

The Equalizer

Marriage & Family Therapy Solutions, LLC Newsletter



STRATEGIES FOR EQUITY AT INTERCEPT 0: INCREASING DOMESTIC VIOLENCE AWARENESS AND PREVENTION

Domestic Violence Awareness Month

Welcome to the October 2023 issue of the Marriage and Family Therapy Solutions (MFTS), “The Equalizer Newsletter”! In this issue we highlight, Domestic Violence Awareness Month and the Purple Runway.

DOMESTIC VIOLENCE AWARENESS MONTH

The 2023 Domestic Violence Awareness Month Theme:

Think of #1 Thing you can do to get involved, take action and make a difference for those affected by domestic violence.

During Domestic Violence Awareness Month, communities raise awareness about domestic violence and share information about how to prevent domestic abuse.

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Domestic violence, also known as, intimate partner violence includes physical or sexual violence, stalking, and or psychological violence by a current or former spouse or dating partner. This type of violence can happen one time or multiple times over days, months or years and can happen in all types of relationships including hetero-sexual and same-sex relationships.

Negative outcomes are associated with experiencing intimate partner violence. Victims often report anxiety, depression, and post-traumatic stress disorder (PTSD) symptoms and they may participate in risky behaviors like smoking, binge drinking and risky sexual behaviors. “They are also more likely to experience various physical health consequences, including HIV and other sexually transmitted infections, gastrointestinal and neurological disorders, and chronic pain. In the most severe cases, intimate partner violence may result in death.”

-Centers for Disease Control and Prevention

WARNING SIGNS OF ABUSE BY YOUR PARTNER

- ↳ Checking your phone, email, or social media accounts without your permission
- ↳ Putting you down frequently, especially in front of others
- ↳ Isolating you from friends or family (physically, financially, or emotionally)
- ↳ Extreme jealousy or insecurity
- ↳ Explosive outbursts, temper, or mood swings
- ↳ Any form of physical harm
- ↳ Possessiveness or controlling behavior
- ↳ Pressuring you or forcing you to have sex

United States Data on Intimate Partner Violence

Type of Violence	Women	Men
Reports of contact sexual violence, physical violence, and/or stalking victimization by an intimate partner at some point in their lifetime.	47% or 59 million	44% or 52 million
Report of contact sexual violence by an intimate partner in their lifetime.	20% or 24.5 million	8% or 9 million
Report of physical violence by an intimate partner in their lifetime.	42% or 52 million	42% or 50 million
Report of being stalked by an intimate partner in their lifetime.	14% or 17 million	5% or 6 million
Report of any psychological aggression by an intimate partner in their lifetime which includes expressive aggression and coercive control and entrapment.	49% or 62 million	45% or 53 million

Source: *The National Intimate Partner and Sexual Violence Survey, 2016-2017, Report on Intimate Partner Violence, Centers for Disease Control and Prevention*

PURPLE RUNWAY

SUPPORTING VICTIMS OF INTIMATE PARTNER VIOLENCE

The 2023 Purple Runway: Purple Regain Gala was held on October 7, 2023 at Quantico Marine Base to raise awareness about domestic violence and to recognize efforts by community partners to prevent domestic violence. Prince William County Board of County Supervisor Andrea Bailey was the keynote speaker. Representatives from Marriage and Family Therapy Solutions, LLC staff, mentees and supervisees attended the event.



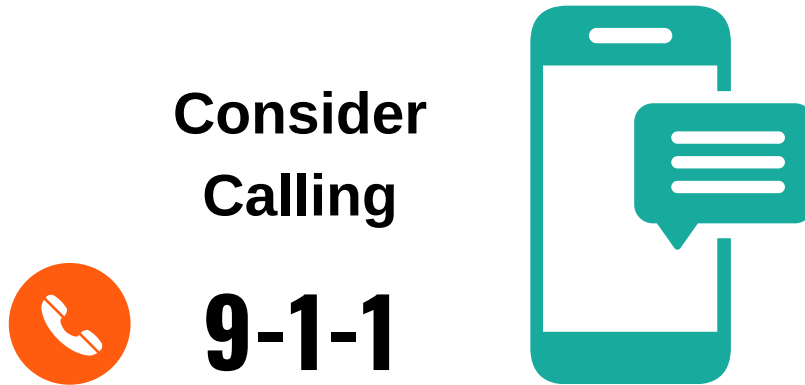
Prince William County Board of County Supervisor, Andrea Bailey and Addie Whitaker, Marriage and Family Therapy Solutions, LLC HBCU Researcher.



