

# HELP RESTORE HOPE CENTER



EMPOWERING  
SURVIVORS  
WITH SUPPORT  
& RESOURCES

## TEEN DATING VIOLENCE AWARENESS

Each February, young adults and their loved ones across the nation raise awareness about the serious issue of teen dating violence. These efforts focus on advocacy and support for survivors, as well as prevention education to stop dating abuse before it starts. Dating violence is more common than you might think among teens and young adults. Love is Respect, an organization against dating and domestic violence, states that 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they become adults. And nearly half (43%) of U.S. college women report experiencing violent or abusive dating behaviors.

The use of technology to stalk, harass, and control a partner plays a significant role in teen dating violence. In the United States, 1 in every 4 teens has been victimized by their partners through technology. Technology can change the dynamics of abuse and make the survivor feel unsafe reaching out and communicating with loved ones about their situation. Violence through technology can often look like sending threatening or harassing messages, tracking someone's location, sharing/sending explicit photos without consent, demanding someone's account passwords, impersonating someone else on social media, using cyber surveillance or spyware, etc.

The Help Restore Hope Center offers services to individuals impacted by teen dating violence, including free short-term therapy, SANE service, and their Enough is Enough Advocate located on college campuses throughout Madison County. Students can access support, information, and accompaniment services by reaching out to the Campus Advocate at (607) 373-8051 or calling the 24-hour confidential hotline. Campus faculty/staff can also request prevention and education programming around dating violence from the Campus Advocate by emailing Julianne Thomas at [jthomas@liberty-resources.org](mailto:jthomas@liberty-resources.org) or calling (607) 373-8051.

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Be sure to *follow us legally* @HelpRestoreHopeCenter for more information on teen dating violence resources.

## FREE THERAPY FOR SURVIVORS

Start your healing journey today by getting set up with a therapist from Help Restore Hope Center. Our program offers short-term, confidential services from licensed therapists. Help Restore Hope Center does not bill insurance or require any form of payment for therapy sessions. Our therapists focus on trauma from experiencing dating/domestic violence, sexual assault, and/or stalking, using a variety of therapeutic approaches. Therapy services are available for children, young adults, adults, and families. If you or a loved one could benefit from starting therapy, please call our 24/7 hotline at 1-855-966-9723 and get a referral for services today!



## WHAT IS CODE BLUE?

As the weather gets colder entering winter, those without a home or place to shelter are often exposed to dangerously low temperatures and harsh conditions. For those that are homeless after leaving a violent home life, this can be a barrier to leaving for good and make returning to the abusive partner tempting. Domestic violence victims often stay for financial reasons, such as the threat of homelessness if they leave. This makes winter a challenging time for those that are homeless or unstably housed.



From November 1st through March 31st (or any other period when the temperature is below freezing or inclement weather conditions), those without shelter can access support and emergency shelter options through Madison County's Department of Social Services during regular business hours. After hours, individuals can call the Sheriff's office or State Police. Additionally, many libraries throughout the county serve as warming sites for homeless individuals during Code Blue. Just stop in during their business hours to get out of the cold and receive refreshments, hygiene products, and cold-weather supplies. Survivors of domestic violence should also call our hotline at 1-855-966-9723 to discuss alternative shelter options.

## STALKING: THE FORGOTTEN FORM OF ABUSE

January is Stalking Awareness Month, a national campaign to raise awareness about how to identify stalking behaviors and the severe impact they have on victims. According to the Stalking Prevention, Awareness, & Resource Center (SPARC), an estimated 6-7.5 million people are stalked every year in the United States. However, when it comes to forms of abuse, such as dating and domestic violence, or sexual assault, we often don't identify stalking to be as impactful. With the media's portrayal of stalking in shows like "You," this abuse is often romanticized and downplayed. However, in 76% of intimate-partner femicides (homicide of females by an intimate partner), there was reported stalking throughout the year prior. Stalking incidents are frequently contextual and patterns of behavior need to be explained in order to understand the level of risk. Consider this... someone receives flowers at work from their stalker and calls the police. Their co-workers think they're being dramatic, after all, flowers are nice to receive. However, the victim's stalker has made threats claiming, "I'll send you flowers on the day you die." Behaviors like sending flowers are not criminal in nature, which is why context, documentation, and history often needs to be established in stalking cases. Documentation, such as keeping a log of incidents with the time, date, behavior, witnesses, and responding police agency, can be incredibly helpful for victims experiencing stalking. Documentation can help law enforcement identify the pattern of behavior to prove stalking is occurring. Victims can also reach out to their local domestic violence and rape crisis program to develop a safety plan and identify other resources that may be helpful, such as an order of protection or a backup phone.