

Craine Mediation
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OCTOBER is
Domestic Abuse Awareness Month.

What is domestic abuse?

Domestic abuse is any repetitive use of power to control a family member. The abuse of power and control may be physical, sexual, verbal, emotional, financial, the use of intimidation or isolation, etc. The victim/survivor most frequently is a woman but could also be a child or a man.

In addition, domestic abuse occurs across all religious, cultural, ethnic, educational backgrounds, and age groups.

According to the National Coalition Against Domestic Abuse:

- 1 in 4 women will experience domestic abuse in her lifetime.
- In 2001, 20% of violent crime against women was intimate partner violence, compared to 3% of violent crime against men.
- In 2001, 85% of victims of domestic abuse were women.
- In one study, 33% of victims of intimate partner violence stated the offender was a spouse. 14% stated the offender was former spouse. 53% stated the offender was a current or former Boyfriend or girlfriend.

Domestic Violence/Abuse Victim Bill of Rights

- You have the right NOT to be abused.
- You have the right to anger over past abuse.
- You have a right to choose to change the situation.
- You have the right to freedom of fear of abuse.
- You have a right to request and expect assistance from police or social agencies.
- You have a right to share your feelings and not be isolated from others.
- You have a right to want a better role model of communication for yourself and your children.
- You have a right to be treated like an adult.
- You have a right to leave the abusive environment.
- You have a right to privacy.
- You have a right to express your own thoughts and feelings.
- You have a right to develop your individual talents and abilities.
- You have a right to legally prosecute an abusing spouse or other family member.
- You have a right not to be perfect.

(Adapted from: Victimology: An International Journal, vol. 2 1977 –78, No. 3-4, p.550)

Children and Domestic Abuse

Michigan Child Protection Law defines child abuse and neglect as harm or threatened harm to a child's health or welfare by a parent, legal guardian or any other person responsible for the child's health or welfare.

According to Child Help USA,

- 4 children die every day as a result of child abuse and three out of four of these victims are under the age of 4.
- A report of child abuse is made every 10 seconds.
- Of the reported rapes of children under 12 years old, 90% of the victims knew the perpetrator.
- Child abuse occurs at every socio-economic level, across ethnic and cultural lines, within all religions and at all levels of education.
- 36.7% of all women and 14.4% of all men in prison in the United States were abused as children.
- Children who have been sexually abused are 2.5 times more likely to abuse alcohol and 3.8 times more likely to become addicted to drugs.
- One third of abused and neglected children will later abuse their own children, continuing the horrible cycle of abuse.

In the United States:

- The rate of victimization is 12.3 per 1,000.
- Children ages 0-3 are the most likely to experience abuse victimized at a rate of 16.4 per 1,000.

- 1,500 children die every year from child abuse and neglect with over 4 fatalities every day.
- 79% of children killed are younger than 4.

The following is from the Friend of the Court Domestic Violence Resource Book:

"Children are exposed to adult domestic violence in various ways:

- They witness it.
- They are used by the abuser to maintain control in the adult relationship.
- They suffer physical consequences that accompany the adult violence."

"The following abusive tactics may be employed after a separation:

- Engaging in lengthy battles over custody or parenting time.
- Detaining or concealing children.
- Abducting the children, or holding them hostage.
- Using parenting time to interrogate the children about the abused parent, or to blame the abused parent for the separation.
- Using parenting time to abuse the children.
- Demanding unlimited access to the children.
- Making abusive contacts with the abused parent's home or work place under the pretext of arranging for access to children."

"Whether they witness the abuse or are abused themselves, children suffer from involvement with adult domestic violence. In addition to causing physical injury, domestic violence can have profound impact on children's core beliefs about themselves, those in

authority, and those with whom they have intimate relationships. The trauma and anxiety it produces can impede children's development by preventing them from forming healthy emotional attachments with others, and derailing their efforts to learn basic social skills. The devastating emotional, cognitive, and behavioral damage can be manifested even after a child reaches adulthood. "

ALL Children have the right to . . .

- ❖ Love both parents!
- ❖ Be loved by both parents!
- ❖ Have their basic needs met on a daily basis!
- ❖ Not be forced to choose between parents!
- ❖ Not to be used as a go between by parents!
- ❖ Not to be used as a pawn in custody/parenting time disputes!
- ❖ Be children and not be forced to behave any older than they are!
- ❖ Be free of inappropriate verbal, physical, emotional, and sexual in appropriateness on the part of both parents and all adults who care for them!

Safety Planning for all domestic abuse.

Safety planning should include:

1. A plan for how to get out safely during a violent incident.
2. Steps to leave easier.
3. Plans for how to be safe in your own residence.
4. Safety through a Personal Protection Order.
5. Plans for how to be safe at work and in public.
6. Avoidance of the use of alcohol or drugs.
7. Plans for keeping children safe.
8. Plans for financial safety and independence.
9. Plans for emotional safety.
10. Review of safety plan regularly.

More details of this Safety Plan outline can be found at www.aardvarc.org .

SUGGESTED GUIDELINES FOR PARENTING TIME WHERE THERE IS A HISTORY OF DOMESTIC ABUSE

1. Make sure parenting plan is very specific as to dates, times, locations of exchanges, etc.
2. If safety is a concern, make sure exchanges take place in neutral public place, maybe even the local police station.
3. Supervised parenting time may be necessary if the children are at risk.
4. Specifications in agreements as to how parents may communicate with each other – phone, e-mail, other and guidelines for the quality of the contacts as well.
5. Require transfers in the presence of a third party.
6. Arrange parenting time so the parents do not meet.

