

# Hyde County Hotline

**24 Hour Crisis Line 252-925-2500**



## 10 Ways You Can Help Prevent Domestic Violence Where You Live

Want to do something to help, but not sure what? Start here.

August 01, 2016

By [domesticshelters.org](http://domesticshelters.org)

More than one-third of women and one in 12 men have experienced intimate partner violence in their lifetime, according to the National Intimate Partner and Sexual Violence Survey. Anyone would agree that's too many. If you're asking yourself what you can do to help, read on. Below, 10 steps you can take to help stop domestic violence in your community.

1. Know the signs. Domestic violence can happen to anyone—white, black, young, old, rich, poor, educated, not educated. Sometimes violence begins early on in a relationship and other times it takes months or even years to appear. But there generally are some warning signs. Be wary of the following red flags an abuser may exhibit at any point in a relationship:
  - Being jealous of your friends or time spent away from your partner
  - Discouraging you from spending time away from your partner
  - Embarrassing or shaming you
  - Controlling all financial decisions
  - Making you feel guilty for all the problems in the relationship
  - Preventing you from working
  - Intentionally damaging your property
  - Threatening violence against you, your pets or someone you love to gain compliance
  - Pressuring you to have sex when you don't want to
  - Intimidating you physically, especially with weapons
2. Don't ignore it. Police officers hear the same thing from witnesses again and again—I heard/saw/perceived domestic violence but didn't want to get involved. If you hear your neighbors engaged in a violent situation, call the police. It could save a life.
3. Lend an ear. If someone ever confides in you they are experiencing domestic violence, listen without judgment. Believe what they are telling you and ask how you can help, or see this list of 25 ways to help a survivor (<https://www.domesticshelters.org/domestic-violence-lists/ways-people-help-those-experiencing-abuse#.V73LhI-cGUI>).

*cont'd on page 2*

Want to learn more about being a Hyde County Hotline Crisis Line or Shelter Volunteer?  
Let us know. 252-925-2502

**DOMESTIC VIOLENCE HOMICIDES IN NC**  
**from January 1 – August 24, 2016**

**36 Murders**

<http://www.nccadv.org/homicides-2016>

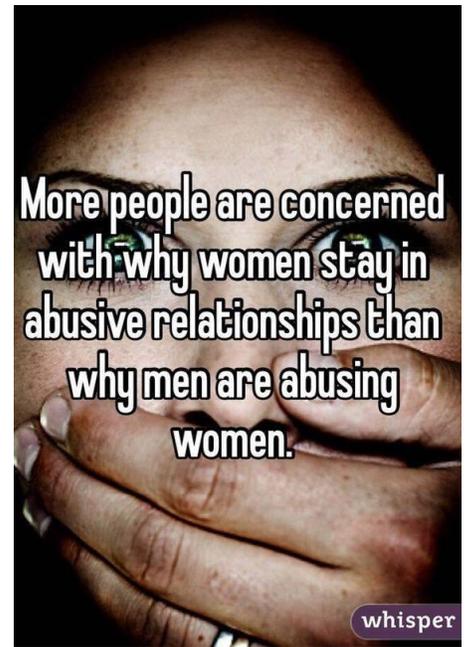
## 2016 Campaign



*October is  
Domestic Violence Awareness  
Month*

Hyde County Hotline will be providing posters with information about the No More Campaign. If you or your organization would like to display one of these posters during the month of October, please contact Eve Richardson at 252-925-2502 or [echydehotline@gmail.com](mailto:echydehotline@gmail.com).

Thank you for your continued support!



