



Delaware Domestic Violence Resource

# GUIDE

Domestic Violence Coordinating Council

## 24-Hour Hotline Numbers

### New Castle County

Domestic Violence 302-762-6110

Rape Crisis 302-761-9100

### Northern Kent

Domestic Violence 302-678-3886

### Kent and Sussex

Domestic Violence 302-422-8058

Rape Crisis 800-262-9800

Abriendo Puertas 302-745-9874

**If you feel you are in  
danger,  
call 9-1-1.**



<b>CONTENTS</b>	2
<b>DVCC AGENCY OVERVIEW</b>	3
<b>DOMESTIC VIOLENCE DYNAMICS</b>	
What Is Domestic Violence?	4-5
Cycle of Violence	6-9
Power and Control Techniques	10-12
Children and Domestic Violence	13
Why Victims Stay?	14
If You Know Someone In An Abusive Relationship...	15
<b>PROTECTION FROM ABUSE ORDERS</b>	16
<b>DOMESTIC VIOLENCE RESOURCES</b>	
24-Hour Hotlines - Local and National	17
Victim Advocacy Programs	18
Court and Legal	19
Law Enforcement	20
Certified Domestic Violence (DV) Intervention Programs	21
Domestic Violence Websites	22
Notes	23

## **Domestic Violence Coordinating Council**

The Domestic Violence Coordinating Council (DVCC) is a State agency legislatively created in 1993 to improve Delaware's response to domestic violence. The Coordinating Council brings together domestic violence service providers and policy level officials to identify and implement improvement in system response through legislation, education, and policy development.

The mission of the Domestic Violence Coordinating Council is to reduce the incidence of domestic violence and abuse in all of its forms.

### **Domestic Violence Coordinating Council**

New Castle County Courthouse

500 N. King Street

Wilmington, Delaware 19801

Phone: 302-255-0405

Fax: 302-255-2236

[Bridget.Pouille@state.de.us](mailto:Bridget.Pouille@state.de.us)

**DVCC Website**

[www.dvcc.delaware.gov](http://www.dvcc.delaware.gov)

Domestic violence is a pattern of abusive and controlling behavior that occurs within an intimate relationship, and often affects the entire family.

- Perpetrators often use violence as just one means of gaining and maintaining power and control over their partners.
- Perpetrators of domestic violence also commonly resort to a number of power and control techniques to keep their control.
- Once these power and control techniques begin to lose effectiveness, the batterer may resort to physical or sexual assaults, in order to make the victim submissive and amenable to other power and control techniques.

**Over time, the violence may become more frequent and more severe.**

*Leaving an abusive relationship may increase violence. See resource numbers listed at the back of this guide and call your local domestic violence hotline for assistance in ending the abuse.*

Domestic violence is not caused by, but may be intensified by :

- Use of alcohol and drugs,
- Stress,
- Loss of employment,
- And, mental illness.

Domestic violence is not just violence leading to physical injuries. It is a pattern of abusive behavior used to gain control over another person that can include threats, emotional, sexual or economic abuse, intimidation, deprivation, social isolation or repeated battering and assault.



**YOU ARE NOT ALONE.  
THERE IS HELP AND  
SUPPORT AVAILABLE.**

## Cycle of Violence

In her seminal work, *The Battered Woman*, Lenore Walker in 1979 described a pattern of abuse that many couples with a history of violence followed over time. This pattern is commonly referred to as the cycle of violence. Although not all abusive relationships follow this pattern, understanding the cycle of violence can help explain the unique nature of abusive relationships and eventually help in the process of ending the abuse. The cycle typically follows three primary phases:

### Tension Building Stage

- Minor conflicts gradually build in intensity.
- Perpetrator of domestic violence will begin to respond toward the victim with increasing hostility.
- Tension between the couple continues to increase.
- As tension builds, more frequent arguments occur between the couple and there may be numerous incidents of limited violence.