Jonea Ahouissoussi, LCSW Supervisee and Mentee, Laurie Wilson, Owner, Marriage and Family Therapy Solutions, LLC and Rougui Toure, LCSW Supervisee and Mentee.



IF YOU ARE IN IMMEDIATE DANGER, PLEASE:



If an intimate partner frightens you through coercion, intimidation or physical violence, help is available:

- Call the **U.S. National Domestic Violence Hotline**: 1-800-799-7233 (SAFE) or TTY 1-800-787-3224
- Call, text or chat **Love Is Respect** - The National Teen Dating Abuse Helpline: 1-866-331-9474 or TTY 1-866-331-8453, text “loveis” to 22522 or live chat at <http://www.loveisrespect.org>
- Call or text the **StrongHearts Native Helpline**: 1-844-762-8483
- Call the **U.S. National Sexual Assault Hotline**: 1-800-656-4673 (HOPE), which automatically connects you to a local U.S. rape crisis program based on the area code of your phone number. Secure, online private chat is available at <https://hotline.rainn.org/online>.

Remember: Corded phones are more private and less able to be intercepted than cordless phones or analog cell phones.

Be Aware: You may not be able to reach 911 using an Internet phone or Internet-based phone service. So you may need to be prepared to use another phone to call 911.

Contact your local domestic violence program, shelter, or rape crisis center to learn about free cell phone donation programs.



BE A PART OF MAKING OUR COMMUNITIES BETTER

Equity at Intercept Zero aims to make sure that community services are available to meet the needs of Virginians of color and other minority groups by providing training opportunities, increasing participation of providers of color in crisis services, increasing the number of students of color seeking jobs in crisis services, and viewing all crisis programming through a Black, Indigenous, and People of Color (BIPOC) lens.

MARCUS ALERT/NORTHERN VIRGINIA REGIONAL PROJECTS OFFICE REGION 2 NEWS AND UPDATES

Click to access the [Northern Virginia Public-Sector Crisis Brochure for community members and Stakeholders](#). Please feel free to share this with others as warranted.

Please distribute this brochure to your contact list, encourage others to visit the Marriage and Family Therapy Solutions website, and like us on social media.

NOVA Regional Crisis Call Center: ☎ (703) 527-4077 or Text 8551

The NOVA Regional Crisis Call Center provides immediate help to callers by connecting them to behavioral health and other community services.

Mobile Crisis Response

CR2 Mobile Response: ☎ (844) 627-4747 (24/7) or 571-364-7390

CR2 provides 24-hour rapid response to children, youth, and adults facing a mental health and/or substance use crisis who may be at risk for hospitalization.

[CR2 Public Flyer 5-2022](#)

[CR2 Client Flyer 5-2022](#)

REACH Mobile Response: ☎ (703) 531-2150 TTY 711 (24/7)

The REACH program is designed to meet the crisis support needs of individuals who have a developmental disability and are experiencing crisis events that put them at risk for homelessness, incarceration, hospitalization, and/or danger to themselves or others. REACH programs offer an additional layer of support to emergency services, the state hospital system, and caregivers who work most closely with individuals with developmental disabilities (DD).



RESOURCES

988 Suicide & Crisis Lifeline

The SAMHSA [988 Suicide & Crisis Lifeline](#) provides information about 988, and understanding the background, history, funding opportunities, and implementation resources for strengthening suicide prevention and mental health crisis services

The [Native Americans and Alaska Natives](#) section of the [988 Lifeline](#) website provides Native American specific information and resources for AI/AN communities

Other Suicide Prevention Organizations

[Suicide Prevention Resource Center](#)

Helps with the development of suicide prevention programs, interventions, and policies, and advances the National Strategy for Suicide Prevention

Suicide Prevention Fact Sheets

[Suicide among Racial/Ethnic Populations in the U.S.: American Indians and Alaska Natives](#)

Provides information on suicide and risk and protective factors among American Indians and Alaska Natives

[Suicide Facts at a Glance](#)

A fact sheet from the Centers for Disease Control and Prevention

[HTTPS://STORE.SAMHSA.GOV/PRODUCT/ADVANCING-BEST-PRACTICES-BEHAVIORAL-HEALTH-ASIAN-AMERICAN-NATIVE-HAWAIIAN-PACIFIC-ISLANDER/SMA17-5032](https://store.samhsa.gov/product/Advancing-Best-Practices-Behavioral-Health-Asian-American-Native-Hawaiian-Pacific-Islander/SMA17-5032)