

WOMENS SHELTERS:
STRATEGIES TO EMPOWERMENT

By

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I would like to start by first saying thank you. It is my hope that this work will enlighten you in some way or another, inform you of a greater problem and an even greater reality that plagues this world, no matter the continent in which one lives. There is much I have learned through this experience and journey and I hope you, as a reader will learn something from it. The past eight months have evolved and shaped this report into what it is now.

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Glossary of Acronyms

AMIFANIC – ASOCIACION DE MUJERES PARA LA INTEGRACION DE LA FAMILIA

CANTERA – CENTRO DE COMUNICACION Y EDUCACION POPULAR

CASFV – CENTER AGAINST SEXUAL AND FAMILY VIOLENCE

FSD – FOUNDATION FOR SUSTAINABLE DEVELOPMENT

IPV – INTIMATE PARTNER VIOLENCE

MASINFA – MASAYA SIN FRONTERAS

OASIS – OPPOSING ABUSE WITH SERVICE, INFORMATION, AND SHELTER

RISE – RISE, INSPIRE, SUPPORT AND EMPOWER

S.I. – STUDENTS INTERNATIONAL

SOP – STANDARD OPERATING PROCEDURE

VAMA – VIOLENCE AGAINST WOMEN ACT

VAW&C – VIOLENCE AGAINST WOMEN AND CHILDREN

WFN – WOMENS FOUNDATION NEPAL

Abstract

Working at a women's social work site in Nicaragua, sparked my initial interest in researching and developing a typology of women's shelters as an useful guide for determining and providing appropriate services. The goal is to create a typology that can be useful in determining what type of facility or shelter is the most effective for different women and the varying backgrounds and situations they are in. The desire to empower women was initiated by my first-hand experience in Nicaragua. There I saw many instances of intimate partner violence (IPV), as well as other, non-physical, forms of abuse. I never witnessed the abuse first-hand, rather, it was the Nicaraguan women themselves who communicated it directly to the team or to our translator. Signs of abuse were demonstrated by physical markers or bruises on the women, and typically visible. The women's ability to communicate or lack thereof, illustrated that verbal abuse was prominent, influenced by their insecurity and resulting in their slowness to trust others and speak out. This visit and work prompted my desire to pursue investing in women and to identify how best to provide for their needs, and empower women to work towards attaining it individually themselves. Research on the topic has revealed that women around the world lack the services that would encourage them to construct a positive living environment for themselves. This reality stems from multiple reasons, some of which are addressed and explored in this report. This work highlights some of the public policies, programs, and specific services that have been effective and emphasizes the ways that shelters and/or institutions have been successful in addressing these issues and empowering women. This report is not comprehensive, the subject area is vast, but it responds to the experiences of selected domestic and international centers, the measures they have taken to address women's needs that were examined in this research.

PART 1: Introduction

I. Introduction

History/Evolution of Centers

According to UN Women, globally one in three women, girls included, are exposed to violence during their lives' (UN Women, 2013). This statistic warrants change. Part of the United Nations reform agenda aims to provide that necessary change towards ending violence against women. When defining this problem of domestic violence it is important to reflect on background and the efforts currently being put into practice. As specified by Christine Uchida, in her master's thesis, "Serving Children in Women's Shelters: An Ottawa Case Study", battered women's shelters began in England and were established by Erin Pizzey in 1971 (Uchida, 2004, p. 50). In fact, this "advice center" first dealt with women and their marriages, but shifted focuses after the issue of spousal abuse arose (Wies, 2008, p. 222). However, the history of women's shelters within the United States dates back to the early 1970s. They were located in large urban centers and capitalized on the drive emanating from feminist frameworks. The idea for these organizations came from the intention of offering women a safe and healthy space to avoid their abusive environments, at least for a temporary length of time. This goal, to transform existing social and structural situations, was highly regarded and valued in feminist frameworks. This initial movement helped define domestic violence against children and wives, also including the term "battering", a type of unlawful abuse (Wies, 2008, p. 222). This definition acts as a baseline for the following report and is used to identify and to better explore the possibilities and successes of various shelters.

In the past, the solution to ending violence varied among activists and other radical feminists. As noted by Tice, some activists considered that restructuring or improving existing institutions and systems could attain equality of women. On the other hand, more radical feminists "thought that battering stems from women's lack of economic and political autonomy and believed that only profound transformations in the political and social arena would end such violence" (Tice, 2015, p. 85). **The focus of this study is women and their dependent children, who have been or are exposed to instances of intimate partner violence.** The types of abuse studied are primarily physical and verbal, with their

associated emotional and economic impacts. The process by which women leave a negative or unhealthy situation is a lengthy procedure, not just a simple one step approach. The decision to remove oneself from an abusive environment and to choose homelessness over a home, even an unsafe or detrimental one, is challenging. This decision requires considerable action and a change and adjustment in lifestyle.

Research Objective

The diversity of women's need for shelter is based upon the differing contexts of domestic violence victims, including their age, background, culture, religion, or geographical location. The setting also varies based on the particular type of abuse that is inflicted on the victim. Shelters can address and aid in offering services that cater to these various needs.

In the research evidence was gathered towards formulating an empowerment model, one that progresses from identifying a need to an end goal of empowerment. Karen Tice references an empowerment model in her report, "A Case Study of Battered Women's Shelters in Appalachia." An empowerment model is also mentioned in the case studies in Arizona, Nicaragua, OASIS, WSP, RISE, Saathi, and WFN. This empowerment model illustrates the actions and strategies to put this standard into practice. An interpretation of the models various steps, as loosely constructed from a variety of sources are outlined below:

- **A state of emergency.** If a woman identifies (d) with a state of emergency or crisis, then there is a need that warrants a response. Karen Tice's approaches the need for women's shelters with a sense of urgency, aspiring to meet and respond to these women in distress, understand their varying needs as well as initiate a community response (Tice, 2015). The study by Browne and Bassuk indicates that of low-income and homeless women, 83% experienced instances of IPV (Moe, 2007, p. 680). This illustrates the likely correlation between homelessness and domestic violence. Seen in many of the case studies, is a recurring cycle of abuse, as illustrated in a diagram provided by the Women's Shelter Program (WSP) of San Luis Obispo. Although

specifically highlighted in the WSP case study analysis, this cycle accurately applies to other cases examined in this report. In fact, this cycle applies to a state of emergency because on average it takes women seven or eight cycles of experiencing this cycle before they would leave an abusive environment permanently (B. Raub, personal communication, Nov. 6, 2015).¹

- **Response/intervention.** The person(s) in need do not often realize that they require help, which underscores the fact that some degree of intervention is necessary.

Intervention prevents crisis from recurring and entails removing the victim from an abusive and dangerous situation. This displacement and loss of identity is justified, as there is an imperative need for shelter outside of the existing situation. As stated by WSP, the goal of the organization is to make it easier for the victims to leave their abusive situations, with the security and freedom of having another place to go. In addition, volunteers are trained and employees are hired to manage cases and situate those abused in a safe place (B. Raub, personal communication, November 6, 2015).

Tice also touches on the many attempts to pull women from the violent relationships or situations in which they are.

- **Shelter.** Shelter acts as a temporary, safe, and transitional place to guide women to a state of empowerment and independence. Diner and Toktas, conducted interviews in Turkey, of representatives in women's shelters and centers. The shelters vary in their clientele demographic, including women escaping instances of domestic violence, abuse, or honor crimes, as well as minors and those sexually trafficked, all factors of which influence the services provided (Diner and Toktas, 2013, p. 341). A common

¹ Refer to p. [22] for diagram that provides the cycle of abuse.

theme addressed by Karen Tice, is to provide immediate and secure shelter for women in a state of emergency, which also follows an empowerment model (Tice, 2015, p. 91).

- **Engagement.** Engagement involves the continual assistance and support of the implemented programs, as well as the investment of individuals who take part in seeking help. This step leads to independence, rather than dependency, and progressing women towards a permanent and lasting place or home. Both programs in San Luis Obispo, as well as the Raphael House in Portland, Oregon incorporate an engagement model into their organizations' approaches. The Raphael House offers follow-up and long-term support, through support groups and counseling, in addition to transitional housing programs that present a variety of housing opportunities after an initial shelter stay at the shelter. Raphael House phrases this step as 'Assertive Engagement', or the encouragement of individuals to be empowered by "tapping into their hope and strength" (Nedeau, S., November 2015). Many organizations provide a similar strategy, called case management, focusing on a person[s] specific needs and how best to address them (Balmana and Raub, personal communication, 2015). The idea is to provide alternatives for housing if safe houses are full or if transitional housing options for after a shelter stay are unavailable or do not exist.

- **Independence.** Independence is vital in the healing process for victims. This does not suggest isolation, but rather a continuing and healthy approach to empowering an individual to abstain from returning back to their abusive environment, backed by the encouragement and help of a support system. Tice recounts that independence and interdependence are promoted for woman, rather than full dependence or reliance on program services (Tice, 2015, p. 91).

- **Home.** The end goal for each survivor is to have a place where one feels comfortable, a place that fosters growth and encouragement, and a safe-haven.

A support system and positive community make this end state a true possibility and highly probable (B. Raub, personal communication, November 6, 2015).

The analysis of the different organizations and regions highlights the ways in which these steps or characteristics are used to help women progress through to resolve existing problems. To address the inequalities prevalent in society and present in many living conditions of the women, recommendations for services are specified and supported in this work and in the cases analyzed.

II. Research Focus + Methodology

This research addresses a specific subset of women, namely those in distress and their dependent children. This is a particular population, as well as an institutional group, which by necessity is guarded and cautious in giving access to detailed information to outsiders. The resistance and limited nature in obtaining information from organizations influenced the case study selection and analysis process to stay relatively local. Almost all of the cases examined are located within the United States, with the exception of the cases in Nicaragua and Nepal. The organizations and or regions explored include: Nicaragua; San Luis Obispo, CA; El Paso, TX; Appalachia; Arizona, and Nepal. Each organization provided crucial information regarding their particular domestic violence shelters that sought to address women's particular needs. Nicaragua was the original case explored and acted as a precedent. Organizations in New York, Canada, Portland, and Turkey, although not featured in the case study analysis, due to the difficulty of contact and lack of available information, were investigated initially and drawn upon for this analysis, but not examined in full due to lack of in depth information available. The research incorporates constraints of the various case studies, emphasizing cultures that support gender-based oppression and the structural norms of society, and how they refer to a specific subset of woman. The framework of analysis distinguishes the particular needs of the women in target areas, who were affected by instances of IPV. The needs vary based on the age, background, and condition of each woman, in addition to the scale and urgency of her needs.

Definition: Domestic Violence

Safe Horizon, an organization located in New York, seeks to offer necessary assistance, prevent violence, and encourage justice in domestic violence cases. Domestic violence is defined as a "pattern of behavior used to establish power and control over another person through fear and intimidation, often including the threat or use of violence" (Safe Horizon, 2016). The term is interchangeable with IPV, battering, relationship abuse, spousal abuse, or family violence. Domestic and/or sexual violence is rooted in male dominance tendencies (ACT Men Inc., 2004). As held by the RISE website page, which showcases particular facts regarding

IPV, such as “1 in 4 women report experiencing domestic violence in their lifetimes” (RISE, Facts about IPV, 2016). Domestic violence, as reported by the foundation for sustainable development (fsd), is the largest contributor for both death and injury to women all around the globe, “killing more women aged 15-44 than cancer, malaria, traffic accidents, and war” (Foundation for Sustainable Development, About Gender Equity). Domestic violence is apparent in most societies, and will be explored in depth in this report in Part 3, the analysis of the various case studies.

