Relationship Resource Packet

“I Matter” JCSU’s Safety & Prevention Coalition
(704)378-3550
http://www.jcsu.edu/programs/i-matter
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*I MATTER* would like to acknowledge UNC-Wilmington’s CARE program for allowing us to modify and adapt this informative packet.
Hello! My name is Layla Bluefort and I am the Violence Prevention Case Manager for JCSU’s “I MATTER” program. “I MATTER” is JCSU’s program for the prevention of and response to interpersonal violence and the campus resource for healthy relationships. This handbook has been created to empower every victim on your journey to transition to become a survivor. I have included in this book resources and information that you may need to access.

When someone is involved in an abusive relationship, it can be difficult to accept that the person they love can be so sweet and charming at times and yet they can also be so degrading and mean at other times. This contradiction can make it difficult to understand what is happening and even harder to know what to do about it. Often students will say that nobody can understand or they feel they are to blame for the problems in their relationship. People are never to blame for the abuse they experience and we all deserve respect and love in our relationships – without any strings attached-D.Dorn.

As the Violence Prevention Case Manager, it is my job to ensure that you are educated on how to remain safe whether you decide to stay or leave. I will be working from an empowerment model, which means that I understand that you are the expert in your life and your relationship. As a survivor of an abusive relationship, I understand that it is not always easy to know when you leave; it won’t be easy to take the first step; it won’t be easy to keep taking steps; and it won’t be easy to never go back. I will support you, without judgement, no matter what you chose to do.

While I can help you to examine options and assist you with utilizing the resources available on campus and in the community, ultimately I want to support you in making decisions that work for you.

Sincerely,

Layla Bluefort, MSW, LCSWA
Violence Prevention Case Manager
Student Union (behind the Health Center)
378-3550 If you need to schedule a meeting with me, visit https://calendly.com/imatter_profbluefort

The Rose that Grew from Concrete

Did you hear about the rose that grew from a crack in the concrete?
Proving nature's law is wrong it learned to walk with out having feet.
Funny it seems, but by keeping it's dreams, it learned to breathe fresh air.
Long live the rose that grew from concrete when no one else ever cared.

Written by Tupac Shakur (1971-1996)
What is Relationship Abuse?

Relationship violence, or domestic violence, includes any number of behaviors used by one person to control their current or former romantic partner. Social isolation, economic deprivation, psychological abuse, sexual abuse, and physical abuse are all included in the term domestic violence or relationship abuse. Any one or combination of these is never okay and is against the law.

Social Isolation
Isolation can result from the abuser's manipulation and/or playing on their partner's sympathies. It can also come from the frustration and/or fear of the abuser's reactions to their partner going out or seeing friends and family. Isolation takes away a person’s control as they lose resources and support available to them.

Financial Control
Economic abuse can occur by theft or manipulation, destruction of property, or by acting in a way that prevents the victim from obtaining/maintaining employment. Again, the effect is that the survivor has fewer resources, and is further under the control of the abuser.

Psychological Abuse
Psychological or emotional abuse involves attacks on the victim's self-esteem and feelings of self-worth. This often takes the form of put-downs and controlling, belittling and/or intimidating behaviors. Often after a victim's self-worth has been broken down, they may feel responsible for further abuse and mistreatment. Many people believe that as long as a person isn't being hit that the abuse isn't that bad; however, the effects of psychological abuse often last much longer than those of physical abuse.

Sexual Abuse
Sexual abuse is present when the abuser forces or coerces any sexual acts or contact. Just because someone is in a relationship does not make him or her obligated to any sexual behavior. Abusers will sometimes use threats, guilt trips, or violence to “convince” their partner to engage in sex. Also, abusers often feel a sense of guilt and remorse after a bout of violence and want to "make love" to make things right. Out of fear of further violence or harassment, a survivor may comply.

Physical Violence
Physical abuse can include any actual or threatened physical attacks, even when these physical attacks are not directed at the person, but instead at a wall or valued possessions. It may often begin by "playful" pinching or pushing, but can escalate to restraining, shoving, and striking.

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do.”

– Eleanor Roosevelt
Relationship Violence Statistics
You’re not alone...

“Every person who thinks he/she is the only victim of violence has to know that there are many more.”