7. Require the surrender of passport prior to parenting time if the parent is a flight risk.
8. Limit access to firearms.
9. Permit cancellation of parenting time if one parent is more than 20 – 30 minutes late.
10. Require a bond to ensure compliance.

WHERE TO GET HELP?

If you or someone you know is a victim/survivor of domestic abuse (or think domestic abuse *may* be an issue) there is help. **Locally you can contact the following agencies:**

HAVEN

Toll free crisis and support: (877) 922-1274

WINDOWS

Jewish Family Service of Metropolitan Detroit
(248) 559-1500 24-hour hotline

National Hotlines:

National Domestic Violence Hotline:
(800) 799-7233

National Child Abuse Hotline:
(800) 4-A-Child

*****Please note that this list is not exhaustive of help available out there for you and your family or friend.***



SUGGESTED READING LIST ON DOMESTIC ABUSE

For Adults

“The Battered Women’s Survival Guide”
By Jan Berliner Statman

“The Verbally Abusive Relationship”
By Patricia Evans

“The Emotionally Abusive Relationship”
By Beverly Engel

“The Courage to Heal” (and workbook by the same name)
By Laura Davis

“Codependent No More: How to Stop Controlling and Start Caring for Yourself”
By Melodie Beattie

“The Emotionally Abused Woman: Overcoming Destructive Patterns and Reclaiming Yourself”
By Beverly Mfcc Engel

“Battered Women”
By Lenore Walker

“Getting Free: You Can End Abuse and Take Back Your Life”
By Ginny McCarthy

“Healing the Child Within”
By Charles L. Whitfield

For Teens

“In Love and in Danger: A Teen’s Guide to Breaking Free of Abusive Relationships”
By Barrie Levy

“It Happened to Me”
By William Lee Carter

About Child Abuse

“The Safe Child Book”
By Sherryll Kraizer

“Getting Through the Day”
By Nancy J. Napier

“It’s My Body”
By Lory Freeman

“Invisible Girls”
By Patti Feuereisen

“Not Child’s Play”
By Risa Shaw

“The Right to Innocence”
By Beverly Engel

All of the books listed on page 4 can be found on amazon.com, at your local bookstore or library. Other books are also available.

*Many of these books are also available to borrow, or for purchase at **CRAINE MEDIATION**. Call 248-539-3850 to see what is available.*

CRAINE MEDIATION provides the following mediation services:

- ❖ Mediation at all stages of the divorce process, including after the divorce is final.
- ❖ Mediation of grandparent visitation issues.
- ❖ Mediation of pre-nuptial agreements
- ❖ Mediation of elder care issues including making recommendations of resources, etc.
- ❖ Mediation of family business disputes.
- ❖ Mediation of civil matters including employer-employee

disputes, insurance claims, etc. These services are provided by Ellen’s associate, Martin S. Rostker, MSA and trained civil mediator.

CRAINE MEDIATION can be reached at 248-539-3850. Also, please visit our new website at www.crainemediation.com.

All of our mediators are professionals with degrees in law, business, mental health, etc. or some combination.

Other services provided by **CRAINE MEDIATION** include:

- ❖ Marriage and Family Counseling
- ❖ Human Resource Consulting
- ❖ SCAO approved Domestic Violence Screening Protocol Training for Mediators and Advanced Domestic Violence Training for Mediators
- ❖ Co-Parenting Effectiveness Education for Parents
- ❖ Parenting Coordination
- ❖ Adult Guardianship/Family Caregiver Mediation

*More information about each of these areas will be coming in upcoming issues of the **CRAINE MEDIATION** newsletter.*

RESOURCE LIST

Need to update your mediation agreement?

Contact **Ellen Craine**, JD, LMSW,
ACSW for divorce and family mediation
at **CRAINE MEDIATION**
248-539-3850

Contact **Martin Rostker**, MSA for civil
mediation at **CRAINE MEDITATION**
248-539-3850

Need to do estate planning?

Contact **Kathryn Sussman**,
Attorney at Law at Couzens, Lansky
248-489-8600

Contact **Joseph Daddich**,
Attorney at Daddich and Associates
248-358-6900

Need financial advice?

Contact **Robin Sessel** at Merrill Lynch
248-737-6817

Contact **Lyle Wohlberg** at Telemus
Capital
248-827-1800

Contact **Paul Stenborg** at
248-377-4144

Contact **James Mack** at Raymond James
248-932-5450

Need a therapist for you or your children?

Contact **Janice Tracht**, MSW, ACSW
248-932-2520

Contact **Marci Israel**, MSW, CSW
248-762-920

Contact **Nancy Levin**, Ph.D.
248-433-3244

Need an attorney?

Contact **Nina Abrams/Amy Yu** at
248-932-3540

Contact **Susan Paletz** at
248-593-9090

Contact **Marie Pulte/Carole Church** at
734-459-8900

Contact **Keith Ostrowski/Kim Denoyer**
248-358-6949

Contact **Henry Gornbein** at
248-594-3444

Need more referrals?

Contact **CRAINE MEDIATION AT**
248-539-3850

*If you like the information provided in this newsletter, please call **CRAINE MEDIATION** at 248-539-3850 or send an email to emcraine@crainemediation.com Ideas for future newsletters would be greatly appreciated!*

Upcoming newsletter topics:

step-families and getting through the holidays;

adult guardianship/family caregiver mediation;

how can mediation save your small business time and money;

what is a human resource consultant and how can hiring one save your small business time and money

This newsletter is printed on recycled paper.