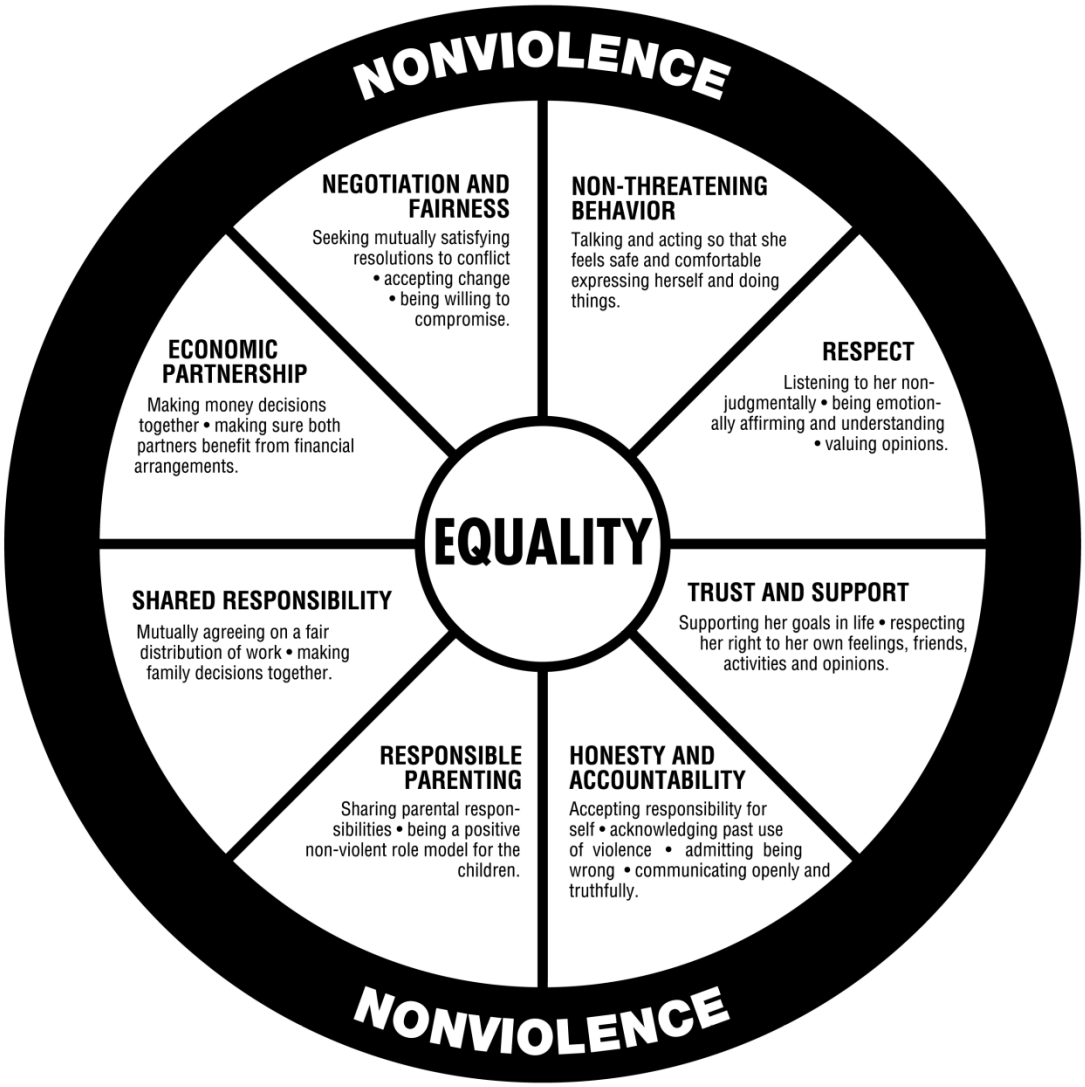
Since almost all the rewards of being coupled occur during Phase Three for the woman this is the time when it is most difficult for her to make the decision to leave the relationship. Unfortunately, it is also the time when helpers are most likely to see her. She may plead that she really does love him and hope that the other phases of the cycle will be eliminated and her idealised relationship will remain.

Most women report that before they know it, the calm loving behaviour gives way to battering incidents. The tension begins to build and a new cycle of battering begins.

Power and Control Wheel

DOMESTIC ABUSE INTERVENTION PROJECT
202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.duluth-model.org

Equality Wheel



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Escape Plan Checklist

It is important for all people experiencing relationship violence to have an escape plan. Though you may choose not to leave, an emergency may arise that places your safety and the safety of your children at risk.

Escape plans are best made when you're not in crisis or panic. Children should be taught the signs of needing to leave, and an escape should be practiced with them in the same way you'd practice a fire drill.

Some important steps include:

- Decide on a safe place that you can go, whether it is to find shelter or to make a phone call. Set up an escape route, including how you will get there (car, bus, taxi, friend, etc.)
- Talk to your children. They should know which neighbour or family member to go to in an emergency. If they're old enough, teach them emergency phone numbers and what to say if they're trapped in the house. If safe to do so, program emergency numbers into your phone (police, shelter, neighbours, etc.)
- Speak to people you know and trust. Let them know what is going on so they can watch out for you.
- Be in touch with your local shelter so they know who you are and so you know what options are available to you.
- Choose a code word with children, friends and family so they can call for help.
- Get legal advice now so that you'll know your rights and what you should and should not do in an emergency.
- If possible, put money aside to see you through a short-term period. Open a separate bank account in your own name – put as much money in your account each month as possible. You can ask the bank to send your statements to a friend, family member or your workplace.
- If you've experienced violence before, make sure the police know what is happening.
- Find somewhere outside of your home to keep your escape bag and important documents.
- Keep your children's daycare/school informed of the situation and who is allowed to pick the children up.

