

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.

This Program is funded under an agreement with the State of Tennessee, Office of Criminal Justice, VOCA 26659.

Updated June 2020

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 Tennessee.

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

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

Facts:

- 1 in 4 women and 1 in 9 men have been victims of severe physical violence like beating, burning, or strangling by an intimate partner.²
- Intimate partner violence accounts for 15% of all violent crime.²
- 55% of all female homicide victims are connected to intimate partner violence.¹²
- On average, four women in the U.S. are killed in a domestic violence incident every day.⁵
- 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
- 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:

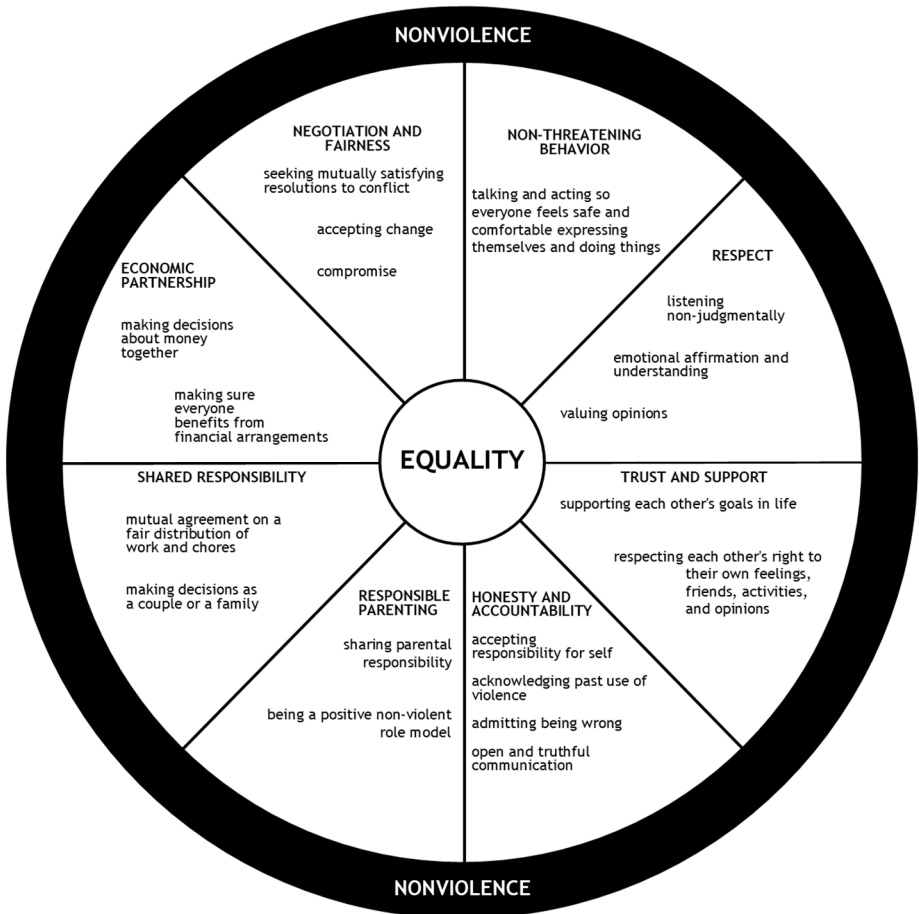
- People stay in abusive relationships for many reasons: fear of the abuser, hope the abuser will change, lack of a place to go or the funds to do so, fear of losing the children, etc.⁷
- The risk of intimate partner violence, up to and including homicide, increases when the abused party tries to leave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

- **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; unwanted attempts to contact you via e-mail or social media, including threats to post damaging photos or information.

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.



Tension

This phase can only last a few hours, or a few weeks or months. The abuser lashes out at the victim in smaller, less violent ways—criticizing everything the abuser does, yelling, swearing, making angry gestures, or threatening the victim into doing whatever the perpetrator wants. The victim often feels like another violent incident is coming, even if they aren't sure when or what will set it off.

Violence

Sometimes called the “explosion” or “abusive incident”. Eventually, the abuser will attack the victim again. They may physically or sexually assault the victim, or try to do so. If the abuse is emotional instead of physical, the abuser might say something designed to devastate the victim, break or throw out personal possessions, change the locks on them, or cut off access to money or other things they need.

Honeymoon Phase

The abuser tries to make up for the incident with apologies or gifts. They may even say it will never happen again and promise to change—anything to make the victim stay in the relationship. Things may be peaceful, even happy for a while. But something always happens to restart the tension, the cycle will start over again, and the abuser breaks every promise they made.

Keep in mind that not all abusive relationships have this phase. Sometimes there will be no break in the tension before the violence starts again.

In most cases, the abuser never really changes, and the only way the abuse stops is when the victim ends the relationship.

