

CHRONICLES

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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.



Family and domestic violence including child abuse, intimate partner abuse, and elder abuse is a common problem in the United States. Family and domestic health violence are estimated to affect 10 million people in the United States every year. It is a national public health problem, and virtually all healthcare professionals will at some point evaluate or treat a patient who is a victim of some form of domestic or family violence.

Unfortunately, each form of family violence begets interrelated forms of violence. The "cycle of abuse" is often continued from exposed children into their adult relationships and finally to the care of the elderly.

Domestic and family violence includes a range of abuse, including economic, physical, sexual, emotional, and psychological, toward children, adults, and elders.

Domestic and family violence is difficult to identify, and many cases go unreported to health professionals or legal authorities. Due to the prevalence in our society, all healthcare professionals, including psychologists, nurses, pharmacists, dentists, physician assistants, nurse practitioners, and physicians, will evaluate and possibly treat a victim or perpetrator of domestic or family violence.

Intimate partner violence includes stalking, sexual and physical violence, and psychological aggression by a current or former partner.

In the United States, as many as one in four women and one in nine men are victims of domestic violence. Domestic violence is thought to be underreported. Domestic violence affects the victim, families, co-workers, and community. It causes diminished psychological and physical health, decreases the quality of life, and results in decreased productivity.

The national economic cost of domestic and family violence is estimated to be over 12 billion dollars per year. The number of individuals affected is expected to rise over the next 20 years, increasing the elderly population.

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Author: Martin R. Huecker; Kevin C. King; Gary A. Jordan; William Smock.

Source:
<https://www.ncbi.nlm.nih.gov/books/NBK499891/#:~:text=Domestic%20violence%20affects%20the%20victim,and%20results%20in%20decreased%20productivity.>

❤️ **Donate Now**

In honor of National Domestic Violence Awareness Month, for the entire month of October all donations made to AIDA will be donated to a DV Survivor Shelter in Sacramento, Ca. If you would like to donate, you can do so through a trust withdrawal or have a loved one donate on your behalf on our website. We will share in our next Chronicles the shelter and amount donated.

Day of Peace San Quentin 2023



Each year San Quentin hosts what is known as Day of Peace. Day of Peace is an event that takes place every year on the lower yard of San Quentin. Day of Peace on July 1, 2023, was attended by AIDA Program Staff Janice Bonello (Program Coordinator) and Vanessa Collins (Executive Director). The Day of Peace is an event that came into manifestation in 2007 after one of the most serious racial incidents took place at San Quentin. Residents came to a place of clarity after the incident happened and vowed nothing like that would ever take place again, and from that meeting of the minds The Day of Peace has been a commemoration celebrated every year since.

This event brings programming providers together on the lower yard—tabling providing information on the services offered by different programs. This was AIDA's first time attending. A wonderful time was had by staff along with inside team members who facilitate along with participants of the program.

AIDA Program Living Up to California Model

AIDA Program has broken barriers inside the Earned Living Unit (ELU) inside San Quentin Rehabilitation Center. Donner Section is the first building where residents were selected to live who are engaged in positive programming and focused on becoming better individuals overall.

AIDA is one of the in-building programs offered on Wednesday nights weekly from 6-8pm. The group consists of 14 participants and the lead program facilitator. However, on September 13, 2023 there was an extra participant and he wasn't wearing blue. Correctional Officer J. Havard joined the men's group on this Wednesday after observing a week prior.

This groundbreaking experience was well received by all involved and quite possibly set the stage for others outside of the community residents to participate in the programming. When asked how participants felt about C/O Havard sitting in on group Kevin Iloff says, "I enjoyed it and welcomed the staff participation." H. Chan another participant says "I feel good about myself because he looked at us as human beings. He shared with us, and he felt it was okay to do that."

C/O Havard wasn't just a silent spectator which was so valued within this entire experience. Asked how he felt about sitting in and participating Havard says "I think it's extremely important, and I saw how serious everyone took it, and how serious they took the class. I think more classes like this will produce a more future productive member of society."

AIDA Program seeks to be a mechanism for all to learn and grow. Lead Program Facilitator Floyd D. Collins was asked how he felt facilitating the class having such a special guest "I was nervous to ask him process questions at first, however he assured me he was there for group like everyone else so that immediately put me at ease and I led the group conversation. One thing for sure, I am humbled by this experience."

