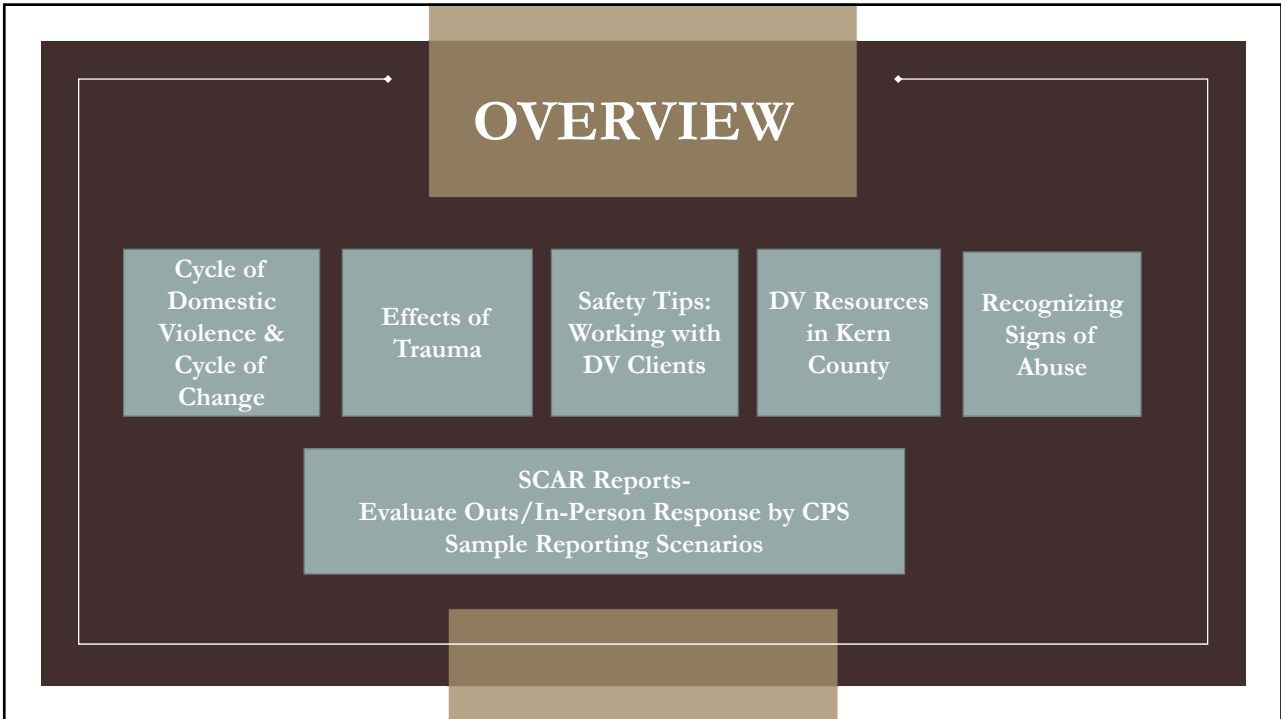
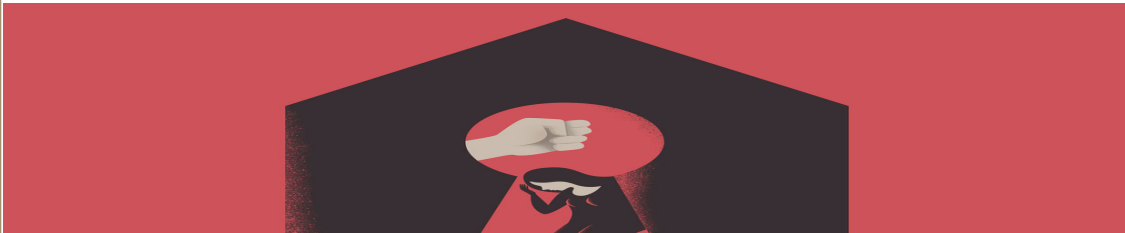


# Domestic Violence and Reporting Responsibilities

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## What is Domestic Violence?



