




# Identification, Support, and Response for Survivors

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The Family Justice Center of Washington  
County

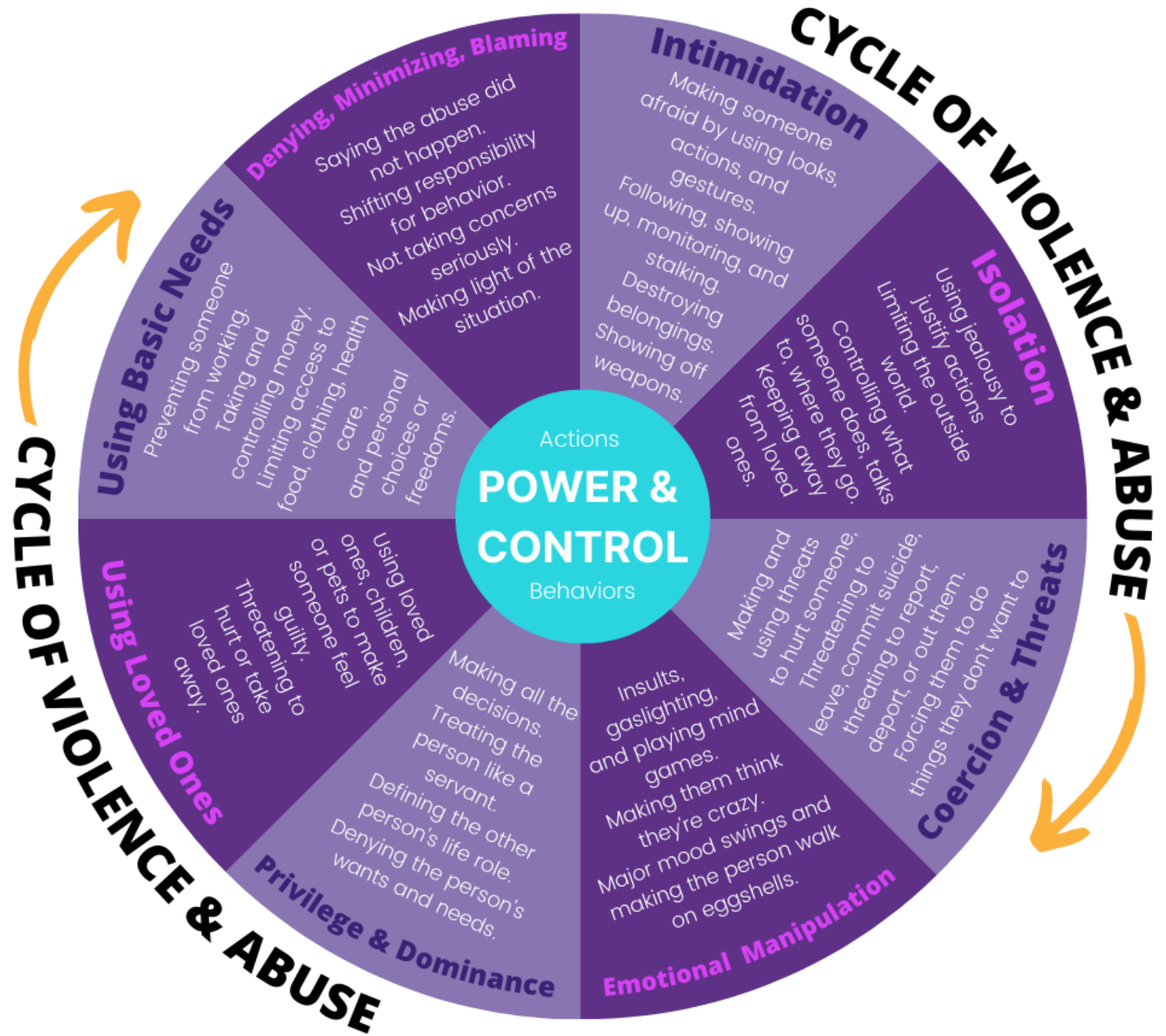


Abuse is **cycles** of physical, sexual, emotional, economic or psychological **actions and behaviors** used to control another person.