– Salma Hayek

- One in four women (25%) has experienced domestic violence in her lifetime.¹
- In a 1996 study of college students, 32% of students reported experiencing dating violence by a previous partner and 21% report violence by a current partner.²
- In one year, more than 13% of college women indicated they had been stalked, 42% by a boyfriend or ex-boyfriend.³
- Women ages 16 to 24 experience the highest per capita rates of intimate violence- 16 per 1000 women.⁴
- 13% of college women report they were forced to have sex by a dating partner.⁵
- 60% of acquaintance rapes on college campuses occur in casual or steady dating relationships.⁶

¹ http://www.dvrc-or.org/domestic/violence/resources/C61/
⁵ No More Factsheet, Liz Claiborne Inc., www.loveisnotabuse.com
**Signs of an Abusive Personality**

Warning signs of possible abuse in a new relationship can be difficult to recognize when you are experiencing the euphoria of a new relationship. These signs may be nothing more than a gut feeling that something is off, or a slight concern about a partner’s temper.

**Be aware if unhealthy patterns emerge.** For example, be wary of a partner who comes on too strong and gets too intense about the relationship very quickly. You may notice that you are becoming more isolated from friends and family because your partner wants all of your time and attention. It is important to be aware of whether you are acting in a way because you want to, or you are acting in a way due to fear or pressure.

These are some red flags and traits that are typical in people who tend to form abusive relationships, but abusive traits are not limited to those on this list.

| **Possessiveness** | In the beginning, this jealousy may be seen as a sign of love. It is actually a sign of lack of trust. The abuser may question their partner about who they talk to, accuse them of flirting or others of flirting with them, and keep them from spending time with family and friends. They may call frequently or drop by unexpectedly and may even refuse to let them work or go out for fear that they will meet someone else. |
| **Controlling Behavior** | The abuser may say this behavior is due to their concern for their partner’s safety and well-being. They may get angry if their partner is “late” and question their partner closely about where they went and who they talked to. As this behavior progresses, they may not let their partner make personal decisions about their clothing, their schedule, or their social life. |
| **Quick Involvement** | Many individuals dated or knew their abuser for less than six months before they were married, engaged, or living together. The abuser comes in like a whirlwind claiming, “you’re the only person I could ever talk to,” or “I’ve never been loved like this by anyone.” With this pressure of commitment, the abused individual may later feel that they are "letting down" their partner if they want to slow down involvement or break off the relationship. |
| **Isolation** | The abusive person may try to cut their partner off from all support and resources. The abuser may accuse close friends of their partner of causing trouble or not being good friends to their partner. The abuser may try to keep them from working or going to class and school functions. Victims may also isolate if they become depressed, which can be a natural consequence of dealing with relationship abuse. |
| **Unrealistic Expectations** | Abusive people often expect their partner to meet all of their needs. An abuser expects a perfect lover and friend. The abuser will say things such as, “if you love me, I’m all you need, and you’re all I need.” The abuser’s partner is expected to take care of all of their emotional and physical needs. |
| **Lack of Personal Responsibility** | If the abuser is chronically unemployed or doing poorly in school, they may blame others for these hardships. They may make mistakes and then blame their partner for upsetting them and keeping them from concentrating on the task at hand. Abusers may tell their partner that they are at fault for virtually anything that goes wrong in their life, including telling their partner that they are the cause of physical force and abuse in the relationship. |
| **Blames Others for Feelings** | The abuser may tell their partner, “you make me mad,” “you’re hurting me by not doing what I want you to do,” or “I can't help being angry.” The abuser is the one who makes the decision about what they think or feel, but they will use these feelings to manipulate their partner. |
| **Hypersensitivity** | An abuser is easily insulted, claiming their feelings are hurt when in actuality they are angry or taking the slightest setback as personal attack. They will rant and rave about the injustice of things that have happened, many of which are things that are just a part of everyday life (for example being asked to work late, getting a traffic ticket, being asked to help with chores, or being told some behavior is annoying). |
| **Past Abuse** | The abuser may say they have hit their past partners, but blame them for the abuse (e.g., “they made me do it”) or claim that they were the real victim in the relationship. An abuser will abuse any partner they have; situational circumstances do not make one’s personality abusive. |
| **Dr. Jekyll/Mr. Hyde Dual Personality** | Many partners are confused by the abuser’s sudden changes in mood. They may think the abuser has some sort of mental health problem because one minute they are agreeable, the next they are exploding. Explosiveness and moodiness are typical of abusers. When they are not acting in abusive ways, however, abusers are often nicer and more charming than most people. This can make it difficult for loved ones to recognize when abuse is happening behind closed doors. |
| **Breaking or Striking Objects** | Breaking valued possessions can be used as punishment or to terrorize their partner into submission. The abuser may beat on the wall or table with their fists or throw objects around or near their partner. It can send the message that they’d be willing to use the same force with their partner. |

**Signs of an Abusive Personality in Same-Sex Relationships**

The signs and experience of abuse in both same-sex and heterosexual relationships are similar in many ways. However, it is important to acknowledge that there are additional abuse tactics that may appear exclusively in lesbian, gay, bisexual and transgendered relationships.

