



# Niagara County FAMILY VIOLENCE INTERVENTION PROJECT Newsletter

Volume 1.4

December 2017

## Inside this issue:

If You Missed...	2
Research Corner	2
Happenings Around Town	3
"Hats Off!"	3
Polyvictimization	3
Today's Tip	4

"When a flower doesn't bloom, you fix the environment in which it grows, not the flower."

-Alexander Den Heijer

## WHAT IS FVIP?

The Niagara County Family Violence Intervention Project (FVIP) is a coalition of agencies and organizations committed to addressing interpersonal violence and child abuse through collaborative responses, community education and professional training.

For nearly 20 years, FVIP has recognized the co-occurrence of child abuse and domestic violence and worked together to protect children and adults alike. Volunteer FVIP Steering Committee members set the FVIP's strategic agenda for training, collaboration, and networking for mutual support for a shared mission.

We are so excited to introduce our first FVIP Newsletter. We will be sharing news, events, and program highlights on a quarterly basis!

The FVIP is coordinated by the Child Advocacy Center of Niagara,

Niagara Falls Memorial Medical Center. For more information go to [www.cacofniagara.org](http://www.cacofniagara.org) and look for FVIP under the services tab or email [cacofniagara@nfmcc.org](mailto:cacofniagara@nfmcc.org)

### FVIP Meeting Dates and Topics— a free opportunity for learning and networking

All meetings take place at Niagara Falls Memorial Medical Center Auditorium A or B at 9am.

December 15– Topic: Polyvictimization

March 16– TBA

More dates and information to follow. In the meantime, visit our website at

<http://cacofniagara.org/services/family-violence-intervention-project/>

## January is National Stalking Awareness Month

Did you know...

- ◆ Persons aged 18-24 years experience the highest rate of stalking.
- ◆ 61% of female victims and 44% of male victims of stalking are stalked by a current or former intimate partner.
- ◆ Over 85% of stalking victims are stalked by someone they know.
- ◆ 13% of college women were stalked during a six to nine month period .

It is important to know signs and where to seek help.

Learn more at: [www.victimsofcrim.org](http://www.victimsofcrim.org)

Data provided by: [www.victimsofcrim.org/our-programs/stalking-resource-center/stalking-information](http://www.victimsofcrim.org/our-programs/stalking-resource-center/stalking-information)

## *If You Missed... 19th Annual Safe at Home Conference*

The October 12<sup>th</sup> Niagara County Family Violence Intervention Projects 19<sup>th</sup> Annual Safe at Home Conference - seeking solutions for adults and children experiencing family violence; was once again a “great conference” as evaluated by most of the 200 advocates and professionals in attendance.

Our expert faculty provided leading-edge information and strategies in trauma informed response to sexual assault, PTSD in first responders, effects of sexual abuse on males, human trafficking and exploitation prevention through youth empowerment, suicide prevention, bullying and cyberbullying, mindfulness and working with survivors of sex trafficking, ETC.



Thank you to our sponsors, the Child Advocacy Center of Niagara, Niagara Falls Memorial Medical Center and co-sponsors – the Niagara County Department of Mental Health & Substance Abuse Services, Niagara County Department of Social Services, the Buffalo Bills organization and Catholic Charities of Buffalo, Inc. Niagara County Services.

Every year the Zonta Club of Niagara Falls, NY sends two Niagara University students from the Department of Social Work or Criminal Justice to the Safe at Home Conference by paying for

their registration fee. Here is a response from one of this year’s scholarship recipients.

“I sat in some wonderful sessions and met so many people who work as advocates, police officers, probation officers, and teachers as well. The stories and personal experiences by the speakers were touching, and my knowledge on family violence was able to expand even more. Everyone was very approachable and knowledgeable and I felt right at home among many great people. Thank you again for the opportunity to attend, I cannot express my gratitude enough.”



### ***Research Corner-*** **We are happy to provide you with recent research related to family violence**



#### **Study abstract**

“The goal of the present study was to understand how mothers perceive and experience barriers to effective help for their violent child with mental illness. Data from ethnographic interviews with 26 self-identified mothers of violent children with mental illness were analyzed using grounded theory and focused coding. Our study identified three themes that represent barriers to help: (1) denial of

mental illness and severity of violence by treatment providers, extended family, and non-family members; (2) limited access to quality treatment and supports; and (3) a recurring cycle from optimism to hopelessness. To inform policymakers and practitioners on how best to move past these barriers, we draw comparisons between the current sample and survivors of intimate partner violence. Our paper conclude

with recommendations for mental health practitioners and family intervention specialists.

