



TURNING POINT, INC.

Confronting domestic violence in McHenry County



24 HOUR HELPLINE: (815) 338-8081
PO BOX 723 • Woodstock IL • turnpt.org

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24-Hour Domestic Violence Crisis Helpline (815) 338-8081

WHAT IS THE DOMESTIC VIOLENCE CRISIS HELPLINE?

Turning Point's Domestic Violence Crisis Helpline is a **phone line that is staffed 24/7 by our specially-trained domestic violence advocates**. If you think you may be in an abusive relationship, seeking information, or wondering if your relationship is unhealthy we can talk with you to provide support that is confidential, personalized and non-judgmental. We can explain Turning Point programs and resources available and provide immediate support in crisis situations. Simply call any time you're in need of support or services. The service is available in both English and Spanish and we also offer Deaf services and help in any language through interpreter services.

WHO CAN CALL THE CRISIS HELPLINE?

Any person who thinks they are in a domestic violence situation and needs immediate assistance can call the helpline. You may believe you are a victim of abuse or you may wonder if you are abusive to your partner. Or you may have concerns about a friend or family member who is in an unhealthy or abusive relationship. We understand that the abuse can be emotional, financial, sexual and verbal as well as physical. All of these are forms of domestic violence. If you believe you are in a domestic violence situation but don't know the next steps to take, call the helpline. The call is confidential and callers can remain anonymous if they choose.

HOW DO I CALL THE HELPLINE?

Call 815-338-8081 any time of day or night, 365 days per year. You may be prompted to dial zero when you call outside of working hours and you will be immediately connected to an advocate. If an advocate has to call you back, our number will be blocked for your protection. We will never call without your permission. If you are a victim of abuse, for your safety please call when your abuser is not present as you may be in danger if the abuser knows you are seeking help. It is advisable to delete all evidence of your call after you hang up. If you are in immediate danger, call 911.

WHAT WILL THIS COST?

Calling the Helpline is free. All victim services programs at Turning Point are offered at no charge, including secure emergency shelter, individual and group counseling, specialized children's programs and legal advocacy.

WHAT WILL I ACCOMPLISH BY CALLING THE HELPLINE?

Support.

- You might feel anxious about calling the Helpline, but we are here to help. Our trained advocates have experience with assisting victims of abuse, and we know that by reaching out you are taking the first step to improve your situation. We are glad to support you as you take this important step.

Safety.

- We can help plan for your safety, whether or not you want to stay with your partner. We will help you plan what to do before an abusive incident, during an incident and after an incident. If you are concerned about the safety of children, other household members or pets we can help with that, too. Because it is difficult to think when you are in crisis, having a plan can be reassuring and effective.

Options for Survivors.

- You may be unsure about leaving and want to weigh options. You may have decided to leave your abusive partner, but don't know how to begin. You may have already left, but are still experiencing post-relationship abuse and don't know if it will ever end. Your situation may be complicated due to cultural concerns, religious beliefs, health issues, disability or other factors. We can help you work through the situation and will support you in any decision you make. We understand that you are the expert in your own life.

Continued on next page.

WHAT WILL I ACCOMPLISH BY CALLING THE HELPLINE?

Help for LGBTQ+ relationships.

- Domestic violence occurs in the context of many relationships, each with its own unique problems. Turning Point is here to help persons of all genders and sexual orientations. We understand that there are common factors in all abusive relationships, but that there are distinctive differences and pressures in relationships in the wide-ranging LGBTQ population. We know that you may be reluctant to seek help. We want you to know that we are committed to helping everyone live free of abuse and we welcome your call.

Emergency Shelter.

- If you believe your home is not safe for you or your children, our short-term domestic violence shelter may be an option for you while you seek safe housing. The Helpline advocate can assess your situation and determine if you are eligible to receive shelter services. If you are unsure as to whether shelter is the right choice for your family, the advocate will assist you in identifying your options and help you decide on the best choice for you.

Access to Counseling and Support Groups.

- Advocates can explain Turning Point services that include individual counseling and support groups for adults and children. These sessions are specifically designed to help people who have experienced domestic violence and may be the best way for you to begin building a life that is free of abuse.

Help after Police Involvement.

- When the police are involved during or after an incident of domestic violence, it can be extremely stressful. Maybe you or your partner was arrested. Maybe one or both of you went to jail or to the hospital. Possibly there is a charge of domestic battery. Perhaps the police recommend that you get an Order of Protection. You are scared and confused and not sure what to do next. We will help you understand the process and assist you in planning what to do

Legal Help and Orders of Protection.

- You may wonder if you should get a protective or restraining order against your partner. Maybe you are considering separation or divorce, or have child support and custody issues. Or perhaps you are dealing with immigration issues as well as domestic violence. We can connect you with resources to help you with these issues, and can directly assist you in the process of obtaining an Order of Protection.

Help for Abusive Partners.

- If you believe your behavior may be unhealthy for your partner, your relationship or your family, we can help. Mental health or substance use treatment may be necessary, but are not effective in changing your behavior towards your partner. Couples and family counseling are never recommended in relationships where there is domestic violence. Call us to find out about our certified partner abuse intervention and parenting programs designed to help you learn about the potential for change, and to assist you in working towards changing your beliefs, attitudes and behaviors. You can learn how to have a mutually fulfilling relationship with your partner and a peaceful and supportive home for your children and family.

Referrals.

- If your situation requires help that Turning Point does not provide, your Helpline advocate will give you referrals to other agencies and organizations that may be able to help. Turning Point collaborates with many local service providers to assist families with their needs.

Help for Family and Friends.

- It can be very painful and frightening to see someone you care about involved in an unhealthy or dangerous relationship. Your instinct may be to try to save them, or to give ultimatums to convince them to leave. There are many factors that keep people in abusive relationships and it can be dangerous and even lethal for the victim to try to leave. Your helpline advocate can advise you on the best ways to help your loved one.



Still not sure if you should call?

- *Please, call us. If we are unable to assist you, we will connect you with someone who can help. We look forward to talking with you.*



What is Domestic Violence?

The willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. The frequency and severity of domestic violence can vary dramatically; however, the one constant component of domestic violence is one partner's consistent efforts to maintain power and control over the other. (www.ncadv.org)

DOMESTIC VIOLENCE . . .

- Is intentional
- Is a repeated pattern of behavior
- Employs multiple tactics for the purpose of gaining power and control over the victim
- Intentionally destroys the victim's self-esteem and self-worth
- Is not caused by anger, mental health or substance use issues
- Is passed down through generations
- Is rooted in issues of social justice and gender inequality



DOMESTIC VIOLENCE CAN BE . . .

PHYSICAL:

Hitting, kicking, choking, pushing, grabbing, throwing objects, harming pets, reckless driving, preventing you from leaving, taking your phone, preventing you from calling 911, spitting on you, using or threatening with weapons. . .

VERBAL:

Calling you names, calling you ugly, stupid, ridiculing you or your friends and family, yelling, insulting, threatening you, putting you down, criticizing everything you do. . .

EMOTIONAL:

Blaming you for everything, making you feel guilty, accusing you of cheating, controlling you, telling you what to wear, when to speak, checking your phone, email, Facebook, texts, using the past or other confidences against you, threatening to use mental health, substance abuse, immigration, legal or other issues against you. . .

PSYCHOLOGICAL:

Lying, denying things you know are true, crazy-making, gas-lighting, hiding your things, stealing your belongings, Jekyll and Hyde behavior, sabotaging your work, school, test or competition, using manipulation, destroying your self-esteem and self-worth, ignoring you, being nice or abusive at unpredictable times. . .