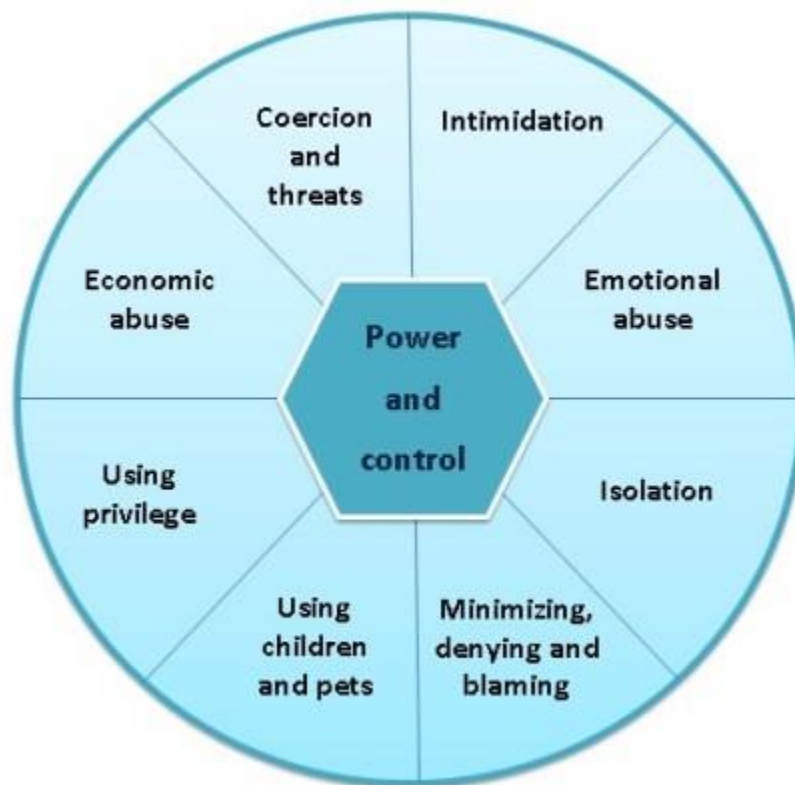
Compelling reasons as to why domestic violence is prominent are as follows:

Structural Confinements/Gender-based oppression

Diane Huerta, in her thesis at the University of Texas, El Paso, explored the concept of domestic and sexual violence, in which Mukherjee et. al describes “gender-based violence resulting from assumed gender roles which most communities have been accustomed to” (Huerta, 2014, p. 13). If equality, rather than male-oriented dominance is encouraged in all environments, with all dominance and oppression suppressed, then a higher quality of life can be attained. ACT Men Inc. specify “10 Things Men Can Do To Prevent Domestic and Sexual Violence”, almost all of which are not met (ACT Men Inc, 2004). For instance, breaking free from socially defined roles or partnering with men is necessary, as they are a crucial component of the solution to ending domestic violence because without the support of males, business as usual will continue.

The framework or approach to educate survivors of the constraints society itself places on women should be included in the intervention step of the progression model, as a form of awareness. According to Christine Uchida, in her thesis, “Serving Children in Women’s Shelters: An Ottawa Case Study”, the “objectives of intervention would be to empower women by aiding them in exercising their own power to obtain resources as well as to make political and structural changes” (Uchida, 2004, p. 12). The structural context of society, and the roles within a home are explored in the analysis, explicitly, the dominance exerted by men in the

home. Usually, control is sought after by men and creates a hostile climate of the home that is not nourishing to those living there. Considered as both descriptive and prescriptive, the word 'structural' depicts the problems occurring in the present light, leading towards a necessary change. The figure below illustrates the root at which an abusive relationship stems, that being a dominating power and need for control. Not all forms of abuse are inflicted on a victim in each instance or in each case, however specific types can be used in combination with others to exert dominance of the abuser.



Power and Control Wheel The wheel above, as provided by the WSP, illustrates the varying tactics used by the abuser to exerting power, control, and dominance over their partner(s).

Gender-based oppression is not only prevalent in one culture or society, but rather seen and experienced in most of the cases examined, representative of a majority of women around the world, as illustrated through the selection of case studies, in North American, Latin American, and Asia. Abusers create an oppressive and mistreating normalcy, which is then reinforced and backed by the customs of society. These ideas stem from the belief that men are the primary

or sole breadwinners of the family, with the woman not allowed to work or not seen as capable of doing so. Polygamy is prominent in some cultures, as communicated by the Native Nicaraguan staff at S.I. Polygamy can be used as an intentional method, exerted by males', to impose or restrict the woman from having independence, by making them fear being abandoned or abused. The Nicaragua case revealed that these issues are prevalent in Masaya, Nicaragua. My team leader, Maria Jose, a native Nicaraguan, as well as a staff member for the organization Students International, informed us that the belief that the man is to be the primary breadwinner in a household is a widely and openly accepted position not only in Masaya. In the following chapters, a description of case studies are provided, analyzed, and a precedent for suggested recommendations are made.

III. Case Study Overview

The framework described in Part II offers a means for analyzing various cultures and how their structure of society influences the need for shelter. The cases in this section illustrate how different organizations and existing shelters select and implement strategies into their programs. The cases were collected from personal experiences, first-hand interviews, as well as from various online resources. A variety of locations were studied to obtain a broader spectrum of shelters and an even greater understanding of whether location and/or the demographic being served influences services provided. Primarily observed were local organizations in San Luis Obispo, but also in the North/South America regions, the Middle East, and South Asia. Each case was selected based on data available, as well as overall interest or experience in the region, and ease of communication with the related organizations. A brief overview of each case study explored in this work follows:

Masaya, Nicaragua

The case study and information regarding Nicaragua was collected while abroad on a service-oriented trip to Nicaragua. A team of Cal Poly students traveled to Masaya, Nicaragua, with the organization, Students International (S.I.), who provided the team with the opportunity to embrace native Nicaraguan culture, experience a different side of life as encountered in the States, and serve in different areas of designated need.

San Luis Obispo, CA

Women's Shelter Program (WSP)

The Women's Shelter Program, located in San Luis Obispo aims to assist women, in South SLO County, in cases of IPV.

RISE

RISE, standing for Respect, Inspire, Support, and Empower (RISE), is a non-profit organization in San Luis Obispo, serving women in the North County. Similar to WSP, RISE also deals with cases of IPV.

Appalachia Region

OASIS

OASIS, standing for Opposing Abuse with Service, Information, and Shelter (OASIS), is a nonprofit organization that seeks to serve victims of domestic violence in the Watauga, Avery, and surrounding counties within North Carolina, in the Appalachia region.

Arizona: Seeking Help in a Broken World

Angela M. Moe, author of "Battered Women's Help Seeking", educates her reader of the varying characteristics associated with 'help-seeking' and reactions from those who provide such efforts. Through 19 personal accounts, Moe sheds light into living at a shelter in the Phoenix metropolitan area, as well as expanding upon J. Ptacek's 'social entrapment' theory.

Texas - With Hope Become Mighty

The Center Against Sexual and Family Violence (CASFV) aims to prevent further instances of domestic violence, support survivors and restore hope into their lives. Initially, CASFV first began with a hotline service used to refer people to safe houses and private homes, but has since then incorporated a list of continually growing services as a nonprofit.

Nepal

SAATHI

SAATHI, meaning 'friend' in Nepali, is a non-governmental organization established in 1992 to address challenges faced by Nepali women. It is a non-profit organization that concentrates on assisting the effort in collaboration with other Violence Against Women and Children (VAW&C) entities, while striving to create a safe society where women can enjoy their rights.

The Women's Foundation Nepal (WFN)

The Women's Foundation Nepal (WFN), similar to Saathi, is a non-governmental and non-profit organization seeking to assist women and children in cases of violence, abuse, and poverty, and has been in operation since 1988.

PART 2. Case Studies

The analysis considers each case study and analyses the different factors that influence the women's services provided – whether that entails funding, cultural norms, or overall feasibility and practicality. The services explored in the case studies provide background and support for the recommendations suggested in Part 4. The report will examine and analyze case studies for best practices, studying various continents, and how they best provide for women in need.

I. Nicaragua: Masterpieces

Students International (S.I.) Profile

Students International is an organization that staffs employees long-term or sends volunteers for shorter lengths of time to one of five countries. Nicaragua is one of the target locations S.I. reaches out to. Being a volunteer in Nicaragua sparked my own awareness of the prominence of IPV. Significant and national issues that apply largely to Nicaragua are cases of family and sexual violence, in which there are 55,000 reported cases, however countless, remain undocumented. This is because of “social stigma[s] and legal inaction”, according to the Foundation of Sustainable Development. Although the following characteristics are not unique to Masaya, they add to its overall context, with other characteristics being low-quality infrastructure, high unemployment, and extreme instances of poverty. Along with fsd, S.I.’s goal is to “empower communities to assert cooperative solutions that reflect local values and make use of appropriate technologies and ideas” (fsd). Context is necessary to consider, because what is successful in one instance or case may not be sufficient or applicable elsewhere.

In Masaya, Nicaragua, it was apparent that there is a prominent domestic violence problem, as well as other types or forms of abuse, distinguished as a state of emergency. One of the specific sites in Nicaragua, visited by Cal Poly students who were part of Front Porch, a local San Luis Obispo church community, in April 2015, was a women’s social work site, which highlighted and taught different skills, in addition to providing an escape for native women, from harsh and difficult realities. There is a range of immediate needs: social, physical, spiritual, and emotional support, in addition to education, healing, and empowerment.



S.I. Classroom The pink structure is utilized as both a storage and temporary facility to provide educational and daytime activities for the various sub-groups (different ages) of women in Masaya. Located centrally between the three main communities/neighborhoods reached in Masaya, Students International planned for the facility to be located easily available by each all neighborhoods. The group in the photo is the group of Cal Poly students, part of the Front Porch church community, who paired with Students International over spring break in 2015, all representing different majors, skill sets, and placed on different teams throughout the communities. Photo credit: Rachel Raynor

S.I. Constraints

As of yet, there is no permanent facility or structure for providing shelter to women in Masaya, however there is great desire and need for one. The most important issue that has yet to be addressed is helping those women who are in domestic violence situations, but are unwilling or hesitant to remove themselves from their abusive realities.

Devin Graves, the International Program Officer, for the Foundation for Sustainable Development's Latin America office, mentioned that the two most hindering constraints seen were funding and fully helping women recognize their circumstance. Some women do not

realize that they are in an abusive situation, as it is routine and normal for them (Graves, D., personal communication, 2016).



S.I. Social Work Team Site *This photo illustrates one of the daily, yet temporary support/learning groups, which changes daily, based on the community and their specific need. The circle of women is a fraction of the actual amount of people who often come to these daily gatherings. Each of the women has a different story, a different background, and all have similar and varying needs. It was captivating to sit and listen to their stories and to hear our translator herself tell them stories, teaching them ways to earn money, to feel loved, and supported. Photo credit: Rachel Raynor*

S.I. Services

According to Maria Jose, a native of Nicaragua and the Social Work site team leader, expressed the desire for either an existing structure to be renovated or one day, gathering sufficient funding to support building a center. The center would aim to offer a variety of services and

resources, in addition to what is already provided, such as educational classes, which include cooking, general life skills, and finances/budgets, as well as temporary shelter for those escaping unforgiving living environments. Although there is no permanent structure yet, a majority of these goals are currently being met, however, being adapted to the current facilities available. For instance, women who are connected to the organization and go to the support groups, open their homes for the cooking classes and various skill training.