If you leave home, remember to take:

- Birth certificate, Social Insurance Card (SIN)
- Care Card and medical records
- You medication and/or your children's medication
- Cell phone or change for a pay phone
- Driver's License or BC ID
- Emergency contact info
- House and car keys

- Last year's tax return and school documents
- Lease, rental agreement, house deed, papers for common assets
- Marriage license, divorce papers, custody and access orders
- Money, cheques, bank book, debit and credit cards
- Passport, immigration and/or citizenship papers
- Restraining order/Peace bonds
- Medical records, police records, your journal or diary, and other evidence of violence
- Enough clothes for you and the children for a few days
- Your address/phone book or cell phone
- The children's favourite toys and books
- Your favourite possessions/photos (things that give you comfort)

*If storing these items in your home puts you at risk, make copies and leave them with someone you trust.

Why People Stay in Abusive Relationships

Many people recognise they are being mistreated or even abused, but choose to stay in the relationship for a number of reasons. When friends or family members ask them "Why do you stay...?" they may have a hard time explaining. After all, it is never easy to end a relationship, even a hurtful one. Below are some of the common reasons people stay in unhappy or abusive relationships. If you are being mistreated, it might be helpful to look over this list and circle the reasons that might have something to do with your decision to stay.

1. **Love.** You love your partner, and there are still times when your partner is very loving.
2. **Hope.** You have many memories of happy times, and hope those times will return. Your partner may promise to change, or your may think if you do things differently, the abuse will stop.
3. **Making light of the abuse.** Your partner may deny that his or her behaviour is abusive, or act like it's not such a big deal and you want to believe this. It's very painful to admit that someone you love would hurt you, so you might try to convince yourself it's not really that bad.
4. **Blaming yourself.** Your partner might blame you for his or her abusive behaviour - saying you made him or her angry, or that you did something to deserve it. A part of you may believe this.
5. **Link between love and violence.** If you grew up in a home where there was violence or if you were ever hit by a parent and told they were doing it because they love you. You might have learned to think that love and violence go together.
6. **Hopelessness.** You may feel like you'll never be able to be happy, you'll never find a partner who treats you any better, or that all relationships include abuse.
7. **Gender Roles.** If you are a woman in a relationship with a man you may have learned from family, religion, or culture that men are supposed to be in charge, can't help being violent, or have the right to discipline their women. You may believe that women have to put up with this behaviour and try to keep their men happy.
8. **Embarrassment and shame.** You may not want to admit what's going on to others because you're afraid of what they will think about you.
9. **Financial dependence.** You may depend on your partner for financial support.
10. **Lack of supportive relationships.** You may have become isolated from your friends and family. Or family and friends may pressure you to stay with your partner.
11. **Fear.** Your partner may have threatened to hurt or to kill you or someone you care about if you leave.
12. **Not wanting to be alone.** You may panic at the thought of being without your partner.
13. **Loyalty.** You may feel the right thing to do is to stick with your partner no matter what.
14. **Rescue complex.** You think you can change, fix, or heal your partner if you stay.
15. **Guilt.** Your partner may make you feel guilty about how much it would hurt him or her if you left. S/he may even threaten to commit suicide.
16. **Children.** If you have a child with your partner, you may believe it is best for the child to have two parents who are together.

17. **Dependency on drugs of alcohol.** Many People use drugs or alcohol as a way of coping with abuse, which then makes them less clear and strong and makes it more difficult to leave.
18. **Other _____**
19. **Other _____**

Whatever your reasons for staying in an abusive relationship, those reasons are very real and very important to you. However it is also important to look at both sides of the situation. Some of your reasons may be based on misunderstandings or myths, and some might be based on fear. If you are struggling with wanting to end the relationship but you can't get past one or more of your reasons for staying, it might help to consider the following statements that give additional perspective to each of these reasons.

1. **Love.** No one can argue with the way you feel – your love is real and you can't ignore it. But loving someone doesn't always mean they are healthy for you. Ending your relationship does not mean you will automatically stop loving your partner but with time your feelings will be less intense as you are able to look at the whole picture. It might help to focus on nurturing your love for yourself and your family or friends.
2. **Hope.** You are not the cause of the abuse, so nothing you do or change about your behaviour will end the abuse. While abusers will usually promise to change, it is rare for an abuser to change while still in a relationship without going through professional intervention for both partners – often, the only way to stop the abuse is to end the relationship.
3. **Making light of the abuse.** Abuse is a big deal. No one deserves to be abused, and physical abuse is a serious crime that can result in jail time for the abuser.
4. **Blaming yourself.** The fact is there is nothing you can do to make another person hurt you, and no one deserves to be hurt under any circumstances. Everyone is 100% accountable for their own behaviour.
5. **Link between love and violence.** Physical abuse is not about love – it's about gaining power and control. Even if violence was normal in your upbringing, the fact is that it is NOT a normal part of a healthy, loving relationship.
6. **Hopelessness.** The idea of being happy without your current partner may seem impossible now, but remember that you are a person who deserves to be treated with respect. There are many people out there who don't abuse!
7. **Gender roles.** Sexism is a big part of domestic violence, and sexist attitudes and beliefs need to be explored. The bottom line is, a healthy relationship is a partnership based on equality, regardless of gender.
8. **Embarrassment and shame.** It is true that some people judge or blame people who are being abused because they are not educated about relationship abuse. You must remember that you are not the one doing something wrong and you have nothing to be ashamed of! Counsellors at domestic violence hotlines and agencies will not judge you, and can help you figure out which friends or family members you can talk to.