The cycle as pictured 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 them or their family will become a reality

Many victims find it difficult to respond to their stalkers. Some victims try to talk them out of their behavior. Others simply downplay their harassment and pretend it isn't serious. They might be pressured by friends and family not to make trouble.

But the effects of stalking can completely derail someone's life. 1 in 8 stalking victims with jobs lose time from work as a result, having to deal with their stalker or missing work completely to avoid them. 1 in 7 stalking victims moves because they no longer feel safe in their current home.¹⁴

Stalking behavior can escalate quickly--1 in 5 stalking cases involves the stalker using a weapon at some point.¹⁵ Finally, one study of women killed by intimate partners found that 76% of the victims had been stalked by their killer.¹⁶ **If you or someone you know is in imminent danger from a stalker, or the stalker has threatened you or them, call 911 immediately.**

If you believe you are being stalked, you can obtain an order of protection or restraining order against your stalker (see page 17) so they can't follow or harass you anymore without being arrested.

It will help if you can provide evidence of what happened to you. Save any related messages (texts, e-mails, videos, etc.), as well as any gifts or other items the stalker sent you. Keep a record of all the times the stalker showed up at your home, work, or other places you visit. Make a note of every time the stalker called you on the phone and what they said. Include the date, time, and the names of anyone who witnessed the incident. All of these materials can be used to justify a protective order or later prosecution if the stalker ignores it.

You should also tell your friends and family what's happening so they can help you develop a safety plan (see pages 18-19) or at least serve as a buffer between you and the stalker. You may also want to see a counselor to deal with the fear and anxiety this harassment has caused you.

Above all, trust your instincts. If you think something is wrong or out of place, you could be right. Don't let other people tell you that what's happening will pass or, worse, that it's just a sign of affection. Do what you need to do to keep yourself and the people around you safe.

Orders of Protection

An order of protection is a legal document that makes it a crime for an abuser to contact you or come around you for any reason. You don't have to make a police report if you don't want to, and the order will not go on an abuser's record as long as they abide by it. An order of protection usually lasts around a year, but you can request an extension if you still feel unsafe.

In an order of protection, the "Petitioner" is the person asking for the order and the "Respondent" is the person the order is against.

Under an order of protection, an abuser can be ordered NOT TO:

- threaten or abuse you, your children, or your pets
- contact you or your children in any way
- come around you or your children, no matter where you are
- interfere with your utilities
- own or have access to guns

You can also ask the court:

- to have the Respondent move out of your home immediately
- to order the Respondent to pay child support, alimony, or the household bills
- to separate your cell phone lines

Who can get an order of protection?

- People who are dating, have dated, or have had sex
- People who are married, have been married, or share children together
- People who are related by blood, marriage, or adoption
- People who have lived together
- A person who has been sexually assaulted by the Respondent
- A person who has been stalked by the Respondent

Orders of protection are often confused with restraining orders, but they are **not** the same thing.

A **restraining order** is designed to keep someone from doing something. This could mean ordering someone to stop contacting the Petitioner. In a divorce case, they can keep one spouse from canceling insurance or utilities, or destroying or selling property,

The Respondent does not have to be romantically involved or related to the Petitioner (example, a celebrity seeking a restraining order against an obsessed fan). In contrast, the main purpose of an order of protection is to protect someone from a dangerous person.

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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](http://www.tncourts.gov/programs/self-help-center/forms/order-protection-forms)

*Our thanks to the Metro (Nashville) Office of Family Safety; Ralls & Wooten, Attorneys at Law; and the "Criminal Justice" overview at Study.com for help in updating this section for the new edition.*

## How Can I Help?

**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 30 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 22–23 for an example). If they plan it out before something big happens, they'll be better prepared to respond in a way that's safer for them and help them escape for good.

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.

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

Sometimes you don't have to say much, or anything at all, to be there for someone. Just having someone who will listen can ease the burden of isolation, secrecy, and self-blame that keeps people in abusive relationships.

For any number of reasons, your friend may not want to report the abuse, or they may not feel like they can leave. In the end, it is their decision to make, not yours. Try not to make them feel like there's something wrong with them because they don't take your advice—that will only make them feel even worse about their situation and themselves. Helping them explore their feelings and decide on their best options, giving them the information they want or need, or just being there... sometimes this is the best you can do.

The information on the following pages is derived from *Domestic Violence: The Facts*, a publication of Battered Women Fighting Back!, Inc. a domestic violence awareness and support group headquartered in Boston, Massachusetts. It also includes content from the Joyful Heart Foundation, a national advocacy/educational organization focusing on sexual assault, domestic violence, and child abuse.