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Violence and abuse are cycles that an abuser purposefully uses to give themselves power over the victim and keep the victim under their control. Violence and abuse can come in many forms, but every one is dangerous.

# Power and Control





# The Cycle

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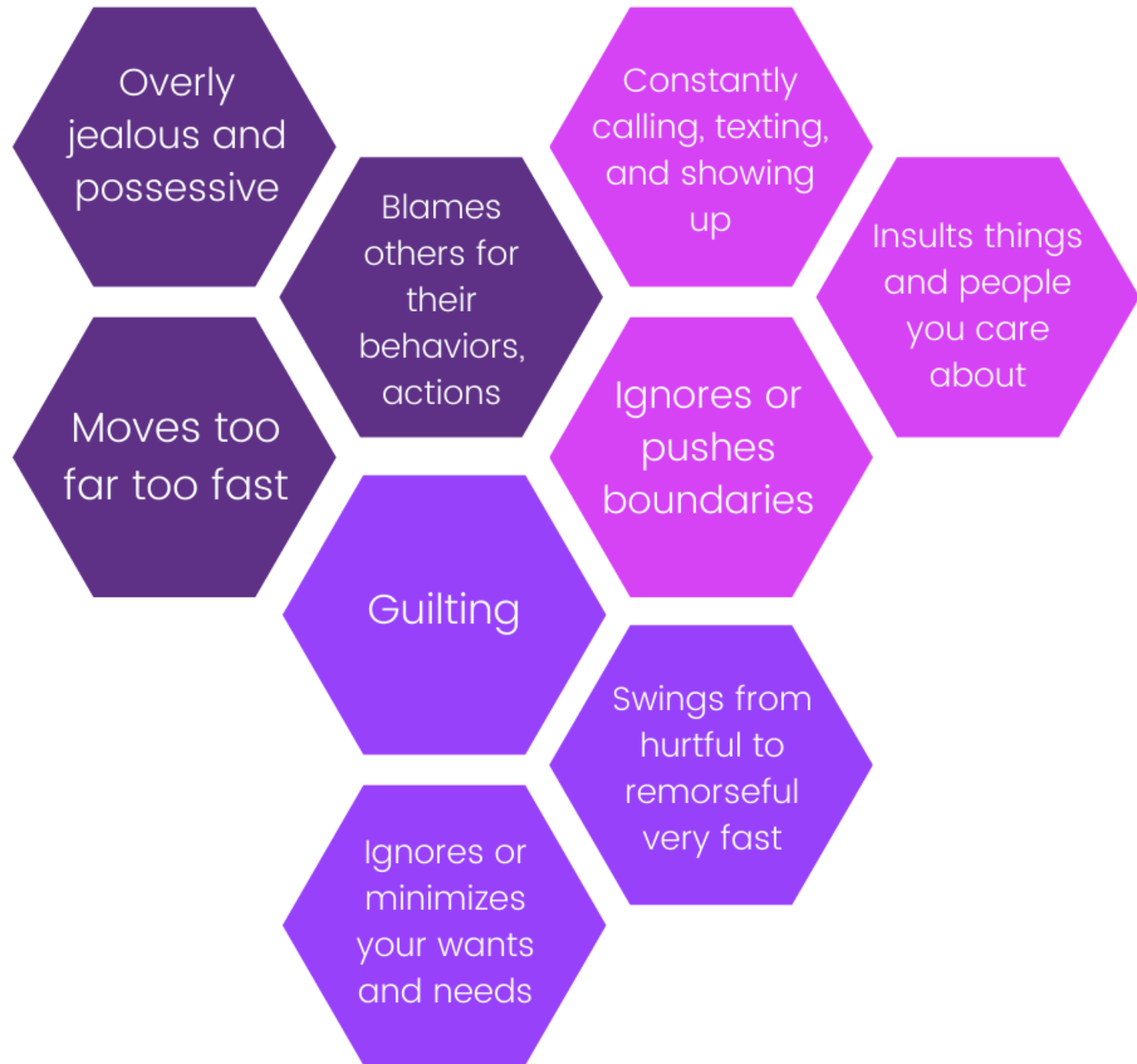


This cycle is used as a trap, making the person believe these behaviors are normal, they deserve them, and it's their fault; **creating confusion, shame, and fear.**

This makes it extremely difficult and even dangerous for a person to try and break out.