Similar to the Masaya case, Ciudad Sandino, a specific Foundation of Sustainable Development program, is also located in Nicaragua. The aims of the organization are to offer free or relatively inexpensive “legal, psychological, and medical” (fsd) care for those who have been exposed to instances of domestic violence, as well as educate women of various issues regarding gender and health issues, while developing leaders to continue to pass on knowledge. Services provided are legal support, assistance to target violence, and support groups. FSD pairs with other organizations to help offer aid in various capacities, specifically regarding domestic violence programs. One of fsd’s partners is AMIFANIC, also known as the Asociacion de Mujeres para la Integracion de la Familia. Their initial goal is to combat gender and generational problems by encouraging the growth of all people. A success story was described by one of the clients at AMIFANIC, as follows:

“Thanks to AMIFANIC’s excellent coordination of the legal process, my ex-husband was found guilty...psychosocially, I have recuperated, and today I am an empowered woman who can help other women get ahead and report crimes against them”
(A.U.S., AMIFANIC, 2015).

Responses vary based on community as well as the individual client’s context and situation. Student’s International (S.I.) and fsd provide both physical and social services, of which are vital to client development. Maria Jose stated that services extend beyond the provision of a physical structure, by implementing policies and/or programs in a community or even temporarily providing a space for someone to process. This may include an emergency

counseling session or a home visit – both temporary, but equally effective. Each provides for and addresses a need in a particular moment, though not a long-term service, they are necessary and useful, especially when demand is high.

Fsd's affiliation with AMIFANIC include programs to assist those in need as well as provide seminars to educate them of applicable laws, current issues, and steps of action. Two testimonials to the services provided by AMIFANIC endorse their effectiveness as follows:

- "I am a survivor of gender-based domestic violence. My husband physically and sexually abused me. Women should not have to stay quiet because this place exists – we are not alone. AMIFANIC always lends a hand, for free. We want to be dignified women who can get ahead and take care of our families" (A.U.S., AMIFANIC, 2015).
- "I am a survivor of domestic violence. I used to be all alone; my family turned their back on me when I most needed them. I was in a difficult place in my life because my husband abused me. Through a friend, I learned about the work that AMIFANIC does and I decided to seek help there. At AMIFANIC I received legal and psychological services. I learned that I am not alone; there are people who can help me. Now I help other women and I always refer them to AMIFANIC so that they too can be helped as I was" (A.U.S., AMIFANIC, 2015).

Specific programs encompass measures of activism, legal assistance, educational resources, and services regarded as "holistic", such as home visits, psychological and general support. Instructive seminars are aimed at educating victims of their rights, prominent issues, and red flags that refer back to domestic violence. The Foundation for Sustainable Development has several community partnerships, of which include Centro de Salud Jinotepe, Masaya Sin Fronteras (MASINFA), and Centro de Comunicacion y Educacion Popular (CANTERA). Centro de Salud Jinotepe is primarily an educational and health service-based program, offering basic medical services. Although not directly addressing domestic violence cases, MASINFA encourages sustainable housing development and community involvement opportunities,

along with offering individuals small home loans. CANTERA employs an empowerment model, while offering educational and extracurricular programs for free. Together these three partnerships encompass medical services, educational programs, and quality of life improvements (fsd). These partnerships are highlighted because the organization S.I. rarely partners outside of the organization. An exception to this is when volunteers will serve in the community, as what the group of Cal Poly Students did, who went to Nicaragua, served in the community and gained an awareness of the country's culture.

Concluding Thoughts

Not unique to Nicaragua, although prevalent in the Masaya community, is the likelihood of women to be exposed to instances of IPV and most often pressured to stay in an abusive situation by societal and family expectations.

II. United States

Beth Raub, on behalf of the Women's Shelter Program stated that the national average risk age for those exposed to dating or domestic violence lies between the ages 16-24. However, Raub specified this is not the only age that women experience this, but rather the majority in which this statistic applies. She mentioned that she has seen clients in the safe houses that are in their 40s and 50s, with one victim as old as 76 (B. Raub, personal communication, November 06, 2015). Each shelter does not limit services to a particular age group over another or regards one age as better or easier to serve over another, but rather views it is necessary to address all ages. This sets a framework for the following case studies, in San Luis Obispo, Appalachia, New York, and Texas.

A. Women's Shelter Program (WSP)
San Luis Obispo, CA: A Life Free from Violence
Website Link: <http://www.womensshelterslo.org>

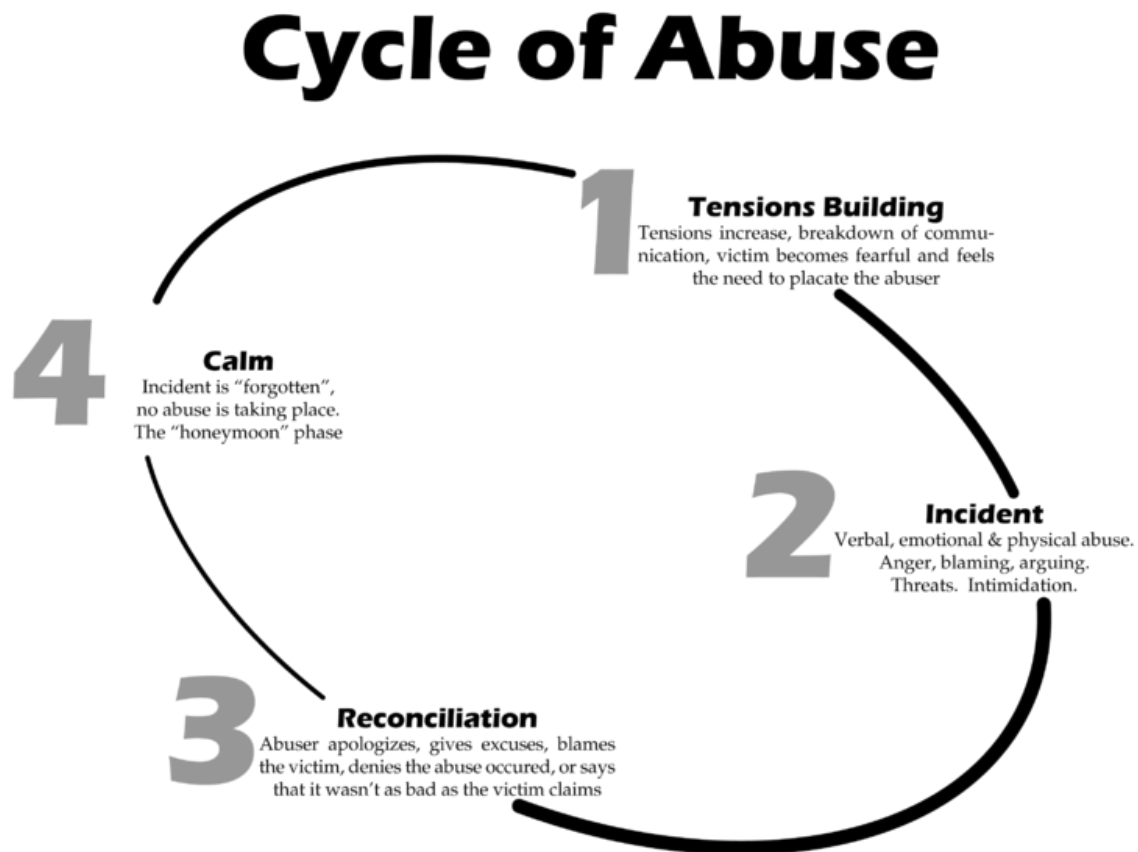
Women's Shelter Program (WSP) Profile

An interview with Beth Raub, Director of Outreach and Volunteer Services, at the Women's Shelter Program (WSP) contributed greatly to this research. WSP's purpose is to address instances of IPV, and domestic/dating violence among women. However, additional difficulties, such as entrapment influenced by family/cultural pressures or low economic status can increase the likelihood that women, rather than becoming homeless would instead choose to stay in their abusive situations. It is the goal of the program to "stop the cycle of violence by providing crisis intervention, emergency shelter, advocacy, treatment, prevention and education" (B. Raub, personal communication, November 06, 2015).

WSP dates back to 1977, when the founders first rented an apartment and sheltered 19 women in the first year. By focusing on the structure of the surrounding environment and gender-based oppression, the organization examines how dominance is exerted over women. Raub shared that women are 75% more likely to be injured or harmed when trying to leave the situation, rather than staying in it (B. Raub, personal communication, November 06, 2015). A average program is four weeks long, however, one-week extensions are allowed, on a need basis, with an average stay of two months. The crisis line is the method for person[s] to contact the Safe House.

WSP refers to a 'cycle of abuse, which is characterized as encompassing four stages: 1. tensions building, 2. incident, 3. reconciliation, and 4. calm. The figure below illustrates this recurring cycle. The victim is unable to escape the progression unless they choose to leave and/or the abuser is removed from the environment. Relationships vary the speed at which the cycle progresses, however, as time in a relationship develops, the cycle often begins to move faster and the last two stages, reconciliation and calm eventually become non-existent. The cycle of violence is a significant obstacle that prevents victims from leaving the situation; in fact, on

average it takes seven to nine times for a victim to leave the abusive relationship they are in (Christine Adams, personal communication, March 14, 2016).



Cycle of Abuse The cycle of abuse above, as provided by the Women's Shelter Program, illustrates the varying types of abuse and how they are reached/met throughout the cycle. Although not all cases of IPV always adhere or reflect this cycle, it provides a good model of potential escalation and repetition of abuse within a relationship.

WSP Constraints

Significant constraints include two interdependent elements, time and demands, as both are interrelated. For instance, the demand for the services needed and the number of individuals that require safety and support dictates the short-term or longer length of stay. If longer stays are allowed that would exclude more people from the safe houses, so a shorter stay favors being able to serve a greater amount of people. A benefit of a shorter stay is those receiving services do not become dependent or reliant upon them, but instead are encouraged to use

them as a launching board to integrate themselves into society and be self-sufficient, despite the past (B. Raub, personal communication, November 06, 2015).

There is often a misconception about domestic abuse directly leading to homelessness, where it often acts on the contrary, influencing woman to stay in an abusive situation. Raub shared during the interview that financial security and family pressures are two prominent reasons that women choose to stay in an unhealthy relationship or environment, especially if their family is encouraging them to do so, whether due to religious stigmas or for financial security. If the woman in the relationship is not the primary breadwinner and/or does not earn any income, then financial reasons will be the cause to stay in the relationship, due to the inability of the women to support herself (B. Raub, personal communication, November 6, 2015). There are often expectations of marriage, potentially even considered binding - divorce is unacceptable or even sometimes considered not being allowed, sometimes because of religious reasons. However, it is necessary to combat these tendencies and provide the necessary services that will encourage women to leave the home.

Another challenge that arises is when there is a need for expanding or working on a facility, specifically those whose shelters' locations are confidential, runs into the problem of potential exposure and having to choose trustworthy people to complete the necessary work. WSP ran into this problem quite recently, while trying to update their plumbing, since the organization was experiencing capacity limits, with its current six families or individuals. However, this posed the problem of associated costs or permits, as well as the children and safety hazards connected to construction zones. Concerns also arose about whether to put the clients into hotels during the construction phase.