**In a same-sex relationship, an abusive partner may:**

- Threaten suicide, which is particularly potent given the already higher rate of suicide in LGBT communities
• Threaten to "out" partner to family, friends or employer
• Exploit partner's lack of relationship experience or uncertainty about their identity
• Threaten to “out” partner at school where their children attend
• Attempt identity theft: pose as partner in order to wipe out their bank account
• Deny domestic partner benefits to which both members of the relationship are entitled

“Sexual, racial, gender violence and other forms of discrimination and violence in a culture cannot be eliminated without changing culture.”

-Charlotte Bunch
# How Healthy Is My Relationship?

The following is a list of abusive qualities in a relationship. Circle which heart best defines the situation. Which areas are most important to you? What are the main things you want to work on? There is no master test to define whether your relationship works. It is up to you to decide if there are too many black hearts in your life.

Circle the heart that you feel is most accurate about the statement

- ♥ A lot
- ☺ Somewhat
- ☻ Not a factor

## Social:

- Your partner purposely humiliates you in front of people
- Your partner discourages you from going to places or seeing people
- Your partner goes through your phone, looking at the call log/text messages
- Your partner hacks onto your Facebook or Twitter accounts
- Your partner has followed or chased you
- Your partner interrogates you when you come home
- Your partner criticizes family and friends
- Your partner has made threats against your friends and family
- Your partner calls/harasses you at work

## Emotional:

- Your partner doesn’t take things that are important to you seriously
- Your partner doesn’t have other friends and relies on you to meet all of their social needs
- Your partner doesn’t listen to you
Your partner belittles you like a child
Your partner blames you for making them act irrationally
Your partner cheats on you
Your partner has threatened to kill themselves if you leave
Your partner makes negative remarks about your physical features or appearance

Physical:
Your partner has restrained you or held you down
Your partner has dragged you somewhere against your will
Your partner has gestured physical violence towards you
Your partner has displayed weapons
Your partner has thrown something at or near you
Your partner has shoved you to the ground
Your partner has slapped you

Sexual:
Your partner has pressured you into sex
Your partner has used sex to humiliate you
Your partner expects sex after an argument
Your partner has physically harmed you during sex
Your partner has forced you to watch pornography
Your partner forced you to have sex in ways that are uncomfortable
The Cycle of Abuse*

Most abusive relationships follow a distinct pattern, but not all relationships follow the same cycle. Individual experiences may vary; for instance, the honeymoon phase (also called the hearts and flowers phase), may become shortened or even disappear completely as time progresses.

Once this cycle begins, it becomes difficult to break, and the pattern may repeat continuously. It can take anywhere from a few hours to a year or more to complete all of the phases. This diagram can help you identify the different phases in the cycle, which typically occur during and after an abusive episode.

*graphic found at www.familycrc.org/domesticViolence.html
Barriers to Leaving an Abusive Relationship

When considering an abusive relationship, many people ask, “Why doesn’t the victim leave? Why do they stay?” as if it is that simple. It is important to understand that there are many barriers to leaving an abusive relationship. Leaving can sometimes be dangerous, and there are many factors a victim must consider in deciding how to respond to an abusive partner.

The better question is, “Why does the abuser do this, and what kind of help does the survivor need to gain access to safety?” This puts the responsibility on the abuser for choosing to abuse their partner instead of blaming the victim for remaining in the relationship.