9. **Financial dependence.** There are ways to become more financially independent, including programs specifically set up for people who are financially trapped in abusive relationships. Your counsellor can help you make a plan for financial independence.
10. **Lack of supportive relationships.** Your friends and family may be more willing than you think to help you if you want to end an abusive relationship – but, you may have to develop new supportive relationships. A good place to start is with a support group where you will meet other people who have been in abusive relationships.
11. **Fear.** If you have been threatened, it is very important to develop a safety plan with your counsellor before leaving. See the safety plan section of this workbook and know there are safe homes, shelters and other programs to help you get away from an abuser.
12. **Not wanting to be alone.** You are a strong person who has endured a great deal and while the idea of being alone is scary, you can live without an abusive relationship. Developing other supportive relationships will be helpful.
13. **Loyalty.** Loyalty must be earned. Someone who is supposed to love you, but abuses you, has betrayed you. No reasonable person should expect you to be loyal to someone who abuses you.
14. **Rescue complex.** No amount of loyalty or understanding will change your partner.
15. **Guilt.** Guilt-trips are a way of manipulating you. Your partner is responsible for his or her own actions: you are only responsible for yourself. You have nothing to feel guilty about if you choose to leave an abusive relationship.
16. **Children.** The fact is, witnessing abuse is extremely psychologically damaging to children. A child is better off living with one non-violent parent than two parents in an abusive relationship. You can work out a way for your child to see the other parent in a safe setting.
17. **Dependency on drugs and alcohol.** If you use drugs or alcohol as a way of coping with abuse it's important to get treatment for this problem so you can make healthier decisions about your relationship.
18. **Other** _____
19. **Other** _____

-The Relationship Workbook, Kerry Moles (2001)

The Effects of Domestic Violence on Children

Every child who is exposed to domestic violence reacts differently, but the behaviours listed below are some of the most common signs that a child is being emotionally affected. If your child has seen, heard, or been aware of the 'aftermath' of violence between you and your partner, and has displayed any of the behaviours below, it is important that you seek counselling from a domestic violence service agency for both you and your child.

INFANTS:

- Sleep disturbances (sleeping so much that they have to be awakened to eat or a lack of resful sleep)
- Eating disturbances (always wanting to eat or never wanting to eat)
- Continual fussing and crying
- An inability to be comforted
- Being easily startled (exaggerated response to loud noises or quick movement, often followed by inconsolable crying)
- Being easily irritated
- Listlessness (lethargic, lackingin energy)

TODDLERS/PRE-SCHOOLERS:

- Frequent physical complaints (chronic stomach aches, headaches, nausea, general aches and pains, unexplained vomiting)
- Difficulty going to bed
- Frequent nightmares or night terrors
- Inability to be comforted
- Slow motor responses/movements (for example, a physically healthy child who walks very slowly in the playgroud, rarely runs or engages in physical play)
- Not knowing how or when to play
- General sadness
- General meanness toward other children and adults
- Cursing
- In pre-schoolers, and age-appropriate inability to separate from parents (this is normal in youger toddlers)

ELEMENTARY AGE CHILDREN – ALL OF THE SYMPTOMS IN TODDLERS, PLUS:

- Difficulty concentrating
- Consistent inability to complete homework/tasks
- A drop in grades/consistently low grades
- An inability to sit still, stand in line, or follow directions in class
- Frequent trips to the bathroom
- Hiding
- Extreme 'shyness' or being fearful of adults

- Excessive talking
- School phobia (not wanting to go to school, being afraid to leave home)
- 'Regressive' behaviours (returning to behaviours the child has outgrown such as sucking thumb, wearing diapers, bed-wetting, crawling, etc.)
- Bullying other children
- Cruelty to animals or smaller children
- General 'acting out' behaviour

ADOLESCENTS:

- Property destruction
- Self-destructive behaviour
- Frequent physical complaints
- Cruelty to animals, smaller children, peers of the opposite gender
- Truancy
- Aggressive/violent behaviour
- Frequent fighting
- Runnning away
- Drug and alcohol abuse
- Suicidal talk, threats or attempts
- Nightmares
- Carrying of keeping weapons
- Depression
- Sleep disorders (sleeping too much or inability to sleep)
- Eating disorders
- Extreme nervousness
- Obsessive/Compulsive behaviours (couting everything, re-checking everything, obsession with cleanliness, compulsive hair pulling, nail biting, washing, etc.)
- Isolation
- Lack of involvement (with peers, community, school or family)

Please note: Anxiety caused by violence affects a childs ability to funciton and is sometimes attributed to attention-deficit/hyperactivity disorder, learning disorders and other mental health diagnoses (obsessive-compulsive disorder, depression, bipolar, panic attacks, etc.) It is important that if your child has been diagnosed with one of these disorders, the psychiatrist, psychologist or therapist making the diagnosis be aware of the history of family violence so they are able to treat your child properly.

