



Meeting Your Needs. At Home. At Sea.

The Quarterdeck October 2004

FAMILY ADVOCACY PROGRAM



**Domestic
Violence
Hurts Us All.**

Workshops

Registration is required.

Call (202) 433-6151 DSN 288-6151

All workshops are open to active duty service members, spouses, retirees, civilians affected by base realignment and to DoD civilians on a space available basis.

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|----------------------|--------------------------------------|--------------------|
| 5 Oct | Money Wise- "Budget Planning" | Held at WNY |
| 1100 - 1200 | | |
| 6 & 7 Oct | **SAVI Refresher | Held at FFSC |
| 0730 - 1230 | (Sexual Assault Victim Intervention) | |
| 7 Oct | Money Wise- "Budget Planning" | Held at FFSC |
| 1100 - 1200 | | |
| 12 Oct | Pre-Deployment | Held at FFSC |
| 0930 - 1100 | | |
| 12 Oct | Money Wise - "Mutual Funds" | Held at WNY |
| 1100 - 1200 | | |
| 13 Oct | Spouse Orientation | Held at Woodbridge |
| 0900 - 1600 | | |
| 14 Oct | Sponsorship | Held at FFSC |
| 0930 - 1100 | | |
| 14 Oct | Smart Emotions | Held at FFSC |
| 0730 - 1530 | | |
| 14 Oct | Money Wise - "Mutual Funds" | Held at FFSC |
| 1100 - 1200 | | |
| 18 Oct | Stress Management | Held at FFSC |
| 1000 - 1200 | | |
| 18 Oct | Anger Management | Held at FFSC |
| 1300 - 1500 | | |
| 19-22 Oct | **SAVI Training | Held at FFSC |
| 0730 - 1530 | (Sexual Assault Victim Intervention) | |
| 25 Oct | Federal Employment | Held at FFSC |
| 1200 - 1500 | | |
| 26 Oct | Smooth Move | Held at FFSC |
| 0900 - 1200 | | |
| 26 Oct | Navy Saves Club | Held at WNY |
| 1100 - 1200 | | |
| 27 Oct | Smooth Move | Held at NNMC |
| 0900 - 1200 | | |
| 27 Oct | Navy Saves Club | Held at NNMC |
| 1100 - 1300 | | |
| 28 Oct | Navy Saves Club | Held at FFSC |
| 1100 - 1200 | | |

NAVY OFFICIALS TAKE A STAND AGAINST DOMESTIC VIOLENCE

Defense Task Force Recommends Training And Education As Deterrents

During Domestic Violence Awareness Month this October, Navy officials, along with the Family Advocacy Program (FAP), remind everyone that domestic violence hurts us all, and it is everyone's duty to report it.

"Every Sailor can help stop abuse by taking a stand when they see co-workers abusing a spouse or partner, either verbally or physically," said Rear Admiral Annette E. Brown, who was the senior uniformed member representing the Navy on the Defense Task Force on Domestic Violence. "Our people can also help by just speaking up about the value of a relationship that is based on equality."

FAP, a component of the Fleet and Family Support Program (FFSP), offers prevention, identification, treatment, follow-up and education to children and spouses from abuse. The task force was commissioned by Congress to address domestic violence in the military and to

recommend to Congress how the military can prevent and better respond to domestic violence. As a result of this task force, there are changes being implemented in all branches of the service. These changes include domestic violence training for chaplains, additional funds for relocating dependents for safety reasons, domestic violence response and intervention training for commanding officers, as well as requiring training for new COs, plus a standardized training for victim advocates.

"Domestic violence is a readiness issue for the Navy and is not compatible with the core values of the Navy - honor, courage and commitment," Brown said. "As long as there remains even one domestic violence case, there is one too many."

Suspicion of abuse is all that is needed to file a report, and it can be done anonymously. FAP and the task force urge all hands not to be afraid to take a stand. One intervention can save a life. For more information or help, contact The Center and speak with a FAP representative or call the Domestic Violence hotline at (800) 799-7233.