**Domestic violence is not always easy to spot. It doesn't always come with bruises or a black eye.**

- Victims may not always be in imminent danger, but rather feel controlled or uncomfortable, be forced into doing something they don't want to, or be intimidated by their partner, all signs of abuse.
- Domestic violence is ongoing (chronic) and often escalating.

## Domestic Violence: What is it?

- Domestic and Family Violence is an **abuse of power** perpetrated mainly (but not only) by men against women in a relationship or after separation.
- It occurs when one partner attempts to physically, emotionally, financially, and/or psychologically dominate and **control** the other.

## Cycle of Domestic Violence

**The cycle of violence isn't always something everyone understands. The more you study it the more you understand.**

- The cycle of violence occurs when a cycle-of-event happens in an abusive (toxic) relationship.
- The stages of the cycle don't happen all at once. Each relationship cycle is different.
- May happen **within** a couple of **hours**, while other times, it may take **up to a year** to complete the cycle.

## Domestic Violence: What is it?

### ➤ **Physical abuse:**

Kicking, slapping, hitting, punching, pushing, pulling, choking and property damage.

### ➤ **Emotional abuse:**

Jealously, anger, intimidation, controlling, neglect, humiliation, threats, isolation and verbal abuse.

### ➤ **Social Abuse:**

Being stopped from meeting or seeing friends or family, not allowed to leave the home, and/or being stalked.

## Domestic Violence: What is it?

### ➤ Sexual Abuse:

Forcing and coercing sexual acts, rape and having sex without wanting to.

### ➤ Economic (Financial) Abuse:

Controlling access to money and other resources, forced to live without money.

Now we know types of abuse. Let's discuss the Cycle of Abuse!

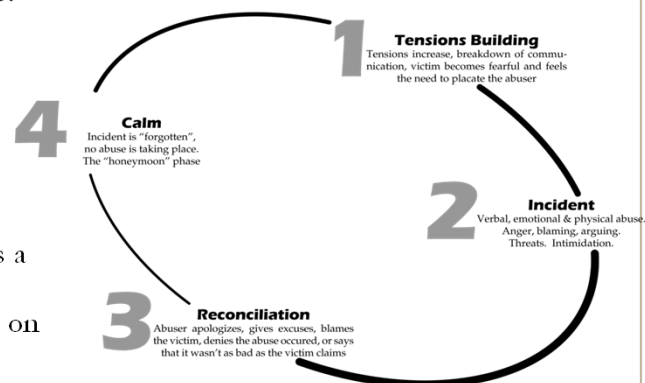
## Cycle of Domestic Violence

◦ A cycle of abuse is a four (4) part pattern of abuse in a relationship.

- **Tension Building**
- **Incident**
- **Reconciliation**
- **Honeymoon Phase**

◦ The cycle continues because there is a power imbalance in a relationship, meaning that one person has a hold on the other.

### Cycle of Abuse



## Cycle of Domestic Violence: 1

- **Tension Building:** During the tension-building phase, this is when the abuser starts to get angry and the victim tries to deescalate the situation.
- Things start to get really tense between the couple while the abuser increases threats of violence.
- Both individuals usually experience a wide range of **emotions** during this period.

## Cycle of Domestic Violence: 2

- **Incident:** The abuse cycle occurs in a physical or emotional way.
- During the second half of the tension building phase, the abuser becomes irrational and dangerously violent, or even a desire to kill at this point.
- As the tension begins to rise, the abuser becomes irritable, and dishes out fits of rage, along with verbal abuse.
- Victims usually feel helpless while trying to protect themselves, and may try to seek help from others.