-The Relationship Workbook, Kerry Moles (2001)

Acquiantance Rape: What you can do to avoid it!

Most Rapes are committed by friends, dating parters or other acquaintances of the victim. Acquaintance rape is any sexual act that is forced, manipulated or coerced by someone you know. Here are some strategies for reducing your chances of becoming a victim or perpetrator of date or acquiantace rape.

1. **Communicate clearly.** Decide before you go out with someone how far you want to go with him or her sexually. Do not wait until the 'heat of the moment' to make decisions about sex. Although it can be difficult to talk about sex, use clear, assertive words to convey what you want and don't want. Ask your partner to do the same, and listen and believe your partner. If your partner communicates in any way that s/he doesn't want a particular sexual behaviour, respect that. Accept that 'no' means 'no.'
2. **Avoid alcohol and drugs.** They are involved in the majority of rape cases. When drunk or high, people are more vulnerable and less able to make good judments about their safety. People often use drugs or alcohol as an excuse to get 'out of control.' If you have sex with someone who is too drunk or too hight to make a good decision, it can be considered rape.
3. **Be aware of your surroundings.** Sexual assault most often occurs in the home or car of one of the people involved. Meet your dates in public places, don't allow yourself to be isolated, and have your own transportation.
4. **Be aware that non-verbal actions may send mixed-messages.** No one ever asks to be raped, and rape is never the victims fault. Unfortunately, however sometimes people think that a person is 'asking for it' by the way they dress, dance, or behave, so it's important to be aware of the way your behaviour is seen by others. Sometimes people take flirting or kissing as a message that a person wants sex, no matter what they say. Do not ever make assumptions about what another person wants – ask for clarification.
5. **Make a plan for prevention with your friends.** Talk about what you do in different dangerous situations so you are prepared. Go out together, look out for each other, and make sure you leave together.
6. **Trust your intuition.** If you feel afraid, say so, and get out of the situation. Don't worry about being polite, looking stupid or hurting someone's feelings.
7. **Speak up about abuse.** Let abusive friends, family and co-workers know it's not okay. Speak up when others make sexist jokes, sexually harrass others or brag about 'scoring' because these things show attitudes that can lead to rape. Role-model respectful relationships. If you witness violence, call the police.
8. **Be aware that nothing you do is a guarantee against sexual assault.** Males and females get raped. If you are assaulted, get help. Call a rape crisis hotline, get medical attendtion, talk to someone you trust, and remember it's <u>not</u> <u>your</u> <u>fault.</u>

-The Relationship Workbook, Kerry Moles (2001)

Local Organisations offering Services in cases of Relationship Violence or Sexual Assault

Community Corrections

Name of Program
Community Corrections, East Kootenays

Contact Information
1-866-800-5522
Cranbrook: 250-426-1210
Invermere: 250-342-4278
Golden: 250-344-7578
Fax: 250-426-1602

Hours of Program Service
Monday to Friday, 8:30 to 5:00

Location / Address of Office
Cranbrook: #101, 117 10th Avenue South, Cranbrook, B.C. V1C 2N1
Invermere: 625 4th Street, Invermere B.C. (Service BC Building)
Golden: 837 Park Drive, Golden B.C. (Court House)

Communities Who Receive your Program Services
Cranbrook Community Corrections serves all of the East Kooteneys

What are your program services? Mandated & Non-Mandated
All services are mandated as they are ordered by the court to report to Probation

What specific services do you provide in cases of DOMESTIC VIOLENCE?
We supervise offenders who have been solely charged and on bail with a K-File offence (domestic violence offence), as well as offenders who have been convicted of a K-File offence.

-We monitor the court order (i.e. if there is a no contact order in place with the victim)
-We contact the victim and provide a copy of the order, services available in the community and our contact information in case there are any violations.
-We can write a breach report for the courts if the offender does not comply with the court order

-Additional duties include: Crisis intervention, emotional support, court updates, and court support information
-Facilitate programming to the offender; Respectful Relationships

What specific services do you provide in cases of SEXUAL ASSAULT?
-We offer limited supports to women who have been the victim of a Sexual Assault. If we are supervising the offender, we stay in contact with the victim, offer a copy of the order (if a no contact is in place), we monitor the offenders conditions to enhance victim safety, and if the offender violates the order we forward a breach to Crown and notify the victim if reasonable to do so. When we send the victim a copy of the offenders order, we include a list of community resources which they can access.

Community Mental Health

Name of Program
Golden Community Mental Health

Contact Information
250-344-3015

Hours of Program Service
Monday – Friday 8:30 – 4:30

Location / Address of Office
835 9th Ave. N.
PO Box 369
Golden, B.C.
V0A 1H0

Communities Who Receive your Program Services
Golden, B.C. and surrounding areas

What are your program services? Mandated & Non-Mandated
Offering support and counselling for individuals aged 19 onwards who have issues with mental illness or mental health problems.

What specific services do you provide in cases of DOMESTIC VIOLENCE?
We do not provide any specific services, however we will work on a safety plan, and we will also help any individuals to connect with other supporting agencies (RCMP, Women's Centre, etc.) If there are children at risk then we would also work with MCFD.