WSP Services

WSP's services range in intensity, but also by the varying needs of the individuals. The provision of a physical structure or shelter answers an immediate and direct need of women, accounting for many of WSP's services and amenities. These services, or at least most of them

would not be possible without the presence of the safe house for both convenience of location and availability. The services vary in their purpose, focus, and length of application; it is a case-by-case examination influenced by the demographic targeted. Amenities provided include counseling, mentorship, legal/advocacy services, P.O. boxes, stylists, financial curriculum, transitional housing aid, Internet, and site confidentiality (B. Raub, personal communication, November 06, 2015). Grants, specifically for legal services can assist in the process of executing restraining orders, divorce cases, custody battles, stalking, and providing help to obtain housing and employment. Legal advocacy is an important characteristic of programs; it gives women a voice after having it taken away or suppressed.

The crisis line enables victims with a multitude of resources and programs, made available by the community and organization. Trained volunteers or employees run the phone lines and are sensitive to each situation. A safety plan is usually formed, involving scenarios on how to leave an abusive environment, information about WSP, referrals to community resources, and supportive tips for friends or family members are offered (WSP, n.d.). Initially, barriers and constraints in obtaining a job include inability to communicate a sense of professionalism, especially in outward appearance. This is no longer a problem because specific donations to WSP make it possible to fund personal stylists to give women makeovers and work outfits, usually boosting their energy and confidence to seek employment opportunities (B. Raub, personal communication, November 06, 2015).

Emotional support is key to the healing, as well as the growing process. According to Christine Adams, AmeriCorps Fellow at WSP holds that the Center for Alternatives to Domestic Violence is the largest program that WSP offers. The counseling department is based off an “empowerment model”, in which they try their “best to meet clients where they are at, encourage them, offer them support, but never tell[ing] them what to do” (Christine Adams, personal communication, March 14, 2016). Counseling services are provided even to the victims who have yet to leave their abusers and are accessible even if they are not staying at the shelter. Until June 2006, the administrative and counseling offices were separated;

however, since the agency was able to relocate, this allowed for both offices to combine. The combined facility enables clients to access them conveniently, as well as in a more cohesive and communicative manner (WSP, Agency History, pg. 1).

Responses from two clients of WSP express their gratitude for the services provided by the organization:

- "If it weren't for the drop-in group counseling I received at WSP, I never would have been able to make the first step towards leaving my abusive situation and providing a safer environment for myself and my son." (Client 2014)
- "My stay at the Women's Shelter was an amazing experience. It gave me the time and resources I needed to get myself back on my feet and better provide for my child and myself. I am so grateful for WSP and [the] support it provided my daughter and I. The Safe House managers will always have a special place in my heart!" - (Client 2015)

Along with personal testimonies from previous WSP clients, the 2015 newsletter for the organization provides outcomes and results of the offered program, "to which clients exhibited increased feelings of safety, self-sufficiency, and self-esteem." All three outcomes responded 97% effectiveness, with only 3% not experiencing effectiveness (WSP newsletter, p. 7).



Phyllis' Musical Revue and Fashion Show Local support is reflected by this annual event, jointly hosted by WSP and prominent community activist and patron Phyllis Madonna, with the proceeds from the event supporting the Women's Shelter Program of San Luis Obispo. Photo credit: WSP

According to The SLO Tribune, this fundraiser has generated over \$3.5 million dollars for WSP, with \$217,129 in 2013 and \$200,251 in 2014. The goal for 2016 was \$250,000. The depth of community support is great in SLO County – in fact this particular fundraiser encompasses approximately 15% of WSP's approximate \$2 million annual budget. A benefit of this event is the networking that comes from it – many of the attendees provide additional donations to the organization throughout the year in addition and following the ticket price of attending the fashion show.

Concluding Thoughts

WSP explores a cycle of abuse that illustrates the process in which women experience abuse directly and indirectly, better helping the organization address the specific needs of the women that require attention.

B. RISE - San Luis Obispo, CA: A Life Free from Violence

Website Link: <http://www.riseslo.org>

RISE Profile

Due to the location of the organization in the City of San Luis Obispo, and its close proximity to WSP, with which it shares an office RISE follows similar strategies and tactics to addressing domestic violence. An in-person interview was conducted with Marisa Balmana, the Volunteer Coordinator at RISE, which she kindly provided overall statistics, services offered, and background information regarding the organization. The organization seeks to provide elements of healing, physical safety, and empowerment.

Balmana, similar to Raub at WSP, revealed there is often a misconception about domestic violence causing homelessness, whereas it actually causes women to feel forced to stay in a relationship because they do not want to be homeless and/or leave children in the care of their abusers (M. Balmana, personal communication, November 23, 2015). With this insight, it is imperative to tailor services and overall awareness to counter these perceptions. Although RISE has no transitional housing programs installed, it does have two emergency safe houses. The organization strives to provide privacy to clients, with bedrooms catering to individuals and to families, varied by the size of the room and the necessary amount of furniture, based on the number of people using the room.

An empowerment model plays a large role in the work RISE does. Their safe houses only offer a temporary stay for their clients, lasting around 90 days so not to encourage dependency. The words, by which the name of the organization stands for and is abbreviated in its acronym: Respect, Inspire, Support and Empower, further demonstrating the model being put into practice by the organization. The model provides a balance between holding a victim's hand and recognizing that the women need to learn to not be dependent on the program, but rather use it to encourage independency. The ultimate goal, not only of the program, but also of an empowerment model is to successfully empower and inspire women to not return to the environment in which they were in prior to entering the shelter.

RISE Constraints

Most constraints are related to logistics, supply and demand, as well as cost.

Balmana, alludes to one of the biggest problems or constraints is capacity, when it comes to providing services. There is not enough room to serve the current demand. This capacity issue can be seen throughout the organization, including the counseling services, the safe house, crisis intervention care, case management, and legal advocates (Marisa Balmana, personal communication, March 22, 2016), further illustrating the high demand. As illustrated in the RISE 2015 newsletter, the waiting list for counseling services closed four times over the course of 2014 (RISE, newsletter, p. 2). According to Balmana, the organization does not have the necessary funding to hire as many therapists, or other professionals/employees to fulfill the need. However, in the case of the waiting list closing, there are supplemental actions that are taken, such as referrals to community-based therapists (ones who might specialize in domestic violence instances) or immediate crisis services held in the office for a temporary amount of time.

The existing preventive education programs, are short, rather than in-depth, due to lack of staffing. Currently, RISE is at a capacity, with five or six locations across the County, regarding prevention education programs, with a maximum amount of individuals in each group at 10. There are only two educational service coordinators for the organization, one female and one male; there is a desire to increase the amount of staff for this particular program, as well as other RISE programs. Adding employees requires funding, which is difficult when funding by local government is non-existent and grant writing is time-consuming work and does not always yield results.

RISE Services

A response to the constraints, are tailored to raising community awareness, as well as increasing financial assistance towards services for women. RISE is known for its annual event, "Walk a Mile in Her Shoes", where men gather in San Luis Obispo's Mission Plaza and walk in women's heels. But has recently, as of 2015, added another event, named Wine Women and

Shoes. The organization offers other events, educational awareness, crisis/legal advocacy, and emergency safe houses, supporting those in North SLO County. A RISE shelter client divulged, “the shelter program... helped me gain my independence and strength back” (RISE, 2015, p. 2). Services also included are case management assistances, such as resume building, housing searches, and counseling, in addition to a 24-hour crisis line, computer access and varied programs that are based on volunteers’ skills. Other crisis services include accompaniment and advocacy in a medical and legal sense, as well as support through child custody battles, immigration or housing problems (RISE, n.d.).



Walk a Mile in Her Shoes Event This photo, taken in downtown SLO captures a Walk a Mile in Her Shoes event and again demonstrates community commitment from a broad base and very importantly from men. Photo credit: RISE website

A RISE counseling client, shared that “the services were just amazing... What a [contrast] to go from violent and difficult to serene and easy” (RISE, 2015 newsletter, p. 1). In the past self-defense and/or yoga classes have been taught to the women in the safe house because those were certain skills the volunteers possessed. So it would be ideal to gain more volunteers, with additional skills to teach. These four aspects: crisis, counseling, shelter, and educational services, embody a significant portion of what the organization stands for and aims to provide.

Former RISE Board Member and Domestic Violence Survivor and Advocate, Mary Myers:

“For me, RISE is a really important part of my story, because it was a part of me finding my worth, finding my part; being able to walk through life and not be afraid, and to try new things and know that I can walk through the fear.”

Myer’s inspiring story is a motivating declaration and encouragement to put these practices/methods into effect. However, some methods are more effective than others. It is the responsibility of the organization to see which are more applicable and effective for their particular clientele.

Steps that the organization takes to prevent abuse and domestic violence from occurring or reoccurring are preventive education presentations, as well as self-defense and assertiveness workshops. Trained RISE employees complete presentations in schools, businesses, and other community organizations, on topics such as sexual assault, IPV, healthy relationships, empowerment, and violence prevention.

Highlighting awareness, assertiveness, and physical self-defense techniques, skilled and qualified teachers instruct community and/or private workshops (RISE, 2006).

These programs are unique because they are regarded as preemptive services, rather than after the fact. For instance, Balmana advocates that the educational prevention program should be expanded upon, even though it is currently a key component in empowering women to leave their abusive environments – there is still room to grow in this area for the organization. Most of the services RISE offers are those available for after a women has been in an abusive situation, but by imparting strength and encouragement, a decreasing number of cases will hopefully be seen. Ideally, this program would include illustrating what a healthy relationship looks like. However, one 16-year-old RISE MyStrength student from the program stated that he “learned how to be a better man” (RISE UP, 2015).

Success can be measured in a variety of ways and can be defined differently among various organizations. To measure the success of women living independently after seeking help and providing them with necessary services, first begins by encouraging self-sustaining practices. Currently RISE offers care and services for women who were or are in instances of IPV, however they have little follow-up practices in place regarding their previous clients. After all, the empowerment model, used by RISE ² incorporates the idea of the victims reaching out to RISE, rather than the organization seeking out clients – they want those they are helping to want to be there (Balmana, personal communication, March 22, 2016). There needs to be an element of follow up, which is necessary only as long as it does not appear to be over-protective. That being said, RISE is taking strides in this direction, according to Marisa Balmana. In fact, the organization has been and is currently collecting output statistics, including average stays or bed nights in a year. However, a transition to gathering more outcome data, such as the amount of clients who found long-term housing or secured a long-term job after receiving support from the organization is where the shift is occurring (Balmana, personal communication, March 22, 2016). Descriptive outcomes instead of mere numbers of clients will be a better gage of which services are successful if the organization can touch base with the survivors and will allow services to be better tailored to client needs in the years to come.

² Note: RISE is not the only organization to utilize this model.