# Warning Signs

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# Grow into abuse

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The **early warning signs** grow slowly over time into **power and control behaviors**. These behaviors then feed into a cycle of violence and abuse.

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Violence and abuse can  
happen between anyone.

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And in any kind of  
relationship.

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## Domestic and Intimate Partner Violence

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- Occurs between intimate partners who are married, living together, separated, or share a child.
- Abuse can be physical, emotional, or sexual, and includes deeply entrenched power and control tactics like using finances, property, and children.



## Dating Violence and Abuse

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- Dating violence is when someone you are seeing romantically harms you in some way, whether it is physically, sexually, emotionally, or all three.
- It can happen on a first date, or after years of being together.





## Stalking

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- Occurs when one person repeatedly contacts another, making them feel afraid, unsafe, intimidated, or harassed.
- The unwanted contact can be through phone, text, following, or electronic tracking and can escalate to violence over time.





## Sexual Abuse and Assault

- Can occur between anyone and is any type of sexual activity or contact that you do not or cannot consent to.
- Sexual assault can happen through physical force, threats of force, coercion and manipulation, or if the attacker gave the victim drugs or alcohol as part of the assault.





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## Sex Trafficking and Sexual Exploitation

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- Occurs when someone forces or coerces someone else to participate in sexual activity to get their needs met.
- The person is made to do this to get money, food, safety, drugs, or other things of value from a person who pays for the sex acts.





## Child and Elder Abuse

- Child and Elder abuse happens when a trusted or legal caregiver or adult knowingly harms a child or older person (under 18 and over 60).
- It includes many types of abuse, such as physical, sexual, emotional, verbal, and financial.
- Child and Elder abuse can also mean knowingly neglecting a child or older person to the point that they are harmed, such as intentionally withholding food, clothing, or medical care.





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## Family Violence

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- Occurs inside of a family and affects not just the victims, but also their children, other family members, any anyone else in the home.
- This includes experiencing abuse, but also witnessing it happen to a loved one. Witnesses can experience same and similar mental and emotional impacts as the victims themselves.





What can you do if you think  
someone is  
experiencing violence or abuse?

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## What doesn't help:

- Being skeptical of the story or explaining away their experiences.
- Discounting their feelings.
- Asking them why didn't they get away, stop it, or allowed it to happen
- Encouraging them to try and "work it out" with their partner.
- Telling them what to do, forcing them to get help, taking them somewhere they don't want to go.
- Trying to "save" them.
- Accessing resources for them, make phone calls for them, do all the work for them, or "drag them along".
- Getting angry or frustrated if they do not seek help, access resources, or "get out".
- Giving up on them.



## What does help:

- Start with belief
- Listen carefully and actively.
- Remain calm and avoid getting overly emotional.
- Gently talk with them about power, control, and symptoms of violence or abuse.
- Reinforce that they are never to blame for someone's choice to abuse.





## What does help:

- Help them think through what options they have and how they want to feel safe.
- Encourage them to get help.
- Help them find resources they decide on.
- Support their decisions.
- Understand that the abuse may have been a long road and very complex feelings can be attached to it.



## What does help:

- Know that it takes 7-10 times of trying to successfully break an abuse cycle, and this may be their first try.
- Understand that abuse works because the victim has been made to believe they deserve it or that it's normal.
- Let them know you are there for them.
- Provide care and support, while maintaining your boundaries.





## What if they "don't want help"?

- This may be the first time anyone has ever suggested this is violence or abuse, and that can be hard to accept.
- They may believe they have chosen what's happening to them, even if it's been coercion or false choices.
- The barriers and dangers to getting help are almost unimaginable.
- They aren't ready.
- They don't see any alternatives.

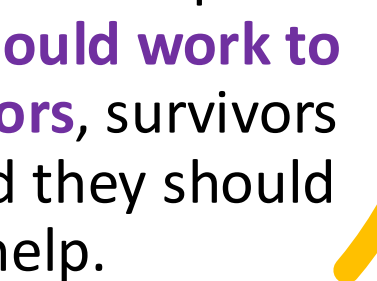


Our solution

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# Why a Family Justice Center?