What specific services do you provide in cases of SEXUAL ASSAULT?
Same as above, and would also support the woman through a safety plan if she was feeling suicidal.

Crown Counsel Office

Name of Program
Crown Counsel Office

Contact Information
250-426-1525
Toll Free: 1-888-249-9111

Hours of Program Service
Monday to Friday 8:30 to 4:30

Location / Address of Office
201 Access Centre
100 Cranbrook Street North
Cranbrook, B.C.
V1C 3P9

Communities Who Receive your Program Services
East Kootenay (Creston, Cranbrook, Kimberley, Fernie, Sparwood, Inveremere, Golden and all points in between).

What are your program services? Mandated & Non-Mandated
The prosecution of criminal offences

What specific services do you provide in cases of DOMESTIC VIOLENCE?
The prosecution of any criminal offence arising from a domestic relationship.

What specific services do you provide in cases of SEXUAL ASSAULT?
The prosecution of any criminal offence arising from a sexual assault.

Family Centre Abuse Recovery Program

Name of Program
Golden Family Centre Abuse Recovery Program

Contact Information
250-344-2000

Hours of Program Service
Monday-Friday, 8:30-4:40 summer, 9:00-5:00 winter
Appointments need to be booked in advance

Location / Address of Office
421 9The Ave. N.
PO Box 415
Golden, B.C.
V0A 1H0

Communities Who Receive your Program Services
Golden, B.C. and surrounding areas

What are your program services? Mandated & Non-Mandated
Non-Mandated.

The Abuse Recovery Program at the Golden Family Centre has three component parts, **Stopping the Violence Counselling (STV), the Children Who Witness Abuse Program (CWWA), and the Sexual Abuse Intervention Program (SAIP).** The STV program provides counselling to women who have experienced sexual assault, violence in relationships, or childhood abuse or violence, and who are 19 years of age or older.

Where no other suitable services are available, the STV program serves women who are under 19 and leading an adult lifestyle. The CWWA program provides counselling to children ages 4-18 who have been impacted by abuse and offers supportive services to parents/caregivers of these children. SAIP provides counselling to children and youth under the age of 19 who have experienced sexual abuse or who have sexual behavior problems, and also offers support services to their parents/caregivers.

The Abuse Recovery Program has two full-time counselors who utilize art and play modalities with clients as well as verbal counselling.

What specific services do you provide in cases of DOMESTIC VIOLENCE?
-Counsellors and clients mutually identify the goals of counselling and the available service options
-Individual and/pr group approach, based on the needs of individual women/children
-Referral to other related community services, when appropriate
-Accessible, flexible client-centered counselling
-Exploration of the emotional and psychological impacts of the trauma
-Emphasis on creating safety and developing boundaries
-Focus on the specific behavioural, emotional, mental, and physical consequences of the abuse or violence
-Exploration of past and present coping strategies, development and strengthening of personal coping skills
-Addressing issues, including but not limited to: depression, self-esteem, social, cultural, and economic values, and any issues that may aid in recovery

What specific services do you provide in cases of SEXUAL ASSAULT?
-See above.

Family Centre Alcohol and Drug Services

Name of Program
Golden Family Centre Alcohol and Drug Services

Contact Information
250-344-2000

Hours of Program Service
Monday-Friday, 8:30-4:40 summer, 9:00-5:00 winter
Appointments need to be booked in advance

Location / Address of Office
421 9The Ave. N.
PO Box 415
Golden, B.C.
V0A 1H0

Communities Who Receive your Program Services
Golden, B.C. and surrounding areas

What are your program services? Mandated & Non-Mandated
Intake, assessment, program planning, treatment and referrals for individuals, couples, families or groups.

What specific services do you provide in cases of DOMESTIC VIOLENCE?
If it is associated to substance abuse or codependence we provide assessment, program planning and referral.

What specific services do you provide in cases of SEXUAL ASSAULT?
-Assessment to ascertain if the person is at risk for acute stress or PTSD
-EMDR – an intervention that specifically targets the emotional state of the person exposed to a traumatic incident. When called for, assessment re: client appropriateness for EMDR, treatment planning and treatment proper.
-Other interventions might include substance assessment, as it is not unusual for a person to self medicate when s/he has been affected by an incident she/he was not able to integrate.
-For this condition (above) evaluation, treatment planning and actual treatment proper.

Golden Hospital Emergency Department

Name of Program
Golden Emergency department, Golden and District Hospital

Contact Information
250-344-5271

Hours of Program Service
24 hours a day 365 days a year

Location / Address of Office
385-9th Ave South
Box 1260
Golden BC
V0A 1H0

Communities Who Receive your Program Services
Golden and District

What are your program services? Mandated & Non-Mandated
To provide emergency medical services for any reason that any individual deems it is required.

What specific services do you provide in cases of DOMESTIC VIOLENCE?
- Full medical evaluation under strict confidential guidelines
- Referral to other services (mental health, victim services, RCMP if chooses, etc.)
- Sometimes what we offer depends on the severity of the violence… for example we are required by law to report all gunshot and stab wounds to the RCMP.

What specific services do you provide in cases of SEXUAL ASSAULT?
- Full medical evaluation under strict confidential guidelines (full rape investigation kit available and physicians are trained using it).
- Referral to other services (mental health, victim services, RCMP if chooses, etc.)