Safe House Photos from the emergency safe house illustrate facilities for young children and common meeting spaces where residents can feel a sense of community, healing in a safe place, and generate a positive feeling with a home. Photo credit: RISE website

Concluding Thoughts

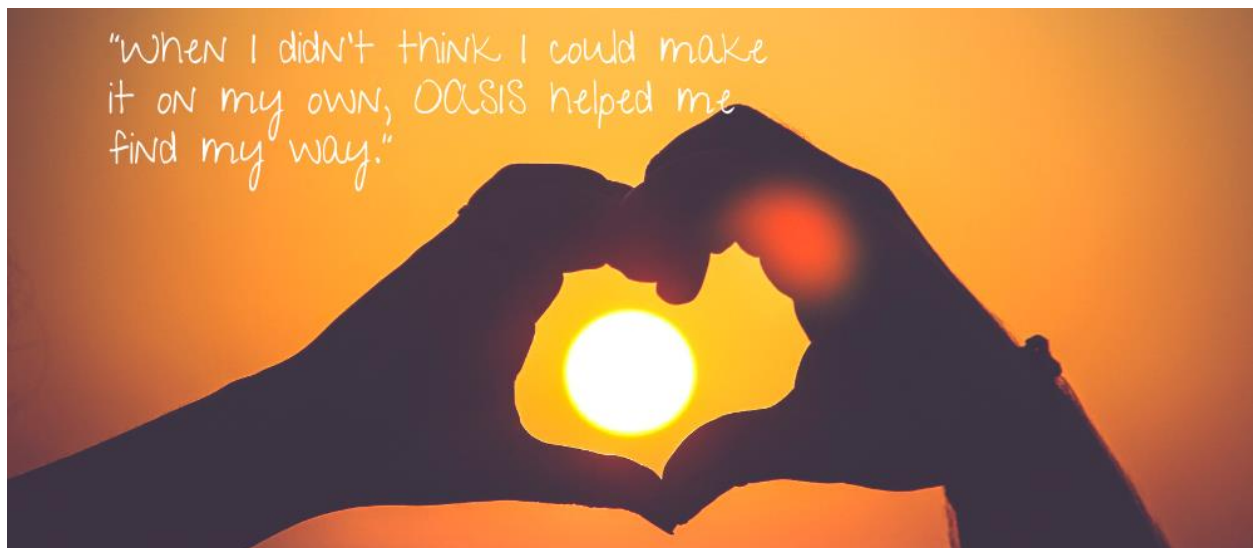
RISE excels at embodying the characteristics stated by their branding: respecting their clients, inspiring them through healing, supporting them with a variety of services, and empowering them to lead a life of independence, not dependency.

B. Appalachia: Respect is Rightly Given, not Something that is Earned

Website Link: <http://www.oasisinc.org/>

OASIS Profile

OASIS is a 501(c) 3 non-profit organization, offering a variety of services to domestic violence and sexual assault victims in Avery and Watagua counties, North Carolina, which lies in the Appalachia region. Similar to other organizations, OASIS utilizes an empowerment model, to offer information, support, and resources to survivors. Kelsi Butler, Outreach Coordinator at OASIS, Inc. specifies that the organization refrains from dictating direction or coming off as overbearing in a survivors' life. Their goal is not to tell them what to do or how to think. It is important to them that the individual is and feels free to make their own decisions, as they are considered the expert in their own lives' and therefore are trusted to make the best decision. "This model provides victims with a sense of control and empowerment, rather than replicating the controlling environment that their abuser has already created (K. Butler, personal communication, March 21, 2016).



Website Illustration Residents of the shelter articulate the benefit they receive from the services that are offered at OASIS. Pictures of facilities are necessarily limited because the security of clients is a priority and the locations of such facilities are kept confidential. Photo credit: OASIS website

The organization's mission aims to provide direct, physical, and social needs. This includes, but is not limited to providing emergency and transitional services, transitional housing support,

and a safe, violence-free living environment for the survivors. The education of what a healthy friendship and relationship looks like is conveyed and the ideals of “respect and equality” are strived for (OASIS, 2015). Another main goal is to create a community that assists survivors through support and training.



The Advocacy Wheel Referred to by Kelsi Butler, OASIS Outreach Coordinator communicated the organization’s use of the Empowerment Model. This provides principles with which to approach working with abused women or those in abusive situations.

Butler describes The Empowerment Model as a “general atmosphere and overall environment”, where “you feel it when you’re here”, referring to the overall aura of the facility. OASIS wants to avoid creating a similar environment in which the victim left, therefore, promoting a space that is welcoming and inviting. As opposed to responding with statements of opinion or advice, advocates are trained to say things along the lines of “I’m afraid for your safety” or “you don’t deserve to be treated this way”, giving the victim the option to choose safety and a different environment (K. Butler, personal communication, April 1, 2016). Specific training is provided for all OASIS advocates, employees, and volunteers in active and

supportive listening, in order to validate and empower the women to take the steps and initiative to take their lives back and live independent of their abusers.

OASIS employs 12 staff members and two interns, with additional help from volunteers. The crisis line is staffed and managed by volunteers and the shelter has its own staff. The confidentially located shelter is staffed from 5 p.m. to 8 a.m., to ensure no instances of abuse happen on site and so that the organization is able to deal with any problems that might arise throughout the evening. When the shelter is maxed out at its 12 bed capacity limit, which it often is, the victims are then referred out to other organizations or locations; even hotel arrangements can be made.

OASIS Constraints

The challenges to providing services are extensive when addressing victims, including “a lack of resources, finances, children, fear, increased lethality, culture, hope, transportation...” (K. Butler, personal communication, March 21, 2016). Numerous statistics include information regarding survivors and the trials they face. Attempts to leave an abuser usually add up to seven or eight times altogether, due to these barriers. Victims attempting to leave are 70 times more likely to be killed within the two weeks following their departure (K. Bulter, personal communication, March 21, 2016). This fear and reality of lethality can be the difference between getting someone out and the reason for someone staying in an abusive situation. Empowerment models and structures how the organization operates. Although it is necessary to allow the individual freedom and flexibility to improve and advance on their own strength, this limits the organization’s range of influence (K. Bulter, personal communication, March 21, 2016). The empowerment model allows for and encourages survivors to decide for themselves, with minimal assistance; yet this could be disappointing at times if attitude or behavioral patterns remain stagnant and growth is not seen.

OASIS Services

OASIS provides among other services and facilities, a 24-hour crisis line, crisis intervention, case-specific referrals, a shelter, as well as differing forms of advocacy. Prevention education is

a support and training program for victims; Butler believes this needs to happen early and often, both for preemptive measures and to prevent abuse from happening again. There is age appropriate information given the context, however primarily OASIS's prevention education is conducted within middle schools. This is a major prevention method as it targets the younger generation before they reach the average age range of domestic violence statistics. Eight-week series of classes are made available due to a grant provided to the organization, that specifies prevention education at the middle school level. This is a sad reality though, that due to financial limitations, education is limited. However, these classes encourage exploring the factors that influence domestic violence, looking at what constitutes a healthy relationship, respect and boundaries in the context of a relationship, and attaining independence, among many other values and concepts (K. Butler, personal communication, April 1, 2016). Butler, however makes presentations regarding domestic violence and sexual assault all over the county and for multiple age demographics, not only students in middle school. There is a similar campaign at Appalachian State University, in North Carolina, called the Red Flag Campaign, which uses "Red Flag Educators" to actively participate on the college campus and to speak out in potentially violent or against abusive environments.³



Midnights at the OASIS Fundraising Event Proceeds from this annual event, Midnight at the OASIS, go to supporting this emergency shelter. Photo credit: OASIS website

³ This is a campaign that could be implemented on multiple college campuses, to have an organization or program that encourages education and raises awareness regarding the topic, in addition to employing advocates to speak out.

Services stretch beyond those in the shelter and are even included at the organization's office. Services include short-term crisis counseling, information or references to other agencies, case-specific management, support groups, and advocacy. All services are free; the case management assistances include discussing potential housing options, individual goals and actions to take when fleeing violence (K. Butler, personal communication, April 1, 2016). Support groups, previously held at the office, are now held at the shelter, but are open to non-shelter residents, and allow for a safe place to discuss personal experiences. A goal of these open discussions enables the survivors to see that they are not the only ones in their current situations, hopefully giving them support and the community they need. Legal and medical advocacy are employed, along with any necessary follow-up meetings. Grant writing, although not a direct service geared towards the shelter residents or survivors, does benefit them by the funding necessary to offer the services in first place.

OASIS creates safety plans for survivors, specifically for the context in which they are in and/or particular services that they will need, for instance helping them leave an abusive partner, remain with an abusive partner, and/or transportation to a safe place (Kelsi Bulter, personal communication, March 21, 2016). Safety plans include resources, information, as well as support in the survivor's process of seeking help. The planning process entails educating a victim of what they might need if fleeing was necessary, in which case an emergency bag would most likely need to be packed. This bag would include important documents, such as custody paperwork, birth certificates, prescriptions, etc., "all those things that are forgotten when in crisis" (K. Bulter, personal communication, April 1, 2016). It is crucial that these bags be packed in the case of a crisis and are either hidden somewhere easily accessible in the home or at a neighbor's/advocate's home. It is unlikely that the survivor will be able to go back to retrieve these items; therefore, it is necessary to have them ready. Safety plans for those choosing to stay within their current abusive situation, includes training and educating of appropriate rooms to be in the house. For instance, the bedroom may be a safer room, as opposed to the kitchen, because there is less potential for dangerous situations to happen. Kitchens contain knives, hard surfaces/corners, among many other dangerous contexts and

weapons. For those who choose to leave their abusive situation, a safety plan is created, which outlines utilizing the local bus route, other potential forms of transportation, and information on contacting law enforcement. If a person is going to the shelter and it is in the same place as they lived beforehand, then the consideration of how to live and thrive in the same community as their abuser needs to be evaluated. Safety plans are necessary and vital in the preparation and prevention process – it can either prevent abuse from happening or ensure that it does not happen again.

As mentioned above, OASIS's services cater and aim to serve two different counties within North Carolina: Avery and Watauga counties. Although the two locations vary slightly on the age demographics of the clientele, the organization's services are not any different in the two locations. The main difference is that there is not a main office in the Avery County area, only in the Watauga, which is also where the shelter is located. So if a survivor wanted shelter, then they would either need to travel to Watauga County or a hotel would be provided by OASIS. The cultural demographics of each county are pretty similar, with 97% white people for each, however there are more college age students in Watauga, due to the university being located there (K. Butler, personal communication, April 1, 2016). Though demographics do not vary significantly, the younger grouping of the student based population might entail more prevention education services, while Avery County, with 18,000 more residents, might require slightly different amenities.

Concluding Thoughts

OASIS, similar to other organizations explored, employs the use of an empowerment model to support its clients, especially those seen at the shelter, but also provides support for those seeking transition after staying at the shelter. The transition from the shelter or from receiving some form of assistance is crucial – it can either lead back to the detrimental and abusive living environment or to a new state of life. One filled with freedom, equality, opportunity, and love.

C. Arizona: Speaking Out in a Silent World

Tami's Place ⁴ Profile

In her article, "Battered Women's Help Seeking", Angela Moe considers the reasons for cases of domestic violence, which include abuse, IPV, separation/divorce, financial abuse, time of emergency, entrapment, family pressures, cultural, religious, and/or substance abuse. Tami's Place (an alias for confidentiality purposes) is regarded as an emergency shelter for those who have been or are currently subjected to instances of domestic violence (Moe, 2007, p. 682).

Tami's Place Constraints

Similar to RISE, this idea or concept of being trapped in an abusive condition, due to religious shames, family pressures, and/or financial instability, applies in the case of Tami's Place. Predominantly, the Christian and Muslim cultures or communities have encouraged this idea of the family unit needing to remain intact (Moe, 2007, p. 681). However, to combat this perspective was the argument by Gondolf and Fisher, as re-laid in Moe's article, that if women had adequate resources and community, leaving their abusers and detrimental living environments would then lead to a life filled with empowerment. It is argued by Moe that "women's resistance to intimate partner abuse and success at utilizing avenues of help-seeking are shaped by structural inequalities predicated on patriarchy, poverty, and racism or ethnic bias" (Moe, 2007, p. 677).