### Acute Battering Incident

- After the tension has risen to a level that can no longer be tolerated, there will often be an acute battering incident where the perpetrator of domestic violence explodes with rage.
- It is the force of this incident, in which the batterer often seems to lose all control, which distinguishes this attack from less serious incidents during the tension building stage.

## Cycle of Violence (continued)

- It is often during this stage that the batterer will cause the most serious injuries.
- It is not uncommon for the severity and the frequency of the abuse to increase over time. Therefore, the seriousness of this incident will often depend upon how long the couple has been together and how often they have gone through this cycle.
- The incident of abuse is often followed by a short period of shock and denial. Victims of violence may, over time, come to understand on some level the cycle of violence that affects the parties. As a result, victims may subconsciously try to provoke an acute battering incident, because the fear of the acute battering incident is so great, because the tension becomes simply unbearable, or because they hope to have some control over when the battering will occur (for example, victims may try to bring on the battering incident at times when the parties' children are not around).
- Parties may learn that once they survive an acute battering incident, they will spend some period of time in the next stage, the honeymoon stage.

## Honeymoon Stage

- This stage characterized by calm between the parties.
- Batterer may be kind and loving during this stage.

## Cycle of Violence (continued)

- The perpetrator of the violence may believe and attempt to assure the victim that the violence will not occur again.
- During this stage, the perpetrator may feel particularly insecure and may be most dangerous, willing to do anything to keep the victim from leaving the relationship. *Unfortunately, the honeymoon stage does not last forever. After time, tension will again begin to build and the couple will reenter the tension-building phase. At this point, the couple has begun the cycle again. For some couples, the honeymoon stage may over time disappear completely after the couple has repeatedly gone through the cycle of violence.*

## Conclusion

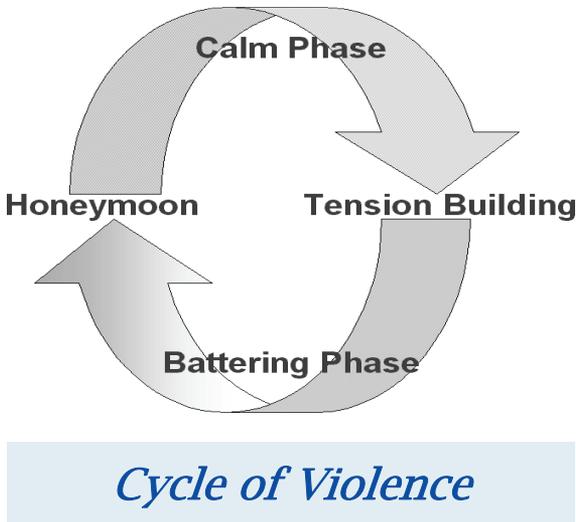
Not every couple will go through the cycle exactly as described above. Nevertheless, enough couples do experience a similar pattern to make an understanding of this cycle very important, particularly for those individuals who work with these cases. For example, many victims enter the criminal justice system immediately after an acute battering incident.

The victim has just gone through a physically and emotionally difficult experience. The victim may have been injured and deeply betrayed by the spouse or partner. Victims at this time are often described as "hysterical" - they are extremely emotional and may be unable at that time to present an organized and cohesive account of the abusive incident or incidents.

## Cycle of Violence (continued)

In contrast, the batterer has just gone through a long tension building stage and has had an explosive release. After the battering, the perpetrator may be very calm and collected. They may be able to clearly discuss the accusations and may seem more credible than the victim.

Unfortunately, the parties often enter the criminal justice system at the time the victim is least able to present their story and the batterer is most able to compellingly argue on their behalf. Only through an understanding of these dynamics can we hope to better get at the truth and better serve these parties.