SOCIAL:

Isolating you from friends and family, moving the family away from your support system, trying to turn your children, friends, relatives or neighbors against you, not allowing you to go out with friends, insisting you only spend time with the abuser. . .

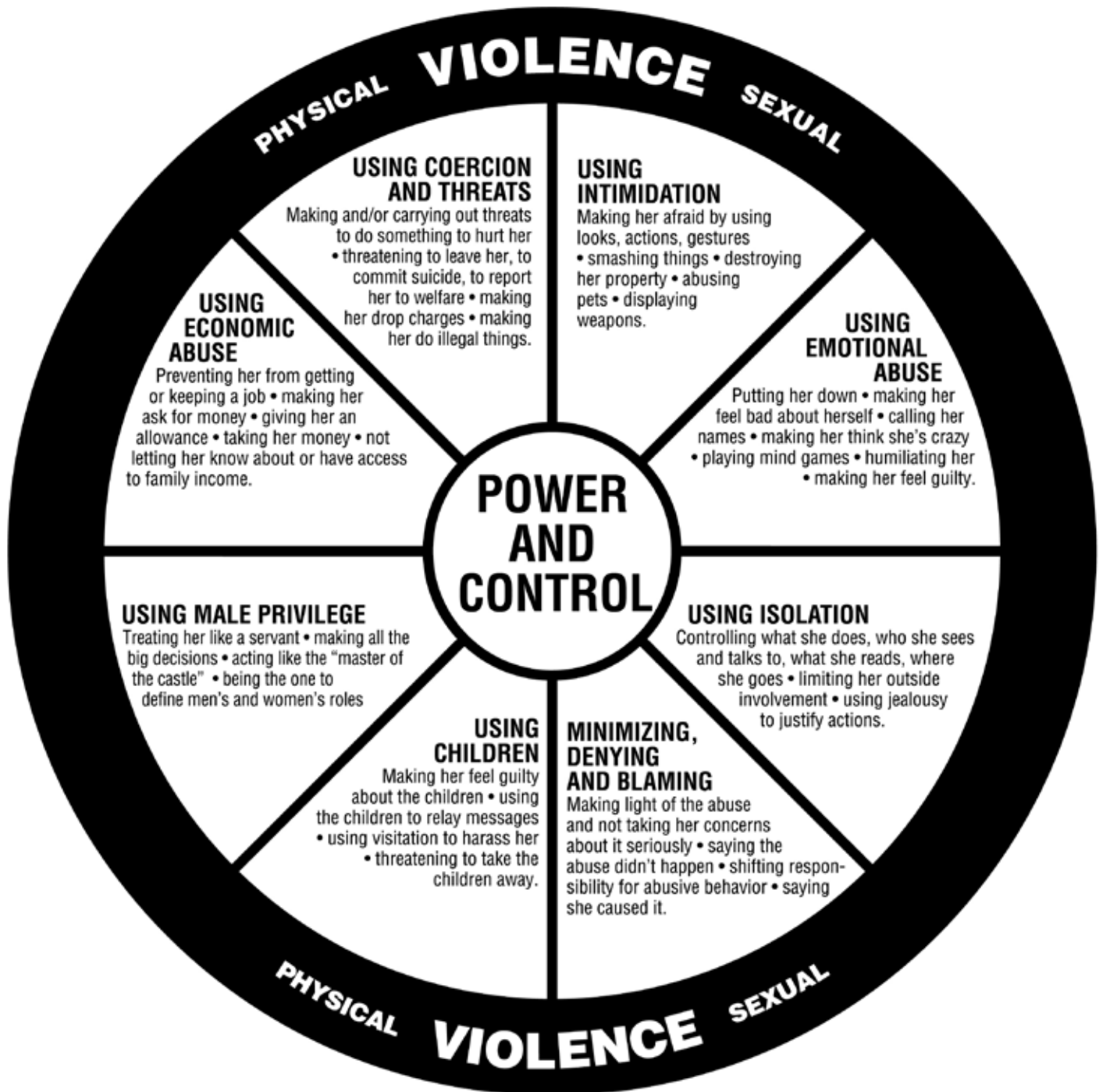
SEXUAL:

Forcing you to have sex when you don't want to, manipulating you into having sex in exchange for necessities such as housing, money, child support, etc., forcing sexual acts you are uncomfortable with, comparing your sexual behavior to others, criticizing your body, touching you in ways you are not comfortable with, using sexual language you don't like, cheating on you and blaming you for it. . .

FINANCIAL:

Controlling all of the finances and accounts, monitoring your spending, not allowing you to work or forcing you to work, limiting your access to money, sabotaging your work by making you late, constant calls or turning coworkers against you, limiting your access to transportation, taking funds that belong to you, destroying your credit. . .

The Power and Control Wheel



DOMESTIC ABUSE INTERVENTION PROGRAMS

202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.theduluthmodel.org



Are you being Abused?

It's possible to be abused and not even know it. You may feel confused about your relationship, not knowing what is happening, and wondering if it's your fault. Psychological and emotional abuse is especially difficult to identify because it is so manipulative and the wounds are invisible.

ASKING YOURSELF THESE QUESTIONS MAY HELP YOU UNDERSTAND IF YOU ARE A VICTIM OF INTIMATE PARTNER ABUSE.

1. Are you afraid of your partner?
2. Do you feel you are walking on eggshells?
3. Are you afraid of what your partner will do or say in response to something you've done?
4. Do you feel scared or anxious if you are a few minutes late arriving, calling or texting?
5. Do you feel your clothing, opinion, or decisions must have your partner's approval?
6. Do you speak and act carefully to avoid upsetting your partner?
7. Do you feel nothing you do is right?
8. Do you feel inadequate, unable to manage, exhausted?
9. Do you do things the way your partner wants and put your own needs aside in order to avoid conflict?
10. Have you given up asking your partner to meet your wants and needs?
11. Do you avoid talking to friends and family about your relationship out of fear of judgment or embarrassment?
12. Do you feel you are no longer the person you once were?

If you answered yes to any of these questions, you may be in an abusive relationship. It's important to know:

The abuse is not your fault

Abuse is a choice made by the abuser

The purpose of the abuse is to maintain power and control over you

HERE IS A LIST OF SOME OF THE TACTICS THAT ABUSERS USE TO CONTROL THEIR VICTIMS.

DOES YOUR PARTNER...

CONTROL, COERCE OR MANIPULATE YOU?

- Controls what you do, who you talk to, where you go, makes you account for every minute you are not together or constantly calls or texts when you are not with him/her
- Becomes extremely jealous in an unreasonable way, accuses you of being unfaithful
- Monitors your phone or computer including emails, calls, texts, social media, financial accounts, passwords
- Exhibits "Jekyll and Hyde" behavior, changing moods quickly and unpredictably
- Presents a different face in public, keeping the abuse behind closed doors but maintaining a positive image when others are present
- Suddenly and unexpectedly becomes understanding, caring, giving gifts, promising to change
- Tells you that you are the only one who can save him/her from ruin, depression, alcoholism, insanity, health issues or suicide

DOES YOUR PARTNER...

ISOLATE YOU FROM OTHERS?

- Stops you from seeing friends or family members
- Makes you ask permission before you go out
- Sabotages your planned social events or your work schedule
- Keeps you from attending social, religious or community gatherings
- Tries to turn friends, family, neighbors or coworkers against you

THREATEN AND INTIMIDATE?

