

**welcome**

**Substance Abuse**  
**Domestic Violence**

**THE INTERSECTION OF DOMESTIC VIOLENCE, SEXUAL ASSAULT & SUBSTANCE USE**

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**WHAT IF,**  
Someone told a lie...

**That Alcohol or Other Drugs caused Domestic Violence or Sexual Assault?**

**Who would benefit from this misinformation?**  
**Who would be harmed by this information?**

**What is Sexual Assault?**

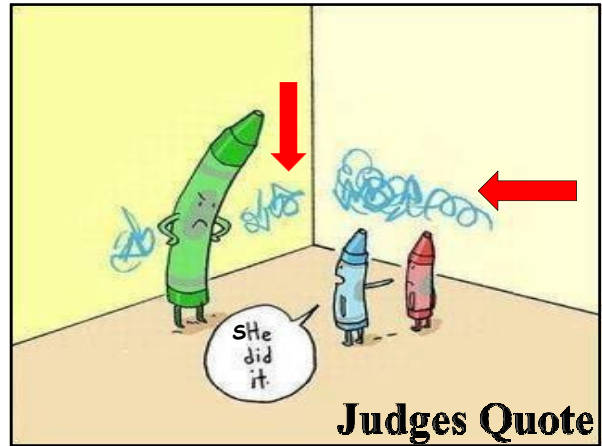
- ❖ Within an Intimate Relationship
- ❖ By a known assailant
- ❖ By a person in a position of authority or power
- ❖ By a stranger assailant
- ❖ ...More

**Through whose eyes?**

The "Undetected" rapist – Dr. David Lisak interviews "Frank," a pre-law student. The video clip shown here can be viewed at this link:  
<https://www.youtube.com/watch?v=VnKZKLFV55M>.

**What is Domestic Violence?**





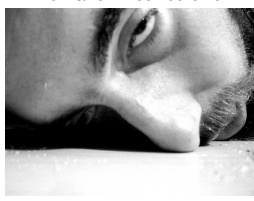
**I'm so sorry, but**

<ul style="list-style-type: none"> <li>■ you provoked me.</li> <li>■ I was drunk.</li> <li>■ It was actually your fault.</li> <li>■ I didn't mean it.</li> <li>■ I was having a bad day.</li> <li>■ the timing was off.</li> <li>■ I love you.</li> <li>■ you're wrong.</li> </ul>	<ul style="list-style-type: none"> <li>■ you're annoying.</li> <li>■ it was the PMS talking.</li> <li>■ you need help.</li> <li>■ I just can't help myself.</li> <li>■ I had a bad childhood.</li> <li>■ the stars were crossed.</li> <li>■ Mercury was in retrograde.</li> <li>■ I'm an addict.</li> </ul>
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I hope you'll accept such a  sincere  well-articulated apology.  half-assed

**I WAS DRUNK**

**BLACK OUT VS. PASSING OUT**

<p><b>Black Out</b></p> <ul style="list-style-type: none"> <li>○ Full functioning</li> <li>○ Others can not discern</li> <li>○ Not doing anything that goes against your moral code</li> <li>○ Don't remember what happened after the black out</li> <li>○ Can be a few seconds or days</li> </ul>	<p><b>Passing Out</b></p> <ul style="list-style-type: none"> <li>○ You are unconscious</li> </ul> 
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**Consent**

CONSENT

IT'S SIMPLE AS TEA

**Consent**

CONSENT

IT'S SIMPLE AS TEA

This video clip can be viewed at this link:  
<https://www.youtube.com/watch?v=oQbeisJGiT8>

## Michigan Marital Rape Laws

Prior to 1974, Michigan law, like that of most states, exempted spouses from its rape laws.

This meant that a spouse essentially could use the fact that he was married to his victim as a defense to a charge of raping her.

In the 1970s, a “second wave” of feminists began scrutinizing the sexist rape laws around the country and Michigan was the first state to respond.

## Substance Abuse and Sexual Assault

- A prior history of victimization may predispose someone to drug and alcohol use, abuse and addiction, while drug and alcohol problems may be a risk factor for victimization.