*cont'd from page 1*

4. Be available. If someone you know is thinking about leaving or is in fear the violence will escalate, be ready to help. Keep your phone with you and the ringer on, make sure you have gas in your car and discuss an escape plan or meeting place ahead of time.
5. Know the number to a nearby shelter. You never know who might need refuge in a hurry. Keep numbers to shelters (<https://www.domesticshelters.org/>) and the National Domestic Violence Hotline in your phone (800-799-7233).
6. Check in regularly. If a loved one or friend is in danger, reach out regularly to ensure his or her safety.
7. Be a resource. Someone experiencing violence may not be able to research shelters, escape plans or set up necessities like bank accounts and cell phones while living with his or her abuser. Offer to do the legwork to help ease stress and keep things confidential. Click the following link for a list of items a survivor may need to take with them. <https://www.domesticshelters.org/domestic-violence-lists/items-to-pack-when-escaping-domestic-violence#.V73MRo-cGUk>
8. Write it down. Document every incident you witness and include the date, time, location, injuries and circumstances. This information could be very useful in later police reports and court cases, both criminal and civil.
9. Get the word out. Assist a local shelter or domestic violence organization in their efforts to raise awareness in your community. Or use your personal connections to start a grassroots campaign. Organize talks at your workplace wellness fair, HOA meetings and church groups.
10. Put your money where your mouth is. Use your power as a consumer and refuse to support the culture perpetuated in music, movies, television, games and the media that glorifies violence, particularly against women.

## Danger Assessment Could Predict if an Abuser Will Kill

### Why it's important to talk to an advocate if you answer yes to these questions

July 11, 2016 By domesticshelters.org To read the complete article, please go to:

<https://www.domesticshelters.org/domestic-violence-articles-information/danger-assessment-could-predict-if-an-abuser-will-kill#.V7xHIY-cGUk>

In 1986, Jacquelyn Campbell, PhD, RN, domestic violence advocate and professor at the John Hopkins University School of Nursing, developed a tool called The Danger Assessment. Working with law enforcement and clinical experts on abuse, and garnering input from domestic violence survivors themselves, she came up with 20 questions that she thought would predict the level of danger a survivor is facing and whether or not he or she faces a high risk of being killed by an intimate partner.

The questions are to be used in conjunction with a calendar on which a survivor marks the days he or she was abused and ranks the severity of the incidents on a scale from 1 to 5. Said Campbell, "The calendar portion was conceptualized as a way to raise the consciousness of the [survivor] and reduce the denial and minimization of the abuse, especially since using a calendar increases accurate recall in other situations."

The Danger Assessment was designed to be used by law enforcement, domestic violence advocates and health care professionals, and a formal training is recommended to learn how to score and interpret the tool. You can learn more about the training options, either online or in person at <https://www.dangerassessment.org/TrainingOptions.aspx>.

However, anyone can access the tools of the Danger Assessment online, for free. Note: the calendar tool is only available through 2015, but any 2016 calendar would work in order to record abuse. Read more about the importance of tracking abuse in "Why You Should Document Abuse." (<https://www.domesticshelters.org/domestic-violence-articles-information/why-you-should-document-abuse#.V73UJ4-cGU1>)

The questions that make up the Danger Assessment were written for female survivors who are being abused by male batterers. Campbell's website says that it is reasonable to believe that many of the risk factors in the Danger Assessment also indicate risk for males in same sex relationships; what's less certain is how well the weighted scoring applies in these situations.

If you're a survivor reviewing the following questions, it's important to note that an individual who has been trained in scoring and interpreting the results must evaluate your answers and your calendar in order to give you an accurate assessment of your risk level. However, as a survivor, reading through these questions may give you some insight into your own situation and the level of severity of abuse you're enduring. Regardless of how many you can check off, if you feel frightened of your partner, scared for your safety or have any questions on abuse, know that trained advocates are available 24/7 to listen to your concerns and help you safety plan. Find an advocate near you by entering your ZIP code at DomesticShelters.org.

