

CHRONICLES

Volume XXII
Spring 2023

Eradicating domestic abuse from the inside-out.

Awareness Into Domestic Abuse-AIDA 501c3 is a non-profit organization that seeks to bring awareness to communities. The AIDA Chronicles consists of testimonials of past participants, articles, domestic violence statistics and facts. Our goal for the reader is to gain a greater insight into the ongoing work of transforming themselves and their inferior belief systems. AIDA hopes that all who read the AIDA Chronicles will gain insight into ending domestic abuse in America.

3rd San Quentin AIDA Workshop

By Jerry Maleek Gearin, AIDA-SQ Facilitator



C. Chambers, E. Maciel, M. Shukry, F. Collins, S. Warren, M. Beaudette, O. Ambriz and J. Gearin.

In October 2022, Awareness Into Domestic Abuse (AIDA) held a Handball and Basketball tournament at SQSP in recognition of Domestic Violence Awareness month.

AIDA held its third workshop on March 25, 2023 on San Quentin State Prison's Lower Yard. The purpose of the workshop was to educate the incarcerated men about the basics of Domestic Abuse/Violence. AIDA's mission is to eradicate domestic abuse from the inside out. Approximately 143 participants attended the workshop, and 54 of them signed up to take AIDA's correspondence course which is a 12-module self-help study guide.

Each facilitator introduced themselves starting with Floyd D. Collins, co-founder of AIDA. Next up were Steven Warren, Jerry Maleek Gearin, Michael Beaudette, Michael Shukry, and new member Cainen Chambers.

"We're letting the people know that we are starting the change and breaking the cycle of domestic violence," said

When Writing Us

Don't forget that AIDA is not:

- A Pen-Pal Agency
- A Legal Assistance Program
- Able to write support letters currently.
- A point of contact
- If you send any romantic or explicit content in your letters you will be removed from our member list.

The postal service will return mail if it is not addressed to the organization directly. Be sure to address it as follow:

Awareness Into Domestic Abuse

PO BOX 5323

SACRAMENTO, CA. 95817

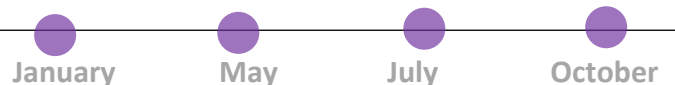
We can be reached via the GTL Tablets. Please follow the guidelines from above and be patient in waiting for a response. Thank you!



WE STILL WANT TO HEAR FROM YOU

If your case was domestic violence (DV) related and you went before the parole board in 2022 or early this year, we want to hear about your experience-- regardless if successful or not. Please share with us any insight or programs that helped you. We are hoping to put together resources for our members to support them when preparing for the board.

When You Can Expect the AIDA Chronicles



Submit your writing/photo, drawing, or poem for a possible print in one of our future AIDA Chronicles.

Floyd explained to his peers the exact nature of what Domestic Abuse is: a configuration of abusive behavior by one partner in order to gain or maintain power over another. It is a behavior that emotionally intimidates, manipulates, humiliates, frightens, terrorizes, and threatens an intimate partner.

The crowd interacted with the subject matter. Some said they experienced abuse as a child and, as a result, became abusive themselves. The audience was very diverse among ethnicities, including residents from the Transgender community.

Floyd elaborated about the many forms of abuse: Physical, Emotional, Violent, Economical, Sexual, Psychological, and Technological.

One of the participants said, "What is technological abuse?" Floyd replied, "To use any social media platform to abuse a significant other."

Another resident stated, "I did not know that there were that many types of abuse."

Floyd asserted that anyone, irrespective of ethnicity, age, or gender identity, can be susceptible to Domestic Violence. The objective is to educate people about the undercurrents of abusive relationships.

Domestic abuse substantially has affected family members, associates, co-workers, and the communities at large. Children that grew up witnessing domestic violence are also affected by the crime.

Incarcerated facilitator Floyd Collins went on to explain why a person controls their partner and how men respond when they feel disrespected by their partner. He said shame and guilt, and identity denied were factors when people acted out abusively.

