



# Safe from the Start eNewsletter

#10

MAY 2020

## A NEW AND CHALLENGING YEAR 2020

As the year 2020 begins, family and domestic violence is increasingly in the news with a number of very sad and tragic incidences of family violence reported in the news, on social media and via TV programs. This coverage has been further complicated by the COVID-19 virus which can seriously impact on victims of family violence. Women's shelters are already reporting a 30% increase in women needing crisis shelter and support. As many children in Australia are not attending school and being home schooled, children are also affected and can be living in fear and danger and also be at risk of abuse.

For people who are experiencing family or domestic violence, mandatory lockdowns to curb the spread of COVID-19 have trapped them in their homes with their abusers, isolated from the people and the resources that could help them.

Experts have also warned friends and family to be on alert for signs of coercive controlling behaviour during the pandemic and suggested that employers are informed about the situation.

With more time to research and read there are a number of great websites

with useful information and resources that we would like to share.

### How can the community support victims of family or domestic violence?

This question is being asked and the Domestic Violence Resource Centre Victoria has developed specific resources: [www.dvrcv.org.au/help-advice/coronavirus-covid-19-and-family-violence](http://www.dvrcv.org.au/help-advice/coronavirus-covid-19-and-family-violence)

This informative website has information and advice on how the coronavirus (COVID-19) pandemic impacts those experiencing family violence and their friends and family.

### A guide for general practitioners: Identifying and responding to family violence

This excellent guide was produced by the Victorian Community Council Against Violence and is based on a kit for general practitioners by the Domestic Violence Resource Centre Victoria and Women's Health West <https://www.dvrcv.org.au/publications/books-and-reports/guide-for-general-practitioners>

Current trainers:



Nell Kuilenburg



Dr Wilma Gallet

## MESSAGE FROM DR WILMA GALLET

A well-used phrase in the field of suicide prevention is 'Suicide prevention is everybody's business'. With the increasing focus on the incidence and prevalence of domestic violence, this phrase is being applied to this serious social issue.

No longer can we turn our back or use excuses, such as; 'I don't want to get involved in their private affairs, or 'I'd rather let them work it out themselves' or 'it's none of my business'. DOMESTIC VIOLENCE IS EVERYBODY'S BUSINESS, it is a crime and we should all do whatever we can to raise awareness in our local communities about the scourge of domestic violence while modelling respectful relationships.

When we as a community, make it clear, that abusive behaviour is unacceptable and cannot be tolerated we will go some way to protecting those living in vulnerable situations.

As Nell noted, this time of lockdown and social isolation, has seen a rise in the number of domestic violence incidences. Thankfully we have a number of organisations that people can turn to. However, we know it can be very difficult for some people to reach out. Fear prevents many women from seeking help, fear that she will end up homeless, fear that she won't be able to adequately care for the children, fear that friends and family will judge and fear that the violence will escalate.

We may find ourselves in a position to support a friend in this situation. The more you know about domestic violence and the tactics used by abusers as well as the support systems available, the greater the opportunity to assist women to feel safe and in control of their own lives.

## MEETING WITH BROKEN TO BRILLIANT BOARD DIRECTORS

During a recent trip to Tasmania, 2 of the Directors from the charity *Broken to Brilliant*, Kate Smith and Andrea Miller met with Nell Kuilenburg, from The Salvation Army's *Safe from the Start* project. *Broken to Brilliant* has previously produced 3 other multi-author books, *Broken to Brilliant*, *Terror to Triumph* and *Shattered to Shining* written by 30 women and 2 men who penned their stories of strength and success after abuse. The latest book *Shattered to Shining* received wide endorsement as an inspiring and encouraging book.

The possibility of a faith based book was explored, where survivors of domestic violence could relay their stories of how their faith impacted on their journey and not only helped them escape an abusive relationship but also how it helped them address the challenges and create a new path in life. As one author stated, having a strong faith, can be a tool to help you and many people relate to her story.

Books by *Broken to Brilliant* can be ordered via:

[www.brokentobrilliant.org](http://www.brokentobrilliant.org)



Kate Smith, Nell Kuilenburg and Andrea Miller



## NEW RESOURCES OF INTEREST



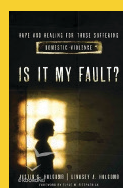
### Jess Hill: See What You Made Me Do

This new Australian book won the 2020 \$50,000 Stella Prize. The book is the product of a four year investigation into domestic abuse with the lens turned firmly on perpetrators. It's not an easy read. It's about power, control and domestic abuse and a challenging read written by many brave women and endorsed by specialists including Rosie Batty who praised the book as 'Confronting in its honesty, this book challenges you to keep reading, no matter how uncomfortable it is to face the profound rawness of people's stories'. The book addresses the hard questions: one frequently asked - 'Why didn't she leave?' instead we should be asking 'Why did he do it?' The inspiring and honest book consists of individual stories from both a survivor's perspective and the perpetrator's perspective. Interview with ABC's Fran Kelly website: <https://www.abc.net.au/news/2020-04-14/jess-hill/12146770>



### LawannaLynn Campbell: Is She Dead Yet?

She grew up in a Christian family, married a church pastor and experienced family violence for 23 years before she finally left. Growing up with an alcoholic parent, Lawanna walked on eggshells and learned to be submissive and co-dependent. She sought comfort and solace in Christianity and married at an early age. On the outside, Lynn and her husband were the perfect couple; but secretly, for nearly 23 years, she endured domestic violence that included rape and assault at the hands of her husband, who was also a business owner and church leader. Walk with her as she takes matters into her own hands and gets the legal, therapeutic, and spiritual help needed to make a new life for herself and build healthy relationships.. This gripping tale of a pastor's wife will keep you riveted to every word until the amazing surprise ending! Follow the story on Lawanna's [Facebook page: Is She Dead Yet?](#)



### Lindsey and Justin Holcomb: Is It My Fault? Hope and Healing for Those Suffering Domestic Violence

This book exists to address the serious issues of domestic violence using the powerful and transforming faith based messages for pastors and churches to use to support women living in violent relationships. *Is It My Fault?* convincingly shows it is never the victims fault and churches need to change how they support women. Written with theological depth and up-to-date research this book is for pastors, counsellors, friends of victims and victims within faith based communities and addresses spiritual abuse in detail providing understanding and hope for women within churches experiencing family violence.

