

When Violence Hits Home

The purpose of the book is to provide information and resources for people who have suffered domestic abuse, either past or current, along with their friends and the community. Domestic violence is everyone's problem and requires everyone's involvement to stop it.

To stop the violence we must

- Know the facts
- Know the resources
- Take action

Individually and together, we can make a difference in the lives of hundreds of thousands of families across Tennessee. Reading this resource guide and sharing it with others is the first step.

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Updated October 2019

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“Domestic violence is not the nuisance crime it’s sometimes taken to be. It is directly responsible for a great deal of the violent crime against women and children in our city. *When Violence Hits Home* is a good way of focusing on the problem, of letting victims know that something can be done.” Philip Bredesen, former mayor of Metropolitan Nashville-Davidson County and governor of Tennessee

Message from Our Founder

You Have the Power...Know How to Use It, Inc. is a non-profit organization founded in 1993 in Nashville with a mission of advocacy, support, and empowerment for those victimized by crime. Collaboration with other community organizations is integral to our work, and we're honored to work with many organizations and advocates across Davidson County.

You Have the Power provides information in the form of resource guides, presentations and documentaries on issues such as child sexual abuse, domestic violence, sexual assault, bullying, elder abuse and human trafficking. In addition, we conduct Victim Impact classes for incarcerated offenders. Our presentations typically include original video documentaries of crime survivors and Criminal Justice System professionals sharing their experiences.

The resource guide *When Violence Hits Home* addresses the issue of domestic violence. For more information on this topic or about our organization, please contact us at 615-292-7027 or our website at www.yhtp.org

Sincerely,

A handwritten signature in black ink that reads "Andrea Conte". The signature is written in a cursive, flowing style.

Andrea Conte
Founder, You Have the Power

Definition

Have you or has someone you know ever experienced the following by a boyfriend, girlfriend, husband, wife, or intimate partner?

- Name-calling or put-downs
- Isolation from family or friends
- Withholding of money
- Actual or threatened physical harm
- Forcing them to have sex against their will

These are examples of domestic violence, which includes partner violence, family violence, spouse abuse, child abuse, battering, and wife beating.

This violence takes many forms, and can happen once in a while during a relationship or all the time. Although each situation is different, there are common warning signs—or “red flag” behaviors— including those behaviors listed above (see “ Warning Signs” on page 8). Knowing these signs is an important step in preventing and stopping violence.

In this booklet, we will focus on domestic violence as partner violence, defined as violent or controlling behavior by a person toward an intimate partner. Although the partner is the primary target, violence is often directed toward children as well, and sometimes toward family members, friends, and even bystanders in attempts to control their partner.

According to the National Coalition against Domestic Violence, 1 in 4 women (24.3%) and 1 in 7 men (13.8%) in the US will be affected by severe intimate partner physical violence at some point in their life.

Human Rights for All

Domestic violence is not only a major public health concern, but also an important human rights issue.

Today, in our own communities, hundreds of thousands of women and children, as victims of violence, are experiencing violations of their basic human rights, including the right to live with respect and dignity— free from fear. **No one at home or abroad deserves to be hit, beaten, threatened, humiliated, or otherwise subjected to physical or emotional harm.**

The following articles from the Universal Declaration of Human Rights, adopted by the United Nations in 1948, describe some of the rights to which we are all entitled, rights which are often denied in an abusive relationship.

ARTICLE 1: All human beings are born free and equal in dignity and rights.

ARTICLE 3: Everyone has a right to life, liberty, and security of person.

ARTICLE 5: No one shall be subjected to torture, inhuman or degrading treatment, or punishment.

ARTICLE 12: No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honor and reputation. Everyone has the right to the protection of the law against such interference or attacks.

ARTICLE 28: Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realized.

Myths, Facts, & Stats

Myth:

Domestic violence does not affect many people.

Facts:

- On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. This comes out to more than 10 million women and men a year.¹
- 1 in 3 women and 1 in 4 men have experienced some form of physical violence by an intimate partner. This includes behaviors like slapping, shoving, and pushing that may not always be acknowledged as domestic violence.¹
- Physical abuse during pregnancy can lead to miscarriages, premature birth, low birth weight, or physical injuries.³

Myth:

Domestic violence is just a momentary loss of temper.

Facts:

- Domestic violence is a pattern of behavior used to establish power and control over an intimate partner or family member through fear and intimidation, often including the threat or use of violence. The abuser uses acts of violence and a series of behaviors, including intimidation, threats, psychological abuse, isolation, etc., to coerce and to control the other person. The violence may not happen often, but it remains as a hidden (and constant) terrorizing factor.

Refer to the Power and Control Wheel on page 11 for additional insights into the interconnection between physical abuse and subtler forms of control.

Myths, Facts, & Stats

Myth:

Domestic violence is always male on female, or occurs only in poor urban areas.

Facts:

- Abusive relationships can involve people of any race, age, or income level. It can be female-on-male and occurs in same-sex relationships as well.⁴

Myth :

Domestic violence is just a push, slap, or punch—it does not produce serious injuries.

Facts:

- 1 in 4 women and 1 in 7 men have been victims of severe physical violence like beating, burning, or strangling by an intimate partner.¹
- Intimate partner violence accounts for 15% of all violent crime.²
- 98 people in Tennessee were killed as a result of domestic violence in 2018, according to the Tennessee Bureau of Investigation (TBI).⁶
- In total, the TBI recorded 73,568 cases of domestic violence in 2018. Females accounted for 71% of all victims... 10% of the victims were children.⁶
- On average, four women in the U.S. are killed in a domestic violence incident every day.⁵
- In 2017, Tennessee's homicide rate for women murdered by men ranked 5th out of all the states. 63 percent of them were wives, ex-wives, common-law wives, or girlfriends of the offenders.¹¹

Myth:

If the situation was that bad, the person being abused would just leave.

Facts:

- People stay in abusive relationships for many reasons: fear of the abuser, hope the abuser will change, lack of a place to go or the funds to do so, fear of losing the children, etc.⁷
- The risk of intimate partner violence, up to and including homicide, increases when the abused party tries to leave the relationship.⁸
- Domestic violence is a frequent cause of homelessness among women and children.⁹

Warning Signs

This list identifies a series of behaviors typically demonstrated by abusive partners. All these forms of abuse—verbal, emotional, physical, and economic—come from the batterer’s desire for power and control. This list can help you recognize if you or someone you know is in an abusive relationship.

Acts of Violence

- **Physical Violence:** Slapping, punching, grabbing, kicking, choking, biting, burning, stabbing, shooting, etc. The violence may be directed at you or at your children or pets in an attempt to control you.
- **Intimidation:** Making angry or threatening gestures; using of physical size to intimidate; standing in doorway during arguments; out-shouting you; driving recklessly.
- **Destruction:** Destroying your possessions (e.g., furniture); punching walls; throwing and/or breaking things.
- **Threats:** Making and/or carrying out threats to hurt you or others.
- **Sexual Violence:** Degrading treatment based on your sex or sexual orientation; using force, threats, or coercion to force you to have sex or perform sexual acts.
- **Weapons:** Use of weapons; keeping weapons around which frighten you; threatening or attempting to kill you or those you love.