## Sexual Assault and Substance Use

- Women with substance use/abuse are more likely to have been sexually assaulted at some point in their lives, with as many as **60% of women and 20% of men** undergoing substance abuse treatment reporting having survived physical, sexual or emotional abuse as a child

~(National Center for PTSD)

### What is the most common drug to facilitate sexual assault?

- #1 Roofies/Rohypnol
- #2 Alcohol
- #3 Marijuana
- #4 Cocaine

pop?  
quiz

Correct Answer

*Alcohol is the most common drug used to facilitate sexual assaults. Unlike some other drugs, alcohol is legal, readily available, and socially acceptable (Scalzo) if not socially encouraged in some settings.*



## Strategic use of Alcohol

- Perpetrators may get drunk or high in order to justify their actions, or may deliberately get victims drunk or high to facilitate sexual assault (Frost; Lisak; United Educators, 2003).
- Perpetrators may not need to be as physically forceful with an extremely intoxicated individual in order to subdue her/him (Lisak; United Educators; Scalzo).
  - In other words, alcohol or drugs may be used as an excuse and **are a part of a plan.**




### ISSUES WE ENCOUNTER WORKING WITH DRUG AND ALCOHOL AFFECTED BATTERERS




- The batterers lives seem to be in more chaos than the non-drug/alcohol affected batterers.
- They, and their (ex)partners, tend to blame the drug/alcohol for the battering.
- Their overall denial seems higher.
- They are better liars and manipulators.
- “I didn’t come here for my drinking” is a major impediment to getting these men to work on their drug/alcohol issues while involved in batterer intervention, sometimes the courts do not see this as something they want to take on and monitor
- The concept of “codependency” is a popular framework in the industry, even though it has serious conceptual and ethical problems when applied to real people’s lives. When applied to survivors of a drug/alcohol affected batterer, the term blames the victim for her victimhood. **A better term for this condition would be “captive dependent” or “hostage.”**
- Drug/alcohol affected batterers who are engaged in accountably dealing with both issues will be spending a good deal of time away from family, work, etc.

## THERE IS A LINK...




- Over **50%** of men in BIPs have SA issues and are 8 times as likely to batter on a day in which they have been drinking.
- Half** of partnered men entering SA treatment have battered in the past year and are 11 times as likely to batter on a day in which they have been drinking.
- 25%-50%** of the women receiving services for DV have SA problems.
- Between **55% and 99%** of women who have SA issues have been victimized at some point in their life and between **67% and 80%** of women in SA treatment are DV victims.

## HARM FACING BATTERED WOMEN USING DRUGS



- Impairs** her ability to leave her batterer
- Reduces** her ability to protect herself and her children
- If illegal drugs, puts her in **harm's way**
- Effects of SA **prevent her** from accurately assessing the level of danger posed by her perpetrator
- Erroneously** believes she can defend herself against physical assaults
- If getting high is a "couple thing" her non-use may **threaten her** perpetrators access



- Impaired cognition makes safety planning **more difficult**
- Reluctant** to seek assistance or contact police for fear of arrest, deportation or referral to a child protection agency
- Compulsive use/withdrawal symptoms make it **difficult** for SA victims to access shelter, advocacy, or other forms of help
- A recovering woman may find the stress of securing safety leads to **relapse**
- If she is using or has used in the past, she may **not be believed**



est. 1874

Title: **Pleading with a Saloonist**

Description: An illustration depicting a group of women praying in the street and trying to persuade a saloon keeper to stop selling alcoholic beverages, ca. 1873-1874.

The caption reads "Pleading with a Saloonist."



## What's the Rub?



Domestic Violence Movement      Addictions Field



## The #1 Question

## Consider the Difference...

<p><b>Can</b> men who abuse Change?</p> 	<p><b>Will</b> men who abuse Change?</p> 
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It is... "Just Like Riding A Bike"





What exactly are we saying?




## If I acted without thinking am I...

**Spontaneous?**  
**Impetuous?**  
**Impulsive?**



**Qualified & Practiced**

### REMEMBER: HE THOUGHT IT WAS A GOOD IDEA




Batterers, abusers or assailants are not all that different than the rest of us...similar, **but turned up**


1. I **want** what I **want**, when I **want** it and I am willing to get it at another's expense!
2. Who has not thought about hitting another person...men who batter, have the same thought, **but think it is a good idea!**
3. ... and Justifications abound!

