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Visit Us

**Now
On**



**2010 COPE
Summary**

546 hotline calls answered

552 survivors assisted

120 children assisted

269 offenders assisted

Building Safe and Healthy Relationships What you should know

What is Dating Violence?

Dating violence or relationship abuse is a pattern of controlling behavior that someone uses against a girlfriend or boyfriend. The abuse can take many forms, including threats, emotional abuse, insults, controlling what someone wears, who they see and talk to and isolating them from friends and/or family. The abuse can happen to anyone, at any age, no matter what their race, religion, level of education or economic background.

72% of 8th and 9th graders reportedly "date".

• 1 in 4 adolescents report verbal, physical, emotional, or sexual abuse from a dating partner each year.

• About 10% of students nationwide report being physically hurt by a boyfriend or girlfriend in the past 12 months.

From: www.cdc.gov/violenceprevention

Is Dating Violence Limited to Physical Abuse?

No! Dating violence is not limited to physical abuse. Dating violence includes a range of actions from verbal and emotional abuse to physical abuse and sexual assault.

Dating violence often follows a predictable pattern of power and control tactics where stress and tension lead to a violent abusive episode followed by apologies, remorse or "making-up" and then before long the cycle begins again with violence typically increasing in intensity and severity. The intention of the abuser is to use violence or the threat of violence to make the victim do what the abuser wants or demands. This "abuse" can devastate a person's sense of self-worth and self-confidence.

How does dating violence affect health?

Dating violence can have a negative effect on health throughout life. Teens who are victims are more likely to be depressed and do poorly in school. They may engage in unhealthy behaviors, like using drugs and alcohol, and are more likely to have eating disorders. Some teens even think about or attempt suicide. Teens who are victims in high school are at higher risk for victimization during college.



Who is at risk for dating violence?

Studies show that people who harm their dating partners are more depressed and are more aggressive than peers. Other factors that increase risk for harming a dating partner include:

- Trauma symptoms
- Alcohol use
- Having a friend involved in dating violence
- Having problem behaviors in other areas
- Belief that dating violence is acceptable
- Exposure to harsh parenting
- Exposure to inconsistent discipline
- Lack of parental supervision, monitoring, and warmth

What Can We Do?

The best thing we can do to prevent dating violence is to be informed. Knowledge is a very powerful tool in the reduction of violence. The more we know about dating violence, the easier it will be to recognize the warning signs.

Fact resource on file for reference.

Volunteer Auxiliary Is Recruiting You!

The COPE Volunteer Auxiliary is recruiting volunteers to assist COPE in meeting existing needs of domestic violence survivors and to assist the community in recognizing domestic violence through educational functions. Training is provided to all volunteers. Volunteers determine the amount of time they have available.

Some of the volunteer jobs are building maintenance, child care, community educators, counseling assistants, clerical assistants with computer skills, file clerks, groundskeepers, life skills coaches, interpreters, janitors, material assemblers for special events, pamphlet distributors and maintainers, public relations

personnel, school educators, special events information booth attendants, special projects, and tutors.

If you have special skills or talents not listed above, we would love to discuss using them to benefit COPE. A few hours of your time can help improve the life of an abuse survivor and their family. Help break the cycle of abuse.

For more information or to obtain an application, visit the COPE website at www.copedv.org or contact the COPE office at 909 South Florida, Alamogordo, NM, 575 434-3622.

2010 Orders of Protection Summary

In the 12th Judicial District there were 315 requests for Orders of Protection filed in Otero County and 92 requests for Orders of Protection filed in Lincoln County during 2010. COPE provided representation to 90 people who had requested Orders of Protection in 2010, which is considerably greater than our measurable objective of serving 70 people. Of these individuals, 85 reported that they were victimized by domestic or dating violence, 1 reported to be a victim of sexual assault and 4 were victimized by stalking.

The ethnicity of the individuals served was as follows: 3 were Black, 44 were Hispanic and 43 were White. Eighty-nine

were female and one person was male. The vast majority of the persons served (70) were between the ages of 25 and 59. Seventeen were between the ages of 18 and 24, and 3 were 60 or older. Three reported having a disability, 2 had limited English proficiency and all 90 were considered to be in a rural area since they reside in Otero or Lincoln County.

Eighty-four of the individuals requested Temporary Orders of Protection and all of them received Temporary Orders. All eighty-four requested final orders but only 58 were granted final orders.