- Gets angry and violent when you disagree
- Uses looks, movements or body language to intimidate you
- Threatens to report you to authorities
- Threatens to harm or kill you or your family, friends or pets
- Threatens to commit suicide if you don't do what is demanded or if you leave
- Intimidates you with knives, guns or other weapons
- Threatens to take the children away from you

USE PSYCHOLOGICAL TACTICS TO CONFUSE OR Demean YOU?

- Calls you crazy, stupid, fat, unattractive, says no one else would ever want you
- Insults, ridicules, or embarrasses you, makes fun of you constantly or uses sarcasm to demean you
- Criticizes almost everything you do
- Tells you you're a bad parent
- Uses your past against you
- "Gaslights:" playing mind games such as saying the abuse didn't happen to confuse and throw you off balance
- Forces you to do things against your values or religion
- Makes you feel guilty for everything
- Claims to be all-powerful, intelligent, knowledgeable, able to know what you are doing at every moment or says he/she can use people he/she knows to monitor your every move

MINIMIZE, DENY, BLAME?

- Tells you the abuse is your fault
- Acts like the abuse is not big deal, not taking your concerns seriously or telling you that you are overreacting
- Tells you the abuse is a sign of deep love or a benefit to you by teaching you something you need to learn
- Tells you the abuse was "just a joke"
- Takes no responsibility for his or her behavior, constantly blames you or others for everything that goes wrong

PHYSICALLY ABUSE YOU?

- Hits, shoves, slaps, chokes, kicks or punches you
- Throws objects
- Destroys your property
- Grabs or restrains you
- Drives recklessly with you and/or your children in the car
- Uses weapons against you
- Forces physical contact or sex when you don't want it, or demands sexual acts that make you uncomfortable or withholds sex from you
- Demands sex in return for necessities such as money, groceries, school supplies, child support, etc.

CONTROL THE FINANCES?

- Controls the money in the relationship, including all of the accounts
- Makes you ask for money or limits your access to funds for your needs or your children's needs
- Refuses to give you money
- Prevents you from working or attending school to improve your finances
- Makes all the decisions without your input or consideration of your needs

If your partner is doing any of these things, you are likely to be a victim of abuse. Please look at the Safety Planning flyer included in this packet, as you could be in danger.

Whenever you are ready to seek help, call Turning Point at 815-338-8081. We will not expect you to leave your abuser and we want to help you and your children in any way that we can.



Domestic Violence and Safety Planning

DO YOU NEED A SAFETY PLAN?

Anyone in an abusive relationship can benefit from a safety plan because the relationship can become dangerous or even lethal at any time, even if there has never been any physical abuse. If you are no longer with your abuser, you may still need a safety plan since the abuse often does not stop and may even get worse when the relationship ends.

A SAFETY PLAN CAN HELP YOU IF YOU EXPERIENCE ANY OF THE FOLLOWING:

Your intimate partner, ex-partner, family member, caregiver or roommate:

- Abuses you emotionally, verbally, sexually, financially and/or physically
- Controls most or all of your daily activities
- Is constantly jealous, accusing you of cheating or wanting to cheat
- Isolates you from friends and family
- Follows you, spies on you, tracks you using technology, monitors your phone or computer
- Calls, texts or emails you repeatedly, demands you answer immediately
- Has tried to choke or strangle you
- Owns a gun or has threatened you with a weapon
- Threatens to kill you, your children or your loved ones
- Has threatened or attempted suicide
- Has forced you to have sex when you did not wish to
- Abuses alcohol or drugs
- The abuse has increased over the past year
- You are in the most danger when you are leaving an abusive relationship

YOUR SAFETY PLAN INCLUDES:

THINGS YOU CAN DO BEFORE A VIOLENT INCIDENT

- Identify a domestic violence shelter to call and keep the number close at hand
- For Turning Point, call 815-338-8081. You may be prompted to dial zero to speak to an advocate
- Decide where you will go if you leave home, even if you are not planning to leave now
- Identify which door, window, stairwell, etc. offers the quickest way out of your home and practice your escape route
- If you have an order of protection, keep it with you
- If possible, identify a neighbor who can call the police if they hear a disturbance
- Pack a bag and have it ready to go in case you must leave home. Keep it in a private but accessible place, or at a trusted person's home

You may need the following items:

- Money:** ATM card, cash, credit cards
- Identification:** Driver's license, car registration, social security card, immigration documentation, other ID
- Important papers:** birth certificates for you and your children, school and vaccination records, divorce papers, order of protection
- Clothing
- Keys: house, car or work
- Medications

THINGS YOU CAN DO DURING A VIOLENT INCIDENT

1. CALL 911

If you are in immediate danger, call 911.

2. STAY CLOSE TO AN EXIT

If an argument starts, stay close to a room or area with easy access to an exit.

3. AVOID KITCHEN OR BATHROOM


Stay away from the bathroom, kitchen or anywhere near weapons.

4. GET AWAY

Try to get your packed bag but if it's too dangerous, just leave. Go to a relative, friend or shelter.

5. CALL THE POLICE

The police must try to protect you. They are required to provide or arrange transportation to a hospital, safe place or shelter. The police should arrest the abuser if they have enough evidence.

They do not need you to press charges to make an arrest. 

6. USE JUDGMENT & INTUITION

If the situation is very dangerous you can give the abuser what they want to calm them down. Do what you feel you need to in order to protect yourself and your children until you are out of danger.

THINGS YOU CAN DO AFTER A VIOLENT INCIDENT

7. GET MEDICAL ATTENTION IMMEDIATELY

8. TAKE PHOTOS OF YOUR INJURIES

Ask the medical facility to take photos of your injuries

9. MAKE A POLICE REPORT

Even if you don't want the abuser arrested, the report becomes evidence of abuse which might prove helpful in the future.

10. SAVE EVIDENCE

Evidence may include records, photos, statements from anyone who saw the incident, in case you decide to take legal action now or later.

11. ORDER OF PROTECTION

Consider going to court to get an order of protection. Call Turning Point for information on how to request one.

12. VICTIM RIGHTS

Ask a Turning Point advocate or the State's Attorney's office about your rights as a victim of a crime. Under some circumstances you may be entitled to compensation.

13. CALL TURNING POINT

Call at any time (24/7) at 815-338-8081 if you need shelter, an order of protection, assistance with safety planning or if you have any questions about how to protect yourself or what to do next.

14. GET SUPPORT

Attend a victim's support group or individual counseling at Turning Point to learn more about yourself and your relationship

15. GET SUPPORT FOR YOUR CHILDREN

Sign your children up for support group or counseling at Turning Point to help them deal with the aftermath of experiencing or witnessing domestic violence

**For more help with SAFETY PLANNING,
call Turning Point at 815-338-8081.**

**A domestic violence advocate is
always available to assist you.**

Sources:

Jacquelyn C. Campbell, PhD, Danger Assessment: www.dangerassessment.org
Illinois Coalition Against Domestic Violence: www.ilcadv.org



Domestic Violence Victim Services

All Domestic Violence Victim Services are offered free of charge. (Fees may be required for other services as indicated.)

DOMESTIC VIOLENCE HELP LINE: 815-338-8081

- **Phone line available 24 hours a day, 7 days a week, every day of the year**
- **For help, questions and access to domestic violence services, orders of protection and emergency shelter**
- **Spanish-speaking access available 24/7**

EMERGENCY SHELTER

- Provides a safe and secure environment on an emergency basis for 30 days, for adults and children fleeing a violent situation. All genders welcome.

