

HELP RESTORE HOPE CENTER



EMPOWERING
SURVIVORS
WITH SUPPORT
& RESOURCES

Domestic Violence Awareness Month

National statistics show, on average, nearly 20 people per minute are physically assaulted by an intimate partner in the United States. In one year's time, this equates to over 10 million survivors of domestic violence. Each October, Help Restore Hope Center recognizes Domestic Violence Awareness Month (DVAM), a national campaign to break the stigma and raise awareness around intimate-partner violence and domestic abuse. Advocates everywhere will unite in their efforts to spread information, resources, and support throughout the month. Help Restore Hope Center will be partnering with YWCA Mohawk Valley and Oneida Indian Nation in running the Purple Ribbon Campaign from October 15th through the 31st. The Purple Ribbon Campaign is a fundraising effort for our local domestic violence agencies, to continue providing free and crucial services to empower our community's survivors of violence. Stop into a SavOn Convenience Store and purchase a purple ribbon to donate. Help Restore Hope Center will also be joining in the National Day of Action, Purple Thursday, by wearing purple attire, ribbons, & pins all day long. Purple Thursday is being held this year on *October 20th* and is a simple, yet meaningful way to get involved. You can join us by sporting purple in some way on the 20th and sharing a photo with us by tagging **@HelpRestoreHopeCenter** on Facebook and Instagram. Don't forget to hashtag **#PurpleThursday** and **#DVAM2022** to spread the word! Additionally, Help Restore Hope Center is again hosting Madison County's Annual Domestic Violence Coalition on *Tuesday, October 25th*. This training is held each year during awareness month to bring up-to-date information and resources focused around domestic violence specific issues to our community members. Interested persons should RSVP to the program's Assistant Supervisor Brittany Flood via email at bflood@liberty-resources.org to receive an invite with the Zoom link and additional meeting information. For more event details, visit **@HelpRestoreHopeCenter** on Facebook.

IN THIS ISSUE

**DOMESTIC VIOLENCE
AWARENESS MONTH:
OCTOBER 2022**

**AT-HOME
VOLUNTEER
OPPORTUNITY**

**MADISON COUNTY'S
EMERGENCY SAFE
DWELLING PROGRAM**

**WHY DO THEY STAY?
10 REASONS FOR NOT
LEAVING**

Volunteers Needed

At-Home Volunteer Opportunity for Interested Persons

Help Restore Hope Center is looking for individuals with an open mind and an open heart to assist with running our crisis hotline. A Hotline Volunteer provides support and information to survivors of domestic abuse and/or sexual assault on the 24/7 toll free hotline with the goal to promote self-sufficiency. Free virtual training is provided, and the hotline can be answered from the comfort of your own home on a schedule that you choose. Please consider being a part of the anti-violence movement and assist those in need! You could change the life of an individual for the better.

For more information, contact Brittany Flood at 315-363-0048, email bflood@liberty-resources.org or visit our website at www.liberty-resources.org/hrhc

Why Do They Stay?

10 Reasons for Not Leaving a Violence Relationship

Abusive relationships are complex situations with various dynamics that often keep a survivor feeling stuck in the relationship. A common misconception is that if someone were truly being harmed they would "just leave". Friends and family members may not understand, or even get frustrated trying to help, after the survivor goes back or stays in the relationship asking disclosing the nature of their situation. We understand that leaving is far more complicated than it seems, and on average, it takes survivors around seven attempts to be able to leave the relationship permanently. It's important to understand why someone may be staying in an unsafe situation, so we can identify how to best support and empower someone to overcome these barriers. For instance, we know leaving is statistically the most dangerous time for a victim of abuse because they are threatening the abusive partner's power and control. Proper measures must first be taken to alleviate the survivor's fear and ensure their safety when leaving the relationship.

Madison County's Emergency Safe Dwelling

Help Restore Hope Center of Madison County runs a nine bed Safe Dwelling in a secure, confidential location for men, women, and families wanting to leave an environment where active domestic violence is occurring. The Safe Dwelling program provides families with free therapy and case management services to assist with navigating employment, housing, and long-term safety.

Individuals looking for emergency safe housing should reach out to the program's 24/7 hotline at 1-855-966-9723 to explore shelter options. Our Advocates will assess present needs and connect you with the appropriate program and level of support to ensure you are set up on the path toward healing and independence. Please call us today!



Here are ten more reasons many survivors may stay in an abusive relationship or situation.

- 1) Normalized Abuse
- 2) Shame or Embarrassment
- 3) Intimidation and Threats
- 4) Low Self-Esteem
- 5) Lack of Accessible Resources or Supports
- 6) Disability Causing Increased Dependence
- 7) Immigration Status and/or Language Barriers
- 8) Cultural Context, Customs, and Beliefs
- 9) Children In Common
- 10) Love and/or Desire to Fix Situation

For safety planning and assistance with leaving, please call our 24/7 hotline at 1-855-966-9723.



If you or someone you love is experiencing domestic violence, sexual assault, and/or stalking, please reach out to Help Restore Hope Center today.
24/7 Hotline Support: 1-855-966-9723
www.Liberty-Resources.org/hrhc