## Cycle of Domestic Violence: 3

- **Making Up (Reconciling):** The stage during the cycle where the **abuser** **'appears' to feel remorse** for the physical, verbal, or sexual abuse that they caused towards the victim.
- There are times where **the abuser may even push the blame onto the victim** telling them that they were forced to respond the way that they did. "You made me do it".
- The **abuser makes promises** they will never do it again. In most situations, the victim believes them, even when it has happened a handful of times before.
- The **abusive individual may tell the victim that the abuse never took place**, or that they are making up the severity of the incident (*gas-lighting, minimizing*).

## Cycle of Domestic Violence: 4

### **Honeymoon (The Calm):**

Following the make-up stage, there is usually a "calm after the storm".

- Lasts as little as a few hours, to several weeks or months depending on the abusive individual and their situation.
- Abuser often presents gifts or other tokens of affection in order to restore the victim's affection towards them.
- Both parties will live as if the incident never happened and the abuse will stop during this point.
- Victim begins to feel a false sense of security, believing that the abuse is finally over, and that they won't be put in that situation "again".

**\*\*\*This is where the cycle often begins AGAIN.**

## Reactive Abuse

**During an act of abusive violence, it is common for an abused person to ‘lash out’ toward their abuser. This behavior is out of character for the victim.**

- They may scream, cry, use insults, or even physically defend themselves against the attack. In turn, an assailant may retaliate against them by claiming that the victim is, in fact, the abuser.

- Abusers rely on reactive abuse because it gives them “**proof**” that the victim is unstable, mentally ill, delusional, or “crazy”.

This is called **reactive abuse!**



**WHY DON'T  
THEY LEAVE?**

*3 common myths about  
domestic violence victims*

 tap  
into hope

## Three Common Myths about Domestic Violence

### Myth #1:

#### **DOMESTIC VIOLENCE ONLY HAPPENS IN POOR FAMILIES.**

- Domestic violence occurs throughout all levels of society and does not discriminate.
- Domestic violence can occur in any income level, occupation, social class, or culture.

### Myth #2:

#### **DOMESTIC VIOLENCE IS ALWAYS PHYSICAL ABUSE.**

- Domestic violence abuse does not always leave a bruise or a broken bone.
- Majority of families we serve have experienced other types of abuse:
  - Financial, mental/emotional, sexual, coercion, harassment, stalking, and poly-victimization (multiple types of abuse).

## Three Common Myths about Domestic Violence

### Myth #3:

#### **VICTIMS HAVE THE TYPES OF PERSONALITIES THAT ATTRACT ABUSIVE PARTNERS AND ENCOURAGE ABUSE.**

- This is a form of victim-blaming and is very common in our society.
- It is helpful to remind ourselves that the batterer is responsible for the battering, not the victim.
- Studies have determined that there is no standard set of personality traits among victims of domestic violence.



## Leaving: It's Not Always as Easy as Walking out the Door!

**Leaving an abuser is notoriously the most dangerous time for a survivor.**

- When an abuser senses they are losing control over their victim, they tend to ramp up the abuse in both severity and frequency.
- A trained domestic violence advocate can help a survivor make a safety plan.
- That's why having [a comprehensive safety plan](#) is vital in order to separate from an abuser safely.

## Domestic Violence: Homicide Statistics

**Firearms are the weapon of choice for domestic violence homicides:**

- **In 2015, 928 women were killed by male intimate partners.** Most were killed with firearms.
- **76% of women murdered** by intimate partners and 85% of women who survived murder attempts were stalked first.
- **1 in 3 female murder victims** and 1 in 20 male murder victims are killed by intimate partners.
- **44% of mass shootings** between 2008 and 2013 involved intimate partners.
- **35% of all women killed** by men are killed by intimate partners with guns.
- **Women in the US are 11x more likely to be murdered with a gun** than in other high-income nations.

## Firearm Access and Risk in DV Cases

- If the abuser has access to a firearm, the survivor's risk of homicide **increases 500 percent**
- Standard protection orders do not always require the person to relinquish weapons.
- A study of intimate partner homicides found 20% of victims were not the intimate partners themselves, but family members, friends, neighbors, persons who intervened, law enforcement responders, or bystanders.
- 72% of all murder-suicides involve an intimate partner; 94% of the victims of these murder-suicides are female.