### FACTS ABOUT DOMESTIC VIOLENCE AND AOD


- Rates of domestic violence were almost **15 times higher** in households where husbands were described as often drunk as opposed to never drunk.<sup>2</sup>
- Women who have been victims of violence have a **higher risk** of alcohol and other drug problems.<sup>5</sup>




### FACTS ABOUT DOMESTIC VIOLENCE AND AOD




- Alcohol is present in more than **50%** of all incidents of domestic violence.<sup>3</sup>
- **76%** of physically abusive incidents occur in the absence of alcohol use.<sup>4</sup>



## FACTS ABOUT DOMESTIC VIOLENCE AND AOD





- Battered women often report that, in addition to medicating the emotional and physical pain of trauma, chemical use helped to reduce or eliminate their feelings of fear and became part of their day-to-day safety strategies. <sup>11</sup>
- Battered women are disproportionately represented in chemical dependency treatment populations. <sup>7, 8 & 9</sup>




## FACTS ABOUT DOMESTIC VIOLENCE AND AOD

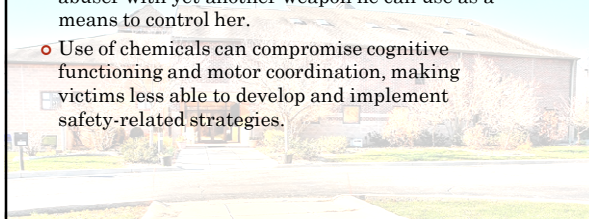
- Chemically involved battered women are less likely to be believed or taken seriously by others; they are more likely to be blamed for the violence. <sup>6</sup>
- Many chemically dependent battered women are addicted to drugs that were prescribed by the health care providers from whom they sought help. <sup>10</sup>

## FACTS ABOUT DV AND AOD





- A victim's chemical use or addiction provides the abuser with yet another weapon he can use as a means to control her.
- Use of chemicals can compromise cognitive functioning and motor coordination, making victims less able to develop and implement safety-related strategies.



## ALL THOSE FACTS ARE TRUE, BUT...

- Alcohol and drugs do not cause domestic violence.
- Domestic violence does not cause addiction, but may include drug or alcohol misuse.
- ...“You can have strep throat and a broken leg at the same time.”

## SOME PEOPLE STILL DON'T GET IT...


- Addicted to “Power and Control”
- Addicted to Facebook
- Addicted to Chaos
- Addicted to Tanning
- Addicted to Work
- Addicted to Shoes





## A CULTURE OF ACCOUNTABILITY

*A culture of accountability is the only thing that will end domestic violence and sexual assault.*



**HOW CAN WE HELP SURVIVORS GET SAFE AND SOBER?**

Does Safety = Sobriety?  
Does Sobriety = Safety




**SafeHouse Center** provides support for those impacted by domestic violence or sexual assault. Free and confidential services are available for any person victimized that lives or works in Washtenaw County. Our services include emergency shelter for those in danger of being hurt or killed, counseling, legal advocacy, support groups, and especially, *hope*.

[www.safehousecenter.org](http://www.safehousecenter.org)  
4100 Clark Road  
Ann Arbor, MI 48105

24/7 HelpLine: 734-995-5444  
[info@safehousecenter.org](mailto:info@safehousecenter.org)  
Also, find us on Facebook!





Building communities free of domestic violence and sexual assault

**Catholic Social Services of Washtenaw County  
Domestic Violence Intervention Services**

- ❖ ADA
- ❖ RENEW
- ❖ Washtenaw County Jail Programming


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[www.csswashtenaw.org/renew](http://www.csswashtenaw.org/renew)


**AL-ANON  
ON DOMESTIC VIOLENCE**

- No one has to accept violence...we all deserve to be safe
- Al-Anon doesn't advocate any particular course of action. We are not urged to either stay or go...All of us deserve to remain safe long enough to discover this for ourselves.
- These decisions are best left to each individual member



**LEARN ABOUT 12 STEP PROGRAMS AND DOMESTIC VIOLENCE**

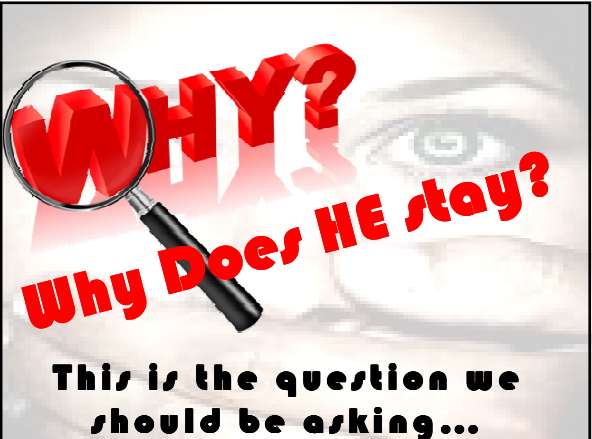
- Powerlessness (Step 1)
  - Empowerment
- Insanity (Step 2)
- Moral inventory (Steps 4 & 5)
- Amends (Steps 8 & 9)
- Acceptance
- Codependence



**WHY?**


**Why Does HE stay?**

**This is the question we should be asking...**






### Why Does He stay?



- ✓ He gets what he wants...
- ✓ He gets to control the money...
- ✓ He gets to make the rules...
- ✓ He gets waited on...
- ✓ He gets to be The Boss ...
- ✓ He knows that violence works ...
- ✓ He knows nobody knows about his violence ...
- ✓ His Neighbors and Church Members Still Like Him ...