ADULT DOMESTIC VIOLENCE SERVICES

- **Individual Counseling:** Counseling providing emotional support, safety planning, help with decision-making, linkage and referrals to other services, and education on domestic violence.
- **Support Groups:** For adults who have been or currently are victims of domestic violence. A place to share experiences and to support each other. Facilitated by a domestic violence professional.
- **Trauma Recovery and Empowerment Groups (TREM):** A structured educational group for adults who have experienced domestic violence. Four 6-week sessions available.
- **Legal Advocacy:** Legal information and guidance for victims of domestic violence who are seeking orders of protection. Legal advocacy provided at Turning Point's courthouse location.
- **Special Populations/Languages:** Turning Point assists all victims regardless of culture, age, gender, sexual orientation, race, ethnicity, disability, religion, immigration status, nationality or language. Those speaking languages other than Spanish are served via a translation service. For services in Spanish, see page 21.

CHILDREN'S DOMESTIC VIOLENCE SERVICES

- **Children's Support Groups (ages 6 – 12):** A safe environment for children who have witnessed verbal, emotional or physical abuse in their homes. Age-appropriate activities and education to teach children cooperative play, anti-bullying and non-violent behaviors.
- **Teen Support Group (ages 13 – 18):** For teens who have experienced dating violence, domestic violence in their families or bullying behaviors, including cyber-bullying. Activities and team-building to give support to teens and teach conflict resolution and social skills.
- **Individual Counseling (ages 6 – 18):** Counseling, intervention and support for children and adolescents who have witnessed or experienced domestic or dating violence. Parents provided with referrals and linkage on behalf of children with schools and social service providers.
- **Childcare (ages 0 – 5):** Provided at the same time as children's support groups.

OUTREACH

- **Outreach to Under-served Populations:** Advocates available to provide services, presentations and/or referrals for the LGBTQ+ population, the Deaf population, people with disabilities, people with limited English proficiency and others who may have difficulty accessing domestic violence services.
- **Latino Outreach:** Spanish-speaking advocates provide presentations, on site counseling and collaboration with community organizations who serve the Latino population.

TRAUMA-BASED MENTAL HEALTH SERVICES

- **Adult Individual Therapy:** Mental health therapy for adults who have survived long-term and/or childhood abuse and trauma. Spanish-speaking available. Fees apply; reduced fees available based on income.
- **Child & Adolescent Therapy** (ages 6 – 18): Mental health therapy for children whose experiences of abuse have resulted in symptoms that affect their ability to function at home, in school or with friends. Fees apply; reduced fees available based on income.

VIOLENCE PREVENTION EDUCATION

- **School Presentations:** Age-appropriate presentations about non-violent behavior, safety, communication skills, conflict resolution, anger management skills, bullying, cyber-bullying or dating violence. Available for preschool through college.
- **Presentations and Education for Groups and Organizations:** For adults or children's groups, camps and organizations. Speakers available to present on a one-time or ongoing basis.
- **Police Domestic Violence Protocol Training:** Turning Point participates in the Family Violence Coordinating Council of McHenry County, and through the Council assists in training police departments on protocol for domestic violence situations.
- **Cosmetology Continuing Education:** One-hour domestic violence training provided for cosmetologists requiring training as a requirement for license renewal. Call for fees.
- **40 Hour Domestic Violence Trainings:** For professionals, volunteers and community members interested in helping victims of domestic violence. Training is approved by the Illinois Coalition Against Domestic Violence (ICADV). Training offered several times per year. Turning Point is approved to provide CEU's for counselors and social workers (LPC, LCPC, LSW, LCSW).

PARTNER ABUSE INTERVENTION PROGRAM (PAIP)

- **Men:** Group psycho-education for men who are or have been emotionally or physically abusive in their intimate relationships. Group is for 26 weeks.
- **Women:** Group psycho-education for women who have been emotionally or physically abusive in their intimate relationships. Group is for 26 weeks.
- **Latino Men:** Group psycho-education for men who are Spanish-speaking and who have been physically or emotionally abusive in their intimate relationships.
- **Assessments and Evaluations:** PAIP and Bischof evaluations for those who have been court-ordered to be assessed.

PARENTING PROGRAM

- **Nurturing Parenting Program (NPP):** A 12-week psycho-educational program designed to teach parents the philosophy and practices of Nurturing Parenting in raising healthy, caring children and the importance in making time to nurture themselves. Fees apply; reduced fees available based on income.

BILINGUAL/BI-CULTURAL SERVICES

- **Latino Victim Support Groups:** Offered in Spanish for adult victims of domestic violence.
- **Individual Counseling:** Free domestic violence counseling for Spanish-speaking victims.
- **Domestic Violence Help Line:** Spanish-speaking always available upon request.
- **Non-legal advocacy:** Linkage and referrals to social services and agencies for Spanish-speaking and/or immigrant victims.
- **Legal Advocacy:** Spanish-speaking advocates offering assistance with orders of protection, linkage to immigration services and information.
- **Mental Health Therapy:** In Spanish for those who have experienced childhood or long-term trauma and abuse. Fees apply; reduced fees available based on income.
- **Partner Abuse Intervention Program (PAIP):** Weekly group offered in Spanish.
- **Latino Outreach:** Presentations, collaboration and on-site counseling for organizations who serve the Spanish-speaking population.





Emergency Shelter Program

Turning Point's Emergency Shelter Program provides a safe and secure environment on an emergency basis for 30 days, for adults and children fleeing a violent situation. All genders are welcome.

Turning Point's supportive Shelter Staff provide a home-like setting, with optional available client-centered services, including group and individual counseling, to address the following needs:

SAFETY NEEDS

- Safe and secure location
- Multiple cameras around perimeter
- Staffed 24/7
- Individual attention by staff/ tailored to your specific need
- Double locked doors

SUPPORT NEEDS

- Goal planning
- Case management
- Safety Planning
- Crisis stabilization
- Connecting you to other agencies to assist you with various needs

ENVIRONMENTAL NEEDS

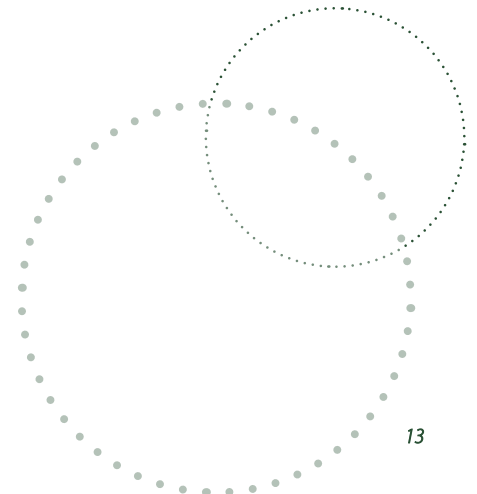
- Home like setting
- Computers to use
- Playgrounds for kids to play on
- Updated playroom

RELATIONAL NEEDS

- Cultural humility
- House Meetings – where you have the opportunity to bring up communal concerns
- Voluntary Services
- Client Centered
- Non-controlling

To Receive Shelter Services

- 1. Call our 24 hour helpline: 815-338-8081** *(If it is after business hours, you may be directed to dial 0 at the end of recording to be transferred to an advocate.)*
- The Turning Point Advocate will ask some questions to determine if Turning Point's Emergency Shelter is appropriate for your situation. *Our goal is to match the needs of each individual with the services Turning Point can provide. If Turning Point is not appropriate for your situation our advocates will provide other referral options.*
- The advocate and individual meet at the shelter.
- Final paperwork is completed and appropriateness of shelter confirmed.
- 5. Shelter is not guaranteed until all paperwork is completed.**



Client comments/thanks:

*"Thank you for supporting me
through the tears, the anger, and the fear.*

*No matter how difficult it was, I always felt your
encouragement. So I did not give up... I always had
hope this day would come! And I am so excited to*

tell you,

I'm a SURVIVOR!"