Detox Your Heart Meditations for Healing Emotional Trauma

By: Valeria Majon-Johu

As a self-awareness book filled with meditative practices to put you back in touch with your heart, and thus, your emotions, or as described in Buddhists tradition as the “four sublime abodes: loving-kindness, compassion, sympathetic joy and gladness, and psychic integration or equanimity.” The pathway to positive thinking and to peace, roots in practicing meditation. In noticing what goes on in our thinking and in our thought patterns. We must take the time and the effort to notice the interruptions and the distractions coming into our thoughts. This takes awareness and courage.

When we do this, we must also “face our feelings” that may evolve when thoughts or distractions, “come to mind” we must be “calm and peaceful” when we bring our thoughts out of distraction or away from an agitated state—away from “meandering.” Essentially, we are responsible to “slow down in every working activity,” to consider all our thoughts before we act.

“Meditation” can be done sitting, standing, lying, walking, talking, sleeping (yes sleeping), while engaged in other activity. For now, think about your own awareness. Think about your own thoughts. How are you aware of your thought process?

Explore this.

“Take one deep breath in and become aware of your body as you breathe out, noticing how you are feeling.”

Pay attention to your thoughts.

Is there a connection to your thoughts and your feelings, how you are feeling? Repeat the process daily. More next time

Compassion Through the Pain

By: Karen Culuko, CIW

Where do I begin? My name is Karen and violence has been a very big part of my life. Yes, even as a child I have endured pain for so long, it is very hard to forget.

I never knew that what I witnessed as a child, watching my mom being beaten bloody, just to have some man say “why did you make me do that? You know I love you” was domestic violence. As children we are vulnerable and believe what we hear and see.

I’m an abused woman who has experienced every type of abuse possible yet, I still have compassion, I’m full of love and still wish for the “right” person.

Domestic violence although painful, hurtful, and suffering. It taught me to love deeper, harder, and true. I love with my soul. No one, man or woman deserves to experience pain from another human being. Unfortunately, people don’t know how to get away.

Some experience Battered men/woman syndrome; I identify with the Stockholm syndrome. I tried to get closer to my abuser and spend all my time with them. Abuse even in prison was normal for me until ten years ago. Now I can stand up for myself, say no without feeling guilty and know I have choices. It’s been a hard journey, yet God is not done with me. I will continue to be a work in progress, to become the woman I am meant to be.

By the way, who have you the right to abuse anyone? What if someone abused your mom, dad, siblings, children, would you like it? Look at others as you look at those you love, or like God looks at you...a child.

Stockholm Syndrome: Refers to the bond that can develop between hostages and their captors in hostage-taking and kidnapping situations.

Battered Woman Syndrome: Is a psychological trauma that results from ongoing physical, psychological, and/or sexual abuse, typically at the hands of an intimate partner.

Message for Men Who Abuse Their Partners; Recognize the Differences between Real Change and False Change

David Adams, Ed.D. Co-Director, Emerge

Outcome studies have consistently found that change is possible for many abusive men have attended community-based Abuser Intervention Programs. Though less is known about the effectiveness of prison-based programs, some studies have shown success there as well. (1) For community-based programs, the general finding has been that program completers are 2-3 times less likely to re-offend than those who drop out of programs. (2,3,4,5) For my own program, Emerge, located in Boston, a study commissioned by the Commission of Probation, found that 11.6% of program completers had been arrested for a new act of domestic violence within two years, compared to 30% of those who dropped out of Emerge. The overall recidivism rate for program participants was 20%. (6)

While outcome findings tell us that change is possible, they don't tell us how it occurs. In this article, I'd like to highlight some ways that change occurs as well as some ways that it is impeded. One major way that change is impeded is when an abuser stops his physical violence but continues to abuse in other ways, such as verbally, emotionally and financially. I call this cosmetic change. Real change is ending all forms of abusive behavior and coercive control. But real change is not just defined by what one stops doing, it is also revealed as learning to communicate with one's partner, and ex-partners in honest, respectful, and empathic ways. A large part of our work at Emerge is reaching to the partners and ex-partners of the men who attend the program. (7) There are several purposes of this contact with the survivors of abuse. One is to ask the survivor about the abusive behavior she has experienced. This helps us to know how honest the abusive man is when we ask him to describe his abusive behavior. Very often, we find that abuser gives us a minimized version of his abusive behavior in comparison to what the survivor tells us. For safety reasons, the information disclosed by survivors is confidential and is not repeated to the program participant. However, in our assessments of the abuser's progress, we look for signs that he is becoming more honest over time.