The potential for victims within the shelters or those seeking help to develop a complete dependency on the support systems provided is to be avoided at all costs, but rather as a way to learn from them and be empowered to take next steps forward. These next steps will vary by the individual. Instead of depending solely on the government or an organization for legal, social, or emotional support, it is imperative that the transition of living on one's own can be

⁴ This is an alias – the real name of Tami's Place is kept confidential in the article for the safety of the women who are staying there. Also, this is why there are no photos included in the case analysis, as it was a difficult organization to search.

attained. That is when true and total empowerment is met – when the ability for a victim to confidentially say there is no more fear and take the steps towards living life on their own.

Tami's Place Services

In addition to the justice system, often times other types of services are necessary for development. Moe endorses the need for shelters to be at the forefront of these services because they offer a house or a temporary place to stay, counseling, food, and other related support services (Moe, 2007, p. 678). Emphasizing the importance that shelters are able and willing to adjust according to the designated individual and their associated needs is crucial. The shelter programs and victim services that offer variability of service, tailored to the individual have reported higher success rates regarding recipient satisfaction as well as longer lasting independence.

Advocates, specifically in the legal realm, offer much assistance to victims. They have the skills and know how to gather and file legal documents, as well as maneuver around the court system. As cited by Moe, one such study specifies that the presence in court of a legal supporter offers an encouraging and supportive face. In addition, many victims provided with legal assistance were the ones who felt empowered to continue to seek and pursue legal action towards their abusers (Moe, 2007, p. 679). This is a crucial service to be continued and further explored by shelters.

The results of a survey of 278 past Tami's Place residents conveyed that approximately half favored "community-based advocacy that would address a myriad of women's needs, including housing, education, employment, and legal issues" (Moe, 2007, p. 679). Resources and services provided in a wide-ranging and all-encompassing manner are more necessary and needed than specific, individual services.⁵

⁵ This may not apply to all cases or organizations, but usually most individuals or clients need more than one service.

Concluding Thoughts

Tami's Place encourages that despite the feelings or pressures of entrapment to stay in a relationship, advocates will support victims with appropriate opportunity to live a life worth living, one of freedom, and free from abuse.

D. El Paso, Texas: With Hope Become Mighty

Website link: <http://www.casfv.org/>

CASFV Profile

The Center Against Sexual & Family Violence (CASPV) offers necessary support, educational awareness, and hope to those in need. Several of the programs and services the organization offers includes: an emergency shelter, transitional living center, family resource center, and a Battering Intervention and Prevention Program (BIPP), among many others. The Center is the “largest comprehensive service provider on the U.S./Mexico border” (S. Karr, personal communication, April 6, 2016) that provides services for victims and survivors of domestic and IPV. Executive Director, Stephanie Karr was interviewed to gain insight of the organization.



CASFV Office Frontage Street frontage view of one of the main offices of CASPV, which is located on Giles Road, EL Paso, Texas. This agency is the largest comprehensive service provider on the U.S./Mexico Border. Photo credit: CASPV website

CASFV Constraints

Although there are many obstacles and barriers to overcome when providing services to clients, there are even challenges when attempting to bring women into the safe house. As

seen in instances prior to, there is a shame, embarrassment, or guilt associated with these occurrences. However, fairly unique to El Paso, Texas, there are cultural variations and implications to deal with and consider. These challenges include the courage to come forward, report, and seek help, in addition to the likelihood of undocumented persons also needing assistance, but being afraid to seek it out. Not only do citizens fear speaking out, because they are afraid of the results that may come with it, but to add on top of that the fear of being deported if they were to come forward is an even greater roadblock to overcome. Since 85% of the city's population is Hispanic, there is also the need for employees/volunteers to both know and speak the language or translators to be provided (S. Karr, personal communication, April 6, 2016).

CASFV Services

CASFV services include safety planning, crisis intervention, and hospital accompaniment, in addition to others. Safety planning is needed to leaving an abusive situation or state of emergency in a moments notice. This is usually for those survivors, who choose to return to a previous situation, and to help them plan and gather important documents and identification papers, as well as possible means to communicate with family or friends. Safety planning also accounts for where an individual might hide a bag of items to take with them if they do need to leave as well as transportation plans; all of which are vital to plan ahead of time, especially since the chances of going back to get any bank account information, custody papers, or birth certifications, will be very unlikely and potentially unsafe. Crisis intervention encompasses immediate and direct relief, through the form of a crisis hotline, in which volunteers run the hotline. These volunteers go through a 16-hour training program to train them and a background check to ensure they are qualified and prepared for what that position will entail. Hospital accompaniment, usually after the fact of abuse, provides an advocate and liaison to either meet a victim/survivor at the hospital or take them there and even to speak on their behalf. The role is to support them, as well as any family member present. This can be comforting in a time of fear and/or when lots of questions are being directed at the victim. On a rotating 24/7 basis, the police or the hospital notifies CASFV when someone is sexually assaulted; 20-30 calls per month are normal (S. Karr, personal communication, April 6, 2016).

The emergency shelter is a vital service, for providing immediate and direct protection to the victims and survivors. Its confidential location allows for the temporary residents' privacy, in addition to being a safe place (S. Karr, personal communication, April 6th, 2016). According to the organization's website "CASFV's emergency shelter is a confidential haven for individuals and families who need refuge from an unhealthy or violent relationship" (CASFV, 2016). The emergency shelter offers assistance through counseling, intervention, support groups and help with children. There is no limit to length of stay at the shelter, however, the average stay is 35 days; after all, living in a shelter for a long period of time is not highly desirable (S. Karr, personal communication, April 6, 2016). Legal advocacy, including legal issues or protective orders, is enabled through the specific immigration team.

Another crucial service that CASFV offers is a Battering Intervention and Prevention Program (BIPP) which "specializes in domestic and family violence intervention and prevention of battering behaviors used to gain power or control within an intimate relationship, marriage, or family" (CASFV, 2016). Focusing on a person's experience with abuse, the BIPP program encourages peer-accountability, as well as critical and reflective thinking. Topics discussed include: non-violence, non-threatening behavior, respect, support and trust, honesty and accountability, sexual respect, partnership, and negotiation and fairness (CASFV, 2016). If measuring by number of participants, BIPP has a fairly successful turnout, including for the 2013-2014 year, 465 total participants in the BIPP, with 57 females and 408 males (S. Karr, personal communication, April 6, 2016).

In regards to cultural demographics, there is legislation that aims to help and cater towards immigrant women and their increased likeliness of abuse, as directed to by CASFV. The Violence Against Women Act (VAWA) aims to provide certain forms of relief for immigrant victims, called "U" visas and victims of sexual assault or trafficking ("T" visas). The visas allow for noncitizen crime victims to be protected if they are willing to help in the investigation of a criminal offense. It permits the victim to live and work in the United States (American Immigration Council, 2012).



VAWA Protests In 2012, demonstrators gathered to support the Violence Against Women Act on Capitol Hill. Photo credit: CNN website

Long-term care, beyond the emergency shelter, takes the form of individual and family counseling, as well as group counseling and support groups. The transitional living center provides for up to six families, allowing for more self-sufficiency and independence, as opposed to the greater reliance in the shelter. The center offers up to 24 months for these families, as long as they are either in school, employed, and/or have a service plan. On the other hand, the support groups have no time limit and can be utilized after moving out of the shelter or center. Counseling is based off of a therapists' judgment and can range by the individual, so it will look different on a case-to-case basis.

Although certain challenges may arise with the particular demographic served in El Paso, which is approximately 85% Hispanic, however, Karr stated that the staff are for the most part all bilingual and have lived in the neighborhoods that are being served by the organization. Therefore, they have a familiar knowledge of the community since they live there now and

grew up there; they know its traditions and culture. It is reassuring that the staff reflect the community's attributes, as it is important to be sensitive to, and aware of cultural diversity. For instance, the idea of family pressures or faith-based values, which highly encourage the woman to stay with the man, despite an abusive situation, are prevalent in these communities (S., Karr, personal communication, April 6th, 2016). This reality can be detrimental and unfulfilling for the victim because no matter the path taken, someone is left disappointed or worse, angered – whether that is the family member or the individual. However, the staff has the ability and background to understand and relate to the victims because they are apart of the community. This is not the case of an outsider coming into a situation and proposing change without first knowing the community and what it needs, but rather a view from the inside. To have locals be the ones to serve might be a crucial component of service in this field, which is also reflected by Students International.

Measuring success in this field of study is difficult. Center Against Sexual and Family Violence Executive Director, Stephanie Karr deems success not by the number of women who return to the same environment after the shelter stay, but rather measures efforts and successes by the participation at the Family Resource Center. It generally takes a victim seven to ten attempts to permanently leave the abusive environment (S. Karr, personal communication, April 6, 2016). The participation of clients in programs such as support groups or workforce help is taken as an appropriate calculation of current efforts.

Concluding Thoughts

EL Paso, Texas, due to its proximity to the Mexican border, offers a unique clientele in which CASFV must address and provide services, having to keep in mind potential language barriers, cultural norms, and traditional views.

V. Nepal

Profile

According to the Women's Foundation Nepal, the country is diverse, varying in its "geographic, cultural, ethnic, and religious diversity"(WFN, 2016).

Saathi

Website link: <http://www.saathi.org.np/>

Saathi Profile

The Saathi Women Shelter, in effect since 1995 has provided shelter for battered and sexually abused women. Its particular focus is the elimination of injustice and all forms of violence against women and girls in Nepal and the provision of support to survivors and their children. Aspects of their mission include: eliminating injustice and Violence Against Women and Children (VAW/C) in Nepal, providing support to survivors through a residential facility (shelter) and an empowerment program. Identifying social issues concerning women and children in the urban and rural contexts within Nepal, building the capacity for empowerment and sustenance of women and children, and advocating or lobbying for national plans and policies to improve the present status of Nepali women and their children is Saathi's intention and goal. In addition, the advancement of communities, through community development and social mobilization initiatives are strived for.

Set up in a complex-like layout, the shelter offers multiple amenities, such as office space, counseling, and activity room, as well as the capacity for 20 beds. Standard operating procedure (SOP) is the program incorporated during each victim's six-month stay. Staff at the shelter includes:

- Saathi coordinator
- Supervisor
- Social worker
- Psychologist
- Field worker
- Nurse

- NFE (Non-formal Education) Teacher
- Two wardens
- Helper
- Gynecologist bimonthly visits.

SAATHI Services

The residents at the shelter are provided with many services and supports, which range from physical, emotional, and social. Physical services such as lodging and on-site services are provided for six months, including three meals a day, medical help, and precautionary safety measures. Counseling and therapy, as well as legal advocacy and training, educational classes regarding awareness, and employment opportunities incorporate necessary support and training programs. Economic opportunities by the organization, including financial backing of business ventures, enable residents to start businesses of their own, all pointing/referring back to the empowerment model. One of the major goals of the empowerment program is to make the woman economically stable after reintegration into society. This is to ensure that they can thrive on their own with the relevant and vital income-generating skills and trainings.