K.T.



*"I couldn't have moved forward
on my journey to safety, empow-
erment and what I really DESERVE
without all that you offer!!!"*

T.T.



Adult Domestic Violence Counseling Services

The devastating consequences of domestic violence can cross both generations and lifetimes, occurring in every community and affecting people of all ages, socio-economic statuses, sexual orientations, genders, races, religions, or nationalities. The good news is that recovery is possible and can help individuals gain new balance and meaning in their lives.

WHO IS ELIGIBLE FOR SERVICES?

Any individual whose life and day-to-day functioning has been directly impacted by domestic violence, including those who are:

- Currently experiencing abuse in a relationship. Abuse can be emotional, verbal, sexual, physical and/or financial.
- Still experiencing ongoing abuse from an ex-spouse or former partner.
- Feeling unsafe in a relationship, whether wanting to leave or planning to stay.
- Concerned about abuse warning signs or escalating altercations in a relationship.

WHAT SERVICES ARE AVAILABLE?

- We offer **free individual counseling** by certified domestic violence advocates who offer emotional support, safety planning, education, and referrals to other services in person, by phone, or video conference.
- Free, drop-in **support groups** provide a safe place to share experiences, process emotions, and support one another. **English and Spanish-speaking groups offered.** Registration paperwork required before attending.
- Registration-required **Trauma Recovery and Empowerment (TREM) groups** follow a 6-week educational curriculum on topics ranging from the cycle of violence and common effects of abuse to communication, boundary-setting, and self-care. Consult a Turning Point advocate for details.

RELATIONSHIP RED FLAGS

- Intensity
- Jealousy
- Control
- Isolation
- Criticism
- Sabotage
- Blame
- Anger

HEALTHY RELATIONSHIP TRAITS

- Respect
- Trust and support
- Honesty and accountability
- Economic partnership
- Shared responsibility
- Negotiation and fairness
- Non-threatening behavior
- Collaborative co-parenting

“Overcoming abuse doesn't just happen, it takes positive steps every day. Let today be the day you start to move forward.”

Assunta Harris



WHY COUNSELING?

Ten Potential Benefits of Domestic Violence Counseling

1. Learn to recognize signs of abuse.
2. Create a safety plan, and build a support network.
3. Express feelings, and have them validated.
4. Understand your feelings better.
5. Minimize negative beliefs, and learn more positive self-talk.
6. Recognize abusive tactics.
7. Know when you're being manipulated.
8. Identify patterns and causes of abuse.
9. Learn about healthy relationships and problem-solving skills.
10. Find your inner strength and personal power.

WHAT CAN RECOVERY LOOK LIKE?

Recovery looks different for everyone, but here are a few examples of what it might look like:

- Allowing space to grieve losses, like feeling anger, sadness, or crying.
- Committing to self-care often.
- Affirming strengths and personal identity.
- Identifying goals for the future.
- Loving yourself, and if there is self-blame, forgiving yourself.

Cycle of Violence

TENSION PHASE

- Walking on eggshells
- Everything has to be perfect
- Always worrying or in fear of what if
- Feeling "something" is about to happen

TENSION PHASE

CRISIS PHASE

CRISIS PHASE

- The blow up
- Worse than before
- Threats
- Destruction
- Fear for your child's safety
- Drug and/or alcohol abuse

The majority of DV survivors
will leave an abusive partner

7-12 times

before they leave for the last time

CALM PHASE

CALM PHASE

- The person you fell in love with
- Never happen again
- I'll get help
- I love you

“ At any given moment, you have the power to say: This is not how the story is going to end. ”



Children's Counseling & Therapy Services

Domestic violence impacts the mental health of children as well as adults. Often, exposure to domestic violence causes symptoms of trauma in children and adolescents. Turning Point offers Trauma-Informed domestic violence services to children as part of a continuum of care for healing and family recovery. Turning Point services to children include Individual Counseling and Support Groups, in addition to Individual Trauma-Informed Therapy. Services are positive and emphasize building strengths and resilience in a variety of creative and interactive ways.

INDIVIDUAL COUNSELING

A Children's Advocate will engage children in safety planning and an age-appropriate understanding of domestic violence, including countering any feelings of guilt or responsibility. Counselors also instruct children on how to identify and express feelings in a healthy way, improve social and communication skills, increase self-awareness and self-esteem, identify healthy and unhealthy relationships, make healthy choices and other skills that may be impacted by domestic violence.

SUPPORT GROUPS

Group sessions are facilitated by a Children's Advocate or Prevention/Education Advocate. Topics for each session include those covered in individual counseling, but in a group environment allowing children/adolescents to learn and share from others with similar experiences. Teen groups may focus on topics unique to teens, including dating violence.

INDIVIDUAL TRAUMA-INFORMED THERAPY

Individual therapy is conducted by a licensed mental health professional and is designed to treat trauma that may be interfering with the child's ability to function at home, school, or with friends. Treatment is child-centered and may include art therapy and the use of other trauma-informed therapies.

Children experiencing violence at home may develop PTSD (Post-traumatic stress disorder). Some symptoms of PTSD in children include:

- Having bad dreams or nightmares
- Feeling like the trauma was happening again
- Trying hard not to remember or avoiding reminders of the trauma
- Low self-esteem
- Getting angry easily
- Not feeling close to family or friends
- Self-harm
- Being easily scared or jumpy
- Trouble sleeping
- Trouble paying attention or staying focused

WHY CHILDREN'S SERVICES?

"The impact of childhood domestic violence can be lifelong in terms of physical and mental health problems, such as anxiety, depression, and traumatic stress, difficulty in relationships with others, academic and employment failures, and trouble parenting."

Dr. Sandra A. Graham-Bermann

CHILDREN WHO EXPERIENCE DOMESTIC VIOLENCE & DON'T RECEIVE TREATMENT ARE...

6 X

More likely to commit suicide

50%

More likely to abuse drugs or alcohol

74%

More likely to commit a violent crime

HOW TO ACCESS SERVICES

If your child has observed domestic violence or is experiencing some or all of the thoughts, feelings and behaviors listed here, please call Turning Point. We can set up an appointment with a counselor or therapist, or refer you to another program if appropriate. Children will need registration paperwork completed before receiving services. Treatment plans are created and updated every 6-months with the child and parent. **To provide maximum benefit to the child and family, a primary care-giver must also be receiving services at Turning Point.**

SCHEDULE OF SERVICES/FEEES

- Counseling services and support groups are free of charge. Fees for therapy are on a sliding scale based on income. No one is denied services because of an inability to pay.

Resilience is being able to bounce back from stress, challenge, tragedy, trauma or adversity.

When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world.

The great news is that resilience is something that can be nurtured in all children.



Individual Counseling

- Children and youth (ages 6-18)
- 30 min-1 hour sessions
- Weekly or biweekly appointment
- One-on-one sessions with an experienced Children's Advocate.
- Session topics are personal to the child's trauma, experiences and needs.

Support Groups

Children's Group (ages 6-12)

Teen Group (ages 13-18)

Children will need registration paperwork completed before attending.

Individual Trauma-Informed Children's Therapy

- Children and youth (ages 6-18)
- 1 hour sessions
- Weekly appointments
- One-on-one sessions with a licensed mental health professional.
- Session topics are designed to reduce the impact of PTSD.