It is reassuring to find that the differences between what the survivor discloses and what the abuser reports often become less over time. At the beginning of the program, abusive men typically report only a small fraction of their abusive behavior. Are they lying? Not necessarily. Often, what the abuser admits simply reflects his limited knowledge of what abusive behavior is. They learn that it is more than physical violence. As bad as physical violence is, most abusers have committed far more acts of psychological abuse and coercive control.

As James said, "I used to think that violence was hitting her like a man, and I never did that. But I slapped her, and I pushed her, and I threatened her, and I called her every name in the book. And I ignored her feelings, and I socially isolated her. I learned that these are all forms of abuse, and they all come together. I wasn't making her feel better about herself, I was making her feel worse. I was killing her spirit". (8)

James is showing one sign of change by recognizing the whole spectrum of his abusive behavior. This is the first step of accountability - admitting one's abusive behavior. The second step is recognizing one's own responsibility for their abusive behavior.

As Pedro stated, "it wasn't her who caused me to be abusive. It wasn't alcohol. It wasn't drugs. It wasn't just my anger that made me do it. It wasn't the situation, it wasn't frustration. I chose to abuse her. It was me taking my frustration, and my anger out on her. One of my forms of control was making her feel responsible for my feelings. 'See what you made me do!' She didn't make me do anything. I chose to do it. It was my choice to mistreat her. That's something I want my son to learn. Nobody can make you do something you shouldn't do. You need to learn how to manage your own feelings. And you need to respect other people's feelings. My son saw how I took my feelings out on his mother. And he started to do the same thing with her. He said to her, 'Ma, you look at me when I'm talking to you'! When I saw that, I felt real bad. Look at what I've taught my son!" (9)

The third step of accountability is recognizing how your abusive behavior has affected your partner and children. This is the hard part. Sometimes, shame gets in the way.

Victor's partner, Virginia, said, "He can't let me have my feelings. His feelings always have to be bigger. Like, he'll yell at me or call me a name or something, and he'll apologize, and then I'm supposed to accept that he's sorry. And if I don't, there's hell to pay; now I'm the unforgiving one or the bitch for not letting it go. After he abuses me, I have to swallow my own anger to make him feel good again. And after we have sex, it's like we are back to normal. He's happy and I'm supposed to appreciate that". (10)

Among other things, Victor was not listening to his partner so much as manipulating her to serve his needs. Recognizing the real impact of one's abuse on one's partner requires listening with an intent to understand. Sometimes, that means recognizing that the impact on one's partner is too great, and that the relationship isn't fixable.

Mark said, "Yeah, it was game over when I stopped listening to Jeanne. I mean, I listened when we was dating, because I wanted her to be with me. But then when we was together, I started to take her for granted and I stopped listening to what she was trying to tell me, you know - what was bothering her. And a lot of what was bothering her was how I was treating her. I tuned her out and then I blamed her for never being satisfied. Now I can see it was my abuse that was causing the problems between us but when she tried to point it out, I wouldn't listen, and I blamed her for nagging." (11)

While Mark's changes were too little too late with Jeanne, it wasn't too late for him to rebuild his relationship with his children. A bit part of that was his taking responsibility for his abuse of their mother. Mark began to set a better example by treating Jeanne with respect. It was not too late for Mark to be a respectful and understanding partner in his next relationship.

Real change is not a quick fix. Many abusers are willing to apologize once or twice. But apologies become a quick fix when the abuser expects immediate results. For some, that means forgiveness from the person they abused. However, most survivors of abuse are engaged in a healing process that does not conform to the abuser's expectations of forgiveness or reconciliation. Trust takes a long time to re-build, and it is not possible after a few apologies or promises. And it is not possible when the abuser resorts to pressure tactics when his apologies and promises are not accepted. Pressure tactics include making counter-accusations (e.g., "I'm not the only one with problems", "You are ungrateful", "It's never enough with you"), manipulations (withholding child support, trying to turn friends against her, guilt-tripping her, threatening to have affairs, rushing her to make a decision, or violating no contact orders).