- In Oregon, 40% of women, 36% of men experience domestic violence, 54% of women experience sexual assault, and 69% of children grow up with trauma in their homes.
    - All **higher than the national average**
  - In Washington County, we not only wanted to break the cycle of violence, we want to end it all together.
  - To truly do that, we as service providers needed to come together and break down the barriers between us.
  - Family Justice Centers are founded on the simple principle that it is **the agencies that should work to make themselves accessible to survivors**, survivors deserve a safe, single access point, and they should not be retraumatized by trying to get help.
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# What makes a Family Justice Center: Collaboration

- We host a collaboration of 18 agencies in a single center dedicated to providing safety, healing, and hope to people impacted by violence and abuse.
  - By all agencies coming together under a single roof, **we can work collaboratively, across disciplines, and without barriers** to ensure that survivors of interpersonal violence can get all their needs met.
- We provide a single menu of services that allows clients to direct their own services as well as support agencies in seamlessly moving clients throughout the building.
- The Family Justice Center provides services for survivors of Domestic and Intimate Partner Violence, Sexual Assault, Human Trafficking and Sexual Exploitation, Elder Abuse, Family Abuse and Violence, and their children.
- The Collaborative Model of the Family Justice Center is nationally researched best practice on not only interrupting, but **ending these cycles**, resulting in families and communities that are safe, healed, and hopeful.

# Why Collaborate?

End trauma

Violence against family members can cause long-term physical and mental health problems. Violence and abuse affect not just the victim involved but also their children, families, and communities.

## **Short Term Impacts:**

- Physical Injuries, both external and internal
- TBI, traumatic brain injury, concussions
- PTSD, Depression, Anxiety, Fear, Stress
- Missed school, work
- Nightmares, migraines, stomach upset

## **Long Term Impacts :**

- Trauma and toxic stress
- Increased rates of suicide, heart disease, COPD, diabetes, obesity, cancer, stroke
- Use of drugs, alcohol, or food to cope
- Changes in the growth and development in children's bodies and brains

# The Process

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Survivors are let in through secure doors

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They are greeted by receptionist, where they are given a badge # and a service form

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Survivors are then connected to the appropriate partner on-site to assist them with their needs.

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Survivors' names, phone numbers and any other personal identifiable information is kept private when we are referring from agency to another.



### Service Form

This sheet is only used to help you access our resources and will have no connection to you. You have the right to **privacy**: you are in control of your story and information—you can choose who to give it to and who not to, and **confidentiality**: providers in the FJC must get your permission to share information you've told them with one another.

Badge #: \_\_\_\_\_ Date: \_\_\_\_\_ City or Zip Code: \_\_\_\_\_

How can we help you today? (Please check all that you think might apply)