Golden Safe Homes Program

Name of Program
Golden Safe Homes

Contact Information
250-344-2101
safehomes@redshift.bc.ca

Hours of Program Service
24 hours a day, 7 days a week

Location / Address of Office
419C 9Th Avenue North
PO Box 2343
Golden, B.C.
V0A 1H0

Communities Who Receive your Program Services
Golden, B.C. and surrounding areas

What are your program services? Mandated & Non-Mandated
-Shelter women and children who have experiences or are at risk of experiencing abuse
-To present a rented suite fully furnished and stocked with food, hygienic supplies and linen
-To provide around the clock support and access/referrals to local resources
-To make referrals to other transitional housing in the region when necessary
-To provide transportation as needed
-To accompany/support and provide advocacy when needed
- Provide information about abuse, and its impacts
-Coordinate annual awareness events
-Coordinate a team of volunteers to cover the afterhour's crisis line
-Assist in the day to day operations of the Golden Women's Resource Centre, including client support, and cleaning.
-Coordinate with other community resources to ensure clients receive useful and appropriate services
-Respond to requests to attend presentations for donations
-Deliver as much as possible a low barrier service to women who experience mental wellness and substance use issues.

What specific services do you provide in cases of DOMESTIC VIOLENCE?
-Initial contact, referral request for attendance and accompaniment to RCMP
-Support and accompaniment to hospital or other medical appointments
-Food, shelter, and support
-Community education and awareness
-Information and access to the court process, applications for housing and social assistance
-Referrals to other shelters
-Access to legal information and referral to limited free legal advice
-Safety planning

What specific services do you provide in cases of SEXUAL ASSAULT?
-Same as above but would also approach a discussion about STI's and emergency contraceptives.

Golden Women's Resource Centre

Name of Program

The Golden Women's Resource Centre encompasses a number of programs. Our programs are for women and their children. Services include:

- *Safe Homes (see profile)*
- *STV Outreach (see profile)*
- *24 Hour crisis support*
- *Computer, internet access for women*
- *Resource library for women based on women's issues, violence against women, feminism*
- *Good Karma Clothing Exchange*
- *Safe space exclusively for women and children downtown*
- *Public Interest Work Placement program, summer law student supporting women with legal issues during the summer (May – August)*
- *Events and community*
- *Free condoms and feminine supplies*
- *Girlz Group program for girls in grades 5 – 7 (4 sessions a year)*

Contact Information

250-344-5317

Hours of Program Service

The centre is open
Monday – Wednesday 10am – 5pm
Thursday 10:30am – 5pm
Friday 10am – 4pm

Location / Address of Office

419C 9th Avenue North
P.O. Box 2343
Golden, British Columbia
V0A1H0

Communities Who Receive your Program Services

Golden, Donald, Field, Nicholson, Parson

What are your program services? Mandated & Non-Mandated

- Non-Mandated
- Safe Homes (see profile)
- STV Outreach (see profile)

- Computer, internet access for women. There are four computers available for women and children at the centre. Women can use this to do online applications, create a resume, check Facebook, etc.
- Resource library for women based on women's issues, violence against women, feminism. There are also plenty of self help books for women who are dealing with abusive partners, living with people who abuse alcohol or drugs, information on violence and abuse, etc.
- Good Karma Clothing Exchange. The motto is 'take what you need, leave what you can'. There are women's clothes, children's clothes, small household items, soap, shampoo, etc. This is all free.
- Safe space exclusively for women and children downtown. The women's centre provides a safe haven for women who have abusive male partners. If a woman feels like she is being stalked, she can stop in the women's centre. If a woman needs a safe space downtown, she can come into the women's centre.
- Public Interest Work Placement program, summer law student supporting women with legal issues during the summer (May – August). The law student is available to support women who are navigating the legal system. The student is supervised by local lawyers.
- Events and community. There is a great network of women who are involved with the Women's Centre and women from all walks of life are welcome. You can be a part of the GWRC as a volunteer, a member, a client, or simply by attending some of our events.
- Free condoms and feminine supplies.
- Girlz Group program for girls in grades 5 – 7 (4 sessions a year). This program is focused on giving girls a space to be themselves, express themselves and have fun.

What specific services do you provide in cases of DOMESTIC VIOLENCE?
See Outreach and Safe Homes profiles.
Women experiencing domestic violence are welcome to access all of the services listed above. In cases where the woman is the abusive partner, she is still welcome to access the services outlined in this profile (not necessarily the Safe Home).

What specific services do you provide in cases of SEXUAL ASSUALT?
-See above.

Ministry of Children and Family Development

Name of Program
Ministry of Children and Family Development (MCFD)

Contact Information
250-344-7773

Hours of Program Service
Monday – Friday, 8:30-4:30
Emergency response available 24/7 by calling After Hours Helpline: 310-1234

Location / Address of Office
1104 9th Street South
PO Box 930
Golden, B.C.
V0A 1H0

Communities Who Receive your Program Services
Golden, B.C. and surrounding areas

What are your program services? Mandated & Non-Mandated
Mandated: The protection and safety of children 0-19 years old. Examining the impact of domestic violence on children and minimizing the trauma they may be exposed to. MCFD would have a further role as Legal Guardian of specific youth should they find themselves in a relationship involving partner violence.

Non-Mandated: Offer support services to families, make appropriate referrals, and community networking.