Only a survivor knows when the safest time to leave is.  
There are often barriers standing in their way:

- **Fear** the abuser will retaliate by harming the survivor, his/her children or pets
- **Lack of financial** independence
- **Lack of an advocate** to assist the survivor in leaving, finding shelter
- **Dependency on an abuser** (e.g., the survivor may be disabled or may depend on the abuser for citizenship)
- **Denial** that the abuse is as bad as it is
- Fear of **losing custody** of children in the court system
- **Pressure** from family to stay
- Religious **beliefs** or misguided teachings

## 7 Stages of Leaving a DV Relationship

### 7 Stages of Leaving a DV Relationship

#### 1. The abuse is happening....

- The abuse stage signifies the time period in which the abuse occurs, but the victim has yet to identify with or acknowledge their self as abused.
- At this stage, the abuse has altered the victim's perspective of self.

#### 2. The victim denies the abuse...

- Victim feels as though they have lost control. They are apologetic, shameful, and fearful.
- Isolation from family and friends begins.
- Many victims have not fully acknowledged that they are in a violent relationship.

## 7 Stages of Leaving a DV Relationship

### 3. Acknowledgement of the abuse is revealed....

- A family member or close friend helps the victim:
  - Acknowledge that they are in an abusive relationship.
  - Identify examples of physical, mental, and or emotional trauma that has or is currently occurring within the relationship.
- Once the victim acknowledges the abuse the other stages can occur.

### 4. The acknowledgement of the abuse takes place, now the emotions follow....

- Emotional response follows the reality of being a victim of domestic violence. This response varies in intensity from victim to victim.
- Resembles the process of grief associated with the loss of a loved one. Timeframe varies.

**This stage strengthens the victim's will power and motivation to flee.**

## 7 Stage of Leaving a DV Relationship

### 5. The victim is motivated to make preparations to leave....

- The motivation stage represents the victim's need to regain self-control and control over their own life.
- During this stage, the victim may begin seeking available resources and planning next steps before the initial attempt to flee the abusive partner.

### 6. A form of abuse occurs to trigger action....

- Once the victim is motivated to leave, a triggering event often takes place just prior to them leaving the relationship.

**The triggering event may be a physical episode or fear of severe or even fatal harm.**

## 7 Stages of Leaving a DV Relationship

### 7. The survivor escapes...

- Victims in this stage have removed themselves from the abuse and have made safety their top priority on their road to healing and recovery.
- Now view themselves as a survivor of domestic violence. Self-control of their life and well being.

**This requires change. So what are the stages of personal change?**



## The Five Stages of Change

**There are Five (5) Stages of Change that a person goes through when making life changes.**

- **Pre-Contemplation—Contemplation—Preparation—Action—Maintenance**

**Stages are not linear. Can vacillate (go back and forth) between stages while going through the process of change**

**1. Pre-Contemplation:** The person is not aware that there is a problem and does not know to be interested in change. “His behavior is normal”, “Conflict in a marriage is normal”.

**2. Contemplation:** The person is beginning to recognize that there may be a problem and weighs the pros/cons of changing.