Concluding Thoughts

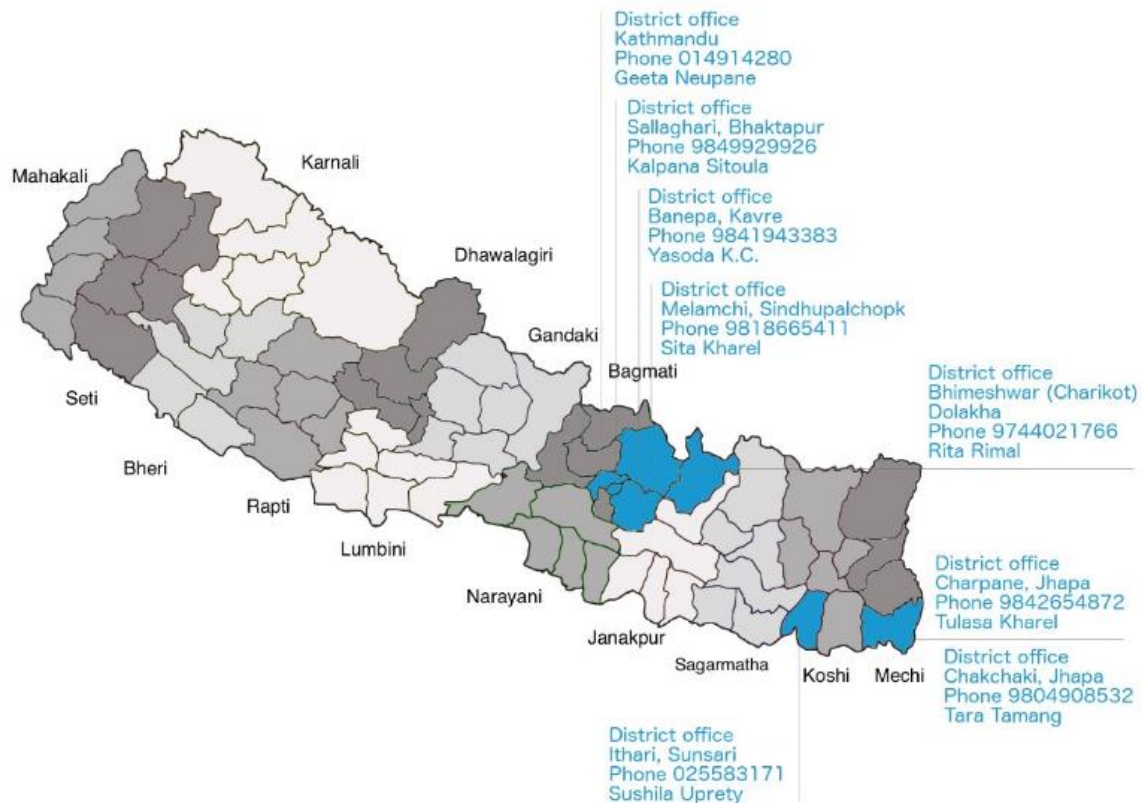
Encompassing all levels of the Nepali society, Saathi is involved in the collaboration and support, at the policy level, of writing legislation concerning domestic violence for the potential backing of a bill. Different achievements are listed as accomplished while the victim is in the shelter, varying from educational, skill development, mental or physical health, financial, and social awareness. The organization aims to assimilate the women into a different and healthier situation, as compared to the past. The hope is to create a more “self-confident and self-reliant” (Saathi) woman, so that the organization can make an impact to positively change their life.

WOMEN'S FOUNDATION NEPAL (WFN): Equality Begins at Home

Website Link: <https://www.womenepal.org>

WFN Profile

WFN has many resources for domestic violence victims, including three shelter homes, childcare centers, legal assistance, and support of poor/mentally or disabled families, among many others. The organization deals with and addresses various issues, including problems among women and children, domestic violence, sexual abuse, property rights, divorce, witch hunting, child marriage/labor/education. Focusing on the issues of domestic violence and sexual abuse from the organization's perspective will be highlighted. 64% of Nepalese women were exposed to domestic violence in 2012 (WFN, 2016), a statistic revealing this is the greatest cause of injury to women in Nepal. This statistic illustrates the need. WFN exists to provide for that need, as well as empower women to grow in their independence. The organization hopes for "women to be strong, independent and [be able and free] to decide for their future themselves. We want women to play an integral role in shaping the future of Nepal, hand in hand with the men" (WFN, 2016).



District Map Map of district offices throughout Nepal, located specifically in Bhaktapur, Sunsari, Kavre, Jhapa, Sindhupalchok, and Dolakha. Photo Credit: WFN website

SAATHI and WFN Constraints

A major constraint seen even in modern times in Nepal is a patriarchal legal system and society. Women in Nepal are limited and restricted in their basic rights of “body, labor, income, mobility, sexuality, ideology and even identity” (Sujata, 2011). Not only are women excluded from having basic social rights, they are also excluded from participating in the political world. There is continual suppression enforced on women, throughout socio-cultural views, political influences, economic constraints, and educational opportunities, in which this becomes a norm across the Nepalese population. Their lack of access to decision-making in the home or society and their limited control over economic access is a key obstacle to empowerment (Sujata, 2011). Women are more susceptible to abuse, because they lack economic clout and financial control. Because women are restricted to the home, the obstacle arises for organization and/or

government programs to even reach the women and empower them to resist the abusive situations or environments in which they are.

WFN Services

The organization's objectives include shelter and support, education and training, in addition to financial skills and equal rights. Their mission is to prepare strong and independent women, with future opportunities, decisions, and abilities. The ultimate goal is for women to help influence and guide the future of Nepal, as it is their place and home just as it is of the men surrounding them. Similar to most other organizations observed, WFN strives to encourage the victims to leave their unhealthy and unsafe environments and seek a safe and nourishing place to stay. The three Shelter Homes care for more than 120 children and 30 women, providing resources for training courses, run by WFN staff, as well as possibilities for employment opportunities. The end result or outcome that is desired to ensure that women at the shelter are empowered and can lead independent lives (WFN, 2016).

Personal account by Urvashi* recounts her feelings after receiving care from WFN:

"My husband was very violent. He yelled at me and beat me. He did not help me in the house and forced me to work very hard, even when I was exhausted. Once, I was bringing water to our house and boiling it outside. He was sitting in his bed and smoking a cigarette. The fire went out and he told me to bring a lighter quickly. As I was just handling the boiling water, I was not fast enough for him. He came over and got so mad at me that he poured the boiling water on me. I cried very loudly and fainted. When I woke up, I was in a hospital. My neighbors brought me to the hospital and called The Women's Foundation Nepal. WFN helped me while I was in the hospital and paid my hospital bills. They informed the police about the case and my husband was kept in custody for one month. After leaving the hospital, WFN taught me how to grow vegetables, which I now sell at the

market. My husband left us. Now I am independent – legally, emotionally and financially. My children grow up in a safe and happy environment” (WFn, 2016).



WFn Shelter Home The exterior of the two-story shelter home, close to Kathmandu, in Nepal. The facility was supported by Treuhand, Germany and is one of three shelter homes for the organization.

Photo Credit: WFn website

Concluding Thoughts

The Women’s Foundation Nepal is supported by various international partnerships, spanning from Europe, North America, specifically Canada, and Australia. A detailed list of specific organizations is provided on the organization’s website. Nepal’s culture is a male-dominated one. The work of Saathi and WFn can help change this by the women empowered, encouraged and made aware of their worth, importance, and equality to “sit at the same table as men” (Sandberg, 2014).

PART 3: Synthesis Analysis and Policy Implications

The case studies presented in Part 2 represent a set of approaches to address the particular conditions of women in abusive situations in various parts of the world. Although a majority of the cases are in the U.S., a reflection of the fact that it is easier to access information about them as much is made available on web sites, by email communications and through telephone/face to face interactions. There are many difficulties in communicating and building trust with institutions outside the U.S. However, even within the U.S., the cases are fairly diverse, despite the fact that they may not be a diverse sample of enough states. Regional differences in the specificity of culture and context, in addition to the time frame or length of operation that the shelters have been in existence also makes a difference. Usually, the longer an organization has been established, the more likely the institution has a stronger and wider base for financial and volunteer support. The larger social construct and social acceptance is also a significant factor in shaping the programs the organization has to offer. These pressures have the power to influence a victims' decision to leave an abusive situation or stay. The institutionally embedded understanding of the degrees of freedom available to women in each society vary, and are an important gauge in considering intervention options. Also, necessary to bear in mind is the family dynamics of the impacted women, particularly whether or not they have dependent children and the degree of rights a mother has to her own child.

There are certain factors that are necessary to consider in the process of assessing a problem, determining a specific need, and delivering a solution or response for that need. This is especially true when examining organizations that offer services and programs tailored to domestic violence cases. There are many successful approaches that shelters and organizations employ in their operating systems. It is important for these programs to "share a similar commitment to the models of feminist social work practice of empowerment and advocacy and to the self-critique of organizational processes" (Tice, 1990, p. 98).

Presented below are the varying characteristics that highlight the approaches taken by the various institutions studied and the nature of their responses to different aspects of women's

challenges in differing contexts. Issues addressed include the physical dimensions of the places of service as well as the nature of providers at those locations. Emotional capacities and limitations of the impacted women are accessed and examined through counseling and support groups, both those that are temporary and/or more permanent; the level of service vary according to the individual's particular situation and needs. Legal rights provide a sense of advocacy and entitlement that cannot be replicated by many other forms of assistance as they offer support and knowledge to individuals who need representatives in the courtroom, assistance with legal documents, and support throughout legal procedures, such as child custody battles or divorce cases. The promotion and investment of community awareness, through school or business presentations, community-wide events, or even just social media campaigns allows for a greater consciousness of the problem, by a broader range of people. Several policies, pulled from different case studies, interviews, and research are highlighted, however the need for more policies must be stressed and addressed in the years to come. This report may serve to initiate a conversation and a check into our own realities. The structural make-up of an organization and its facilities and location plays a crucial part in the dynamic that can lead to success is examined in the last part of this analysis. The following discussion highlights similarities between the various cases studied, pulling from different cultures, contexts, and settings...to indicate [a] transferability of concepts" (Mazumdar, 2000, p. 331).

1. Physical needs: shelter, food, safety

Physical constituents are probably the most important of services provided, especially those addressing immediate care and needs. Most problems begin or start with a state of emergency, requiring immediate and direct response. Specific examples include shelter, food, and safety. Providing shelter is necessary, whether that means being able to offer a victim a bed in a shelter or by providing resources and/or referrals to other alternatives. An individual's unique situation or even the high demand of the shelter may warrant varying case management techniques. Case management is valuable when providing shelter to those in currently unhealthy and/or unsafe situations. Case management is the provision of alternative forms of shelter when existing shelters are at capacity, as well as educating those in need of applicable community resources, even when they may be staying at a shelter.

Creating an environment that is welcoming and inviting to a victim[s] is imperative. The goal is to make a space that not only meets physical needs, but that also encourages them to stay there, as well as aiming for them to want to be there – a space they can enjoy.

2. Counseling/Emotional

In addition to meeting physical needs, emotional needs also ought to be addressed. Support groups or counseling sessions are places in which to process past trauma, experiences, or an abusive situation, in which victims have been or currently are in. Support groups can empower and foster movement from a damaging environment, as well as give women a voice, de-stress an individual, and progress them to a shelter or place of refuge (Huerta, 2014, p. 19-20). The importance of vulnerability and openness is crucial and allows for an increased sense of understanding, reinforcement, and a feeling of not being alone. Sometimes change is hard to endure, so when we have support and encouragement, it might make all the difference between choosing to leave an abusive situation or not.