FAMILY ADVOCACY PROGRAM PREVENTION TIPS PREVENTION

Victims of domestic violence come from all walks of life - all cultures, all income groups, all ages and all religions. Evidence shows that victims of domestic violence in the military are predominately female. Violence against women within the military is a pervasive problem, just as it is in the civilian sector. However, women in the military are particularly vulnerable to abuse due to geographical isolation from family and friends, and the potential for social isolation within the military culture.

Below are prevention tips for at-risk individuals - male or female - to help them recognize warning signs and increase awareness of potentially dangerous situations.

TIPS

Be aware of behavior: Below are identifiable behavior traits that exist in potential batterers.

- Jealous.
- Blames others (including you) for their faults.
- Blames circumstances for their problems. ("If I only had a job, I wouldn't be so upset.")
- Behavior is unpredictable.
- Belittles you verbally.
- Cannot control their anger.
- Always asks for a second chance.
- Say they'll change and they won't do it again.
- Their family resolves problems with violence.
- Plays on your guilt. ("If you loved me, you'd").
- Behavior often worsens when using alcohol or drugs.
- Are close-minded. Their way is the only way.

Prepare a safety plan: It's better to create a plan of action for a possible abusive situation while you are safe and can think clearly about the decisions you will need to make. If you are ever in an abusive situation, a plan can help you get help quickly.

- Think of a safe place to go if an argument occurs - avoid rooms with no exits (bathroom), or rooms with weapons (kitchen).
- Make a list of safe people to contact.
- Establish a "code word or sign" so that family, friends, teachers or co-workers know when to call for help.
- Be aware of domestic violence shelters in your area.
- Keep change with you at all times.
- Memorize all important phone numbers.
- Think about what you will say to your partner if he/she becomes violent.
- If you ever must leave an abusive relationship, remember to take important papers with you, such as Social Security cards, birth certificates, marriage license, leases or deeds in your name, checkbook, credit cards, bank statements, charge account statements, insurance policies, proof of income for you and your spouse (pay stubs/ W-2s), and any documentation of past incidents of abuse (photos, police reports, medical records, etc.).

ARE YOU IN DANGER OF BEING ABUSED?

Does Your Partner ...

- embarrass you in front of other people?
- belittle your accomplishments?
- make you feel unworthy?
- isolate you from the people you care about the most?
- lose control when he/she is drunk or using drugs?
- escalate his/her anger into violence - slapping, kicking, etc?
- physically force you to do things you do not want to do?
- treat you roughly - grab, pinch, push or shove you?
- threaten you - verbally or with a weapon?

If you answered yes to any of these questions, than you might be in an abusive relationship. Fortunately there are places you can go for help.

Domestic Abuse Support Services

- Local Police 911 Base Police 202-433-3333
- The National Domestic Violence Hotline: 1-800-799-SAFE (7233); www.ndvh.org
- Department of Justice Violence Against Women Office: www.ojp.usdoj.gov/vawo/
- Women's Law Initiative - Provides state-by-state legal information and resources for domestic violence: www.womenslaw.org
- Family Crisis Centers - this includes shelters and other emergency residential facilities. Consult your local phone directory to find a family crisis center near you.



If you are behaving in an abusive manner, there is help!

The Navy Fleet and Family Support Center offers a wide range of services to help offenders to understand why their behavior is abusive and to develop ways to stop abuse. The program helps offenders to change the attitudes and beliefs about themselves and love ones that cause them to abuse. These behaviors include but are not limited to:

- Physical
- Psychological
- Emotional

Many victims say, "physical abuse hurts but It's the put downs, the name calling, blaming, verbal attacks, emotional detachment and, mood swings of the offender that is the scariest and the most devastating"... If you are acting in an abusive manner or know of someone else who may need our services please don't hesitate to call a family advocacy worker at 202 433-6151.

The Fleet & Family Support Center

is located on the Anacostia Annex,

Bldg. 72, 2767 Watson Road. SW,

Phone: 202-433-6151, DSN 288-6151

Toll Free 1-866-557-4410

<http://www.ndw.navy.mil/FFSC/Anacostia/Anacostia.htm>