TURNING POINT, INC.



Legal Advocacy/Courthouse Services

Turning Point's satellite office is located inside the McHenry County courthouse, providing legal advocacy to victims of domestic violence.

**Room 351
2200 N. Seminary Ave.
Woodstock, IL 60098**

TURNING POINT COURTHOUSE OFFICE HOURS:

Monday – Friday, 9 AM – 4 PM (Walk-Ins Only)

815-334-4624

WHAT IS LEGAL ADVOCACY?

- A legal advocate works within the legal system on behalf of another person to advocate for their rights and their needs.
- **Turning Point legal advocates provide assistance to those victims who need to file emergency orders of protection.**
 - ✓ An **ORDER OF PROTECTION** is a **complete no-contact, stay away order** that can be granted to a victim of domestic violence who may be experiencing physical abuse, threats of physical abuse, or harassment.
 - ✓ An **ORDER OF PROTECTION** can also **remove an abuser from a shared home, deal with shared property issues, and remove a victim's phone number from an abuser's control.**
 - ✓ While orders of protection can only be granted by a judge, a **Turning Point legal advocate can ensure that a victim's paperwork is properly prepared so that they have the best chance of having their order granted to them.** For assistance with an emergency order of protection, please plan on spending **at least two hours** at the courthouse.
 - ✓ Judges expect to see victims who are seeking emergency orders of protection **as close to the most recent abusive incident as possible.**
- A victim **does not need to have contacted the police or filed a police report before qualifying for an order of protection.** A victim also **does not need to present any evidence, such as text messages, police reports, or photographs, in order to be granted an emergency order of protection.**
 - ✓ Additionally, a Turning Point legal advocate is always present in the order of protection courtroom, to provide emotional support and guidance when victims return to court for the OP hearings.
- Turning Point legal advocates are also happy to provide referrals to legal resources, both in the courthouse and in the community, as well as referrals to private attorneys. **No advocate employed by Turning Point is a licensed attorney, and therefore, no one at Turning Point can provide legal advice.**
- Turning Point legal advocates are available on a **first come, first serve basis at the courthouse office Mondays through Fridays from 9 AM to 4 PM.**
- **Orders of protection cannot be filed overnight, during the weekend, or on court holidays.**
- **Call Turning Point's Helpline at 815-338-8081 if you feel unsafe and cannot get an OP right away.**
- **If you are in immediate danger, call 911.**

"It's a privilege to be able to bear witness to someone's story when they may not have been able to tell it before."

-Lindy Alexander



Legal Rights of Domestic Violence Victims

Domestic violence can have serious effects on all aspects of victims' lives. In recognition of this, there are state and federal laws that protect victims of domestic violence from their abusers and that give specific rights to victims as they work to recover from the abuse.

The following are some of the laws that may apply to you as a victim of domestic violence. While Turning Point does not have attorneys on staff and therefore cannot provide legal advice, we can assist you in seeking help to claim your rights as a victim.

ILLINOIS DOMESTIC VIOLENCE ACT (IDVA)

- The IDVA was first passed in 1982 to establish domestic violence as a crime. Any person who hits, chokes, kicks, threatens, harasses or interferes with the personal liberty of another family or household member has broken Illinois law. The IDVA also provides the opportunity for victims to obtain an order of protection that will restrict someone who has abused a family member. Restrictions may include a stay away order, requirements to attend counseling, prohibiting the abuser from continuing threats and abuse, removal of weapons and other remedies. The full text of the IDVA can be accessed at <https://www.ilcadv.org/illinois-domestic-violence-act/>

VIOLENCE AGAINST WOMEN ACT (VAWA)

- The Violence Against Women Act (VAWA) provides a broad range of services to provide aid to survivors of domestic violence, dating violence, sexual assault, rape, incest and stalking. Information on the Violence Against Women Act (of 1994, 2000, 2005 and 2013) can be found at the United States Department of Justice Office of Violence Against Women website at: www.ovw.usdoj.gov.

VICTIMS' ECONOMIC SECURITY AND SAFETY ACT (VESSA)

- This Illinois law allows an employee who is a victim of domestic violence, or has a family or household member that is a victim of domestic violence, up to 12 weeks of unpaid leave from employment to address the effects of domestic violence. The VESSA statute can be found in its entirety online at: <https://www.illinois.gov/idol/laws-rules/eow/pages/vessa.aspx>.

THE SAFE HOMES ACT

- The Safe Homes Act is an Illinois law that allows victims of domestic or sexual violence to leave their rental housing early, prior to the end of their lease, in order to protect their physical safety and emotional well-being. In certain circumstances, victims can also request an emergency lock change to keep the abuser out of the home. The text of the law is available online at <http://www.ilga.gov/legislation/ilcs/ilcs3.asp?ActID=2817&ChapterID=62>

ILLINOIS CRIME VICTIM COMPENSATION PROGRAM

- The Illinois Crime Victim Compensation Program provides direct financial assistance (up to \$27,000) to victims of violent crime who meet certain eligibility requirements.
- If you or someone you love has been impacted by a violent crime, please call the toll-free Crime Victims Assistance Line at 1-800-228-3368 (Voice) or 1-877-398-1130 (TTY). You can also apply for compensation online at www.illinoisattorneygeneral.gov/victims/cvonlineapplication.html.

ILLINOIS ADDRESS CONFIDENTIALITY PROGRAM

- The ACP Program provides survivors of domestic violence and their household members with a substitute address to use as their home and work addresses, instead of the address where they actually live. The ACP Substitute Address helps prevent abusers from locating survivors, but is not a substitute for a comprehensive safety plan.
- For more information visit http://www.illinoisattorneygeneral.gov/victims/address_confidentiality.html or call 1-844-916-0295 or 1-877-398-1130 (TTY) or email: acp@atg.state.il.us

AUTOMATED VICTIM NOTIFICATION (AVN) SYSTEM

- The AVN System provides victims with a toll-free number they can call for up-to-date information on the custody and/or case status of an offender. The AVN system is also available online at www.vinelink.com. Victims can register for an automatic notification of a change in a case or custody status of an inmate. Notifications are available by email, text message or call 1-866-5-NOTIFY (Voice) or 1-877-502-2423 (TTY).





Latino Counseling Services & Advocacy Program

Turning Point welcomes individuals of all citizenship and immigration statuses, ages, genders, races, socio-economic statuses, sexual orientations, religions, and nationalities. A Spanish-speaking advocate is available 24/7/365.

The bilingual, bi-cultural Latino Counseling and Advocacy Program is customized to meet the needs of Latino individuals experiencing abuse – whether it is physical, verbal, sexual, financial, and/or emotional. We offer multidisciplinary services ranging from adult, teen, and children’s counseling and support groups to the Partner Abuse Intervention Program and advocacy surrounding orders of protection, referrals for immigration services, divorce and custody arrangements, and more.

WHO IS ELIGIBLE FOR SERVICES?

Any individual whose life and day-to-day functioning has been directly impacted by domestic violence, including those who are:

- Currently experiencing abuse in a relationship. Abuse can be emotional, verbal, sexual, physical and/or financial.
- Feeling unsafe in a relationship, whether you want to leave or not.
- Still experiencing ongoing abuse from an ex-spouse or former partner.
- Concerned about abuse warning signs or escalating altercations in a relationship.

WHAT SERVICES ARE AVAILABLE?

Free, drop-in support groups provide a community environment for victims to learn about growing and nurturing self-esteem and empowerment, sharing experiences, processing emotions, and supporting one another.