<p><b>Safety</b></p> <input type="checkbox"/> Domestic Violence/Abuse <input type="checkbox"/> Sexual Assault/Abuse <input type="checkbox"/> Harassment/Stalking <input type="checkbox"/> Sex Trafficking/Forced Prostitution <input type="checkbox"/> Choked/Strangled/Suffocated <input type="checkbox"/> I don't know, but I need a plan tonight because I'm unsafe		
<p><b>Protective Order</b></p> <input type="checkbox"/> New Restraining Order <input type="checkbox"/> Renew a Restraining Order (it's been more than a year since the RO I filed) <input type="checkbox"/> Contested RO <input type="checkbox"/> I need help filling out paperwork for a restraining order	<p><b>Housing &amp; Shelter</b></p> <input type="checkbox"/> Emergency shelter for safety <input type="checkbox"/> Short term shelter <input type="checkbox"/> Long term shelter <input type="checkbox"/> Need help paying rent <input type="checkbox"/> Breaking my lease	<p><b>Legal Help</b></p> <input type="checkbox"/> Tenant Rights <input type="checkbox"/> Custody and Family Law <input type="checkbox"/> Victim support <input type="checkbox"/> Immigration <input type="checkbox"/> Disability Rights
<p><b>Safety Net Support</b></p> <input type="checkbox"/> SNAP Food <input type="checkbox"/> Medical insurance <input type="checkbox"/> Unemployment <input type="checkbox"/> Domestic Violence Grant <input type="checkbox"/> TANF(Cash Assistance) <input type="checkbox"/> ERDC <input type="checkbox"/> WIC <input type="checkbox"/> Eviction Prevention <input type="checkbox"/> Utility Bills Assistance	<p><b>Supplies</b></p> <input type="checkbox"/> Safe phone <input type="checkbox"/> Clothing <input type="checkbox"/> Hygiene items <input type="checkbox"/> Food <input type="checkbox"/> Diapers/Baby items	<p><b>Justice System</b></p> <input type="checkbox"/> I want to talk to a police officer <input type="checkbox"/> Report a crime <input type="checkbox"/> Follow up on a report <input type="checkbox"/> Checking on a court case, restraining order I already filed, or a criminal case <input type="checkbox"/> Help with the legal or justice system <input type="checkbox"/> Attend a scheduled court hearing
<p><b>Childcare</b></p> <input type="checkbox"/> I have kids with me today <input type="checkbox"/> Help with costs <input type="checkbox"/> Help finding care	<p><b>Transportation</b></p> <input type="checkbox"/> TriMet <input type="checkbox"/> Emergency rides	<p><b>Counseling</b></p> <input type="checkbox"/> Individual/Family Support <input type="checkbox"/> Group <input type="checkbox"/> Abuse Recovery Support Group <input type="checkbox"/> Substance Use/Abuse
<input type="checkbox"/> I don't know. I just want to talk to someone.		

Checking boxes is not a guarantee of availability of services nor it is a guarantee of qualification. We will however discuss each with you.



## Legal Services Screening Form

This form will be provided to our law partners but is not a guarantee of availability of services nor is it a guarantee of qualification.

### I have a Restraining Order:

FAPA  EPPDAPA  SAPO  SPO  None

### My Restraining Order is:

In Place  Being Contested  I don't know

### My case is:

Criminal  Civil  I don't know

### My situation is:

I have children with my abuser
  I believe I have a disability (physical, emotional, mental health, or other)
  Parts of my body were touched against my will

I need help with housing, immigration, education, or other rights
  I need help with divorce and/or custody
  None of these

# TFAMILY JUSTICE CENTER OF WASHINGTON COUNTY OGETHER,

**DRO**

Disability  
Rights  
Oregon

**SARC**  
SEXUAL ASSAULT RESOURCE CENTER



DOMESTIC VIOLENCE  
**RESOURCE  
CENTER**

**Family SkillBuilders**  
Customized Services for Stronger Families

**AbuseRecovery**  
MINISTRY SERVICES

**CommunityAction**  
Helping people. Changing lives.

**OREGON  
FOOD BANK**

Oregon Department  
of Human Services

**cares**  
northwest

**SALC**  
ST. ANDREW LEGAL CLINIC



**VICTIM  
RIGHTS  
LAW CENTER**

**SEQUOIA**



**ADELANTE  
MUJERES**



**SAFETY  
COMPASS**



**SHERIFF**  
WASHINGTON COUNTY



On-site  
Partners at  
FJC

# SERVICES FOR SURVIVORS

at the Family Justice Center of Washington County

<b>STATE BENEFITS</b> <small>Such as SNAP, TANF, TA-DVS,</small>	<b>CRIME VICTIM'S COMPENSATION</b>	<b>SAFE PHONE, COMPUTER, AND PRINTER ACCESS</b>
<b>COUNSELING</b>	<b>SUPPORT GROUPS</b>	<b>HOME VISITING AND PARENTING SUPPORT</b>
<b>CLINICAL MENTAL HEALTH AND SUBSTANCE USE</b>	<b>TRANSPORTATION ASSISTANCE</b>	<b>CHILD SUPPORT</b>

**All services free; are provided to children, youth, adults, and elders;  
to anyone from any where; and in any language.**