Quick fixes are bound to fail because they short-change the healing process for the survivor, but also because they demonstrate that the abuser has not changed. Real change requires the abuser to respect whatever limits or boundaries the survivor is putting on the relationship, even if that means having no contact with the abuser. Real change requires the abuser to stop trying to make the survivor feel responsible for his feelings and needs. Many abusers cannot tolerate being alone. Many have spent their adult lives being emotionally dependent on women to take care of them.

As Tony came to recognize, "If I was unhappy, she was responsible. If I was angry, that was her fault. If I was anxious, she was making me anxious. Only when I lived alone did I learn to be responsible for my own feelings. To manage my own anger, manage my own sadness and depression, and even to manage my own boredom. I always blamed her for those feelings. I'd say, See, how you make me feel! Well, she wasn't making me feel anything. That was my responsibility to manage my own feelings. And it took me to age 44 to realize that!" (12)

Change does not come without asking for help - but not from the survivor who must feel free to engage in her own healing process. Abusers must engage in their own healing process and seek help from a specialized program that provides real guidance on how to go about change. I'm often asked by abusive men if the woman they abused will take them back. My response is that this is not the right question to ask. The right question is, "Am I willing to make a commitment to get the kind of help I will need to learn to be non-abusive?. And am I willing to make a commitment to long term change, not just quick fixes? Without those commitments, you will continue to repeat your same mistakes".

- 1) McNeeley, S. (2019) Effectiveness of a prison-based treatment program for male perpetrators of intimate partner violence: a quasi-experimental study of criminal recidivism. Minnesota Department of Corrections, www.doc.state.mn.us
- 2) Gondolf (2012) The future of batterer intervention programs: reassessing evidence-based practice. Boston: Northeastern University Press
- 3) Aldarondo, E. (2010) What judges and practitioners should know about interventions with men who batter., *Juvenile and Family Justice Today*, Winter, 1-20
- 4) Bennett, L. Stoops, C. et al (2007) Program completion and re-arrest in a batterer intervention system. *Research on Social Work Practice*, 17, 42-54
- 5) Mazzola, M. (2015) Breaking the cycle: the effects of Batterer Intervention Programs on domestic violence recidivism in Massachusetts, Massachusetts Department of Probation
- 6) Satyen, L., Hansen, A. et al (2022), The effectiveness of culturally-specific male domestic violence offender intervention programs on behavior changes and mental health: a systemic review. *International Journal of Environmental Research and Public Health*, 19(22). 15180
- 7) Adams, D., Cayouette, S. & Moser, Z. (2023) Emerge Abuser Education Group Program Manual, www.emergedv.com
- 8) Emerge (2022), Unpublished case notes
- 9) Emerge, (2022), Unpublished case notes
- 10) Emerge, (2019), Unpublished case notes
- 11) Emerge, (2023), Unpublished case notes
- 12) Emerge, (2023) Unpublished case notes



Suggested Book Reading!

IMPERFECT VICTIMS

This book is written with one question in mind, and that being WHY? This book is a solid read that helps a person internalize their own "why." David Adams has been in the field of psychology and concentrating on the mindset of men who murder their intimate partners as well as abuse. With over 40 years of doing this work his book is a must read for those seeking to change their abusive ways and mindset. If you are sincere about doing the work of self-transformation, I sincerely suggest purchasing this book. Writing a report on what you read and how it applies to you can also help in your quest of gaining insight.

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. Sending multiple messages will not expedite a response. Thank you!

Thank you!

AIDA Program would like to thank all of the group leaders who have made the programs a success within the institutions they serve. Without you the program wouldn't be the mechanism of change that so many people have learned to adopt. To all those who serve in CIW, CTF, MCSP, and SQ. AIDA thanks you.

VOLUNTEERS NEEDED

If you have a loved one who would like to get involved, please send them our way. They do not have to live in Sacramento. We have plenty of remote volunteer opportunities.



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