Group times: Tuesday 5:30-6:30pm; Thursday 10-11am. Intake required before attending.

We also offer free individual counseling by certified domestic violence advocates who offer emotional support, safety planning, education, and service referrals.

Advocacy may include:

- Referrals to temporary staffing agencies for work and to community agencies for food, utility assistance, rental housing, furniture, divorce attorneys, child support, custody, immigration, filing a police report, YMCA services, and more. Services associated with each referred agency or resource are explained in detail, along with how clients can best access services.
- Explaining the U.S. court process to clients who don’t understand this legal system, since it often works totally different from their country.
- Providing clients with insight on and letters to assist in immigration process for the Violence Against Women Act (VAWA), U-Visa, and/or T-Visa.
- Resource assistance depending on legal status and referrals to the Mexican Consulate or other providers for those who don’t have documentation often required by other agencies.
- Support with DCFS situations, including providing letters confirming clients are receiving services and how they are participating.
- Visits to the in-house food pantry and birthday/Christmas gift assistance (current clients only).

“Creo que, poco a poco, podré solucionar mis problemas y sobrevivir.”

–Frida Kahlo

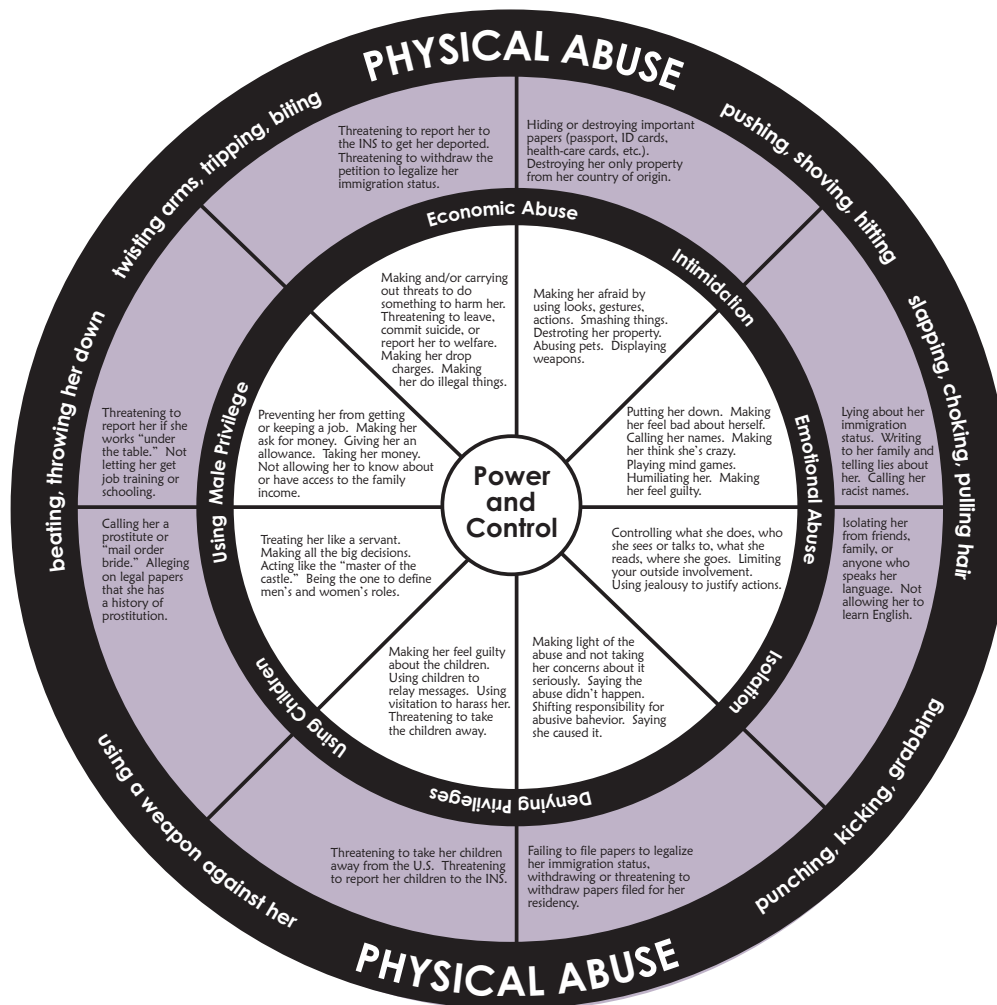
CHILDREN AND TEEN COUNSELING AND SUPPORT GROUPS

- Children and teen counseling services are held in English. Bilingual certified domestic violence advocates are available to discuss services and any issues that arise.
- Services are focused on safety planning, domestic violence education, and countering any feelings of guilt or responsibility. Teen groups may focus on topics unique to teens like dating violence.
- Teen and children's groups are held during Spanish-speaking support groups: Tuesday 5:30-6:30pm.

PARTNER ABUSE AND INTERVENTION PROGRAM

- Spanish-speaking groups are single-gender, led by a male and female facilitator, and designed for individuals who are court-ordered or anyone who wants to improve their intimate relationship.
- Groups are education-focused to eliminate abusive behaviors, build healthy relationships, and specifically address how to process thoughts and feelings within machismo culture.
- Services are offered at a low cost on a sliding scale based on clients' income and ability to pay.

Wheel of Power and Control for Immigrant Victims of Domestic Violence



Produced and distributed by:

Adapted from original wheel by:
Domestic Abuse Intervention Project
202 East Superior Street
Duluth, MN 55802
218.722.4134



NATIONAL CENTER
on Domestic and Sexual Violence
training • consulting • advocacy
4412 Shoval Creek Blvd. • Austin, Texas 78756
512.437.8020 (phone and fax) • www.ndsv.org



Adult Trauma-Based Mental Health Program

WHO ARE SERVICES FOR?

- Psychotherapy for victims of domestic violence who have experienced childhood or lifelong trauma and abuse

DESCRIPTION OF SERVICES

- Therapy is provided by licensed clinicians who specialize in the treatment of trauma.
- Therapists utilize evidence-based practices including EMDR, Cognitive-Behavioral Therapy, Art Therapy, mindfulness practices, narrative therapy and other modalities.
- Turning Point has created a holistic and supportive environment where you can feel safe and deal with the effects of trauma.
- Available in English or Spanish

REASONS SERVICES ARE HELPFUL OR WHY SHOULD YOU

1. *Life is not the same for you after you experience trauma.*
2. *You may have feelings that overwhelm you including:*
 - Irritability, anger or rage
 - Anxiety, fear, panic
 - Sadness, grief
 - Depression
 - Guilt
 - Shame
 - Inability to experience any positive emotions
 - Feelings of detachment from others
3. *You may feel your thoughts and behavior are out of your control and you may experience:*
 - Unwanted, intrusive memories of the traumatic experiences
 - Difficulty sleeping or sleeping too much
 - Avoidance of anything that reminds you of the trauma
 - Other unwanted behaviors or thoughts that you feel you can't control
 - Nightmares
 - Headaches, stomach-aches, other stress-related illnesses
 - Angry outbursts
 - Panic attacks
 - Physical tension
 - Difficulty concentrating
 - Flashbacks of the trauma
 - Avoidance of social situations
 - Unhealthy or abusive relationships.
 - Use of alcohol or drugs

Turning Point staff will NEVER ask,
"What's wrong with you?"

Instead, we ask:
"What has happened to you?"