# Power and Control Wheel

*(Adapted, with permission, from Power and Control Wheel, National Training Project, Duluth, MN)*



The following pages list examples of power and control used by perpetrators of domestic violence:

## **Power and Control (continued)**

### **Economic Abuse**

- ◇ Preventing employment
- ◇ Making her/him ask for money or giving an allowance
- ◇ Taking money
- ◇ Not giving access to family income and hiding accounts

### **Minimizing, Denying, and Blaming**

- ◇ Making light of abuse
- ◇ Not taking concerns seriously
- ◇ Saying abuse didn't happen
- ◇ Saying she/he caused
- ◇ Shifting responsibility for abusive behavior

### **Isolation**

- ◇ Controlling what and where she/he goes, choices of friends, reading materials, and media choices
- ◇ Limiting outside involvement and using jealousy to justify actions

### **Children**

- ◇ Making her/him to feel guilty about the children
- ◇ Using children to relay messages
- ◇ Using visitation to harass and threatening to take the children
- ◇ Immigrant victims may experience threats to have their children taken and leave U.S.

## Power and Control (continued)

### Emotional Abuse

- ◇ Putting down and damaging self-esteem
- ◇ Calling her/him names
- ◇ Playing mind games and making to feel she/he is crazy
- ◇ Humiliating and making to feel guilty

### Coercion And Threats

- ◇ Immigrants are threatened with deportation.
- ◇ Making and carrying out threats
- ◇ Threatening to leave or to commit suicide
- ◇ Threatening to report to welfare, gain custody of children, or do illegal things
- ◇ Coercion to drop charges

### Male Privilege

- ◇ Treating like a servant
- ◇ Making all the big decisions
- ◇ Acting like the “master of the house”
- ◇ Defining men’s and women’s roles

### Intimidation

- ◇ Creating fear by using looks, actions, gestures, smashing things, abusing pets, and displaying weapons
- ◇ Immigrants are threatened with destroying important documents (i.e. passports, ID Cards)



## Children in violent homes...

Witnessing domestic violence can create a cycle of violence. Some children from violent homes may grow up believing violence is a normal part of family life. Children may also suffer long-term effects. For example, they may grow up to become adult victims of abuse or abusers themselves, or they may commit other violent crimes. Seeing or hearing violence among family members hurts children in many ways. In general, they can experience:

- ◇ A sense of danger,
- ◇ Chaos and confusion,
- ◇ Isolation,
- ◇ Fear,
- ◇ Tension,
- ◇ And/or hopelessness.

They do not have to be hit to feel the pain of violence. Children who witness domestic violence are at special risk for emotional and developmental problems.

## Why Victims Stay in Abusive Relationships

People often ask why victims do not just leave. The reality is that most victims eventually will seek help or escape from a violent relationship. This fact that so many victims do leave or seek help is truly remarkable in light of the many obstacles that make it difficult and dangerous for a victim of domestic violence to leave the abusive relationship. Some of these obstacles include:

- ⇒ *Threats to kill if the victim leaves*
- ⇒ *Lack of resources*
- ⇒ *Fear of losing custody of the children*
- ⇒ *Shame*
- ⇒ *Religious and societal pressures*
- ⇒ *Response of authorities*
- ⇒ *Language and cultural barriers*

Notwithstanding these many obstacles, people continue to ask why victims just do not leave. It is time for us to change the dialogue. Instead of placing the burden on the victim to get out of the abusive relationship, it is time that we shift the focus to that person who is responsible for the abuse - the abusive partner. Instead of asking why the victim will not leave, it is time that we ask instead why the perpetrator batters. Instead of expecting the victim to extricate him or herself from this difficult and dangerous situation, it is time we expect the perpetrator to stop the abuse.

## If you know someone in an abusive relationship...

- Do not ignore it. Let them know privately that you are aware of the situation. Be a good listener.
- Do not blame the victim or ask what they did to deserve it. Offer support and the space to express hurt, anger, and fear. Encourage them to call a Domestic Violence Hotline.
- If you can, offer transportation or childcare.
- Let them make their own decisions even if they choose to stay with the abuser. They must be the one to seek help. It often takes a long time for a person to decide to leave.

