

APRIL 2020

Parents Page



What is Heart of Grant County?

Heart of Grant County is a community based 501(c)3 non-profit organization that offers confidential advocacy and emergency services to victims of domestic violence and abuse, sexual assault, dating violence and stalking. Educational programs are provided throughout Grant County to promote the value of living life free from violence.

Under Federal law, Heart of Grant County advocates have special confidential privilege and are not mandatory reporters. This essential protection allows victims to seek help, information and guidance without disclosure of their personal situation to anyone else unless they grant permission.

Heart advocates also help facilitate and coordinate any legal, medical, mental and behavioral health services, and other social services that victims may need in addition to emergency shelter, food, clothing and personal care.

Heart of Grant County services are free and confidential. Assistance and support is based on an individual's specific needs for emergency shelter as well as providing the tools to enable survival and encourage healing.

What is Domestic Violence?

Domestic violence not only includes physical and sexual abuse, it includes the trauma resulting from unhealthy personal relationships and can take form in a variety of ways that restrict a person's sense of well-being including:

- Physical assault
- Sexual assault
- Verbal abuse
- Emotional abuse
- Psychological abuse
- Social control and isolation
- Financial control
- Spiritual control
- Stalking and harassment
- Threats and intimidation

Relationship Red Flags

- Does your partner try to prevent you from seeing friends and family?
- Does your partner constantly criticize you and your abilities?
- Does your partner intimidate or threaten you?
- Does your partner hit, punch, slap or kick you?
- Has your partner ever prevented you from leaving the house, getting a job, or continuing your education?
- Has your partner ever destroyed things that you cared about?
- Has your partner ever threatened you with a weapon?
- Has your partner ever forced you to have sex, or forced you to engage in sexual acts that make you uncomfortable?

Safety Planning

Domestic violence can escalate over time and especially when a victim plans to leave the relationship. Heart of Grant County can offer guidance in keeping safe and developing a safety plan.

Effects of Domestic Violence on Children

Long term effects on children who witness domestic violence often suffer emotional psychological trauma from living in homes where one parent abuses the other parent and/or others in the home. Children whose primary parent is abused are denied the kind of normal life that fosters healthy development. Children who grow up observing a parent being abused, grow up with a role model of intimate relationships in which one person uses intimidation and violence over the other person to get their way. Seeing a parent treated with enormous disrespect teaches children that they can disrespect that parent as well as disrespect someone they love. It can also contribute to problems in developing healthy relationships that are essential for their emotional well-being and their sense of self-worth and value.

April is Sexual Assault Awareness Month

Sexual assault is an act of violence. It is any touch or act that is sexual in content either by force, threat of force, trickery, coercion, bribery, or between individuals where an imbalance exists in age, size, power, development or knowledge. Anyone can be a victim of sexual assault – your partner, your parent, your child, your friend, neighbor or co-worker. Sexual assault cuts across lines of race, sex, class, age and background. Over 90% of victims know their assailant.

Heart of Grant County services are available during the COVID-19 crisis

Intimate relationships can become increasingly strained and difficult during self-imposed and mandatory isolation resulting from COVID-19. Heart of Grant County advocates are available 24 Hours for services and will make accommodations as necessary for the safety of all. If you are in immediate danger, call 911. Please call or text the 24 Hour Crisis Line for immediate assistance for emergency shelter and other services at 541-620-1342.

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Our full-service pediatric care center specializes in children's health needs, from birth to adolescence, with a focus on putting kids at ease.

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