These are some of the many barriers that may keep an abused partner from gaining the independence and confidence to leave an unhealthy relationship:

- Isolation from friends, family, community support, and resources
- Fear of retaliation
- Fear of being alone
- Threats: the abusive partner may threaten to commit suicide or hurt their partner/children/pets or other loved ones
- Love and concern for partner’s well-being
- Hope and belief that partner will change
- Social/religious/familial pressures to stay together
- Shame and guilt
- Depression
- Belief that the abuse is their fault
- Nostalgia for past good times/memories shared together
- Financial connections
North Carolina State Laws for Relationship Abuse

In North Carolina, relationship abuse is defined as occurring when:

- There is an attempt to cause bodily injury or intentional bodily injury.
- A partner or the partner’s family or household is placed in fear in imminent serious bodily injury.
- There is harassment which rises to the level of emotional distress.
- Any rape or sexual offense is committed.

Specific laws regarding relationship violence can be found at:

- http://www.ncga.state.nc.us/gascripts/statutes/statutelookup.pl?statute=14

Charges Related to Relationship Violence:

- Simple Assault
- Assault on a Female
- Communicating Threats
- Violation of a DVPO
- Felonious Restraint
- False Imprisonment
- Harassing Phone Calls
- Stalking
- Habitual Stalking
Options for Protective Orders / No Contact Orders

This page explains the three kinds of protective orders available to JCSU students: No Contact Order through the university, a Domestic Violence Protective Order (50B), and a Civil No Contact Order (50C).

Dean of Students Office: no contact order
- This is issued only through the university and both parties must be students at the university.
- If the no contact order is violated, there is a possibility for a conduct case involving the parties.

DVPO- Domestic Violence Protective Order (50B)
- Criminal order
- If the person violates this order, they are arrested immediately.

Civil No Contact Order (50C)
- Civil order
- If violated, then a new court date is set for possible punishment.

The process of filing for a protective order or a no contact order is not an easy decision to make because there are possible positive and negative effects that need to be taken into consideration. Some examples of those effects are:

Positive
- Protective orders may allow victims to feel safer.
- Protective orders can lead to harsher punishment for the offender if the order is violated.
- Protective orders can tell the offender to stop the abuse and all contact with the victim as well as with others.

Negative
- Protective orders take time to file and, in certain circumstances, it is necessary to face the offender in court during the application process.
- If the offender does violate the protective order, then both parties may have to attend court hearings.
The Rights of the Victim and the Accused

To encourage reporting of sexual assault, relationship violence, stalking and sexual harassment and to ensure fairness to all participants in the process, the following is a list of rights that shall be afforded to both the victim and the accused during university proceedings.

The Rights of the Victim

1. The right to be treated with respect and dignity regardless of gender, cultural background, age, sexual orientation, income, physical and cognitive abilities, sexual, medical or mental health history.
2. The right to timely access to emergency and crisis counseling services and the right to be informed if other University and community resources, including but not limited to University Police, affirmative action, University Health Services, and community counseling centers.
3. The right to be accompanied by an Advocate while receiving victim services.
4. The right to information regarding reporting requirements, legal rights, and legal resources.
5. At the victim’s request, the right to have allegations of student misconduct investigated by the appropriate University office and adjudicated by Student Judicial programs.
6. The right to a full explanation of the Student Judicial Hearing process prior to its initiation.
7. The right to be informed about on campus no contact orders and off campus protection orders.
8. The right to have an advisor present throughout a Student Judicial Hearing.
9. The right to be present during the entire Student Judicial Hearing.
10. The right to be physically separated from the accused during the hearing, including testifying by a written statement or by phone from a separate room, if desired.
11. The right to be free from direct questioning by the accused student. Rather, questions will be asked by and through student judicial board members only.
12. The right to have irrelevant past sexual history discussed during the Student Judicial Hearing.
13. The right to write a victim impact statement for the use in the student judicial process.
14. The right to be informed in a timely manner of the student judicial board’s findings and of the outcome of the hearing.
15. The reasonable right to confidentiality. A victim’s identity will not be publicly confirmed or denied by Student Judicial Programs except in cases of lawfully issued subpoenas or other exceptional circumstances outlined within FERPA.