### **Domestic Violence 24-Hour Hotlines**

New Castle  
302-762-6110

Northern Kent  
302-678-3886

Kent/Sussex  
302-422-8058

Latino/a Population  
Kent/Sussex  
302-745-9874

## Protection From Abuse Orders

### What is an Order of Protection From Abuse?



An Order of Protection From Abuse is an order of Family Court ordering someone to stop abusing another person, and may include other relief, such as ordering the abuser to stay away from the person being abused. Abuse is defined as any threatening or harmful conduct including serious emotional harm.

### Who can file for Protection from Abuse?

Spouses, ex-spouses, family members, persons of the opposite sex who lived together when the abuse occurred, and unmarried persons who have a child/children in common may file for an Order of Protection from Abuse. Also, the Division of Child Protective Services acting in the interest of a minor child may file a petition alleging domestic violence; or the Division of Adult Protective Services acting in the interest of an infirm adult may file a petition alleging domestic violence.

On June 20, 2007, Governor Ruth Ann Minner signed into law SB 57, amending the definition of parties considered protected under the State's domestic violence statute. The change reflects substantive relationships not previously included under the law, such as dating relationships and same sex relationships.

## **Delaware Domestic Violence Resources: Hotlines**

### **Domestic Violence 24-Hour Hotlines**

New Castle  
302-762-6110

Northern Kent  
302-678-3886

Kent/Sussex  
302-422-8058

Latino/a Population  
Kent/Sussex  
302-745-9874 and  
302-855-9515

### **National Domestic Violence Hotlines**

National Domestic  
Violence Hotline  
1-800-799-SAFE

National Teen Dating  
Abuse Helpline  
1-866-331-9474

### **Other Delaware 24-Hour Hotlines**

Adult Protective Services  
Statewide  
1- 800-223-9074

Child Abuse Hotline  
Statewide  
1- 800-292-9582

Mobile Crisis Unit  
(18+ years of age)  
Statewide  
1- 800-652-2929

Rape Crisis  
ContactLifeline, Inc.  
New Castle  
302-761-9100

ContactLifeline, Inc.  
Kent and Sussex  
1-800-262-9800

Runaway and Homeless  
Youth Project  
CHILD, Inc., New Castle  
302-762-6373

**If you feel you are in danger,  
call 9-1-1.**

## **Delaware Domestic Violence Resources: Victim Advocacy Programs**

Victim Advocacy Programs help victims of domestic violence navigate their way through the court system. Trained advocates assist victims with safety planning, answer questions about the court process, assist in filing petitions, provide a supportive presence at court hearings, and offer information and referrals to community programs and services.

### **Delaware Domestic Violence Advocacy Centers**

New Castle  
302-255-0420

Kent  
302-672-1075

Sussex  
302-856-5843

## Delaware Domestic Violence Resources: Court and Legal

### Community Legal Aid

New Castle  
302-575-0660

Kent  
302-674-8500

Sussex  
302-856-0038

### Legal Helpline

New Castle  
302-478-8850

Kent/Sussex  
800-773-0606

### Delaware Family Court

New Castle County  
500 N. King Street  
Wilmington, DE 19801  
302-255-0300

Kent County  
400 Court Street  
Dover, DE 19901  
302-672-1000

Sussex County  
22 The Circle  
Georgetown, DE 19947  
302-855-7400

[www.courts.delaware.gov](http://www.courts.delaware.gov)



## **Delaware Domestic Violence Resources: Law Enforcement**

**Delaware State Police  
Victim Services and  
Delaware Victim Center**

Statewide *(24 Hours)*  
1-800-842-8461  
1-800-VICTIM-1

**Department of Justice  
Victim Services**

New Castle  
302-577-8500

Kent  
302-739-4211

Sussex  
302-856-5353

Statewide  
800-870-1790

**Dover Police Victim  
Services**

Kent County  
302-736-7134

**Georgetown Police  
Department Victim  
Services**

Sussex  
302-856-6613

**Newark Police Department**

302-366-7110, ext. 137  
(Part-time)

