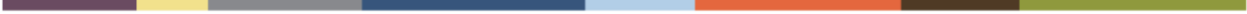


Domestic Violence Prevention Amongst Hispanic and Latino communities

Published by The National Hispanic and Latino PTTC
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Introduction

This mini e-book was developed to provide information and resources to prevention professionals, providers, and community members on domestic violence (DV), intimate partner violence (IPV), types of abuse, warning signs, the impact on Latino families and immigrants, and more.

At the end of the document, you will find resources from trusted sources, action, and prevention tips to better support our communities on the issue.

We hope this resource is useful for you and we hope you can share the information with your family, friends, and colleagues.

Inclusivity Statement: The National Hispanic and Latino PTTC understands that there is a lot of important discussion focusing on the terminology individuals choose to use for racial, ethnic, heritage, and cultural identification. There are different terms such as Latinos, Latinas, Hispanics, Latinx, Latine, Chicano, and others, all equally valuable. We advocate for self-identification for every person. For purposes of this resource and additional materials, our Center will be using the term Latina and Hispanic.



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WHAT IS DOMESTIC VIOLENCE?

The National Coalition Against Domestic Violence (NCADV) defines domestic violence (DV) and intimate partner violence (IPV) as the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, threats, and emotional/psychological abuse. The frequency and severity of domestic violence varies dramatically.

TYPES OF DV OR IPV

Physical abuse— when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force. Physical abuse can cause severe injury and even death.

Sexual abuse—refers to crimes like sexual assault and rape. Forcing a partner to take part in a sex act when the partner does not consent.

Psychological abuse—involves trauma to the victim caused by verbal abuse and non-verbal communication with the intent to harm another person mentally or emotionally and to exert control over another person. Acts, threats of acts, or coercive tactics used to control, terrorize, and denigrate their victims.

Verbal abuse— a form of emotional maltreatment in which words are systematically used to belittle, undermine, scapegoat, or maliciously manipulate another person.

Stalking— a pattern of repeated, unwanted attention and contact by a partner that cause fear or concern for one's own safety or the safety of someone close to the victim. **Digital abuse**—using the internet to gain control of or intimidate the victim such as harassing, threatening, location finding, cyberbullying, and sexting.

Financial or economic abuse— limiting access or controlling financial resources. Separating the victim from their own resources, rights and choices, isolating the victim financially, and creating a forced dependency for the victim and other family members.

Spiritual abuse—habitually twisting religious texts to selfishly manipulate and control others under the guise of spirituality.

The term **cycle of violence** refers to repeated and dangerous acts of violence as a cyclical pattern, associated with high emotions and doctrines of retribution or revenge. The pattern, or cycle, repeats and can happen many times during a relationship.



ABUSE AGAINST IMMIGRANTS

Immigration status is often used as a tactic of abuse and may appear in some of these forms:

Isolation: Preventing someone from learning English or communicating with friends, family, or others. Moving to places where transportation is not available.

Threats: Threatening deportation or withdrawal of petitions for legal status.

Intimidation: Destroying legal documents or papers needed in this country, such as passports, resident cards, health insurance, or driver’s licenses.

Manipulation Regarding Citizenship or Residency: Withdrawing or refusing to file immigration papers, threatening loss of legal status if abuse is reported.

Economic Abuse: Withholding documents to be able to work, making false reports to employers regarding immigration status.

Using Children: Threatening to hurt children here or in their home country, threatening to send children away if the police are contacted.