What specific services do you provide in cases of DOMESTIC VIOLENCE?
-Emergency response when appropriate
-Safety Planning
-Referrals to service providers
-General information
-Referral to the Safe Homes Program

What specific services do you provide in cases of SEXUAL ASSAULT?
In order to have involvement in a sexual assault case the assault would need to involve a child, in this instance MCFD would coordinate with the RCMP.

Ministry of Social Development & Social Innovation

Name of Program
Ministry of Social Development & Social Innovation

Contact Information
Golden Employment & Income Assistance Office
837 Park Drive, PO Box 39
Golden BC V0A 1H0

Hours of Program Service
10:00am-5:00pm Monday to Friday

Location / Address of Office
Phone: 1 866 866-0800
Fax: 250 344-7702

Communities Who Receive your Program Services
All of British Columbia

What are your program services? Mandated & Non-Mandated
-Receiving referrals from the Safe Home, Women's Centre, RCMP, MCFD

What specific services do you provide in cases of DOMESTIC VIOLENCE?
-Financial services are offered to both Victim and/or Offender.
-Financial services based on circumstances could include:
- -Moving to a supportive environment (gas, bus, plane – most economical)
- -Support and shelter monies
- -Food Vouchers (onsite)
- -Clothing allowances
- -Medical services (depends on circumstances)
- -Referrals to other agencies and other services
- -Medical supplies
- -Crisis supplements (can meet most financial needs creatively)
- -Referrals to employment contractors/MCFD is required
- -After hours services available

What specific services do you provide in cases of SEXUAL ASSAULT?
-See Above.

Pentecostal Church

Name of Program
Golden Pentecostal Church & Ministerial

Contact Information
250-344-2459
goldenpt@telus.net

Hours of Program Service
As required

Location / Address of Office
717 10th Street South
PO Box 483
Golden, B.C.
V0A 1H0

Communities Who Receive your Program Services
Golden, B.C. and surrounding areas

What are your program services? Mandated & Non-Mandated
Spiritual and emotional (relational) support and education.

What specific services do you provide in cases of DOMESTIC VIOLENCE?
-Preventative relationship counselling/education
-Emergency response and crisis intervention
-Referrals to appropriate service providers
-Prayer

What specific services do you provide in cases of SEXUAL ASSAULT?
-See above.

Public Health Unit

Name of Program
Public Health Unit at the Golden and District Hospital

Contact Information
250-344-3015

Hours of Program Service
8:00 – 4:30 Monday to Friday

Location / Address of Office
835 9th Avenue South
Golden, B.C.
V0A 1H0

Communities Who Receive your Program Services
Golden, B.C. and surrounding areas

What are your program services? Mandated & Non-Mandated
-Emergency Contraception
-Contraception and sexual health information and council
-Pregnancy testing

What specific services do you provide in cases of DOMESTIC VIOLENCE?
-Referral to social services such as the Safe Homes Program, RCMP, Emergency health care through the hospital on call physician
-Close or more frequent visits as a high priority family – Home visits or office visits with safety and health information

What specific services do you provide in cases of SEXUAL ASSAULT?
-Referral to aforementioned services
-Provision of care as required – Emergency Contraception Pill, pregnancy testing
-Referral to Mental Health Council

Royal Canadian Mounted Police

Name of Program
Golden RCMP

Contact Information
250-344-2221 office
250-344-2841 fax

Hours of Program Service
Office Hours 8:30 am to 4:30 pm Monday to Friday
Police response 24 hrs a day 7 days a week

Location / Address of Office
1419 11th Ave North
PO Box 810
Golden, BC

Communities Who Receive your Program Services
Golden, B.C. and surrounding areas

What are your program services? Mandated and Non-Mandated
-Provide safe homes and safe communities through education and enforcement of Federal, Provincial and Municipal laws.
-Provide appropriate referrals to other agencies.

What specific services do you provide in a case of DOMESTIC VIOLENCE?
Initial response and criminal investigation
Crisis intervention
Interim no contact orders for criminal matters only (prior to charges laid)
Services referrals to RCMP victims services
Other Referrals:
- Golden Safe Homes Program,
- Golden Family Center
- Golden Women's Resource Center
- Ministry of Children and Families
- Keep the Peace
- Escorted to joint residence on one occasion only to retrieve personal affects.

What specific services do you provide in a case of SEXUAL ASSAULT?
Initial response and criminal investigation
Interim no contact orders for criminal matters only (prior to charges laid)
Services referrals to RCMP victims services
Other Referrals:
- Golden Safe Homes Program,
- Golden Family Center
- Golden Women's Resource Center

RCMP Victim Services

Name of Program
RCMP Victim Services

Contact Information
250-344-3920
goldenvs@uniserve.com

Hours of Program Service
10:00-2:00 Monday – Thursday
Emergency response is available 24/7

Location / Address of Office
1419 11th Ave North
PO Box 810
Golden, BC

Communities Who Receive your Program Services
Golden, B.C. and surrounding areas

What are your program services? Mandated & Non-Mandated
Non-Mandated:
-Crisis intervention, practical and emotional support, transportation and accompaniment to meetings/interviews with the RCMP, Crown Counsel and Court
-Criminal justice information and support, safety planning, information and referrals, community networking and outreach

What specific services do you provide in cases of DOMESTIC VIOLENCE?
-Emergency Response
-Crisis intervention
-Safety Planning
-Referrals to appropriate service providers
-File updates
-Court updates
-Information re: Safety orders (peace bond, no contact and restraining orders)
-Referral to the Safe Homes Program
-Assist with Victim Impact Statements
-Emotional Support
-Education and information re: violence in relationships

-Court orientation
-Information re: Justice System
-Court accompaniment
-Assistance with the Crime Victim Assistance Program application (funding from the Ministry of Public Safety and Solicitor General intended for victims, witnesses or immediate family)

What specific services do you provide in cases of SEXUAL ASSAULT?
All of the above services would be offered with the addition of accompaniment to hospital for examination.