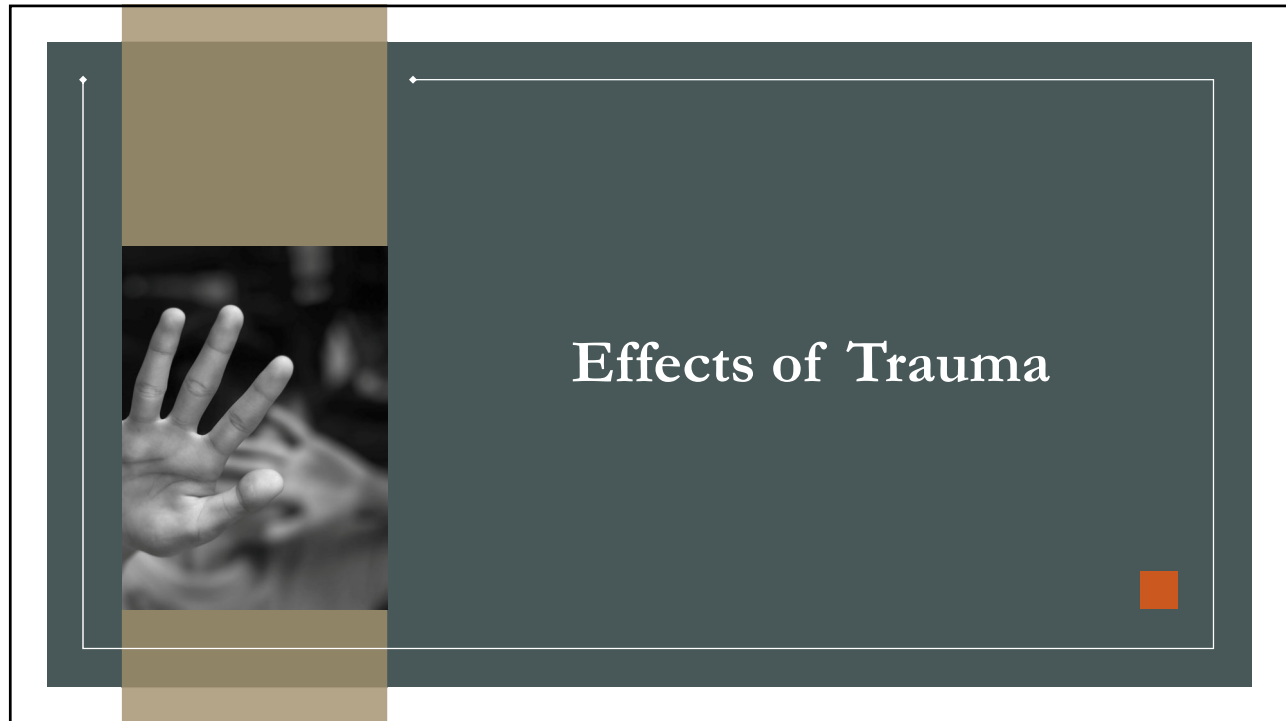
## The Five Stages of Change

- **3. Preparation:** The person recognizes there is a problem and decides to make a change. In this stage, they are making plans, seeking help from experts and professionals on how to change, and coming up with concrete steps for an action plan.
  - **4. Action:** The person implements their plan for change and is actively working on changing. They continue to seek help from supportive people and professionals and adjust their plan, as needed.
  - **5. Maintenance:** The person continues to maintain the change and progress they have made, recognizing that change is a journey, not a destination. Relapse is possible so they adapt and implement an action plan as needed.
- On average a person may go through the stages of change at least seven (7) times before full recovery/change occurs.**

“I now see how owning our story and loving ourselves through that process is the bravest thing we will ever do.”

-Brene' Brown





## Effects of Trauma

### **Anxiety-**

- Many experience high level of anxiety that plague their every waking moment and can result in a chronic fight-or-flight response that can prevent normal functioning.

### **Re-Experiencing or Flashbacks-**

- Flashbacks of the trauma are triggered by certain reminders. They're not just unpleasant memories. This is experiencing the same emotions they felt at the time of the abuse, "reliving" it.

### **Physical Symptoms of Trauma:**

- Paleness, lethargy, fatigue, poor concentration, a racing heartbeat, anxiety or panic attacks, and inability to cope.
- The physical symptoms of trauma can be as real and alarming as those of physical injury or illness.

## Effects of Trauma

### Behavioral Changes-

- In an attempt to forget the past and control emotions, some people turn to substances (drugs/alcohol), or food to cope with unresolved issues. They may engage in risky or dangerous behaviors.