### Why Does He stay?



- ✓ He knows the Protective Order is Not Enforced ...
- He believes It's her Fault ...
- ✓ He knows no one believes her ...
- ✓ He is aware that his Community Does Not Condemn Violence ...
- ✓ He likes getting free sex & housework on demand ...
- ✓ He likes her income...
- ✓ He Gets Free Childcare ...
- ✓ **He stays, because he is getting what he wants...when he wants it...and is willing to get it at the expense of another**

## HOW COMMON IS DV?

- 25% of women and 8% of men surveyed said they were raped and/or physically assaulted by a current or former partner during their lifetime. <sup>1</sup> The vast majority served for DV are women.
- SafeHouse Center served over 4500 survivors of domestic violence and sexual assault in the past year.




**DRUNK!?**

How drunk would you have to be...

## DRUNK!?

*There are three major theories about the relationship between domestic violence and intoxication*





**Disinhibition  
Social Learning  
Deviance Disavowal**

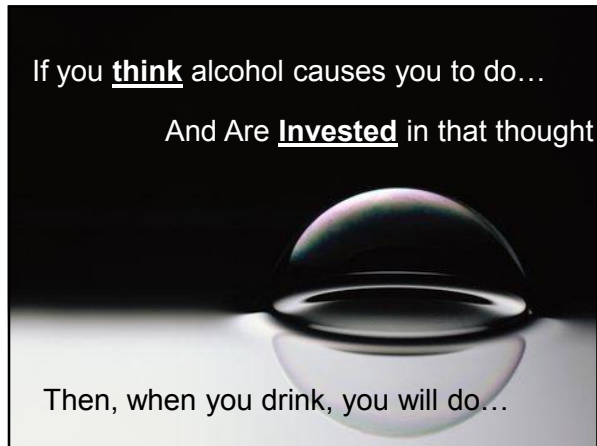
## DISINHIBITION

### NOTES:

- No such inhibition center has ever been located in the brain.
- If disinhibition explained the relationship between substance abuse and woman abuse we would expect assailants/perpetrators who were substance abusers to be non-violent when their substance use was terminated...this is not the case



If you think alcohol causes you to do...  
 And Are Invested in that thought



Then, when you drink, you will do...

### I'm/He's Only Violent when Drinking

- Barley, Wheat, Hops make Beer
- Grapes make Wine
- Potatoes make Vodka
- Sugarcane make's Rum
- Agave make's Tequila
- Apples make Cider
- Juniper Berries make Gin

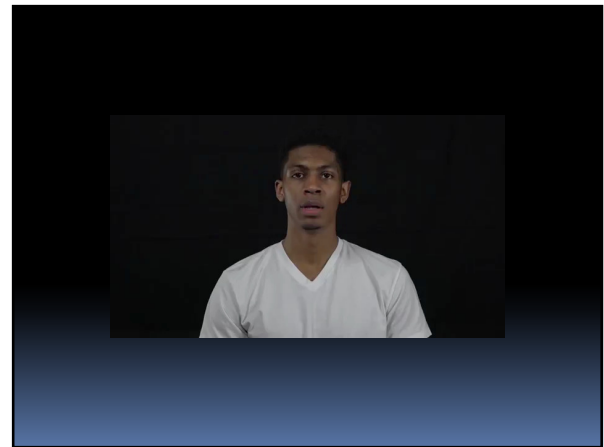
The active ingredient in alcoholic beverages is ethanol, a molecule that directly affects the stomach, brain, heart, gall bladder and liver.



### Ice cream consumption and murder rates are highly correlated


*Does ice cream incite murder, or does murder increase the demand for ice cream?*

**Concurrent Cause**  **Correlation does not imply causation**

### IMPORTANT FACTORS:

1. His growing up in a violent and substance-abusing family
2. His believing that violence against women is sometimes acceptable
3. His believing that alcohol or drugs can make people violent.
4. His personal desire for personal power and a willingness to get what he wants at the expense of another.