The Rights of the Accused

1. The right to be treated with respect and dignity regardless of gender, cultural background, age, sexual orientation, income, physical and cognitive abilities, sexual, medical or mental health history.
2. The right to a written statement of charges.
3. The right to an explanation of the Student Judicial Hearing process.
4. The right to have the case adjudicated by students who have been trained to hear alleged violations of the Code of Student Conduct.
5. The right to a fair and impartial Student Judicial Hearing.
6. The right to be informed of the Student Judicial Hearing date.
7. The right to have an advisor present through the Student Judicial Hearing.
8. The right to hear all evidence and witnesses presented to the Student Judicial Board.
9. The right to have questions asked of any witness presenting evidence at the Student Judicial Hearing.
10. The right to testify on one's behalf.
11. The right to be judge solely on evidence available and presented at the hearing.
12. The right to be informed in a timely manner of the board’s findings and of the outcome of the hearing.
13. The right to appeal the decision of the Student Judicial Board.
**Personalized Safety Plan**

*For Survivors of Relationship Violence*

This is my plan for increasing my safety & preparing in advance for the possibility of further violence. Although I do not have control over my partner's violence, I can find ways to reduce risk of harm for myself.

**My important telephone numbers:**

*Police: 911 and (704)336-7600 (non-emergency number.)*

*DV Programs/Safe houses: “I MATTER”'s number is (704)378-3550 and Safe Alliance Domestic Violence Shelter and Services' phone number is 704-332-2513.*

*Friends I can call are ____________ and ____________.*

**Safety during an assault**

*There are a number of things to do to increase safety during violent incidents.*

I can do some or all of the following:

1. If I decide to leave, I can get out of the house/residence hall/apartment by _______________ ________________ ________________ ________________. (practice)

2. I can go to ________________.

3. In order to leave quickly, I can keep my purse and keys ready by putting them ________________ ________________ ________________ ________________.

4. I can tell ________________ (my neighbors) about the violence and ask them to call the police if they hear suspicious noises coming from the house/dorm room.

5. I can use ________________ as my code word with family and friends so they know when I need help.

6. When I expect an argument, I can try to move to ________________ ________________, a space near an outside door that has no guns, knives or other weapons (usually bathrooms, garages and kitchens areas are dangerous places).

7. I can call the police and/or get a protective order from the court.

**Safety when preparing to leave**

*Leaving must be done with careful planning to increase safety. Abusers often strike back when they believe that their partner is leaving.*

I can do some or all of the following:

1. So I can leave quickly, I can leave money, an extra set of keys, extra clothing and important documents with ________________ ________________ ________________ ________________.

2. I can check with ________________ and ________________ to see who would let me stay with them or lend me some money.

3. I can plan to break up in a public place and will stay with ________________ after.

4. Other things I can do to increase my independence:
Checklist - What you may want to take with you, if it’s safe to do so:

- Identification
- Money
- Credit cards
- Medications
- Social Security Cards
- Keys (house/work/car)
- Drivers license
- Birth certificate
- School records
- Copy of protective order
- Passport
- Pets (if possible)

Safety in my home or residence hall

There are many things that a person can do to increase safety in their home. It may be impossible to do everything at once, but safety measures can be added step by step.

1. I can inform ________________________ that the abuser no longer resides with me/is dating me and they should call the police if they are seen at my residence.

2. I can change the locks on my doors and windows as soon as possible.

3. I can alert my R.A to the situation to have the abuser trespassed from the residence hall and/or to alert the front desk staff not to let them in.

4. I can tell my roommate(s) about the situation and _______________ _________________.

With a protective order

Protective orders are available from the court. An advocate is available at “I MATTER” to help obtain one. Many abusers obey protective orders, but some do not. I understand that I may need to ask the police and the courts to enforce my protective order. I can do some or all of the following to increase my safety:

1. I can keep a copy of my protective order with me at all times and make numerous copies.

2. I can make sure that “I MATTER”, the deans of student’s office and university police have a copy as well as the local county sheriff’s department.

3. If the abuser violates the protective order, I can call the police and report the violation. I can also call _________________________ for support.

Safety on the job or in class

Each person must decide for themselves if and when to tell others about the violence. Friends, teachers and co-workers can offer support and help protect you.

I can do any or all of the following:

1. I can tell my boss, professor or ________________________ about my situation.

2. I can ask _______________ to help screen my telephone calls while on the job.
3. When I leave work or class, I can walk with _________________ to my car or bike. I can park my car where I feel safest getting in and out.

4. I can work with “I MATTER” to have my information removed from the JCSU directory.

Safety and technology

Partners may use technology as a means of controlling or monitoring their partner. Here are some steps that I can take to protect myself:

1. I will set up a new private email address. This email address will not contain my name or birth date, or other words that would identify me.

2. I will try to use a private computer or one that my partner cannot access. This computer is located _______________. If I can’t use a separate computer from my partner I will look up how to clear the history.