Other Forms of Abuse

- **Destructive Criticism/Verbal Abuse:** Name-calling; mocking; accusing; blaming; yelling; swearing; making humiliating remarks or gestures.
- **Pressure Tactics:** Rushing you to make decisions through “guilt tripping” and other forms of intimidation; sulking; threatening to withhold money; manipulating the children; telling you what to do.
- **Abusing Authority:** Always claiming to be right (insisting statements are “the truth” or using “logic”); making big decisions without your input.
- **Disrespect:** Interrupting; changing subjects; not listening or responding; twisting your words; putting you down in front of other people; saying bad things about your friends and family.

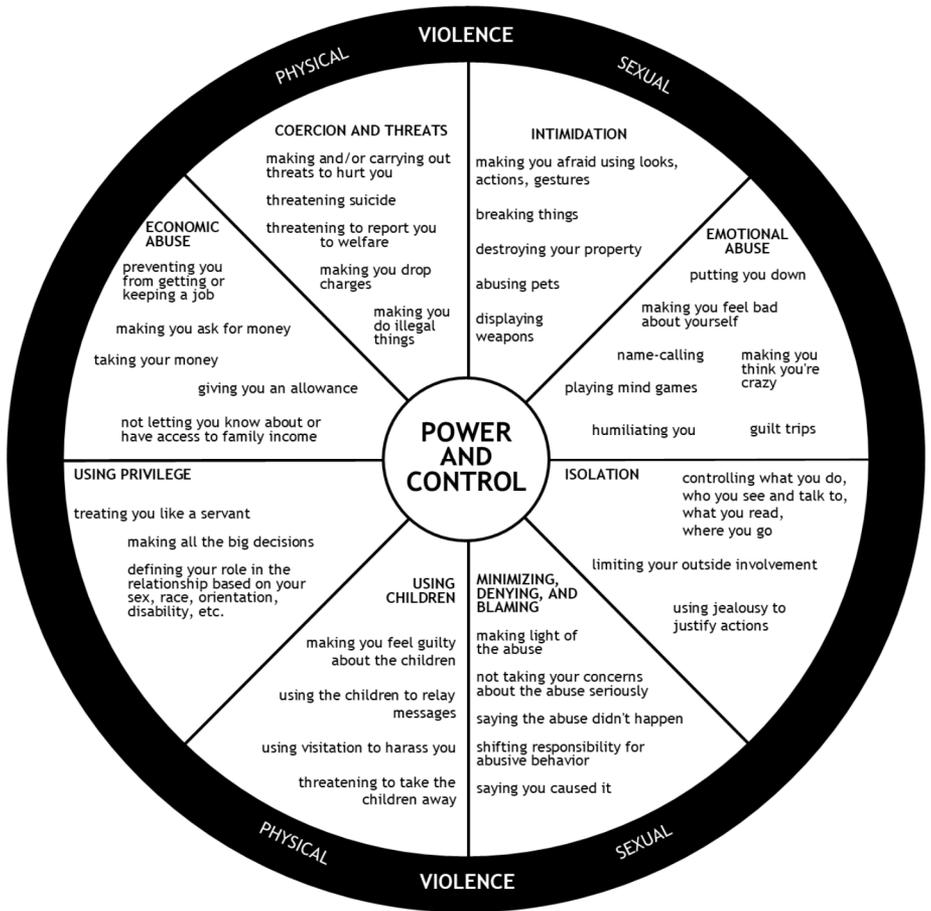
(continued on next page)

Warning Signs (continued)

- **Abusing Trust:** lying; withholding information; cheating on you; being overly jealous.
- **Breaking Promises:** Not following through on agreements; not taking a fair share of responsibility; refusing to help with child care or housework.
- **Emotional Withholding:** Not expressing feelings; not giving support, attention, or compliments; not respecting feelings, rights, or opinions.
- **Minimizing, Denying, and Blaming:** Making light of behavior and not taking your concerns about it seriously; saying the abuse didn't happen; shifting responsibility for abusive behavior; saying you caused it.
- **Economic Control:** Interfering with your work or not letting you work; refusing to give you money or taking your money; taking your car keys or otherwise preventing you from using the car.
- **Self-destructive Behavior:** Abusing drugs or alcohol; threatening suicide or other forms of self-harm; deliberately saying or doing things that will have negative consequences (e.g., telling off the boss).
- **Isolation:** Preventing you from seeing or making it difficult for you to see friends or relatives; monitoring phone calls; telling you where you can and cannot go.
- **Harassment:** Making uninvited visits or calls; following you; checking up on you; embarrassing you in public; refusing to leave when asked.

The Power and Control Wheel

This Power and Control Wheel and variations of it are used by domestic violence activists across the world to show the different behaviors that together form a pattern of violence. It shows how each seemingly unrelated behavior is an important part in an overall effort to control someone.



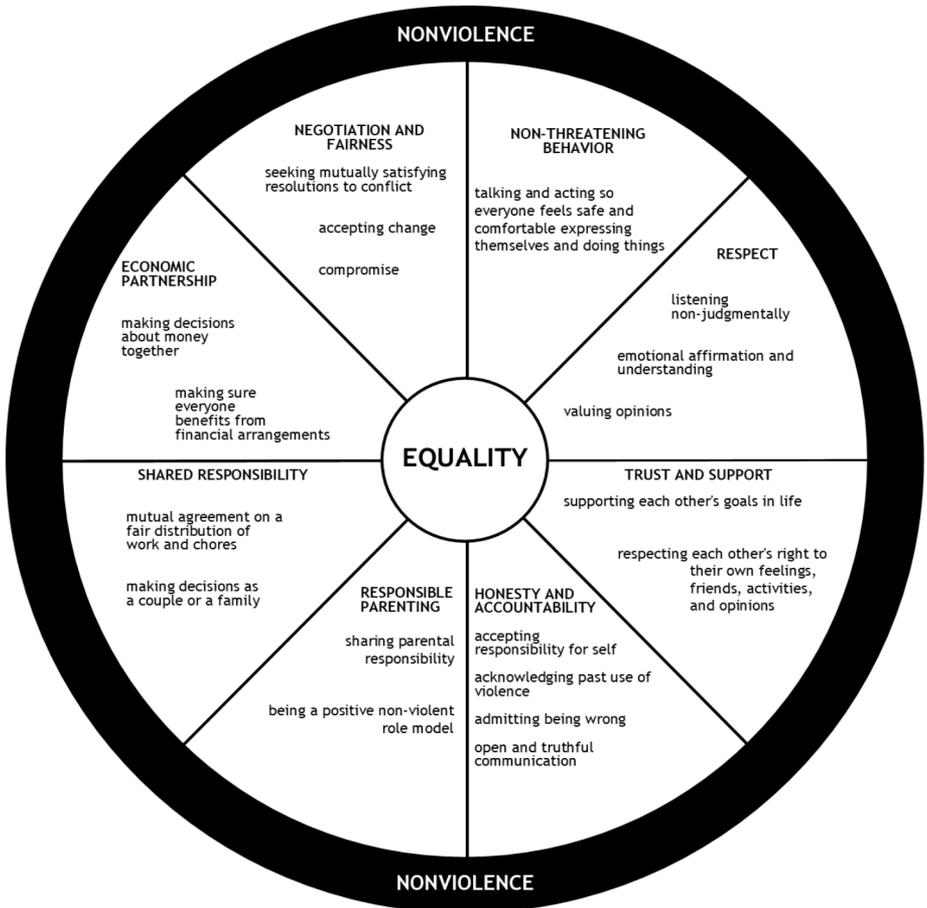
Acknowledgements to the activists and survivors at Domestic Abuse Intervention Programs in Duluth, Minnesota, developers of the original Power and Control Wheel. Visit theduluthmodel.com to learn more about the different parts and variants of the Wheel.