### Dr. Bessel van der Kolk offers tips on how to help children and adults cope with Covid-19

This Angelhands website link provides useful suggestions how to help children cope sharing how the unpredictability of what could happen next suggesting the importance of making schedules of activities for the day; dividing the day up into chunks include moving, exercise, singing, creative play, being still with the emphasis on exercise!

<https://angelhands.org.au/?v=fdd13832cd81>

## NEW RESOURCES OF INTEREST

### Coronavirus Q&A's: Answers to 7 questions your kids may have about the pandemic

<http://theconversation.com/coronavirus-qandas-answers-to-7-questions-your-kids-may-have-about-the-pandemic-133576>

### The 'Grow Model'

The Northern Territory work of the Tangentyere Family Violence Prevention Program (TFVPP) is underpinned by the NT Government's Domestic, Family and Sexual Violence Reduction Framework 2018-2028. Informed by an understanding of the specific nature of DV in the NT, and by an understanding of best practice principles in family violence primary prevention, the TFVPP has developed a 'Grow Model' with many resources for primary prevention programs. TFVPP has experience of this model working in the context of family violence prevention work but it is likely that this model could be applicable in other areas of primary prevention. The Grow Model uses the metaphor of a tree to illustrate how the TFVPP approaches family violence primary prevention. [www.tangfamilyviolenceprevention.com.au/uploads/pdfs/Grow-Model-FINAL-Version.pdf](http://www.tangfamilyviolenceprevention.com.au/uploads/pdfs/Grow-Model-FINAL-Version.pdf)

### A useful factsheet on strangulation

[https://noviolence.org.au/wp-content/uploads/2019/03/Strangulation-Factsheet-PDF-v4\\_2019.pdf](https://noviolence.org.au/wp-content/uploads/2019/03/Strangulation-Factsheet-PDF-v4_2019.pdf)

### Fact Sheet – Parents: What You Should Know

The QCDFVR have developed a number of useful fact sheets that can be downloaded and printed.

[https://noviolence.org.au/wpcontent/uploads/2019/03/Children\\_Print\\_2019.pdf](https://noviolence.org.au/wpcontent/uploads/2019/03/Children_Print_2019.pdf)

[https://noviolence.org.au/wp-content/uploads/2019/03/Babies\\_Print\\_2019.pdf](https://noviolence.org.au/wp-content/uploads/2019/03/Babies_Print_2019.pdf)



### Domestic Violence & People with Disabilities Wheel

Anyone can be affected by domestic violence and abuse, but people with disabilities are more likely to experience abuse than people without disabilities.

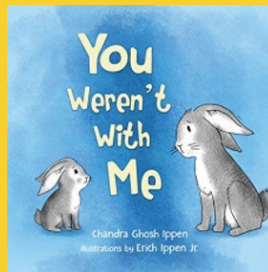
Because abuse is about power and control, people with disabilities may face unique challenges and barriers to accessing support. [www.ncdsv.org/images/DisabledCaregiverEqualitywheelNOSHADING.pdf](http://www.ncdsv.org/images/DisabledCaregiverEqualitywheelNOSHADING.pdf)

### New resources from Futures Without Violence – revised fact sheets

[www.nctsn.org/sites/default/files/resources//children\\_domestic\\_violence\\_entire\\_series.pdf](http://www.nctsn.org/sites/default/files/resources//children_domestic_violence_entire_series.pdf)

## BOOKS FOR CHILDREN

Children experiencing stress and fear benefit greatly from being able to talk to someone about their feelings. The Safe from the Start project developed a resource toolkit with 35 resources to use with children who have lived with family and domestic violence.



### You Weren't With Me

Little Rabbit and Big Rabbit are together after a difficult separation, but even though they missed each other, Little Rabbit is not ready to cuddle up and receive Big Rabbit's love. Little Rabbit needs Big Rabbit to understand what it

felt like when they were apart. "Sometimes I am very mad. I don't understand why you weren't with me," says Little Rabbit, "I worry you will go away again." Big Rabbit listens carefully and helps Little Rabbit to feel understood and loved. This story was designed to help parents and children talk about difficult separations to help them reconnect and find their way back to each other. The book may be helpful to families who have experienced:

- Separation from family members and friends due to COVID-19 virus
- Divorce or caregiver separation
- Caregiver work-related separations
- Military service related separations
- Immigration related separations
- Child welfare related separations
- Parental incarceration
- Parental substance use related separations



### A Terrible Thing Happened

Caring adults can make all the difference by helping children talk about and understand the experience. It works with the principle that avoidance is detrimental to mental health, as trying to suppress trauma will

only cause trouble in other areas of a person's life. This gently told and tenderly illustrated story is for children who have witnessed any kind of violent or traumatic episode, including physical abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fire. Includes suggestions for parents and other caregivers including resource list with focus on specific events.

The Salvation Army, Tasmania, Australia  
w: [salvationarmy.org.au/safefromthestart](http://salvationarmy.org.au/safefromthestart)  
e: [safefromthestart@salvationarmy.org.au](mailto:safefromthestart@salvationarmy.org.au)  
Graphic design by Poco People.