# SERVICES FOR SURVIVORS

at the Family Justice Center of Washington County

<b>CONFIDENTIAL ADVOCACY</b>	<b>SAFETY PLANNING</b>	<b>RESTRAINING ORDERS</b>
<b>FAMILY LAW PAPERWORK FILING</b>	<b>EMERGENCY SHELTER</b>	<b>LEGAL ASSISTANCE</b>
<b>FOOD, HYGIENE SUPPLIES, CLOTHING</b>	<b>HOUSING, RENT, AND UTILITY ASSISTANCE</b>	<b>CRIME REPORTING AND CASE SUPPORT</b>

**All services free; are provided to children, youth, adults, and elders;  
to anyone from any where; and in any language.**



# Inside The Family Justice Center

- Everyone is welcomed at the FJC; you don't have to be from Washington County or from any city, and immigration status is never asked about to receive our services. We can serve anyone!
- What you can find when you come into the FJC:
  - On-site Child Care
  - Food Pantry and Clothing Closet
  - Showers for clients
  - Secure reception
  - Client Living Room
  - Client Kitchen
  - Courtroom
  - Trauma informed interview and counseling rooms for adults and children
  - Support group and education rooms



# E-Court

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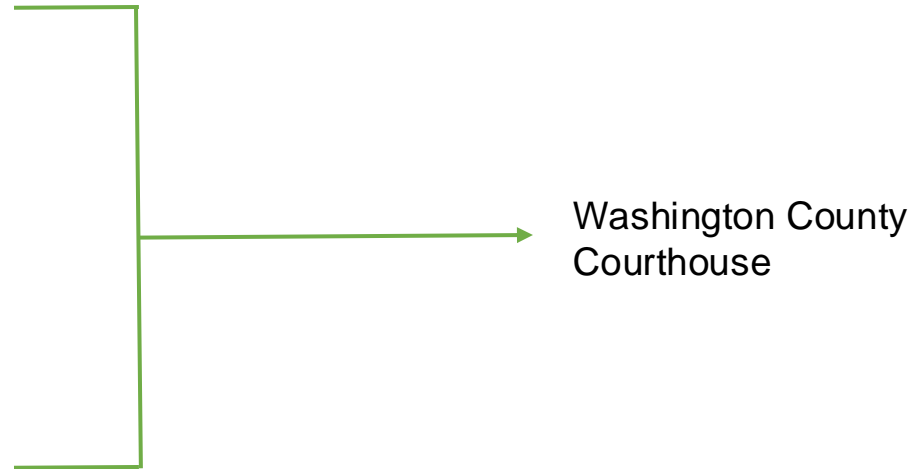
- DVRC provides same day e-court if survivors has submitted R.O and has been approved
- Can be seen by a Judge the same day, always at 1PM
- DVRC advocates may be able to help with Restraining Orders paperwork.





# What we don't have services for:

- Regaining Custody of Children
- Financial Assistance for Supervised Visitation
- Paying Fines/Payment of Court / TriMet Fees.
- Small Claims
- Obtaining a Photo ID
- DNA Test for Parentage or Other
- Record Expungement
- Changing Info on a Birth Certificate



Washington County  
Courthouse

- Kidnapping
- Scanning cars for tracking devices
- FJCWC Long term shelters

Report to police

Printout of procedure available

Provided by DVRC

# Contact Us:

- Walk-In Hours 8:30AM-4PM
- 735 SW 158<sup>th</sup> AVE Beaverton, OR 97006
  - TriMet Bus #67 stop: SW 158<sup>th</sup> & Greystone Ct/Walker Rd
  - TriMet Max Stop Merlo Park & 158th
  - Ride Connection scheduled transportation
- 503-430-8300
- FJCWC.org
  
- Rachel Shultz- Executive Director: [rachel@fjwc.org](mailto:rachel@fjwc.org)
- Dayana Paz- Director of Client Services:  
[dayana@fjwc.org](mailto:dayana@fjwc.org)

# What other resources are available?

- Call To Safety
  - (503) 235-5333
- Lines for Life Teen Line
  - Teen2Teen 839863
- RAINN
  - 800-656-HOPE
- The Hotline
  - 1-800-799-SAFE
- Love Is Respect
  - [www.loveisrespect.org](http://www.loveisrespect.org)







**Together,** we can end the cycles of violence and abuse