PREVENTION

Identify healthy relationships vs. unhealthy relationships

Healthy Relationship	Unhealthy relationship
Feeling safe	Disrespectful
Trusting and supportive	Not trustworthy or supportive
Respectful of one another	Does not listen or value one another’s opinion
Effective communication skills	Insulting and/or cursing one another
Able to solve conflicts	Gaslighting
Able to apologize after a conflict	Demeaning
Proud of one another’s accomplishments	Criticizes family and friends
Accepted by family and friends	Threatens you or others
Models’ positive behaviors	Controlling or possessive
Allows space when needed	Withholds affection
Committed to one another	Not committed in the relationship
Accepts your religious beliefs	Accusing them of cheating or being unfaithful



SETTING HEALTHY BOUNDARIES

- Discuss values, morals, culture, traditions, religious beliefs
- Importance of family and relationships
- Good communication skills
- Allow each other space to spend time with friends and family
- Does not abuse technology to check on partner
- Trust each other and not “checking in” on partner
- Does not pressure them to do things they do not want to do or are not ready to do
- Ability to express their needs, wants, and desires
- Ability to say yes or no without retaliation

HOW TO EDUCATE THE COMMUNITY TO PREVENT DV/IPV?

- Identify and define the problem
- Know the signs
- Identify risk factors
- Promote healthy relationships
- Strengthen families
- Bring awareness to schools, churches, communities, youth groups, law enforcement agencies, and social services.
- Develop preventive strategies that are culturally responsive
- Take a stand against DV and IPV
- Know community resources

WARNING SIGNS:

- Threatening to harm themselves, you, your children, your family, or your pets
- Statements that you are worthless and that no one else will ever love you
- Isolating you from your friends and/or family
- Controlling your behavior and monitoring your movements and whereabouts
- Telling you that you are crazy
- Demeaning you in public or in private
- Persistent criticism
- Blaming you for everything that goes wrong
- Stalking
- Causing you to feel guilt over things that are not your fault



- Threats to take away your children
- Questioning whether you can talk to your spouse or partner without fear of retaliation
- Feeling your religious beliefs do not address abuse
- Fear of talking to your priest or pastor about what is going on in your home
- Having to account for every penny spent
- Feeling controlled by your spouse/partner
- Spouse/partner using religious text to keep you in line
- Spouse/partner forcing you to have sex or bear more children
- Spouse/partner keeping you away from your family and friends
- Financial dependency on him/her

HOW DOES DV/IPV AFFECT LATINO FAMILIES?

DV and IPV does not discriminate and affects every race, culture, socio-economic status, ethnicity, and nationality. DV and IPV can affect health in many ways. The longer the violence goes on, the more serious the lasting effects. Many victims suffer physical injuries such as facial bruises, broken bones, internal bleeding, and head trauma. Not all injuries are physical, some can also be emotional.

Victims experience trauma symptoms such as posttraumatic stress disorder (PTSD), flashbacks, panic attacks, and trouble sleeping. Victims often struggle with low self-esteem, trust issues, anger, stress, eating disorders, anxiety (which when discussed are similar to: ataque de nervios, nervios, and susto) and depression. Some victims struggle with suicidal ideation.

DV and IPV are linked to chronic pain, difficulty with sleep, poor physical and mental health. DV and IPV are also associated with unhealthy coping strategies such as harmful behaviors, substance use disorders, and promiscuity.



RESOURCES

Additional Resources

You can visit the following websites for additional support and information.

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP

24/7/365 Treatment Referral Information Service in English and Español

Website: <https://www.samhsa.gov/find-help/national-helpline>

SAMHSA's Disaster Distress Helpline

Toll Free: 1-800-985-5990 (español e inglés)

Text in Spanish: Envíe "Háblanos" al 66746

Text in English: "TalkWithUs" al 66746 (TTY): 1-800-846-8517 English

English: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Spanish: <https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>

National Suicide Prevention Lifeline

Toll Free: 1-888-628-9454 English: 1-800-273-TALK (8255) (TTY): 1-800-799-4TTY

(4889) Spanish: <https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

English: <https://suicidepreventionlifeline.org/>

SAMHSA Behavioral Health Treatment Services Locator: <https://findtreatment.gov>

More resources:

[Healthy Relationships - YouTube](#)

[Intimate Partner Violence - YouTube](#)

[Brainwashing in Domestic Violence - YouTube](#)

[Crisálida, Inc.](#)

[Cherokee Family Violence Center](#)