These versions of the wheel were created by You Have the Power to incorporate gender-neutral language.

The Equality Wheel

In contrast, the Equality Wheel shows a relationship based on equality and non-violence. It's also helpful in setting goals and boundaries in personal relationships.

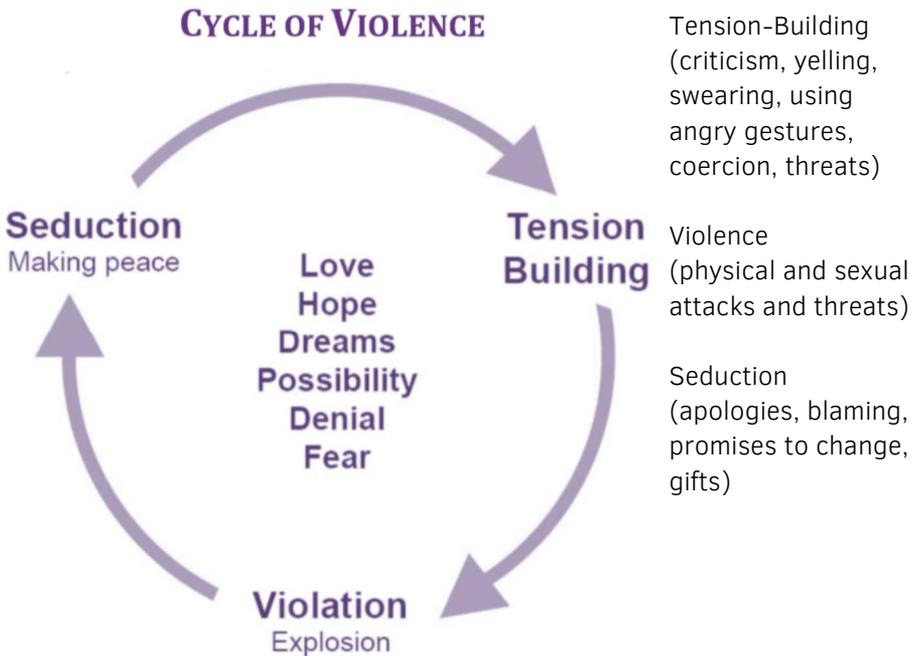
You can use these two charts to compare—and tell the difference between—healthy and unhealthy relationships.



Cycle of Domestic Violence

The tricky thing about abusive relationships is that often they aren't consistently terrible. There can be good times and experiences that make the victim want to stay, try to work things out, change themselves or change their abuser.

The Cycle of Domestic Violence shows how domestic violence often becomes a pattern made up of three stages.



It also explains the dynamics that keep the cycle going and make it hard to end a violent relationship.

Love for the abuser (the relationship has its good points, it's not all bad, etc.)

Hope that it will change (the relationship didn't begin like this)

Dreams of what the relationship could be and a better future

Possibility the abuser will change

Denial (to self and others) that the abuse is happening

Fear that the threats to kill you or your family will become a reality

Orders of Protection

An order of protection is an order issued by a court to keep someone from abusing, stalking or sexually assaulting you. You can file an order of protection in circuit, chancery or general sessions court. You do not need an attorney and you will not be assessed any court fees.

A legal advocate at a local domestic violence or sexual assault program may be able to assist you in filing the order. To locate a domestic violence or sexual assault program in your area, refer to the shelter listings on pages 21-30 of this publication, or call the National Domestic Violence Hotline at 1-800-799-SAFE or 1-800-787-3224 (TTY).

A copy of the order will be served on the person who is abusing, stalking or sexually assaulting you. A court hearing will be held within 15 days from the date the order is served.

You must go to the hearing. At the hearing the judge will decide whether or not to give you an order of protection. The order may last as long as one year. You may receive an *ex parte* order of protection (temporary order) before the actual order of protection is issued.

Law enforcement must honor orders of protection even if they were issued in another jurisdiction (for example, another county or state).

An **ex parte** order of protection is an emergency or temporary order you can have given to your abuser before a notice or hearing is scheduled. They are valid so long as the respondent (the person the order or protection is being filed against) is notified of the order and will have the chance to be heard in court.

Some orders of protection have “no contact” provisions against both parties or direct both parties not to abuse each other.

For more information about orders of protection or to see what an order of protection form looks like, visit the "Order of Protection Forms" section of the Tennessee State Courts website: www.tncourts.gov/programs/self-help-center/forms/order-protection-forms

SEE SOMETHING

Do you think a friend, a relative, or someone else you know is being abused? If so, don't be afraid to offer help—you just might save someone's life. Here are some basic steps you can take to help someone who may be in an abusive relationship.

Approach them in an understanding, non-blaming way. Tell them that they are not alone, that there are many people like them in the same kind of situation, and that it takes strength to survive and trust someone enough to talk about abuse.

Acknowledge that it is scary and difficult to talk about domestic violence. Tell them they don't deserve to be threatened, hit, or beaten. Nothing they can do or say makes the abuser's violence okay.

Share information. Show them the Warning Signs, Cycle of Violence, and/or Power and Control and Equality Wheels on pages 8-12 of this publication. Talk with them about how abuse is based on power and control.

Support them as a friend. Listen more than you speak. Encourage them to express their hurt and anger. Allow them to make her own decisions, even if it means they aren't ready to leave the relationship.

SAY SOMETHING

Ask if they have suffered physical harm. Go with them to the hospital to check for injuries. Help them report the assault to the police, if they choose to do so.

Provide information on help available to victims of domestic violence and their children, including social services, emergency shelters, counseling services, and legal advice (see page 20 and following).

Inform them about legal protection that is available in most states under abuse prevention laws. Go with them to district, probate, or superior court to get a protective order to prevent further harassment by the abuser. If you can't go, find someone who can.

Plan safe strategies for leaving an abusive relationship. These are often called "safety plans." (see pages 16-17 for an example). Never encourage someone to follow a safety plan that they believe will put them at further risk. And remember that they may not feel comfortable taking these materials with them.

Personalized Safety Plan

Suggestions for increasing safety in the relationship

I will have important phone numbers available to my children and myself (see on next page).

I can tell _____ and _____ about what is happening and ask them to call the police if they hear suspicious noises coming from my home.

If I leave my home, I can go (list four places):

I can leave extra money, car keys, clothes, and copies of documents with

If I leave, I will take

(see checklist on next page).

To ensure safety and independence, I can buy a disposable pre-paid cellular phone., open my own savings account; rehearse my escape route with a support person, and review safety plan on _____ (date).

I will teach my children how and when to call 911.

I will use my judgment and intuition. If the situation is very serious, I will give my partner what they need to calm him down. I will protect myself and my children until we are out of danger.

Suggestions for increasing safety when the relationship is over

I can: change the locks; install steel/metal doors, a security system, smoke detectors, and an outside lighting system.

I will consider carefully which people I invite to help secure my safety.

I will unfollow my partner on the following social media platforms

and ask that my friends not post information about my situation or whereabouts.