### Health Issues-

- Experiencing high levels of anxiety can cause widespread inflammation in the body, which can lead to a number of serious health issues such as cardiovascular disease and hypertension (high blood pressure).

### Cognitive Function-

- When the brain is high-jacked it can lead to cognitive issues such as memory and inability to focus (lack of concentration)
  - For some, they are unable to function at school or work because of their inability to focus on the tasks at hand.

## Safety Tips: Working with DV Families

- **Be aware** of the cycle of change and possibility of the individual resuming contact/relationship with the abusive partner.
- Know that situations involving domestic violence, there is **increased risk of violence** while providing services in the home.
- **Be prepared** mentally and physically to remove yourself from potentially volatile situations. Listen to your gut.
- Restraining orders, stay away orders, in effect?
- Store emergency and agency contact numbers in business cell phone for quick access, if needed.
- May be beneficial to see a photo of the abuser to assist in visual identification.



## Safety Tips: Working with DV Families

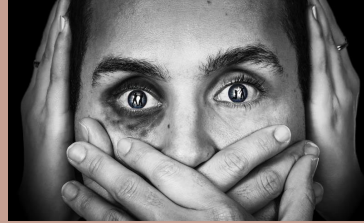
- Remember that these **situations are highly emotionally charged** and individuals are likely still in fight/flight response mode.
- **Remain calm, professional, empathetic, and supportive** throughout the rapport-building process from a trauma-informed approach.
- **Be familiar** with the environment you are providing services at.
- **Be mindful** of exit routes with a clear vantage point to the entry door.
- **Acknowledge** the unpredictability of situations involving DV cases and be alert to any red flags. Respond accordingly.

## INDICATORS OF ABUSE

## Indicators of Physical Abuse

Physical Indicators of Abuse:

- Bruises and welts
- Burns
- Fractures
- Unexplained lacerations or abrasions
- Human bite marks
- Head injuries
- Internal injuries



**Behavioral Indicators:** Wary of physical contact, withdrawn, anxious, apprehensive, and/or fearful.

**Extreme Behaviors:** Aggressiveness, destructive, obnoxious, hurtful, suicidal, or overly compliant

## Definition: Emotional Abuse

Non-physical mistreatment resulting in disturbed behavior such as:

- Severe withdrawal
- Depression
- Anxiety
- Eating/sleeping issues
- Nightmares/sleep disturbances
- Inability to be consoled or find comfort
- Aggressive behavior towards self or others – suicide attempts, self-mutilating behavior, or assault



## How Do Parents Inflict Emotional Abuse?

- Unpredictable or inconsistent parenting styles (behaviors) coupled with verbal assaults towards the child.
- **Attachment styles**
  - Avoidant**
    - Parent is emotionally unavailable or unresponsive to the child most of the time.
    - Parent disregards or ignores the child's needs and is especially rejecting when the child is hurt or sick.
    - Parent discourages crying and forces child to grow up fast.
  - Anxious**
    - **Parents who are anxious** and preoccupied tend to parent in a way that **interferes with their children's autonomy** or exploration.
    - Parent is **overprotective** and promotes dependency in their children to satisfy their own needs.
    - This type of parent struggles to separate from their child and are more likely to **foster anxiety and deter the child's independence**

## Emotional Abuse of DV Victims

Emotional abuse is not the same as angry outbursts, occasional name calling or hurt feelings.

- Most victims of emotional abuse only understand they were in an abusive relationship **after** it ends.