The Facts Behind Protection Orders

Domestic violence is the least reported crime in the country and is our nation's number one health problem. In the United States, the cost of intimate partner violence exceeds \$ 5.8 billion each year, \$ 4.1 billion of which is for direct medical and mental health services. The Center for Disease Control & Prevention also states, "There are 16,800 homicides and 2 million injuries due to intimate partner violence annually in the U.S."

One of the most important tools that can be used to keep survivors of domestic violence safe is a protection order. COPE offers assistance to victims of domestic violence in obtaining Orders of Protection through the Family Violence Court. VAWA – Violence Against Women Act – provides funding for COPE to provide attorney representation for survivors of intimate partner violence who petition the court for an Order of Protection. This service is free to survivors of intimate partner violence.

Based on a recent nationwide study by Dr. TK Logan of the University of Kentucky, 50% of survivors experienced no violation of their protection order during the first 6 months it was in effect. For those survivors who did experience violations, the type of violence or abuse was significantly reduced during the 6 month follow up period compared to the 6 months before the protective order was issued. In fact, 77% to 95% of the survivors that were granted an Order of Protection felt that it was definitely effective in increasing their safety from their abuser.

Unfortunately, protective orders are less effective for stalking victims. Being stalked by a violent partner in the 6 months before the protective order was strongly predictive of protective order violations after the order was issued. Women who were stalked after the protective order was issued were more afraid of future harm, experienced more distress related to the abuse, endured more property damage and other kinds of violence, and were less confident in the order than were women who were not stalked. Stalking after the protective order was associated with almost every other kind of violence and abuse suggesting those who stalk are more violent and more resistant to court intervention.

Individuals who are being stalked should not view this as a reason not to get an Order of Protection. This study indicates that those offenders who stalk may not stop the stalking behaviors as a result of the Order of Protection. Having the order in place, however, allows law enforcement and the courts the ability to take action against the offender if a violation of the order occurs.

Enforcement of the protective order plays a critical role in

public safety. The majority of respondents (those with protective orders against them) had prior charges (78% with an average of 9 charges) and convictions (63% with an average of 7 convictions) suggesting that partner violence is often part of a larger pattern of criminal conduct. For example, 57% had prior substance-related charges and 53% had substance-related convictions. The majority of victims who did not experience violations believed the effectiveness was due to the respondent being afraid of going to jail. Protective orders cost very little in comparison to the suffering and costs of victims.

If you have any questions about the services COPE offers, please contact us.

For additional information regarding this study, please contact: Dr. TK Logan, University of Kentucky, Department of Behavioral Science, tklogan@uky.edu This research was supported by the National Institute of Justice. The full report can be obtained at: <http://www.ncjrs.gov/pdffiles1/nij/grants/228350.pdf>

THANK YOU...

HAFB Treat Us To Dinner



Clients and staff were treated to a home-cooked dinner compliments of the 49th MDOS/SGOMP squadron from Holloman AFB. These young women and men cooked and served us a spaghetti dinner complete with salad, dressing, and French bread. Extra bonus included clean-up detail! A "BIG" thanks is extended to all our service men and women for everything they do to keep our shelter and our country safe. God bless you.

P.S. Please come back again.

New Mexico Intimate Partner Death Review

The following data is provided by the New Mexico Intimate Partner Violence Death Review Team. This team meets monthly to review the facts and circumstances surrounding each intimate partner and sexual violence related death in New Mexico, with the aim of reducing the incidence of these deaths statewide. In 2010, the team reviewed 35 intimate partner violence related deaths that occurred in 15 New Mexico counties during calendar year 2007. This included 21 homicides and 14 suicides. Of the 35 cases reviewed, 4 deaths were in Otero County.

Bystander Involvement in Reviewed Homicides

Bystanders are more likely to act when they are knowledgeable about Intimate Partner Violence, are able to assess the situation as one requiring intervention, and believe that the intervention will be effective. The team identified three types of bystanders in cases reviewed this year:

52% of the homicides involved at least one report of a bystander with advance knowledge of the potential

for violence between the victim and offender but who did not attempt to intervene. In four cases, witnesses failed to report to the police incidents occurring immediately before the homicide. In seven cases, friends and/or family members told police they knew about prior threats or abuse but did not report the abuse or attempt to intervene.

14% of the homicides involved active bystander attempts to intervene in or prevent violence. Of these, one resulted in the death of the bystander, another bystander killed the offender, and the third called the police but was too late to prevent the victim's death.