I will inform _____ and _____ that my partner no longer lives with me and ask them to call the police if my partner is observed near my home or my children.

I will tell people who take care of my children the names of those who have permission to pick them up. The people who have permission are:

The information on the following pages is adapted from *Domestic Violence: The Facts*, a publication of Battered Women Fighting Back!, Inc. a domestic violence awareness and support group headquartered in Boston, Massachusetts.

Personalized Safety Plan

I can tell _____ at work about my situation and ask _____ to screen my calls..

I can avoid banks, gyms, and _____ that I used when living with my partner.

I can obtain a protective order from _____

I can keep it on or near me at all times as well as leave a copy with _____

If I feel like I can go back to return to a potentially abusive situation, I can call _____

_____ for support or attend workshops and support groups to gain support and strengthen my relationship with other people.

I will leave my pets with a friend, family member, or my veterinarian _____

_____ or ask my shelter if they know someplace that will keep them safe, or check awionline.org/safe-havens for a "safe haven" near me.

Checklist of Items to Take

- Identification
- Birth certificates for me and my children
- Cell phone with charger (possibly disposable)
- Social Security cards
- School and medical records
- Money, bankbooks, and credit cards
- Keys for house, car, and office
- Driver's license and registration
- Medications
- Change of clothes
- Welfare identification
- Passports, Green Card(s), work permit
- Divorce papers
- Lease/rental agreement/house deed
- Mortgage payment book, current unpaid bills
- Insurance papers
- Address book
- Pictures, jewelry, items of sentimental value
- Children's favorite toys and/or blankets

Important Phone Numbers

Police _____
Hotline _____
Friends _____

Shelter _____

The Children

1 out of every 15 children in the US is exposed to intimate partner violence each year, and 90% of them see it firsthand.¹⁰ The violence may be kept from friends, relatives, teachers, and others, but the children know what is happening. Whether the children see the violence, hear it, learn about it after it happens, or are physically hurt themselves, the effects are always serious.

A home in which physical, sexual, emotional, or property abuse happens is frightening and unhealthy, and can be devastating to a child. Children in these homes cannot truly be children. These children try to protect their parents or younger siblings. They worry about being an additional problem or burden to their family and fear for their own safety and security. They have the additional burden of carrying around the family secret.

Effects of Domestic Violence on Children

Physical Abuse

Any injury a victimized parent suffers may also be suffered by the child as well. These include bruises, scars, broken bones, lacerations, abrasions, broken bones, loss of use of parts of the body, brain damage, or death.

Physical and Emotional Neglect

When there is financial or emotional abuse in the relationship, the abused parent may not be able to take care of the children properly. The children may go without proper food, clothing, shelter, medical attention, or other basic needs. They may not be properly supervised or might even be abandoned, temporarily or permanently.

Sexual Abuse

The children in domestic violence situations are not always abused sexually, but it is common. Sexual abuse by a parent or other close relative is considered incest.

Some adults may shift the blame to the child, but **adults are always responsible for sexual abuse**. They have control over the children not the other way around.

The Children

The physical results of sexual abuse can include: injury to the genital area or other body parts, sexually transmitted infection, or pregnancy. (For more information about child sexual abuse, we recommend the “Our Children” resource guide also available from YHTP.)

How Children React

Whether the child is a direct target of the abuse or witnesses it, the effects are long-lasting and serious. long-lasting and serious. The Centers for Disease Control and Prevention recognize exposure to domestic violence as an Adverse Childhood Experience associated with high-risk health behaviors in later life (i.e. smoking, substance abuse, promiscuity, severe obesity) and health problems like depression, heart disease, and cancer.

Children can develop physical signs and symptoms—trouble paying attention, sleep and mood disorders, even heart problems. Furthermore, developmental neglect and traumatic stress during childhood can cause brain changes that make children into violent, remorseless adults. It is important to intervene early with positive and therapeutic experiences for the acutely traumatized child - experiences that restore a sense of safety and control.⁵

Traumatized children may show the following behaviors:

- Intense sadness, anger, fear, confusion, self-blame, insecurity
- Becoming isolated and withdrawn
- Aggressively defying parents, teachers, etc.... or passively going along with treatment and instructions they know are wrong or unfair
- Low self-esteem, poor social/problem-solving skills, getting frustrated easily
- Taking on parental roles
- Violent behavior toward other children, pets, and toys
- Substance abuse, acting out sexually, delinquent behavior, running away

The Children (continued)

Learning Violence

Children who are the direct targets of abuse or who witness abuse may grow up to be abusers or become involved in abusive relationships. The child may believe that that all parents beat each other and their children and what they are experienced is normal. Abuse is all they know. So they repeat these patterns in their relationships with peers and partners.

Children Are Everyone's Responsibility

In Tennessee, adults have a legal responsibility for the safety and emotional well-being of children. Everyone, not just professionals, is required by law to report any suspected child abuse to the Tennessee Department of Children's Services or the local police department.

An abused parent may be unable to protect or nurture their children—difficult as this may be to admit—and should try to find someone to help them with this task.

All children who have witnessed or have been a direct target of family violence should get counseling to help them with their feelings of fear, anger, helplessness, confusion, and pain and to break the cycle of violence. Parents, whether staying in or leaving a violent relationship, have a responsibility to get counseling for their children.

The information in this section is adapted from *A Resource Handbook for Victims of Family Violence*, published by the Victim Assistance Unit of the Denver Police Department and *A Child's Image of Domestic Violence*.

Additional information comes from recent research on aggression and violence, abuse and neglect courtesy of Child Trauma Academy (www.childtrauma.org) and its founder and Senior Fellow Bruce D. Perry, MD, Ph.D. For more information on the effects of abuse and neglect on child development, refer to http://teacher.scholastic.com/professional/bruceperry/abuse_neglect.htm

Resources & Information

You should always call 911 in any life-threatening emergency. But there are other numbers you can call in situations that are less urgent. For example, you can call your local police department or sheriff's office and ask for someone in its domestic violence unit.

Other important numbers:

Tennessee Domestic Violence Hotline _____ 1-800-356-6767

Counselors are available 24/7 to help you form a safety plan, point you towards the right places and agencies, or just listen.

Adult Protective Services _____ 1-888-277-8366
<https://www.tn.gov/humanservices/adults/adult-protective-services.html>

This division of the Tennessee Department of Human Services (TDHS) helps elderly or disabled adults at risk for abuse or neglect who cannot protect themselves.

Child Abuse Hotline _____ 1-877-237-0004

Call this number to speak to a trained case manager who can use the information you provide to determine the severity of the situation and how best to intervene.

You may also want to contact your local Tennessee Department of Children's Services office during normal business hours. You can find your local office at <https://www.tn.gov/dcs/about-us/regional-offices.html>

Children's Advocacy Centers of Tennessee _____ (615) 333-5832
www.tncac.org

Child Advocacy Centers provide safe, child-friendly locations across Tennessee for helping children and families respond and recover from child abuse.

Child Support Program _____ (615) 313-4880
Operated by TDHS, the Child Support Program can help you obtain child support for your children and establish paternity as needed. Call the number above and dial "7" for connection to the Child Support Office in your area.