**New Castle County Police**

New Castle  
302-395-8139 or  
302-395-8135

**Probation and Parole Victim  
Services**

New Castle  
302-323-6050

Kent  
302-674-7200

Sussex  
302-856-5243

**Wilmington Police Department  
Victim Services**

New Castle County  
302-576-3622 or 302-576-3648



## **Domestic Violence Resources: Certified Domestic Violence Intervention Programs**

The following programs have been certified by the Domestic Violence Coordinating Council as providing appropriate treatment services for domestic violence offenders:

### **Catholic Charities, Inc.**

Domestic Violence Program  
2601 West 4th Street  
Wilmington, DE 19805  
302/655-9624  
Fax: 302/655-9753

### **Family Advocacy Program**

263 Chad Street  
Dover Air Force Base, DE  
19902  
302/677-2711  
Fax: 302/677-4878

### **CHILD, Inc.**

Domestic Violence Treatment  
Program  
507 Philadelphia Pike  
Wilmington, DE 19809  
302/762-8989  
Fax: 302/762-8987  
(Offers Program in Spanish)

### **Crossroads of Georgetown**

11 East Market Street, Suite 2  
Georgetown, DE 19947  
302/855-0558  
Fax: 1-773-829-0558  
(Offers Program in Spanish)

### **People's Place II**

Turning Point at People's Place  
1129 Airport Road  
Milford, DE 19963-6418  
302/424-2420  
Fax: 302/424-2402  
(Offers Program in Spanish for  
men only)

*The Coordinating  
Council bases  
certification decisions  
upon the application  
completed and signed  
by the program  
director, the  
documentation  
submitted by the  
program, and, in some  
instances, meetings  
with program  
representatives. In  
most cases, no further  
inquiry is made.*

## Domestic Violence Resources: Domestic Violence Websites

Domestic Violence Coordinating Council	<a href="http://www.dvcc.delaware.gov">www.dvcc.delaware.gov</a>
Delaware Coalition Against Domestic Violence	<a href="http://www.dcadv.org">www.dcadv.org</a>
Battered Women's Justice Project	<a href="http://www.bwjp.org">www.bwjp.org</a>
Child Witness to Violence Project	<a href="http://www.childwitnessstoviolence.org">www.childwitnessstoviolence.org</a>
Disability Resources on the Internet	<a href="http://www.DisabilityResources.org">www.DisabilityResources.org</a>
Family Violence Prevention Fund	<a href="http://www.endabuse.org">www.endabuse.org</a>
Institute on Domestic Violence in the African American Community	<a href="http://www.dvinstitute.org">www.dvinstitute.org</a>
National Clearinghouse on Abuse in Later Life	<a href="http://www.ncall.us">www.ncall.us</a>
National Network to End Domestic Violence	<a href="http://www.nnedv.org">www.nnedv.org</a>
National Network to End Violence Against Immigrant Women	<a href="http://www.immigrantwomennetwork.org">www.immigrantwomennetwork.org</a>
National Teen Dating Abuse Helpline	<a href="http://www.loveisrespect.org">www.loveisrespect.org</a>
Stop Abuse for Everyone (SAFE)	<a href="http://www.safe4all.org">www.safe4all.org</a>
Violence Against Women Online Resources	<a href="http://www.vaw.umn.edu">www.vaw.umn.edu</a>
Women's Law Initiative	<a href="http://www.WomensLaw.org">www.WomensLaw.org</a>

# NOTES

## 24-Hour Hotline Numbers

### New Castle County

Domestic Violence 302-762-6110

Rape Crisis 302-761-9100

### Northern Kent

Domestic Violence 302-678-3886

### Kent and Sussex

Domestic Violence 302-422-8058

Rape Crisis 800-262-9800

Abriendo Puertas 302-745-9874

**If you feel you are in  
danger,  
call 9-1-1.**



DVCC

[www.dvcc.delaware.gov](http://www.dvcc.delaware.gov)

*August 2007*