Sporer, K., & Radatz, D. L. (2017). Mothers of Violent Children with Mental Illness: How They Perceive Barriers to Effective Help. *Journal of Family Violence*, 32(7), 683-697. doi:10.1007/s10896-017-9935-2

If you would like a PDF copy of the article, please email Dana Radatz at [dradatz@niagara.edu](mailto:dradatz@niagara.edu).

## Happenings Around Town...

Have an agency announcement, group dates or events to share?

Email [lbachman@niagarafamily.org](mailto:lbachman@niagarafamily.org)

Here is what is happening:

### SAVE THE DATE!

**Side by Side, Step by Step:  
An Awards Gala to Celebrate Our Journey**

**Hosted by  
Family & Children's Service of Niagara , Inc.**

**Friday,  
March 9, 2018  
6-9pm**

**Doubletree by Hilton  
Event details coming soon!**



**Family & Children's  
Service of Niagara, Inc.**



### "HATS OFF!" to...Shelley Hitzel!!!

Shelley Hitzel cares passionately about providing trauma informed services to survivors. Shelley began her career at Niagara Falls Memorial Medical Center in 2008 as a program aide educating patients regarding healthy living and daily living skills. She joined the Medical Center's Child Advocacy Center of Niagara staff two years later as Family Services Advocate. There she assisted child and adult survivors of trauma and crime who presented to the hospital's emergency department. She now serves as the Center's Sr. Case Coordinator ensuring delivery of trauma-informed multidisciplinary services to children who are abused and their families. During this time, Shelley completed her Bachelors degree and her Masters in Social Work, as well as a Certificate in Trauma Counseling. In addition to helping traumatized children, Shelley serves as Project Coordinator and Trainer for the Substance Abuse and Mental Health Services Administration (SAMHSA): How Being Trauma-Informed Improves Criminal Justice Responses at the Institute for Trauma and Trauma-Informed Care at the University of Buffalo School of Social Work. The project provides training on becoming trauma-informed within the criminal justice system.

Hats off to you, Shelley!



## Polyvictimization

**What is Polyvictimization and Why is it important?**

Over the past decade, research on PV indicates that these polyvictims are at highest risk for future adverse; are the most severely victimized, at highest risk for future harm; and suffer the most adverse consequences over their life spans. This presentation defines, identifies consequences, and offers practical ideas/recommendations for service providers.

Come see Dana L. Radatz, Ph.D., Assistant Professor, Criminology & Criminal Justice, Niagara University and Ann Marie Tucker, J.D., Executive Director, Child Advocacy Center of Niagara, Niagara Falls Memorial Medical Center present on this topic at our next FVIP meeting on December 15th! For more information, please go to <http://cacofniagara.org/services/family-violence-intervention-project/>

## FVIP

For more information about FVIP, go to [www.cacofniagara.org](http://www.cacofniagara.org) and look for FVIP under the services tab or email [cacofniagara@nfmmc.org](mailto:cacofniagara@nfmmc.org)

Check out our new FVIP logo, created by Eileen Wrobel!



**Domestic Violence  
Hotline #s:  
Passage (716) 299-0909  
YWCA (716) 433-6716**

## Today's Tip... Self-Care in the Workplace

Balancing personal, professional, and client needs can be extremely challenging for employees. Pressures from these areas can lead to the experience of cumulative stress and can compromise the quality of performance in all areas of their lives, and their emotional and physical well-being overall. Here are some tips to improve the ability to cope and respond to challenges ahead in the workplace...

- ◆ Set and Maintain professional boundaries.
- ◆ Balance your work schedule and life demands so no one day or week is too much.
- ◆ Make time throughout the work day for intermittent self-care breaks (i.e. lunch or afternoon walk; social time with co-workers; listen to relaxing music).
- ◆ Create a healthy work space for yourself.
- ◆ Develop a short list (2-3 items) of top priorities each day.
- ◆ Minimize procrastination and maximize a sense of control.
- ◆ Before committing to a project, assignment or committee position etc., first consider your needs and available resources, and whether it will lead to overextending yourself.

Learn more at [www.psychologytoday.com](http://www.psychologytoday.com)

Data provided by: <http://psychologytoday.com/blog/occupational-hazards/200811/7-steps-better-employee-self-care-in-the-workplace>