Resources & Information (continued)

Tennessee Department of Correction, Victim Services
<https://www.tn.gov/correction/redirect-agency-services/victim-services.html>
(615) 253-8145 or (615) 253-8128

Stay informed about your abuser's status within the corrections system—incarceration status, parole hearing dates and decisions, release dates, etc.

Tennessee Board of Probation and Parole, Victim Services
<https://www.tn.gov/bop/about-us/divisions/bop-victim-services.html>
_____ (615) 532-8112

The Board of Parole provides services to victims of crime (including domestic abuse) regarding their offenders' parole status and offers other services to help with the effects of the crime they have experienced.

Tennessee Coalition to End Domestic and Sexual Violence
<https://www.tncoalition.org> _____ (615) 386-9406

The Coalition offers information on shelters, emergency financial assistance, legal services, and batterers' intervention programs.

National Center for Victims of Crime
<http://victimsofcrime.org/home> _____ 1-202-467-8700
This nationwide non-profit offers local assistance for victims of crime, information about crime and its effects, and resources to help victims rebuild their lives. Its Victim Connect service (victimconnect.org or 1-888-484-2846) offers confidential referrals for crime victims.

Use this space to write down other important numbers and websites:

Family Safety Centers

These centers improve the safety of victims of domestic and sexual violence, child and elder abuse, and human trafficking by creating a supportive environment for victims to receive free and confidential services from a variety of providers. All of these centers work with local community partners, some of whom provide services directly out of the center.

Blountville

Branch House
313 Foothills Drive
423-574-7233
branchhousecenter.com

Chattanooga

Hamilton County-Chattanooga Family Justice Center
5705 Uptain Road
Open Monday-Friday, 8:30 AM-5:00 PM
(Hours extended until 7:30 PM on 2nd and 4th Thursdays of each month)
423-643-7600
24-hour crisis line: 423-755-2700
fjc@chattanooga.gov
connect.chattanooga.gov/fjc

Cookeville

Upper Cumberland Family Justice Center
269 South Willow Ave, Suite E
931-528-1512 or 866-704-1080
24-hour crisis line: 931-526-5197 or 800-707-5197
familyjusticecenteruc@gmail.com
ucfamilyjusticecenter.org

Huntsville

Scott County Family Justice Center
641 Howard H. Baker Highway
423-663-6638
director@scfjc.org
www.facebook.com/scottcountyfjc

Jackson

Safe Hope Center
512 Roland Avenue
731-425-8185
safehopecenter@cityofjackson.net
www.cityofjackson.net/police/resources/safe-hope-center

Johnson City

Johnson City / Washington County Family Justice Center
196 Montgomery Street, Suite 10
423-722-3720
Open 8:00 AM - 4:00 PM
fjc@johnsoncitytn.org
www.facebook.com/JCWCFamilyJusticeCenter

Knoxville

Knoxville Family Justice Center
400 Harriet Tubman Street
Open Monday-Friday, 8 AM-4 PM
Office: 865-215-6800
24-hour crisis line: (865) 521-6336
fjcknoxville.com

Memphis

Family Safety Center
1750 Madison Avenue, Suite 600
Open Monday-Friday, 8 AM-4:30 PM
Office: 901-222-4400
24-hour crisis line: (901) 249-7611
familysafetycenter.org

Nashville

Family Safety Center
610 Murfreesboro Pike
Open Monday – Friday, 9 AM-6 PM
(615) 880-1100
FSCINFO@jis.nashville.org
ofs.nashville.gov

Domestic Violence Shelters

Due to ongoing changes in domestic violence services, this list may not reflect all the resources available in your community, and phone numbers very often change without notice. When in doubt, consult your local directory. Space is provided on page 20 for any additional phone numbers you want to keep.

Many of these facilities also help with safety planning and court advocacy. They may also offer counseling for survivors of domestic violence or referrals to professionals who do. Additional counseling services are available in the “Counseling and Other Services” section starting on page 32.

IMPORTANT NOTE: while men can also be victims of domestic violence, some shelters will only take female clients. However, even these facilities can usually find a safe place for a male to stay. No one can completely refuse to help you based on sex or gender.

Anderson County

Family Crisis Center: 865-637-8000

Haven House, Inc.: 865-982-1087

Scott County Shelter Society: 423-569-3333

YWCA Knoxville: 865 523-6126 (transitional living facility)

Bedford County

Haven of Hope: 1-800-435-7739 or 931-680-3011

Benton County

WRAP: 1-800-273-8712

Bledsoe County

Avalon Center Domestic Violence and Sexual Assault Program:
800-641-3434

Blount County

Haven House, Inc.: 865-982-1087

Bradley County

Family Resource Agency: (423) 479-9339

Harbor Safe House: 423-476-3886

Campbell County

Family Services Center, Community Health of East Tennessee: 423-562-8325
Scott County Shelter Society: 423-569-3333

Domestic Violence Shelters

Cannon County

Cannon County SAVE: 615-563-6690

Domestic Violence & Sexual Assault Center: 615-896-2012

Families in Crisis, Inc.: 800-675-0766

Carter County

Change Is Possible (CHIPS): 423-388-8281

Johnson County Safe Haven: 423-727-1914 (women only)

Safe House: 423-926-7233 or 844-578-7233

The Shepherd's Inn - 423-542-0180

Carroll County

WRAP: 1-800-273-8712

Cheatham County

Safe Haven Cheatham County: 615-681-5863

SafeHouse Domestic Violence Shelter 866-592-6902

Chester County

WRAP: 1-800-273-8712

Cocke County

SafeSpace: 1-800-244-5968

Claiborne County

CEASE Domestic Violence and Sexual Assault Inc.: 1-800-303-2220

Clay County

Genesis House, Inc.: 800-707-5197

Coffee County

Haven of Hope: 1-800-435-7739 or 931-680-3011

Crockett County

WRAP: 1-800-273-8712

Cumberland County

Avalon Center Domestic Violence and Sexual Assault Program: 800-641-3434

SafeHouse Domestic Violence Shelter 866-592-6902

Domestic Violence Shelters

Davidson County

Morning Star Sanctuary - 615-860-0003
The Mary Parrish Center - 615-256-5959 (transitional housing)
YWCA Nashville & Middle Tennessee: 1-800-334-4628

Dekalb County

Genesis House, Inc.: 800-707-5197

Decatur County

WRAP: 1-800-273-8712

Dickson County

Women Are Safe: 800-470-1117

Dyer County

The Haven of Northeast Arkansas: 800-474-1064
WRAP: 1-800-273-8712

Fayette County

Amanda's Way: 901-235-1900 (limited services)
Fayette Cares, Inc.: 901-465-3802
YWCA Greater Memphis: 901-725-4277

Fentress County

Avalon Center Domestic Violence and Sexual Assault Program:
800-641-3434
Scott County Shelter Society: 423-569-3333

Franklin County

Haven of Hope: 1-800-435-7739 or 931-680-3011

Gibson County

WRAP: 1-800-273-8712

Giles County

Center of Hope: 931-381-8580
The Shelter, Inc.: 1-800-762-1115 (women only)

Grainger County

CEASE Domestic Violence and Sexual Assault Inc.: 1-800-303-2220
Haven House, Inc.: 865-982-1087