3. I will not store my passwords if my web browser is capable of doing so. I will change my passwords often.

4. I will change the privacy settings on Facebook and other social media sites to restrict access (especially from my ex-partner and his/her friends).

5. I will make sure that my phone number and address are unlisted by calling my telephone company.

Safety and my emotional health

The experience of being abused and verbally degraded by partners is exhausting and emotionally draining. The process of building a new life for oneself takes much courage and incredible energy. To conserve my emotional energy and to avoid hard emotional times, I can do some of the following:

1. If I feel down and ready to return to a potentially abusive situation, I can call _________________ before making a decision.

2. I can remind myself daily of my best qualities. They are ___________ _________________.

3. I can read _________________ to help me feel stronger or better.

4. I can call ___________ and ___________ as other resources to be of support to me.

5. I can engage in counseling with the JCSU Counseling Center, my faith community, or a private therapist by calling _________________.

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How to Help a Friend

Seeing someone you care about in an abusive or unhealthy relationships can be very difficult and can take an emotional toll on you. The cyclical nature of abusive relationships and the barriers to leaving make it hard for people to disconnect from abusive partners. Even with that understanding, it can be incredibly frustrating to try to support a friend that one day is telling you about abuse in their relationship and the next day is denying there are problems and reinvesting with an abusive partner. It is important to take care of yourself and seek out someone to talk to. “I MATTER” staff are available to help by offering you support and giving you ideas of how to best approach your friend. Below are some general tips to help you talk to a friend who is going through a hard time.

- **Empowerment** - At the core of all abusive relationships is power and control. Victims of relationship abuse have had their power and control repeatedly taken from them. As a friend, you can help them regain that sense of power and control over their life by allowing them to make their own decisions about what they want to do. It can be empowering for you to make ‘I’ statements to express your concerns and use the same words/language they use to describe events when talking to them. Let them know that they are the expert on their life and you will support them, without judgment, no matter what they choose.

- **Listen** - It is normal to feel frustrated and scared and want your friend to leave an abusive relationship. However, telling someone that could cause them to get defensive and withdraw. Let your friend talk. Actively listen; use your body to show that you are listening by sitting with your body facing them, making eye contact, nodding, and smiling/frowning when appropriate. Be patient and allow them as much time and space to talk as they need.

- **Information** - Provide your friend with resources and information. It is advantageous to have information written down before your conversation so that it is readily available. Offering to escort your friend to any office that might be able to provide assistance can make the difference in whether or not your friend seeks out that support; sometimes taking that first step alone can be very scary.

- **Privacy** - Assure your friend that you will keep things confidential. People in an abusive relationship can feel ashamed or even fearful that their partner may find out that they are “airing their dirty laundry.” In order to truly help your friend, you need to acknowledge how scary it is to tell someone this and that you will do all you can to keep everything private.

*Remember, your friend has taken a risk by sharing their experiences with you – to help them feel more comfortable and affirm their decision to tell you, consider thanking them for telling you and following up with them the next day to let them know you care.*
Resources

**ICSU Resources**

“I MATTER” Office: (704)378-3550/1040
provides information & community referrals,
psychoeducation (healthy relationships, self-esteem and conflict resolution), and advocacy, support groups

Campus Police: (704)378-1003/1004
Response to any campus safety and security issues, self-defense classes and support throughout off-campus investigative and judicial procedures.

Counseling Center: (704)378-1044
Individual and support group counseling for issues related to the healing process.

Campus Case Manager/Community Liaison
(704)615-7735
Provides case management services to students to include being linked to community and campus resources to meet varying needs.

Office of Student Affairs: (704)378-117
Support services and information about campus conduct procedures.

Title IX Coordinator 704)378-1228
Oversees the investigations of allegations involving sexual harassment and sexual violence

**Community Resources**

Safe Alliance Domestic Violence Hotline:
(704)332-2513

Charlotte Mecklenburg County Police: 911

District Attorney’s Office: (704)686-0700
*ask for Domestic Violence Department

Presbyterian Hospital Project Safe:
(704)614-2212

CMC Domestic Violence Healthcare Project (DVHP) (704)446-3999

Women’s Commission: (704)336-3210

North Carolina Coalition Against Domestic Violence: [www.nccadv.org](http://www.nccadv.org)

**Books**

- I Can’t Get Over It: A Handbook for Trauma Survivors by Aphrodite Matsakis
- Date Violence by Elaine Landeau