Stopping the Violence Outreach (Golden Women's Resource Centre)

Name of Program
Stopping the Violence Outreach

Contact Information
250-344-5317

Hours of Program Service
Appointments and walk ins welcome
Monday – Wednesday 10am – 5pm
Thursday 10:30am – 5pm
Friday 10am – 4pm

Location / Address of Office
419C 9th Avenue North
P.O. Box 2343
Golden, British Columbia
V0A1H0

Communities Who Receive your Program Services
Golden, Donald, Field, Nicholson, Parson

What are your program services? Mandated & Non-Mandated
Non-Mandated.

- Provide emotional support to women who have experienced violence, abuse or threats and who are in need of support, including residents and former residents of the local safe home, or a transition house.
- Facilitate client (individual or group) training in safety planning, problem solving, communication, and risk reduction.
- Assist women in creating their own safety plan.
- Provide follow up and support for family law cases.
- Facilitate women's understandings of their experience and the emotional and psychological impact of the trauma resulting from abusive or violent experiences while respecting women's rights to their own values, beliefs, culture and choices.
- Provide educational opportunities, resource materials, and referrals to women who have experienced violence. Connect women with existing services and resources that will promote safety and independence.
- Provide local transportation, accompaniment and advocacy, as required, such as for medical emergencies, legal or social services appointments and provide transportation to the local safe home.

- Support the GWRC in the creation and development of complimentary programming to ensure holistic and empowering support for women experiencing violence.
- Collaborate with, develop and work to maintain positive relationships with related service providers.
- Provide a community co-ordinating role to promote violence prevention and to reduce gaps.
- Work to coordinate and collaborate at an inter-agency, multi sectoral level (including other violence intervention services, police, government authorities, faith and business communities), to identify and address service and safety needs of women and their children.
- Develop and deliver culturally appropriate public education initiatives to raise awareness of the effects of violence against women, violence prevention; healthy relationships; and options for women experiencing violence.
- Gather/create and distribute related educational materials.

What specific services do you provide in cases of DOMESTIC VIOLENCE?
See above ☺

What specific services do you provide in cases of SEXUAL ASSAULT?
See above.

Community Services Directory

Emergency (Police, Fire, Ambulance)	**9-1-1**
Non-Emergency	
• Police	250-344-2221
• Fire	250-344-6401
• Ambulance	250-344-6226
• Crime Stoppers	1-800-222-8477

Crisis Information Lines	
Women's Crisis Line	250-344-2101
Kids Help Phone	1-800-668-6868
Help Line for Children (Reporting of Child Abuse & Neglect)	310-1234
Suicide Distress Line	1-800-SUICIDE (784-2433)
Canadian Mental Health Association (East Kootenays)	1-888-353-CARE (2273)
RCMP Victim Services	250-344-3920
Parent Help Line	1-888-603-9100
Grandparents Raising Grandchildren Help Line	1-855-474-9777
Victim Link	1-800-563-0808

Safe Homes	
Golden Safe Home	250-344-2101
Kootenay Haven Transition House (Cranbrook)	1-800-800-3003
	250-426-4887

Addictions Services	
Alcoholics Anonymous	250-344-2264
	250-344-5448
Al-Anon (Contact Elle)	250-344-6492
Problem Gambling	1-888-795-6111

Children's Services	
Child Care Resource and Referral	250-344-4996
Golden Youth Centre	250-344-4946

Counselling Services	
Golden Family Centre	250-344-2000

Employment Services	
Golden Employment Services	250-344-5413

Health Services

Golden and District General Hospital	250-344-5271
Golden Medical Clinic	250-344-2211
Options for Sexual Health Clinic (1st & 3rd Wednesday of the Month)	250-439-8331
-For Monday to Friday 9am-9pm	1-800-SEX-SENSE(739-7367)
Golden Mental Health	250-344-3015
Healthy Kids Program	1-866-866-0800

Income Support

Ministry of Social Development and Social Innovation	1-866 866-0800

Legal Services

Ewan & McKenzie	250-344-5258
Fairley & Scott	250-344-2241
One World Law Group	250-439-8262
Legal Aid BC	1-866-577-2525

Senior Services

Golden Senior's Centre	250-3445465

Transportation

Mouth 7 Taxi	250-344-5237
Greyhound Canada	250-344-2917

Church Services

St. Paul's Anglican Church	250-344-6113
Golden Pentecostal Tabernacle/Ministerial	250-344-2459
The Church of Jesus Christ of Latter-Day Saints	250-344-5343
Rocky Mountain Alliance Church	250-344-2456
Golden Baptist Church	250-344-7676
St. Andrews United Church	250-344-6117

Other Services

Golden Food Bank	250-344-2113
Provincial Government Office	1-800-663-7867