Five (5) common forms of emotional abuse are:

- Gas-lighting
- The silent treatment
- Crazy-making
- Emotional baiting
- Minimizing

## 5 Common Forms of Emotional Abuse

- **Gas-lighting**- A manipulative technique used to rewrite or reinvent the reality of what occurred. Attempting to distort the victims sense of reality, memory, in an effort to cause the victim to distrust themselves and their memory.
- **Silent-Treatment**- Prolonged periods of silence, withdraw of attention/affection, as a form of punishment and/or to illicit compliance/control.
- **Crazy-Making**- Victim tries to address an issue, the abuser does a switcharoo.
- They change the topic at every turn, until the victim loses track of the point/grievance they attempted to raise. It becomes the VICTIMS fault (victim is now the abusive one/at fault/saying sorry).
- **Emotional Baiting**- The abuser ensures the victim looks like the 'crazy one'.
- They have methodically studied vulnerabilities (the ones the victim thought they were sharing with someone they trusted), then WHAM!
- Out of nowhere the abuser uses these privately-shared traumas or fears to push the victim's buttons until they get a reaction.
- **Minimizing**- A tactic used by the abuser to downplay the abuse.
- With minimizing, there is a tacit admission that the event occurred, but the victim's reaction to the event is deemed **irrational** or **unstable**. The victim is "making a big deal out of nothing" according to the abuser.

## Filing SCAR Reports

Suspected Child Abuse Reports

## Filing SCAR Reports- DV/TIPS

- What information should be included?  
Clearly articulate:
    - Who, What, When, Where, Why
  - How do I know if something meets the legal definition of abuse or neglect?
  - CPS Emergency Response vs. Evaluate Out
- Be aware of the signs of domestic violence exposure in children of abuse in adults as evidenced by emotional abuse symptoms.
- Do you have to know FOR SURE? No!**
- You just need a reasonable suspicion that abuse or neglect of the child has occurred.
  - The CPS investigator will determine based on their investigation if abuse has occurred or not.

## Reasonable Suspicion

**NOTE: You DO NOT have to be *absolutely* sure that Abuse or Neglect occurred before reporting.**

Penal Code Section 11166(a):

- Objectively reasonable to be suspicious.
- Based on **facts** that could cause a reasonable person in your same position, drawing from training and experience, would cause rise to suspect child abuse or neglect has occurred.

## Gather Sufficient Information

Only gather sufficient information to sustain a reasonable suspicion that abuse or neglect occurred.

- You need some evidence and facts:
  - What happened?
  - Are there any observable injuries?
  - Is the child afraid to go home? Why?
  - Are you aware of other instances?
  - Do the facts support the definitions of child abuse or neglect?
  - Can you get basic identifying information?
- Are you concerned? Is it reasonable to suspect? Then report!

## Why No Response?

Some calls are “Evaluated Out”.....WHY?

- Allegations do not meet the definitions of child abuse or neglect
- Insufficient information to identify and/or locate the child
  - Historical incident and no current allegations of parental abuse or neglect
- **Crimes or abuse outside the home, delinquency, runaways** (other than CSEC) \*CPS may cross report to LEA
  - or
- **Lice, truancy, custody issues, older children left alone at home, out of control kids**



# REPORTING SCENARIOS

## DISCUSSION: Reporting Scenario CPS Evaluate-Out

### SCENARIO 1-

Sally Jones-Mother

Michael Jones- Child, age 11

Daniel Smith- Father

### Scenario:

- Sally and Michael are receiving case management services for dirty home from Differential Response program.
- Mr. Smith abused Ms. Jones during Michael's first year of life.
- No contact in 10 years.
- Mr. Smith is deceased and no current allegations of parental abuse or neglect.

## Gather Sufficient Information

- Don't over interview
  - Individuals suffer emotionally from over interviewing
  - Individuals may retract statements
  - Suggested answers may corrupt investigation
  - If you ask questions with too much detail you may negatively impact the case unintentionally
- Always support the child's emotions!
- CPS or Law Enforcement will investigate
  - Investigators are specially trained to gather information
  - Child may undergo a forensic interview

## DISCUSSION: Reporting Scenarios CPS Responds

### SCENARIO 2:

Sally Jones- Mother  
 Michael Jones- Child, age 11  
 Daniel Smith- Father

### Scenario:

- Sally and Michael receive case management services through Differential Response program for dirty home and domestic violence.
- Mr. Smith abused Ms. Jones last night and Michael intervened.
- Ms. Jones has not followed through with protective order and is contemplating reconciling with Mr. Smith.
- Ms. Jones is failing to protect Michael from the conduct of Mr. Smith placing him at increased risk of continued abuse or neglect.