Regarding power and control in relationships, Floyd touched on the inequities of intimate partnerships. Power imbalances are common in relationships when partners struggle with intimacy. Floyd continued to elaborate on power and control, people fight for control because internally they are out of control. Those who feel powerless often exert control over another. When there is an imbalance of power the relationship is unhealthy, there is no mutual respect and no acknowledgement of each other's identity.

The workshop concluded with Floyd asking facilitators Jerry Maleek Gearin and Cainen Chambers to explain AIDA's correspondence course and to elaborate on the cycle of violence.

All participants in the workshop received an AIDA bracelet; the attendees were excited to receive them in their ambition to understand domestic abuse.

"Why do people think just because they do not hit their intimate partner, it's not abuse?" asked Gearin. An attendee replied, "Because they do not see the injuries."

Sources: Power and Control in Relationships

<https://www.liddy-carver.com.uk/couples/powerandcontrol-in-relationships> & *Domestic Violence/Forms of Abuse* <https://www.justice.gov/ovw/domestic-violence>



Each one, Teach one

By Steven Warren,
AIDA-SQ Facilitator

My name is Steven Warren, 34 years old and a part of Team AIDA here at San Quentin State Prison. Exposure to domestic violence started as a youth in my household between my mother and stepfather. Love-abuse relationships coupled with poverty made for a formula of dysfunction. It only got worse as time went on, eventually turning me into the punching bag trying to help my mother. Domestic violence also trickled in from my surrounding environment, the many faces of domestic violence: physical, verbal, financial.

Unconsciously it became a part of my foundational tools for dealing or coping in relationships. Being a perpetrator of domestic violence in some of my personal relationships, I didn't see a problem. This was my example of what being in a relationship was since a youth but when you're sick and tired of being sick and tired, you make a change.

After taking the AIDA course and gaining awareness into the many types of Domestic Violence and the cycle: Tension Building, Explosion, Honeymoon, and Calm, I was given identifiers—the first part of addressing a problem is being able to identify it and that there is one. After gaining understanding and insight I immediately wanted to be involved with prevention of domestic violence using my mistakes as a window of vulnerability and commonality others could use to address their dealings around/with domestic violence. I'm a firm believer in "Each one, Teach one" and my purpose along with the other members of Team AIDA here at SQSP is to make a living amends paying it forward.

Domestic Abuse Peer Educator

By Floyd D. Collins, AIDA Co-Founder

I sometimes wonder if we as community members realize that the answers we seek are within. Professionals, therapists, self-help groups, and books are all mechanisms which can produce solid results if our intentions are aligned. Everyday incarcerated living can be perceived in many ways. Some can see a day as a struggle, others as an opportunity to grow. I want to lead by example that change is possible. My words align with my actions, so I offer to be a working model for my peers.

I am not a rarity, rather a commodity in our communities where many other people like myself seek to be of service. The value of peer-to-peer mentoring is priceless, and yet at times overlooked. Lived experience has shaped us all and birthed our belief systems. However, the natural progression of time has evolved us.

Entering prison as a criminal labeled “anti-social,” some have chosen to erase that label and reinvent oneself becoming “pro-social” and changing from convict to inmate, from inmate to community resident. What about those still struggling? I seek to be of service and give what I got from what I’ve come to learn. Eradicating domestic abuse from the inside-out is my living amends to those I’ve harmed. However, it is also a mission of Awareness Into Domestic Abuse (AIDA) to offer the tools and insights to those willing to learn. Our peers have much to give if we are open to receive. Society doesn’t know the work we’ve put into developing and healing self. Why then don’t we take the time to learn from one another more?

The purpose of my writing is that there is power in peer mentoring. We can learn from one another now to become better people. I was asked, “What makes you an expert?” My answer to all ... “I’m no expert, I’m an abuser in recovery who takes one day at a time to learn and grow. I seek to offer my community from my lived experience that change is possible. I understand the pain that I’ve caused my victim’s family and the ripple effect of my actions.”

Never doubt nor underestimate what we can learn from one another.

The Effects of Domestic Violence

Domestic Violence Affect More Than Just Individuals

The effects of domestic violence can be devastating at both the personal and community level. Its prevalence significantly impacts local economics, business, crime rates, and community health. These effects make intimate partner abuse a burden that ripples through the community affecting more than just the families involved. It affects us all and has the potential to continue to do so in the future if we do not address domestic violence as the community health crisis that it is.