STATISTICS OF REPORTED DV/IPV ACROSS THE US

Alabama—38% women & 30% men

Alaska—43% women & 30% men

Arizona—43% women & 33% men

Arkansas—41% women & 35% men

California—35% women & 31% men

Colorado—37% women & 31% men

Connecticut—38% women & 34% men

Delaware—38% women & 33% men

Florida—38% women & 29% men

Georgia—37% women & 30% men

Hawaii—35% women & 24% men

Idaho—33% women & 38% men

Illinois—41% women & 30% men

Indiana—42% women & 30% men

Iowa—35% women & 29% men

Kansas—34% women & 31% men

Kentucky—45% women & 36% men

Louisiana—36% men & 35% men

Maine—39% women & 34% men

Maryland—34% women & 29% men

Massachusetts—34% women & 32% men

Michigan—36% women & 26% men

Minnesota—34% women & 25% men

Mississippi—40% women & 32% men

Missouri—42% women & 35% men

Montana—37% women & 35% men

Nebraska—34% women & 28% men

Nevada—44% women & 33% men

New Hampshire—35% women & 35% men

New Jersey—36% women & 28% men

New Mexico—38% women & 33% men

North Carolina—35% women & 30% men

North Dakota—30% women & 19% men

Ohio—38% women & 33% men

Oklahoma—40% women and 38% men

Oregon—40% women and 36% men

Pennsylvania—37% women and 30% men

Rhode Island—33% women and 25% men

South Carolina—42% women & 29% men

South Dakota—28% women & 24% men

Tennessee—40% women & 37% men

Texas—40% women & 35% men

Utah—34% women & 21% men

Vermont—39% women & 31% men

Virginia—34% women & 29% men

Washington—41% women & 32% men

Washington DC—0% women reported & 24% men

West Virginia—39% women & 36% men

Wisconsin—36% women & 32% men

Wyoming 34% & 31% men



MORE ABOUT THE AUTHOR

Glory McDaniel, MA, LPC, LAC, NCC
Founder and Executive Director of Crisálida, Inc.
Pronouns: She/Her/Hers

Glory McDaniel is a bilingual therapist working with specific treatment of substance use disorder (SUD), post-traumatic stress disorder (PTSD) and mental illness, leading both English and Spanish groups, educating the community as well as individual counseling. Current President of the Colorado Association of Addiction Professionals (CAAP) board of directors and facilitator for Mending the Soul (MTS) groups for women survivors of abuse.

Glory believes in helping others by providing support, counseling, and education on several topics such as domestic violence, sexual assault, child abuse, anxiety, depression, mental illness, and substance use disorder. Her career goal is to provide victims of domestic abuse the necessary skills that will empower them to become self-sufficient and live a happy, healthy, and prosperous lives.

Glory has recently founded Crisálida, Inc., a non-profit shelter for victims of domestic violence and their families. When fully operational, Crisálida will provide crisis and transitional housing; individual, group and family counseling, and life-skills training in cooperation with partner agencies.

Glory holds a Bachelor of Science degree in Human Services with emphases in Domestic Violence Counseling and Addiction Counseling from the Metropolitan State University of Denver and a Master of Arts in Clinical Mental Health Counseling from Denver Seminary.



REFERENCES

National Coalition Against Domestic Violence <https://ncadv.org> and <https://ncadv.org/resources>

Advocacy for Victims of Abuse (AVA) - Love Mercy Do Justice - The Evangelical Covenant Church (covchurch.org)

National Center for Injury Prevention and Control

National Latino Network— <https://nationallatinonetwork.org>

Break the Cycle— <http://www.thesafespace.org/the-basics/relationships-101/types-of-abuse/>

Center for Disease Control and Prevention (CDC) - www.cdc.gov

Esperanza United—[Immigrant rights - Esperanza United](#)

National Network for Immigrant and Refugee Rights - www.nnirr.org

Women of Color - <http://www.wocninc.org/>



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At the time of this publication, Miriam E. Delphin-Rittmon, Ph. D, served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

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