Domestic Violence Shelters

Greene County

Change Is Possible (CHIPS): 423-388-8281

Safe House: 423-926-7233 or 844-578-7233

Grundy County

Families in Crisis, Inc.: 800-675-0766

Hamblen County

CEASE Domestic Violence and Sexual Assault Inc.: 1-800-303-2220

Hamilton County

Partnership for Families, Children and Adults: 423-755-2700

Hancock County

CEASE Domestic Violence and Sexual Assault Inc.: 1-800-303-2220

Hardeman County

WRAP: 1-800-273-8712

Hardin County

WRAP: 1-800-273-8712

Hawkins County

CEASE Domestic Violence and Sexual Assault Inc.: 1-800-303-2220

Safe House: 423-926-7233 or 844-578-7233

Haywood County

Amanda's Way: 901-235-1900 (limited services)

WRAP: 1-800-273-8712

Henderson County

WRAP: 1-800-273-8712

Henry County

WRAP: 1-800-273-8712

Hickman County

Center of Hope: 931-381-8580

Women Are Safe: 800-470-1117

Humphreys County

Women Are Safe: 800-470-1117

Domestic Violence Shelters

Houston County

SafeHouse Domestic Violence Shelter 866-592-6902

Jackson County

Genesis House, Inc.: 800-707-5197

Jefferson County

Haven House, Inc.: 865-982-1087

SafeSpace: 1-800-244-5968

Johnson County

Johnson County Safe Haven: 423-727-1914 (women only)

Knox County

Knoxville Family Justice Center: 865-521-6336

Family Crisis Center - 865-637-8000

Haven House, Inc.: 865-982-1087

The Salvation Army/The Joy Baker Center: 865-525-9401, ext 421 (women only)

Serenity Shelter: 865-673-6551 (women only)

YWCA Knoxville: 865 523-6126 (transitional living facility)

Lake County

WRAP: 1-800-273-8712

Lauderdale County

Amanda's Way: 901-235-1900 (limited services)

The Haven of Northeast Arkansas: 800-474-1064

WRAP: 1-800-273-8712

Lawrence County

Center of Hope: 931-381-8580

The Shelter, Inc.: 1-800-762-1115 (women only)

Lewis County

Center of Hope: 931-381-8580

The Shelter, Inc.: 1-800-762-1115 (women only)

Lincoln County

Haven of Hope: 1-800-435-7739 or 931-680-3011

Domestic Violence Shelters

Loudon County

Haven House, Inc.: 865-982-1087

Serenity Shelter: 865-673-6551 (women only)

YWCA Knoxville: 865 523-6126 (transitional living facility)

Macon County

Genesis House, Inc.: 800-707-5197

Madison County

WRAP: 1-800-273-8712

Marion County

Partnership for Families, Children and Adults: 423-755-2700

Maury County

Center of Hope: 931-381-8580

Marshall County

Center of Hope: 931-381-8580

Haven of Hope: 1-800-435-7739 or 931-680-3011

New Beginnings Domestic Violence Center: 931-637-7625 (women only)

McNairy County

WRAP: 1-800-273-8712

McMinn County

Haven House, Inc.: 865-982-1087

The H.O.P.E. Center Inc.: 423-745-5289 (women only)

Meigs County

The H.O.P.E. Center Inc.: 423-745-5289 (women only)

Monroe County

Haven House, Inc.: 865-982-1087

Haven of Hope: 1-800-435-7739 or 931-680-3011

The H.O.P.E. Center Inc.: 423-745-5289 (women only)

Montgomery County

SafeHouse Domestic Violence Shelter 866-592-6902

Serenity House Women's Shelter: 931-320-9485 (transitional housing)

Domestic Violence Shelters

Moore County

Haven of Hope: 1-800-435-7739 or 931-680-3011

Morgan County

Avalon Center Domestic Violence and Sexual Assault Program: 800-641-3434

Scott County Shelter Society: 423-569-3333

Obion County

WRAP: 1-800-273-8712

Overton County

Genesis House, Inc.: 800-707-5197

Perry County

Center of Hope: 931-381-8580

Women Are Safe: 800-470-1117

Pickett County

Genesis House, Inc.: 800-707-5197

Scott County Shelter Society: 423-569-3333

Putnam County

Cookeville Rescue Mission (faith-based homeless shelter): 931-528-5819

Genesis House, Inc.: 800-707-5197

Polk County

Family Resource Agency: 423-479-9339

Haven House, Inc.: 865-982-1087

Harbor Safe House: 423-476-3886

Robertson County

HomeSafe, Inc.: 615-452-4315

Rhea County

Avalon Center Domestic Violence and Sexual Assault Program:

800-641-3434

Family Resource Agency: 423-479-9339

Roane County

Family Crisis Center: 865-637-8000

Avalon Center Domestic Violence and Sexual Assault Program:

800-641-3434

YWCA Knoxville: 865 523-6126 (transitional living facility)

Domestic Violence Shelters

Rutherford County

Domestic Violence & Sexual Assault Center: 615-896-2012

Sequatchie County

Families in Crisis, Inc.: 800-675-0766

Scott County

Scott County Shelter Society: 423-569-3333

Sevier County

Haven House, Inc.: 865-982-1087

SafeSpace: 1-800-244-5968

Shelby County

Amanda's Way: 901-235-1900 (limited services)

Family Safety Center of Memphis and Shelby County, Inc.: 901-222-4400

The Haven of Northeast Arkansas: 800-474-1064

YWCA Greater Memphis: 901-725-4277

Smith County

Genesis House, Inc.: 800-707-5197

Stewart County

SafeHouse Domestic Violence Shelter 866-592-6902

Serenity House Women's Shelter: 931-320-9485 (transitional housing)

Sumner County

HomeSafe, Inc.: 615-452-4315

Sullivan County

Abuse Alternatives: 423-764-2287

Johnson County Safe Haven: 423-727-1914 (women only)

Safe House: 423-926-7233 or 844-578-7233

Tipton County

Amanda's Way: 901-235-1900 (limited services)

The Haven of Northeast Arkansas: 800-474-1064

WRAP: 1-800-273-8712

YWCA Greater Memphis: 901-725-4277

Trousdale County

HomeSafe, Inc.: 615-452-4315

Domestic Violence Shelters

Van Buren County

Avalon Center Domestic Violence and Sexual Assault Program: 800-641-3434
Genesis House, Inc.: 800-707-5197

Washington County

Abuse Alternatives: 423-764-2287
Safe House: 423-926-7233 or 844-578-7233

Warren County

Families in Crisis, Inc.: 800-675-0766

Wayne County

Center of Hope: 931-381-8580
The Shelter, Inc.: 1-800-762-1115 (women only)

Weakley County

WRAP: 1-800-273-8712

Weakley County

WRAP: 1-800-273-8712

White County

Genesis House, Inc.: 800-707-5197

Williamson County

Bridges Domestic Violence Center: 615-599-5777
Center of Hope: 931-381-8580

Wilson County

HomeSafe, Inc.: 615-452-4315

Legal Services and Other Information

Your city police department or county sheriff's office may have a domestic violence unit that can start an investigation or provide referrals to services you may need.

Your local Legal Aid Society can provide you with resources and advice to help you escape a marriage or abusive relationship, or to cut legal ties with your abuser.