# Personalized Safety Plan

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:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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 want to return to a partner who has been abusive, 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](http://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)
- Laptop/computer
- Social Security cards
- School and medical records
- Money, bankbooks, and credit cards (possibly prepaid)
- 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

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

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 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, severe obesity) and health problems like depression, heart disease, and cancer.

One study that followed children who witnessed domestic violence discovered that they were affected just as severely as if they experienced it themselves.<sup>17</sup> Research shows that children who see their parents beaten and abused are at the same risk for post-traumatic stress disorder as combat veterans.<sup>18</sup>

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. But early intervention with positive and therapeutic experiences can restore a sense of safety and control.<sup>5</sup> Safe, nurturing relationships can reduce the effects of child abuse and other ACEs, helping them build resilience and avoid negative later-life outcomes.<sup>19</sup>

## 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/contact-us/regional-offices.html>

Children's Advocacy Centers of Tennessee \_\_\_\_\_ 615-333-5832  
[www.tncac.org](http://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.

## 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  
[branchhousetn.org](http://branchhousetn.org)

### **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](mailto:fjc@chattanooga.gov)  
[connect.chattanooga.gov/fjc](http://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](mailto:familyjusticecenteruc@gmail.com)  
[ucfamilyjusticecenter.org](http://ucfamilyjusticecenter.org)

### **Huntsville**

Scott County Family Justice Center  
641 Howard H. Baker Highway  
423-663-6638  
[director@scfjc.org](mailto:director@scfjc.org)  
[www.scfjc.org](http://www.scfjc.org)

### **Jackson**

Safe Hope Center  
512 Roland Avenue  
731-425-8185  
[safehopecenter@cityofjackson.net](mailto:safehopecenter@cityofjackson.net)  
[www.cityofjackson.net/police/resources/safe-hope-center](http://www.cityofjackson.net/police/resources/safe-hope-center)

### **Johnson City**

Johnson City / Washington County Family Justice Center  
196 Montgomery Street, Suite 10  
Office: 423-722-3720  
24-hour crisis line: 423-926-7233  
Open 8:00 AM - 4:00 PM  
[fjc@johnsoncitytn.org](mailto:fjc@johnsoncitytn.org)  
[www.facebook.com/JCWCFamilyJusticeCenter](http://www.facebook.com/JCWCFamilyJusticeCenter)

### **Knoxville**

Knoxville Family Justice Center  
400 Harriet Tubman Street  
Open Monday-Friday, 8 AM-4 PM  
24-hour crisis line: (865) 521-6336  
[ficknoxville.com](http://ficknoxville.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](http://familysafetycenter.org)

### **Nashville**

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

### **Cannon County**

Cannon County SAVE: 615-563-6690

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

Families in Crisis, Inc.: 931-473-6221

### **Carter County**

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

Johnson County Safe Haven: 423-727-1914

Safe House: 844-578-7233 (por español: 423-467-3726)

The Shepherd's Inn - 423-542-0180

### **Carroll County**

WRAP: 1-800-273-8712 (TTY relay 800-848-0298; voice relay 800-848-0299)

### **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**

YWCA Knoxville and the Tennessee Valley: 865-523-6126

### **Clay County**

Genesis House, Inc.: 800-707-5197

### **Coffee County**

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

### **Crockett County**

WRAP: 1-800-273-8712 (TTY relay 800-848-0298; voice relay 800-848-0299)

### **Cumberland County**

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

### **Davidson County**

AGAPE / Morning Star Sanctuary - 615-860-0003

The Mary Parrish Center - 615-256-5959 (transitional housing)

YWCA Nashville & Middle Tennessee: 1-800-334-4628

(text line: 615-983-5170)



**Grundy County**

Families in Crisis, Inc.: 931-473-6221

**Hamblen County**

YWCA Knoxville and the Tennessee Valley: 865-523-6126

**Hamilton County**

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

(non-crisis video phone: 423-208-9801)

**Hancock County**

YWCA Knoxville and the Tennessee Valley: 865-523-6126

**Hardeman County**

WRAP: 1-800-273-8712 (TTY relay 800-848-0298; voice relay 800-848-0299)

**Hardin County**

WRAP: 1-800-273-8712 (TTY relay 800-848-0298; voice relay 800-848-0299)

**Hawkins County**

Safe House: 844-578-7233 (por español: 423-467-3726)

YWCA Knoxville and the Tennessee Valley: 865-523-6126

**Haywood County**

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

WRAP: 1-800-273-8712 (TTY relay 800-848-0298; voice relay 800-848-0299)

**Henderson County**

WRAP: 1-800-273-8712 (TTY relay 800-848-0298; voice relay 800-848-0299)

**Henry County**

WRAP: 1-800-273-8712 (TTY relay 800-848-0298; voice relay 800-848-0299)