Domestic Violence-Related Homicide

The risk of homicide is present in abusive relationships. One in five homicide victims in the United States was murdered by a current or former intimate partner. This level of violence often extends beyond the couple involved. Twenty percent of domestic violence-related homicide deaths included another family member, new intimate partner, friend, a by-standing stranger caught in the violence, or a responding law enforcement officer. Domestic violence calls are the most dangerous type of service call our law enforcement officers can respond to.

Child Exposure to Violence and Trauma

Almost one in six children in the United States have been exposed to intimate partner violence in their lifetime. Children who witnessed abuse showed stress reactions, including ‘fight-or-flight’ behaviors such as yelling at the perpetrator to stop, running from the abuse, or calling for help. In addition, violent or adverse childhood experiences (ACEs) have been linked to the child’s risk of growing up to imitate or tolerate similar behaviors in their relationships. This is referred to as the intergenerational transmission of violence. This is the passing of the cycle of violence from one generation to the next.

Impact of Domestic Violence on Health

The most common consequence of intimate partner violence is physical injury. However, victims’ most traumatic health effects are often unseen. Victims of intimate partner violence are frequently exposed to repeated traumatic stress. This profoundly affects mental health and can place victims at risk of depression and suicide. Additionally, women who are sexually abused are at risk of unintended or forced pregnancy and sexually transmitted infections due to the inability to control the use of safe-sex protection. It has been found that chronic stress in an abusive environment can affect maternal health and lead to birth complications, including low birth weight for infants. Intimate partner violence has also been linked to the risk of developing harmful coping mechanisms such as substance abuse.

Source: www.sabranctuary.org



This beautiful piece was sent by one of AIDA-SQ Facilitators Erick Maciel.

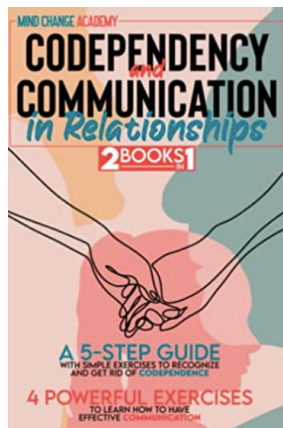


Thank you, Tanya from Big House Card Co., a greeting card company created for families impacted by incarceration. Tanya donated a huge box of cards to AIDA so we could bless our members with them. Please tell your loved one on the outside to check her out on Instagram: [bighousecardco](https://www.instagram.com/bighousecardco)

Suggested Book Reading!

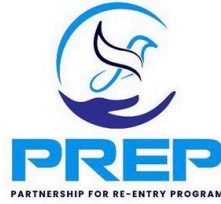
CODEPENDENCY and Communication in Relationships

This book helps bring clarity to those with issues of self-esteem, codependency, insecurity and offers tools/exercise for healthy communication and building a stronger emotional stability.



RESOURCES

If you are interested in any of these programs, please contact them directly.



Partnership for Reentry Program (PREP)

PO BOX 77850 Los Angeles, Ca. 90007



1977 S Vermont Ave (G)
Los Angeles, Ca. 90007
Transitional Housing also available in the Los Angeles area.



PO BOX 4760
Riverside, Ca. 92514



INNOVATIVE REHABILITATION GUIDED DIVERSION PROGRAM CORPORATION

HELPING PEOPLE HEAL

Through A 12-Step Guided Diversion Practice

Our mission is to bring to all humans the detrimental effects of misled anger through highlighting the importance and awareness of emotional intelligence.

Practices:

- **Maturing In Modern Times**
 - Ages 16-24
 - 16 weeks 45-minutes modules
- **E.A.T. Emotional Awareness Therapy**
 - Ages 25 and older
 - 16 weeks 2-45-minutes modules

Seeking inside/outside volunteers to facility our practices.

Interested participants should contact via email. No PC 290 allowed by CA Law.

← Scan for our website!

Contact Information:
www.innovativerehab12.org
admin@innovativerehab12.org