Legal Aid of East Tennessee (laet.org)

Chattanooga: 423-756-4013

Cleveland: 423-303-2266

Johnson City: 423-928-8311

Knoxville: 865-637-0484

Maryville: 865-981-1818

Morristown: 423-587-4850

Legal Aid of Middle Tennessee and the Cumberlandds (las.org)

Clarksville: 931-552-6656 or 800-342-3317

Columbia: 931-381-5533 or 866-660-7164

Cookeville: 931-528-7436 or 800-262-6817

Gallatin: 615-451-1880 or 888-475-4150

Murfreesboro: 615-890-0905

Nashville: 615-244-6610 or 800-238-1443

Oak Ridge: 865-483-8454 or 800-483-8457

Tullahoma: 931-455-7000 or 866-898-0171

West Tennessee Legal Services (wtls.org)

Jackson: 800-372-8346 or 731-423-0616

This number also connects to satellite locations in Dyersburg, Huntington, and Selmer.

Additionally, your local District Attorney's Office can provide you with information about the court process and protective orders. It can also provide referrals for counseling, emergency shelters, support groups, applications for criminal injury compensation if needed.

To find your local District Attorney's Office, go to

www.tndagc.org/offices.html

The offices are organized by both district and specific county.

Counseling and Other Services

If you or a loved one is severely depressed or actively suicidal, call 911 or any of the following crisis lines:

Adult Statewide Crisis Telephone Line: 1-855-CRISIS-1 (1-855-274-7471)
National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)
Trevor Lifeline (LGBTQ youth): 1-866-4-U-TREVOR (1-866-488-7386)
Crisis Text Line: text TN to 741741

This section not only features counseling services, but options for housing, rent, and transportation assistance.

Your local Human Resource Agency (HRA) may be able to help with childcare, disability services, employment, food, healthcare, housing, medication, mental health services, utilities, and transportation. Check with your HRA to see what's available in your area:

- **Delta HRA** (Fayette, Lauderdale, and Tipton): www.deltahra.org or 901-476-5226
- **East Tennessee HRA** (Anderson, Blount, Campbell, Claiborne, Cocke, Grainger, Hamblen, Jefferson, Knox, Loudon, Monroe, Morgan, Roane, Scott, Sevier, and Union): www.ethra.org or 865-691-2551
- **First Tennessee HRA** (Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi, and Washington): www.fthra.org or 423-461-8200
- **Mid-Cumberland HRA** (Cheatham, Davidson, Dickson, Houston, Humphreys, Montgomery, Robertson, Rutherford, Sumner, Stewart, Trousdale, Williamson and Wilson): www.mchra.com or 615-331-6033
- **Northwest HRA** (Benton, Carroll, Crockett, Dyer, Gibson, Henry, Lake, Obion, and Weakley): nwtdd.org/nwthra or 731-587-4213
- **South Central HRA** (Bedford, Coffee, Franklin, Giles, Hickman, Lawrence, Lewis, Lincoln, Marshall, Maury, Moore, Perry, and Wayne): www.schra.us or 931-433-7182
- **Southeast HRA** (Bledsoe, Bradley, Grundy, Hamilton, Marion, McMinn, Meigs, Polk, Rhea, and Sequatchie): www.sethra.us, 423-949-2191, or 800-852-6155
- **Southwest HRA** (Chester, Decatur, Hardeman, Hardin, Haywood, Henderson, Madison, and McNairy): www.swhra.org or 731-989-5111
- **Upper Cumberland HRA** (Cannon, Clay, Cumberland, DeKalb, Fentress, Jackson, Macon, Overton, Pickett, Putnam, Smith, Van Buren, Warren, and White): www.uchra.com or 931-528-1127

You may also call “211” for local help with these issues.
Other county-specific resources:

Counseling and Other Services

Anderson County

Sexual Assault Center of East Tennessee: 865-522-7273
(Sexual assault examinations, therapy)

Bedford County

Centerstone Shelbyville: 931-684-0522
(Counseling, support groups)

Benton County

Carey Counseling Center: 731-584-6999
(Counseling, referrals, support groups)

Blount County

Sexual Assault Center of East Tennessee: 865-522-7273
(Sexual assault examinations, therapy)

Bradley County

Centerstone Cleveland: 423-464-4357
(Counseling, support groups)

Campbell County

Sexual Assault Center of East Tennessee: 865-522-7273
(Sexual assault examinations, therapy)

Carroll County

Carey Counseling Center: 731-584-6999
Huntingdon: 761-986-4411
McKenzie: 731-352-3050
(Counseling, referrals, support groups)

Chester County

Quinco Mental Health, Chester County Center: 731-989-3401
(Counseling, some income-based housing)

Cocke County

Sexual Assault Center of East Tennessee: 865-522-7273
(Sexual assault examinations, therapy)

Coffee County

Centerstone Tullahoma: 931-461-1300
(Counseling, support groups)

Counseling and Other Services

Davidson County

- Centerstone Madison: 615-460-4300 (Counseling, support groups)
- Centerstone Nashville (Counseling, support groups)
 - Dede Wallace Campus (White Avenue): 615-460-4200
 - Frank Luton Center (Ransom Place): 615-279-6700
 - Harding Pike: 460-4080
 - Venture Circle: 460-4200
- Child Support Services of Davidson County: 615-726-0530
(Assistance with enforcing and obtaining orders for child support)
- Cumberland Heights Domestic Violence Program - 615-353-4305
(Counseling, support groups)
- Family and Children Services 615-320-0591
(Counseling, referrals, support groups)
- Hope Station: 615-480-2765
(Emergency rent and utility assistance for single mothers)
- The Lioness Foundation: 615-681-1044 (Transportation, supplies)
- Sexual Assault Center: 615-259-9055 or 800-879-1999
(Counseling, referrals, support groups)
- Vanderbilt Community Mental Health Center: 615-322-2028
(Counseling, referrals, support groups)
- Women With Open Arms: 615-436-0995 (Clothing, supplies)

Decatur County

Quinco Mental Health, Decatur County Center: 731-852-3112
(Counseling, some income-based housing)

Dickson County

Centerstone Dickson: 615-446-3797
(Counseling, support groups)

Franklin County

Centerstone
Estill Springs: 931-649-3408
Tullahoma: 931-461-1300
(Counseling, support groups)

Gibson County

Carey Counseling Center: 731-855-2871
(Counseling, referrals, support groups)

Counseling and Other Services

Giles County

Centerstone Pulaski: 931-363-5438
(Counseling, support groups)

Hamilton County

Centerstone Chattanooga: 423-499-1031
(Counseling, support groups)

Hardeman County

Quinco Mental Health, Hardeman County Center: 731-658-6113
(Counseling, some income-based housing)

Hardin County

Quinco Mental Health, Hardin County Center: 731-925-1022
(Counseling, some income-based housing)

Henderson County

Quinco Mental Health, Henderson County Center: 731-967-8803
(Counseling, some income-based housing)

Henry County

Carey Counseling Center: 731-642-0521
(Counseling, referrals, support groups)

Jefferson County

Sexual Assault Center of East Tennessee: 865-522-7273
(Sexual assault examinations, therapy)

Knox County

Sexual Assault Center of East Tennessee: 865-522-7273
(Sexual assault examinations, therapy)

Lawrence County

Centerstone Lawrenceburg: 931-762-6505
(Counseling, support groups)

Lewis County

Centerstone Hohenwald: 931-796-5916
(Counseling, support groups)

Lincoln County

Centerstone Fayetteville 931-433-6456
(Counseling, support groups)