**Hickman County**

Center of Hope: 931-381-8580

Women Are Safe: 800-470-1117

**Humphreys County**

Women Are Safe: 800-470-1117

**Houston County**

SafeHouse Domestic Violence Shelter 866-592-6902

**Jackson County**

Genesis House, Inc.: 800-707-5197

**Loudon County**

Haven House, Inc.: 865-982-1087  
Iva's Place: 865-816-3481 or 866-239-0871  
Kent C. Withers Family Crisis Center: 865-637-8000  
Serenity Shelter: 865-673-6540 (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 (TTY relay 800-848-0298; voice relay 800-848-0299)

**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)

**Moore County**

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

### **Scott County**

Scott County Shelter Society: 423-569-3333

### **Sequatchie County**

Families in Crisis, Inc.: 931-473-6221

### **Sevier County**

Haven House, Inc.: 865-982-1087

Iva's Place: 865-816-3481 or 866-239-0871

Kent C. Withers Family Crisis Center: 865-637-8000

SafeSpace: 1-800-244-5968

### **Shelby County**

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

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, Inc.: 423-764-2287 or 800-987-6499

Johnson County Safe Haven: 423-727-1914

Safe House: 844-578-7233 (por español: 423-467-3726)

### **Tipton County**

Amanda's Way: 901-235-1900

The Haven of Northeast Arkansas: 800-474-1064

WRAP: 1-800-273-8712 (TTY relay 800-848-0298; voice relay 800-848-0299)

YWCA Greater Memphis: 901-725-4277

### **Trousdale County**

HomeSafe, Inc.: 615-452-4315

### **Union County**

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

Haven House, Inc.: 865-982-1087

YWCA Knoxville and the Tennessee Valley: 865-523-6126

## 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. (Please call the corresponding number below before visiting the office.)

### **Legal Aid of East Tennessee** ([laet.org](http://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](http://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](http://wtls.org))

Jackson: 800-372-8346 or 731-423-0616 (es español: 800-372-8346)

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](http://www.tndagc.org/offices.html). The offices are organized by both district and specific county.

Also, WomensLaw.org provides legal information to people of all genders regarding domestic and sexual violence as well as stalking. Ask your question via their Email Hotline at [hotline.womenslaw.org](mailto:hotline.womenslaw.org).

**You may also call “211” for local help with these issues.**

Other county-specific resources:

**Anderson County**

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

**Bedford County**

- Centerstone Shelbyville: 888-291-4357 (Counseling, support groups)
- The HOPE Program for Children and Teens: (615) 352-3087  
(individual and group counseling for children affected by violent crime)

**Benton County**

Carey Counseling Center (Counseling, referrals, support groups):  
Access Center: 800-611-7757  
Adult Crisis Line: 800-353-9918

**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 (Counseling, referrals, support groups):  
Access Center: 800-611-7757  
Adult Crisis Line: 800-353-9918

**Chester County**

Quinco Mental Health: 731-658-6113 (Counseling, some income-based housing)  
(24/7 hotline: 800-532-6339; foreign language services available)

**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)

### **Gibson County**

Carey Counseling Center (Counseling, referrals, support groups):

Access Center: 800-611-7757

Adult Crisis Line: 800-353-9918

### **Giles County**

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

### **Hamilton County**

- Centerstone Chattanooga: 423-499-1031 (Counseling, support groups)
- Family Promise of Greater Chattanooga: 423-756-3891  
(Services for homeless families)

### **Hardeman County**

Quinco Mental Health: 731-658-6113 (Counseling, some income-based housing)  
(24/7 hotline: 800-532-6339; foreign language services available)

### **Hardin County**

Quinco Mental Health: 731-658-6113 (Counseling, some income-based housing)  
(24/7 hotline: 800-532-6339; foreign language services available)

### **Henderson County**

Quinco Mental Health: 731-658-6113 (Counseling, some income-based housing)  
(24/7 hotline: 800-532-6339; foreign language services available)

### **Henry County**

Carey Counseling Center (Counseling, referrals, support groups):

Access Center: 800-611-7757

Adult Crisis Line: 800-353-9918

### **Jefferson County**

Sexual Assault Center of East Tennessee: 865-522-7273

(Sexual assault examinations, therapy)

### **Knox County**

- Family Promise of Knoxville: 865-584-2822  
(Services for homeless families)
- Sexual Assault Center of East Tennessee: 865-522-7273  
(Sexual assault examinations, therapy)

### **Lawrence County**

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

Access Center: 800-611-7757

Adult Crisis Line: 800-353-9918

### **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)

### **Rutherford County**

The HOPE Program for Children and Teens: (615) 352-3087

(individual and group counseling for children affected by violent crime)

HomeSafe, Inc: 615-452-5439

(Support groups for domestic violence and trauma)

### **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)

## 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](mailto:info@yhpt.org) or call us at (615) 292-7027.