14% of the homicides involved bystander acts that may have facilitated the homicide. In two cases, a friend provided the offender with the firearm used in the homicide – one was known to be a convicted felon. In the third case, a friend with prior knowledge of threats against the victim, rode with the offender to the scene and did not attempt to intervene.

Intimate Partner Violence Related Homicides

86% of victims were female, 14% male

43% of reviewed homicides occurred in public places

The most frequent cause of death was gunshot wounds, followed by blunt force trauma.

Homicide Offenders

84% of homicide offenders were male, 16% female

42% of homicide offenders had a known history of intimate partner violence.

A majority of homicide offenders had a history of substance abuse, and over 60% had at least one prior arrest on a criminal charge.

Two homicide offenders were law enforcement officers, and two were military veterans.

Intimate Partner Violence Related Suicides

93% of suicide offenders were male

86% of offenders had a known history of perpetrating intimate partner violence

The offender's intimate partner was present in 79% of reviewed suicides, the intimate partner was injured in 43% of cases, and in 2 cases the intimate partner was also killed.



Oh, what a tangled web we weave. Beautiful to look at, deadly to touch.

This was my motto for a long time. Still is I guess. But once you have learn something you can never go back to the way things were. There is no going back!!! No matter how much you might want to, there is no going back.

One time I tried to go back:

The Insanity Memoir

But, to no avail. I got lost in yesterday. Lost in what could have been. Lost in what might have been. Just plain lost. Lost in yesterdays and tomorrows.

I started on a quest to try to unlearn. You cannot unlearn. I know that now. Because once you learn something there is no going back!!!

I so badly did not want to know him and his ways. He was so seductive, so destructive, but, I could not get enough of him!!!

Like a black widow spider he wove his web. And what a tangled web it was! A web of lies, deceit, half-truths, cover

ups, and alibis. Just so no one and, I surmised, even he could not know the truth. Besides, what was the truth, they all thought. He was their angel and I was the problem. NOT SO!!!

I was not the problem. He was not the problem. We are the sum of our experiences. We both had abuse that we never reconciled. Our relationship was just more fuel for our out of control forest fire. I was fighting this fire, but to no avail.

He kept on dishing it out and I kept taking it. It was the phenomenal sex, or so I told everyone and myself. But, who was I kidding? There

is no sex that good. I have learned a valuable lesson. Though, I may not be able to unlearn him. But, I do not have to be with him and others like him, again!

So, why then did I keep going back, I often ask myself. It was simple. I was addicted to him, his chaos, and his insanity. I've heard it said, in some circles, that insanity is doing the same things over and over again expecting a different result. I was insane for going back and he was insane for taking me back. What would have been the sane thing to do was not to have done it in the first place.

- Anonymous Domestic Violence Survivor



909 South Florida Ave
 Alamogordo, NM 88310
 Hot Line: 575.437.2673
 Hot Line: 1.866.350.2673
 Office: 575.434.3622

www.copedv.org

1204 Mechem Dr, Ste 11
 Ruidoso, NM 88345
 Hot Line: 1.866.350.2673
 Office: 575.258.4946



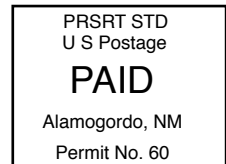
Our Vision: A community knowledgeable about domestic violence and abuse and fully engaged and committed to its eradication.

Our Mission: To help people affected by domestic violence and other forms of abuse in Otero and Lincoln Counties, New Mexico.

We do this by:

- Providing a comprehensive array of direct services, including shelter,
- Engaging others in effectively addressing these issues in our community,
- Promoting safe and healthy relationships through awareness and prevention.

Services include: shelter and housing advocacy to reduce homelessness, crisis intervention, advocacy and counseling services.



909 South Florida Ave
 Alamogordo, NM 88310

Return Service Requested

List of Needs for the Shelter

We are in need of:

- Paper products
(plates, small bowls, toilet paper, paper towels, spoons and forks)
- Cleaning supplies
(Lysol, Windex, Clorox, Disinfecting wipes, cleaning rags, sponges)
- Brooms, Mops
- Pots and pans of all sorts
- Twin and full mattress covers
- Baby monitors
- Hair dryers
- Alarm clocks
- Little boy trucks ages 2-5 or other suitable toys in that age range