Counseling and Other Services

Loudon County

- Family Resource Center, Lenoir City Schools - 865-986-0518
(Provides parenting guidance, counseling, and referrals)
- Sexual Assault Center of East Tennessee: 865-522-7273
(Sexual assault examinations, therapy)
- Good Samaritan Center - 865-986-1777 (9:00 AM-12:30 PM Monday-Wednesday; 9:00 AM-4:00 PM Thursday and Friday
Emergency assistance with food, utilities, medical, and dental)

Madison County

Quinco Mental Health, Madison County Center: 731-664-2111
(Counseling, some income-based housing)

Marshall County

Centerstone Lewisburg: 931-359-5802
(Counseling, support groups)

Maury County

- Centerstone Columbia – Columbia Pediatrics: 931-381-8840
(Children's counseling services)
- Centerstone Columbia – Medical Center Drive: 931-490-1500
(Counseling, support groups)

McNairy County

Quinco Mental Health, McNairy County Center: 731-645-5753
(Counseling, some income-based housing)

Monroe County

Sexual Assault Center of East Tennessee: 865-522-7273
(Sexual assault examinations, therapy)

Montgomery County

- Centerstone Clarksville – Harriett Cohn Center: 931-920-7200
(Counseling, support groups)
- Sexual Assault Center - 931-241-4143
(Counseling, referrals, support groups)
- The Steven A. Cohen Military Family Clinic at Centerstone: 931-221-3850
(Counseling, support groups)

Obion County

Carey Counseling Center: 731-885-8810
(Counseling, referrals, support groups)

Counseling and Other Services

Putnam County

Centerstone Cookeville: 931-303-0665
(Counseling, support groups)

Roane County

Sexual Assault Center of East Tennessee: 865-522-7273
(Sexual assault examinations, therapy)

Robertson County

Centerstone Springfield: 615-463-6200
(Counseling, support groups)

Sevier County

Sexual Assault Center of East Tennessee: 865-522-7273
(Sexual assault examinations, therapy)

Shelby County

- Alliance Healthcare Services:
Main: 901-369-1400
Crisis: 901-577-9400
(Counseling, referrals, support groups)
- CAAP Domestic Violence Program: 901-272-2221, extension 6
(Counseling, court advocacy, referrals, transportation to services)
- Kindred Place (formerly the Exchange Club Family Center): 901-276-2200
(Program for children who have witnessed domestic violence. counseling services, Domestic Violence Assessment Center for offenders, some limited shelter)
- Shelby County Crime Victims & Rape Crisis Center: 901-222-3950
(Counseling, support groups, assistance filing Orders of Protection, assistance filing victims compensation claims, court accompaniment, referral and case management of social service needs)

Counseling and Other Services

Sullivan County

Family Promise Interfaith Hospitality Network: 453-929-9967
(Transitional shelter for homeless families)

Sumner County

Centerstone Gallatin: 615-460-4500
(Counseling, support groups)

Wayne County

Centerstone Waynesboro: 931-722-3644
(Counseling, support groups)

Weakley County

Carey Counseling Center: 731-480-0011
(Counseling, referrals, support groups)

Williamson County

GraceWorks Ministries
Fairview: 615-799-0006
Franklin: 615-794-9055
(Counseling, referrals)

Suggested Reading

- Ballard, Zari. *When Love Is a Lie: Narcissistic Partners & the Pathological Relationship Agenda*. New Westminster, BC: Post Hypnotic Press Inc. 2017.
- Bancroft, Lundy. *When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse*. New York: Berkley Books, 2005.
- Bancroft, Lundy. *Why Does He Do That? Inside the Minds of Angry and Controlling Men*. New York: Berkley Books, 2003.
- Cantrell, Leslie A. *Into the Light: A Guide for Battered Women (Revised, Expanded Edition)*. Charlotte, NC: Kids Rights, 1994.
- Evans, Patricia. *The Verbally Abusive Relationship, Expanded Third Edition: How to Recognize It and How to Respond*. Avon, MA: Adams Media, 2010.
- Goetting, Ann. *Getting Out: Life Stories of Women Who Left Abusive Men*. New York: Columbia University Press, 2000.
- Herman, Judith. *Trauma and Recovery: The Aftermath of Violence--From Domestic Abuse to Political Terror*. New York: Basic Books, 2015.
- Jones, Ann, and Susan Schechter. *When Love Goes Wrong: What To Do When You Can't Do Anything Right*. New York: HarperCollins, 1992.
- Maracek, Mary. *Breaking Free From Partner Abuse: Voices of Battered Women Caught in the Cycle of Domestic Violence*. Buena Park, CA: Morning Glory Press, 1999.
- Martin, Del. *Battered Wives (Revised, Updated)*. Volcano, CA: Volcano Press, 1976.
- NiCarthy, Ginny. *Getting Free: You Can End Abuse and Take Back Your Life*. Seattle, WA: Seal Press, 2004.
- Probasco, Ramona. *Healing Well and Living Free from an Abusive Relationship: From Victim to Survivor to Overcomer*. Ada, MI: Revell, 2018.
- Thomas, Shannon. *Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse*. Tempe, AZ: MAST Publishing House, 2016.
- Vanzant, Iyanla. *Faith in the Valley: Lessons for Women on the Journey to Peace*. New York: Atria Books, 1996.
- White, Evelyn C. *Chain Chain Change, For Black Women Dealing with Physical and Emotional Abuse*. Seattle, WA: Seal Press, 1985.

We also recommend the reading list compiled by the National Domestic Violence Hotline, available at <https://www.thehotline.org/resources/victims-and-survivors/#pubs>

Change can happen rapidly with regard to services, shelters, and resources for survivors of domestic violence, and we ask that you please notify us of any new information in your town or city that you would like included in our next printing of this book. You can send these updates to us at info@yhpt.org or call us at (615) 292-7027.

Citations

1. Black, Michael C. et al. The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, 2011.
2. Truman, Jennifer L., and Rachel E. Morgan. "Nonfatal Domestic Violence, 2003-12." Rockford, MD: U.S. Department of Justice, 2014.
3. "Abuse During Pregnancy." March of Dimes, accessed April 11, 2019. <https://www.marchofdimes.org/pregnancy/abuse-during-pregnancy.aspx>
4. "Domestic Violence". Safe Horizon, accessed April 11, 2019, www.safehorizon.org/get-informed/domestic-violence-statistics-facts
5. Jeltsen, Melissa. "Domestic Violence Murders Are Suddenly On the Rise". Huffington Post, April 11, 2019, bit.ly/2GhwYYZ
6. "Domestic Violence 2018". Nashville, TN: Tennessee Bureau of Investigation, 2018. Accessed July 8, 2019, https://www.tn.gov/content/dam/tn/tbi/documents/tibrs/2018%20Domestic%20Violence_Final.pdf
7. Anderson, Michael A., et al. 'Why Doesn't She Just Leave?': A Descriptive Study of Victim Reported Impediments to Her Safety." *Journal Of Family Violence* 18, no. 3, 2003, 151-155. Also see Yamawaki, Niwako, et al. "Perceptions of Domestic Violence: The Effects of Domestic Violence Myths, Victim's Relationship With Her Abuser, and the Decision to Return to Her Abuser," *Journal of Interpersonal Violence* 27, no. 16, 2012, 3195 – 3212.
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