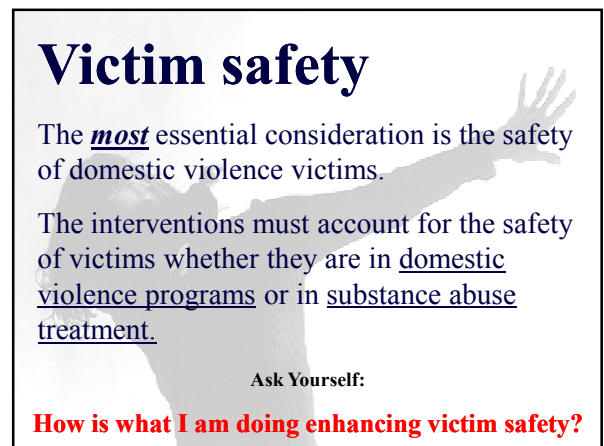
### Victim safety

The most essential consideration is the safety of domestic violence victims.

The interventions must account for the safety of victims whether they are in domestic violence programs or in substance abuse treatment.

Ask Yourself:

**How is what I am doing enhancing victim safety?**




***Safety and sobriety are interconnected***


Lack of sobriety, either in victims or in batterers, increases the risk for further violence against victims.

Lack of victim safety threatens the sobriety of both victim and batterer.

***Abstinence and sobriety are not sufficient conditions for safety.***



**COMMON MISUNDERSTANDINGS ABOUT AA AND DV**




**Powerlessness**

**What is step #1 of the 12 steps of Alcoholics Anonymous?**

**“WE ADMITTED WE WERE POWERLESS OVER ALCOHOL--THAT OUR LIVES HAD BECOME UNMANAGEABLE”**

*Does this read like you thought it did?*




**Intoxication and Domestic Violence**

**You have a broken ankle & strep throat!!!**





**THEORETICAL COMPARISONS**

<p><b><u>MEN BATTER</u></b></p> <ul style="list-style-type: none"> <li>✓ Because they can and <b>we</b> let them.</li> <li>✓ Because it is <b>effective</b>.</li> <li>✓ Because they <b>want</b> what they <b>want</b> when they <b>want</b> it.</li> <li>✓ To <b>stop</b> her from doing something, to <b>get</b> her to do something, or simply to revel in <b>dominance over her</b>.</li> </ul>	<p><b><u>ALCOHOLICS/ADDICTS USE</u></b></p> <ul style="list-style-type: none"> <li>○ Because it is a <b>disease</b>.</li> <li>○ Because they have <b>lost the power</b> to choose.</li> <li>○ Because it's their <b>best friend</b>.</li> <li>○ Because they can't imagine life <b>with it or without it</b>.</li> <li>○ Because they have a <b>different physiological reaction</b> to it than non alcoholics or addicts.</li> </ul>
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**STRENGTHS OF 12 STEP PROGRAMS FOR SURVIVORS**

- *Power with* or *power to be able* (feminine) rather than *power over* (masculine)
- Relational emphasis
  - Growth-fostering relationships
- Non-hierarchical
- Safe, caring environment
- Available most times of day
- Free
- Women affiliate w/AA at higher rates than men



### WEAKNESSES OF 12 STEP PROGRAMS FOR SURVIVORS

- Their primary purpose is something other than domestic violence
- They are not experts in domestic violence
- Member beliefs often reflect the community beliefs

### SURVIVORS WITH CHEMICALLY DEPENDENT PARTNERS <sup>12</sup>

- Codependency and Effects of Victimization
- Implications of Codependency Treatment for Survivors
- Recommendations for Substance Abuse Treatment Counselors
- Relational Model (Self-in-Relation Model)

### CODEPENDENCY TREATMENT

**When victims of domestic violence are encouraged to stop the behaviors associated with codependency—enabling, caretaking, over-responsibility for a partner's behavior, not setting limits or defining personal boundaries—they are, in essence, being asked to stop doing the very things that may be keeping them and their children most safe. These behaviors are not symptomatic of some underlying "dysfunction," but are the life-saving skills necessary to protect them and their children from further harm.**

### RECOMMENDATIONS FOR COUNSELORS

- Give priority to safety and explore safety-related options;
- Provide referral information to the local domestic violence service provider as a resource designed primarily to assist with safety-related needs;
- Provide complete and accurate information about the purposes of twelve-step groups and codependency groups and the potential limitations of these forums as sources of help regarding safety-related concerns;
- Provide referral information to Al-Anon and other resources designed to provide help for family members of substance abusers; and
- Offer opportunities to become educated about chemical dependency independent of her partner.

### CONTACT INFORMATION



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