#### Danger Assessment Questions

1. Has the physical violence increased in severity or frequency over the past year?
2. Does he own a gun?
3. Have you left him after living together during the past year?
- 3a. (If have never lived with him, check here \_\_\_)
4. Is he unemployed?
5. Has he ever used a weapon against you or threatened you with a lethal weapon? (If yes, was the weapon a gun?\_\_\_)



6. Does he threaten to kill you?
7. Has he avoided being arrested for domestic violence?
8. Do you have a child that is not his?
9. Has he ever forced you to have sex when you did not wish to do so?
10. Does he ever try to choke you?
11. Does he use illegal drugs? By drugs, I mean "uppers" or amphetamines, "meth", speed, angel dust, cocaine, "crack", street drugs or mixtures.
12. Is he an alcoholic or problem drinker?
13. Does he control most or all of your daily activities? For instance: does he tell you who you can be friends with, when you can see your family, how much money you can use, or when you can take the car? (If he tries, but you do not let him, check here: \_\_\_\_)
14. Is he violently and constantly jealous of you? (For instance, does he say "If I can't have you, no one can.")
15. Have you ever been beaten by him while you were pregnant? (If you have never been pregnant by him, check here: \_\_\_\_)
16. Has he ever threatened or tried to commit suicide?
17. Does he threaten to harm your children?
18. Do you believe he is capable of killing you?
19. Does he follow or spy on you, leave threatening notes or messages, destroy your property, or call you when you don't want him to?
20. Have you ever threatened or tried to commit suicide?



Total "Yes" Answers \_\_\_\_\_

Again, please talk to a health care professional, domestic violence advocate or counselor about what the Danger Assessment means in terms of your situation. You can contact Hyde County Hotline or if you live outside of Hyde County, find options near you by entering your zip code into the pink search bar found on the home page of DomesticShelters.org.

Editor's Note: The Danger Assessment retrieved July 6, 2016, from <http://www.dangerassessment.org> (c) Campbell JC, Webster DW, Glass N. (2009). The danger assessment: validation of a lethality risk assessment instrument for

***OUR MISSION:***

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse and sexual victimization and provide safe shelter in Hyde County, North Carolina through the collaborative efforts of a compassionate community.

We promote dignity, respect and safety at home resulting in safer communities.

volunteer  
do good, feel good

### Support Group Meetings

Domestic Violence  
1<sup>st</sup> and 3<sup>rd</sup> Wednesday  
of every month

Sexual Assault  
2<sup>nd</sup> and 4<sup>th</sup> Wednesday  
of every month

Call 252-925-2502 for  
more information.

Volunteers are vital to the organization's overall functioning and success. Hyde County Hotline is a private, non-profit organization in Hyde County dedicated to promoting dignity, respect and safety at home resulting in safer communities. All proceeds from the thrift stores go to support the Hyde County Hotline mission. All donations are tax-deductible and tax donation forms will be mailed to you from Hyde County Hotline.

**THRIFT  
SHOP**

Hyde Supply

Open Thursday – Saturday 8:30 – 2:30



Hyde Supply Thrift Store offers gently used, quality clothing, housewares, furniture, books, accessories and many other items to the public at low prices.

All proceeds from the Hyde Supply Thrift Store go to support the Hyde County Hotline mission. All donations are tax-deductible and tax donation forms will be mailed to you from Hyde County Hotline upon request.



## 6<sup>th</sup> Annual Winter Event An Old Fashioned Christmas

If you are interested in helping with this year's Winter Event, please contact Hyde County Hotline at 252-925-2502. Sponsorship options and Sponsor Tables will be available this year and Auction Items are also needed. More information is available on our Facebook page and at [www.hydecounthotline.org](http://www.hydecounthotline.org).

### How you can help...

- \*\*Donate to our Thrift Stores – call us for pick-up of large items 252-925-2502 (all donations are tax deductible)
- \*\* Tell others about us      \*\*Subscribe to our monthly newsletter
- \*\*Monetary donations are accepted: PO Box 335, Engelhard, NC 27824
- \*\*Become a volunteer      \*\*Ask about presentations for your civic group or business

We're on the Web!  
Visit us at:  
[www.hydecounthotline.org](http://www.hydecounthotline.org)



Thank you to the Family Violence Prevention  
Services Program, US DHHS, and NC  
Council for Women for financial support.



Council for Women &  
Youth Involvement  
ADMINISTRATION