For mandated reporters Submit SCAR to  
CPS within 36 Hours :

- Fax: (661) 631-6568
- Email: [KernCPSHotline@kerndhs.com](mailto:KernCPSHotline@kerndhs.com)
- Mail to: KCDHS – CPS (SCAR Enclosed), PO Box 511,  
Bakersfield, CA 93302
- In person: 100 E. California Ave. Bakersfield CA 93307

**For Law Enforcement** send the SCAR to the agency of  
Jurisdiction

## Kern County DV Resources

- **National Domestic Violence Hotline:**  
1(800)799-7233
- **Kern County Family Justice Center:**  
(661) 868-8410
- **Alliance Against Family Violence &  
Sexual Assault (AAFVSA):**  
(661) 322-0931
- **California 2-1-1** (crisis hotline 24/7)
- **District Attorney Victims Services:**  
(661) 868-2400
- **Greater Bakersfield Legal Assistance  
(GBLA)**
  - **DV Reduction Project**  
(661) 325-5943

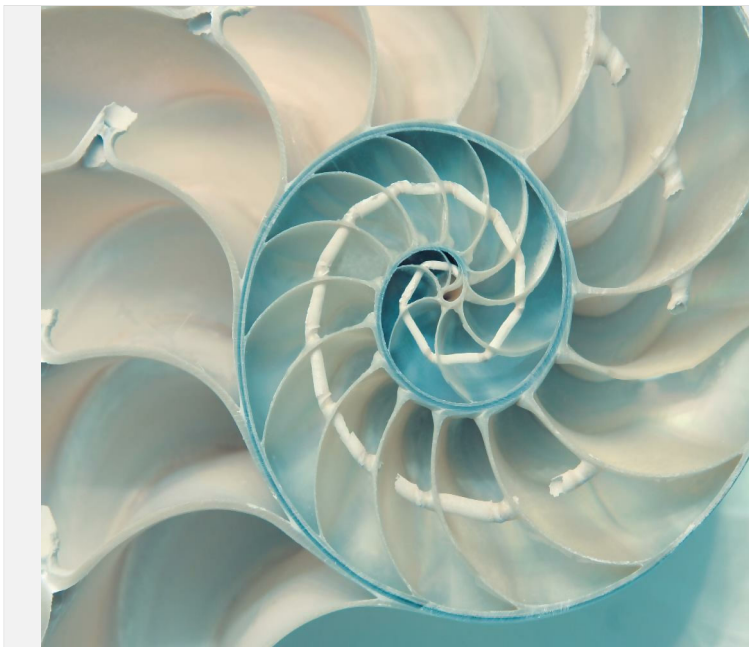
## How Professional Counseling Helps

**People who have experienced domestic violence often feel afraid, guilty, confused, shocked, angry or numb, stress, and/or general emotional distress.**

- Relationship violence is associated with mental health conditions including post-traumatic stress disorder (PTSD), anxiety, depression and substance use disorders.

**Domestic violence counseling can play an invaluable role in helping people overcome an abusive situation.**

- Having domestic counseling services readily available can make people in abusive relationships feel more confident about leaving an abusive partner.
- Support can make all the difference in whether or not someone leaves an abusive relationship, as well as the outcome once they do.



## Call to Action

Domestic violence survivors need encouragement and support in order to stay away from their abusers.

Listen without judgement.

Learn the warning signs.

Believe and validate their feelings.

Show genuine care and empathy.

# Question/Answers Discussion

Thank You

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CPS Staff Development Trainer



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