Practically, this might look differently for each region or organization, especially given that frameworks and services will vary. Support groups can be held either temporarily, while an individual is living in the shelter, but can and sometimes continue afterwards. Specific individuals' stories and experiences will change the dynamic, form, and potentially the program structure of a support group. The choice to invest in a group only for a portion of time or to pursue support for a longer length of time will depend on the individual. A support groups' dynamic will change, especially if women come and go – but the nature of these programs is to support women both in the long and short-term. They are prepared for whoever will join and deal with the problems that arise. Motivation is crucial when offering emotional support, both for an individual as well as at an organizational level (Huerta, 2014, p. 18).

There is a sense of peace that comes with emotional needs being met. Client Lisa Robinson exemplifies this in her story, expressing that the shelter was a “place where somebody would

listen to me and where I could just cry” (Safe Horizon, 2016). Robinson found that these conditions were not only necessary, but also comforting. She found herself at the Safe Horizon shelter in New York, with her two children, after choosing to leave an abusive relationship. The decision to leave allowed Robinson’s children to benefit from the programs and take support from what the organization offered, in addition to being able to process her experience in a safe place. Choosing to leave was a cornerstone to Robinson’s future success of completing her doctorate. She was finally able to “focus and breathe” (Safe Horizon, 2016), and her counseling sessions at the shelter helped make this possible.

3. Legal Rights/advocacy

Legal assistance/advocacy is one of the most important services that can be provided. Work of advocates who help these women in this field might entail helping women seek full custody or divorces, and to complete the necessary paperwork to carry those out. Legal advocacy may look different based off of the organization and whether there is access to a lawyer through the organization or a referral to one.

Advocacy is important to include in services because it provides the support or encouragement of an individual, and is usually never or rarely seen and experienced on their behalf. An advocate does not speak for someone, but rather ‘on behalf’ of them (Wies, 2008, p. 223).

Marie Tueller, a mental health counselor in Prescott, Arizona, shares her story of being raped in the book, Lean In: For Graduates, by Sheryl Sandberg. At first, Tueller was hesitant in speaking out about what happened, but deemed that being silent meant that the perpetrator would win. So Tueller “refused to shut up...add[ing] my voice to a growing culture of advocacy that is transforming silence into a chorus of human empowerment and reclaimed hope” (Sandberg, 2014, p. 260). It is my hope that we can have that same voice when it comes to advocating for those who can’t or won’t speak up on their own behalf. That is why community awareness and prevention education programs are crucial to the make-up of an organization and the services to be offered.

4. Community awareness: prevention education, partnerships, community events

Community awareness and education are a critical prevention technique. It can be used as a deliberate approach in keeping women out of abusive relationships, as well as educating and making people aware of the high probability of this issue in society. Preventive education programs, as executed throughout several organizations, are seen as effective tactics in making younger generations aware of this reality, most often starting in middle schools to reach younger individuals before they reach the age where domestic or IPV becomes more prevalent.

Partnerships with other organizations or individuals allow for better and wider levels of service. A collaboration of skill sets makes it easier to successfully conquer and address needs. With a wider spectrum, there is an increase in the likeliness that more audiences will be made aware, because different organizations may cover and address different target areas. The ongoing partnership between RISE and WSP in San Luis Obispo is a model in this respect. However, a shelter or organization does not only have to partner with other organizations that address the same problem. In fact, encouraging support and action from distinct community companies or institutions is to be encouraged. Christine Adams, AmeriCorps Fellow at WSP, states that the organization has partnered or collaborated with entities, such as California Polytechnic State University, various churches, Mary Kay Cosmetics, and Madonna Inn, in addition to many others. A mix of volunteers and institutions incorporates and brings multiple components and skills to meet victims' social, spiritual, awareness, and mental needs. These partnerships act as a form of education making people more aware across different groups in a community, bringing new skills and assets to the table.

Raising awareness may look different based on the organization, and whether performed on a small or large-scale. An example of large-scale awareness would be the documentary, *The Hunting Ground* about sexual violence prevalence on college campuses. Filmed by Kirby Dick and Amy Ziering, the film uncovers "an endemic system of institutional cover-ups,

rationalizations, victim-blaming, and denial that creates perfect storm conditions for predators to prey with impunity” (The Hunting Ground, 2015). The setting highlighted in the documentary is of higher education institutions, encompassing elite Ivy leagues, state, and/or small colleges. In the film, sexual assault survivors Andrea Pino and Annie Clark, utilize Title IX legal strategy, in which no individual shall be discriminated on the basis of sex (U.S. Department of Education, 2015) to promote a network of women to instill a voice in our society, choosing to be silent no longer. Since the premier of the documentary at Sundance, new laws have been set into effect in California and New York. The film has had screenings not only in the White House, but also throughout hundreds of college campuses across the country. Ruth Mann states, “community problems can only be solved by community ownership (Mann, 2002, p. 259). Community development aims to bring light and awareness to the problem through various outreach efforts so as to educate the community about the character of abuse and its gender-imposed dominance.

The desire for a life without fear and/or abuse can be made possible by preventing violence and verbal mistreatment from reoccurring, asserting it is not deserved, speaking out, and promoting educational awareness programs. It is imperative to urge that what the abuse victims experience is not a sign of love, but rather injustice.

5. Policy to empower/structural organizational make-up

Policy, as well as the structural makeup of the environment and the households in which victims are in can either hinder or improve their quality of life. UN Women’s Executive Director, Phumzile Mlambo-Ngcuka argues “too many women suffer in silence” to this day, “with nowhere to go for support and services.” And to address this reality, Mlambo-Ngcuka stresses that collaboration among “partners for effective policies, programmes, and laws and for their implementation [is to be] backed by sufficient resources” (UN Women, 2004) is essential and necessary.

Mann also underscores the need to “avoid an us-against-them” mindset and stresses the importance of integrating men into the process of decision-making. Specifically she urges that they hold board positions for shelters. When men are prohibited from holding such positions, it communicates the idea that all men are “monsters” and not to be trusted (Mann, 2002, p. 260). Although a potentially difficult step to take, it is a necessary action to take in the coming years, so that men can be included in the process of developing women’s rights and making the world more equal for both.

Organization

Diner and Toktas have written about the benefits of a coordinating body or unit as follows:

to “establish a network linking all the institutions that work on the issue of violence against women...with policies aiming to combat violence against women, resolve problems related to women’s shelters, gather information from all shelters, and act as a channel of communication between shelters. The same central, [coordinating] body would also keep track of women moving in and out of shelters as well as the spaces available in each shelter” (Diner and Toktas, 2013, p. 347).

In support of Diner and Toktas’s recommendation to have a central unit coordinate the inter-workings between the shelters in Turkey, it is useful to highlight the two case studies in San Luis Obispo. WSP and RISE have successfully incorporated this concept between the two organizations. As the only two organizations within San Luis Obispo County that house homeless women, there is frequent communication between the two, especially when dealing with case management and referral services. Although they aim to serve distinct and different areas within the county, collaboration is pertinent when a safe house is full, so that the other facilities can potentially be utilized. When safe houses are full and other resources are required collaboration benefits can result from using case management services (B. Raub, personal communication, November 06, 2015).

Although this may not pertain to all cases or organizations, as logistics or proximity to other organizations may be impractical, unrealistic, or unfeasible, the collaboration or coordination can still take place even at the scale of an individual organization. A specific organizations staff could be better structured or set up to run in a cohesive and smooth manner. Therefore, no matter the scale in which an entity is working or trying to reach, and whether or not they have help from others, should warrant an effort to attain an interconnected state of operation and service provision.

Laws written for the protection of domestic violence survivors are necessary, working towards and striving for places of healing for victims, as well as aiming to prevent sexual violence from occurring in the first place. In Turkey, as of 2005, it was required of municipalities with more than 50,000 inhabitants to provide at least one shelter for that particular amount of residents (Human Rights in Turkey, 2014). This is a unique and foreign policy to mandate, especially in the States, due to lack of funding. Our high population numbers would greatly affect such a policy and a great deal of funding would be required to provide services at such a grand scale.

As mentioned in the El Paso case study, there is also legislation that aims to protect immigrant women that have been victims of domestic abuse and violence. The Violence Against Women Act (VAWA) allows for legal permanent resident status, in which self-petitions do not require the agreement by an abusive spouse/partner. The victims can secretly file the petition and leave the abuser without the need for agreement. The act provides the victim a proper work authorization and the ability to apply for legal residency. There is an unlimited amount of VAWA applications permitted per year. This law, although good news for those who are immigrants, does little for those experiencing these problems that are current residents or for those communities and nations that do not yet have such liberal policies.

Title IX strategy, as documented in the documentary, *The Hunting Ground*, states that "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education[al] program or

activity receiving Federal financial assistance” (U.S. Department of Education, April 2015).

Again, this law may not apply to all victims who experience domestic violence, however it is a great start and should influence more support for women the coming years. The activism led to a court case in which the victims chose to speak out and won. This particular case should be highlighted and used as an encouragement for others to do so.

Part IV. Recommendations and Conclusion

Recommendations

This report demonstrates an approach to examining an organization that provides services for women in cases of domestic violence to help access their success and impact. The analysis and methodology can be extended to international cases, even though the report itself does not look at all types of organizations or every continent. It is important to respect the varying contexts and to remember that they shape the interventions and institutions of each place differently. There is no universal or all-encompassing solution that can be transferred as a solution suitable to all organizations. There are no “one-size fits all” approaches. Even though some of the case studies included may look similar or be located in similar areas, they tailor how they provide particular services, as their target audiences and available resources vary and greatly influence the programs and processes.

Collaboration between institutions is necessary and needs to be incorporated between institutions and organizations more often and regularly, whether that looks like educational and awareness presentations, or for special fundraising events to bring in and include the community as a support system. Along with collaboration, it is necessary to extend and deepen the look internationally. There is benefit from examining through an international scope and context because most often these organizations can and are doing more, with fewer resources. They tend to be a bit more liberal in their policies and services, despite the fact that they are located in often more conservative environments.

Assessing the successes of the services provided, after a victim leaves a shelter or temporary place is necessary. There is need for follow-up. The approach will vary based on the different organizations and the amount of freedom intended for the individual – particularly since it is not a component of the empowerment model, which is employed by many of the organizations examined. Including follow-ups to inform current institutional practices will improve delivery of services. Knowing the statistic that on average it takes a woman seven-nine times to leave an abusive situation encourages the development of strategies to reduce

this cycle. The organization OASIS utilizes this well in their current methods, especially with the progressive and detailed safety plans for victims.

It is difficult to provide applicable and feasible recommendations to connect with each organization in this report, especially since each varies slightly from the other. Most, if not all of them are maxed out at capacity, doing as much as they can with the resources they have and their allotted funding. However, change will only come to those who seek it. Though each of these organizations may be doing a lot – there is still more to be done. Just what should be done needs to be determined by the organization and how it best fits into the organizations' context.

Conclusions

This report does not encompass all there is on the topic of domestic violence. It has started a process of examining existing women's shelters and organizations, across multiple continents, which provide services for victims in instances of domestic and IPV. Abuse and its influences on a woman's quality of living and choice to stay in an abusive situation are substantial. It is necessary to incorporate and address the specific needs of women – examining where the organization fits into that particular context, offering services such as immediate shelter, legal advocacy, case management/referrals, transitional housing, counseling, support groups, safety planning, crisis intervention, and educational programs, along with many others.

There is a need for change in level and type of women's shelter services. This report contributes case studies that illustrate the process that can help fulfill that vision. It is a large undertaking, but by joining forces, both institutionally and individually, we can educate one another of the problem at hand and make strides in progressing towards an improved future for women. A future filled with equality, hope, empowerment, and encouragement, is to be experienced across the world, by all women.

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