4. You may develop beliefs that make life painful and difficult including:

- The world is not a safe place
- I can't trust anyone
- I am responsible for the abuse and trauma
- I should have done something
- There is something wrong with me
- I don't belong anywhere
- The world is against me
- I'm a failure
- The future will not be any better than the past
- I am powerless to change my life
- No one will ever love me
- I don't deserve to be loved
- I will never be happy
- I don't matter
- I'm alone

These feelings, thoughts and behaviors are all normal and common responses to the experience of trauma

Often, what may seem to be symptoms are actually ways that you have coped with the trauma.

THERAPY CAN HELP YOU TO:

- Feel safe
- Be in control of your emotions and behaviors
- Develop healthy coping skills
- Find supportive, mutually satisfying relationships
- Improve your parenting skills and family relationships
- Accept what has happened to you
- Improve your self-esteem
- Increase your satisfaction with life

HOW TO ACCESS SERVICES

Psychotherapy at Turning Point is provided for those who have also been victims or perpetrators of domestic violence. If you are experiencing some or all of the thoughts, feelings and behaviors listed here, please call Turning Point. We can set up an appointment with a therapist, or refer you to another program if appropriate.

SCHEDULE OF SERVICES/FEEES

- **By appointment only:** please call us and we will assess your situation to see if Turning Point can help. If we are not equipped to help you, we will find another place that can provide help.
- Fees for therapy are on a sliding scale based on income. No one is denied services because of an inability to pay.



What Is P.A.I.P.?

P.A.I.P. (Partner Abuse Intervention Program) is a psycho-educational program designed to help clients identify abusive behaviors in their relationships and learn new skills to resolve conflict successfully. Emphasis is also placed on trauma informed care as these issues may arise during the evaluation and/or group process. Clients who have an evaluation and are appropriate for the program attend a weekly group. Groups are offered 4 days a week at various times in order to meet potential scheduling conflicts.

WHO CAN JOIN P.A.I.P.?

We offer services to individuals who are court-ordered or anyone that wants to improve their intimate relationship and find solutions for the conflicts that come from day-to-day stressors. Groups are single-gender and led by both a male and female facilitator.

WHAT WILL THIS COST?

As a non-profit agency, we are able to offer our services at a low cost. We use a sliding scale based on a client's income and ability to pay. This program is beneficial and we want to make it easily available for anyone who is interested.

WHAT WILL I LEARN IN GROUP?

P.A.I.P. consists of 8 themes that focus on eliminating abusive behaviors and building healthy relationships where both people are getting their needs met and can communicate openly and honestly. Each theme is explored in-depth for 3 consecutive weeks to fully develop an understanding of the topic, its application and its impact.

The themes are: Non-Violence, Non-Threatening Behavior, Respect, Support and Trust, Honesty and Accountability, Sexual Respect, Partnership, and Negotiation and Fairness

"I don't hit anyone. How am I abusive?"

Abuse is not just physical. Abuse includes:

name-calling

yelling

making demands

jealousy

as well as

arguments that escalate

ABUSE IS A LEARNED BEHAVIOR.

- **This is GOOD NEWS! Learned behaviors can be unlearned and new skills can take their place.**
- No one wants to believe that they are capable of abuse or violence. When you're abusive, you may tell yourself that you were drunk, provoked, lost control, or you "snapped".
- Emotional and psychological abuse has long-lasting effects on a person's mental health and well-being. Whether it is yelling, intimidation, hitting or threats, **it's time to stop the cycle of violence.**

GROUPS ARE AVAILABLE 4 DAYS A WEEK:		
Mondays	6:30-8:30pm	English and Spanish
Tuesdays	10am-12:00pm	English
Wednesdays	6:30-8:30pm	English
Thursdays	4:30-6:30pm	English

QUOTES FROM ACTUAL CLIENTS:

**I am forever grateful for the PAIP program.*

**If you open yourself up, Turning Point is exactly what it says, a turning point.*

**The page cannot be forgotten but it can be turned.*

**PAIP has shown me a whole new way of looking at my life.*

**The PAIP program opened my eyes to empathy and understanding my actions have lasting and often unforeseen consequences.*

**Why didn't I learn this stuff in school?*

**Turning Point has made me understand mistakes I have made in my relationship and how to make changes in my life.*

You say you'd do anything to improve your relationship; THE TIME IS NOW and we can help.

Please call us for more information.

Call Turning Point at 815-338-8081 and ask for a member of the PAIP staff.



Turning Point's Nurturing Parenting Program(NPP)

WHAT IS THE NURTURING PARENTING PROGRAM?

Turning Point's Nurturing Parenting Program (NPP) is a 12-week psycho-educational program designed to teach parents the philosophy and practices of Nurturing Parenting in raising healthy, caring children and the importance in making time to nurture themselves. Nurturing Parenting Programs are intended for the treatment and Prevention of Child Abuse and Neglect and for the Development and Promotion of Empathic, Compassionate Individuals, Families, and Communities. This curriculum is approved by the Department of Children and Family Services.

WHO CAN JOIN NPP?

Turning Point's Nurturing Parenting Program is open to anyone that wants to learn/improve their parenting skills. Voluntary, court ordered, as well as other agency referrals are all appropriate for this program. Groups led by both a male and female facilitator.

WHAT WILL THIS COST?

As a non-profit agency, we are able to offer our services at a low cost. We use a sliding scale based on a client's income and ability to pay. This program is beneficial and we want to make it easily available for anyone who is interested.

WHAT WILL I LEARN?

Lessons Include:

- The Philosophy and Practices of Nurturing Parenting
- Ages and Stages of Growth for Infants and Toddlers
- Ways to Enhance Positive Brain Development in Children and Teens
- Communicating with Respect
- Building Self-Worth in Children
- Understanding Feelings
- Understanding and Developing Family Morals, Values, and Rules
- Praising Children and their Behavior
- Alternatives to Spanking
- Learning Positive Ways to Deal with Stress and Anger
- And much more....

WHY DO I NEED THIS?

Attending Turning Point's Nurturing Parenting Program can help you become more confident as a parent, establish a better relationship with your children and help you raise them to be kind, productive, successful and thrive in society. A major goal of the Nurturing Parenting Program is to help both parents and children increase their self-esteem and develop positive self-concepts.

GROUPS AVAILABLE

Mondays

4:30pm-6:00pm

**IF INTERESTED,
call Turning Point
to register.**

815-338-8081

*"Be the one who nurtures and builds. Be the one who has an understanding and a forgiving heart.
One who looks for the best in people. Leave people better than you found them."*

Marvin J. Ashton

Women's Intervention Survivor's Program (W.I.S.P.)

WHAT IS WISP?

WISP is a 24-week psycho-educational program for women who use both legal and illegal violence against their partners. Its focus is on helping women understand the connections between the violence they experience and the violence they use. Its overall goal is to help them end both. Emphasis is also placed on trauma informed care as these issues may arise during the evaluation and/or group process. Clients who have an evaluation and are appropriate for the program attend a weekly group. Groups are held on Thursday Afternoon.

WHO CAN JOIN WISP?

We offer services to individuals who are court-ordered or anyone that wants to improve their intimate relationship and find solutions for the conflicts that come from day-to-day stressors.

WHAT WILL THIS COST?

As a non-profit agency, we are able to offer our services at a low cost. We use a sliding scale based on a client's income and ability to pay. This program is beneficial and we want to make it easily available for anyone who is interested.

WHAT WILL I LEARN IN GROUP?

- You will learn how to step back from the immediacy of your situations to see the bigger picture.
- You will obtain an understand of all the forces operating in your life (e.g., economic, emotional, age, religious, cultural, social), so you can chart a plan of action to reduce your use of violence and the violence being used against you.
- You will learn to challenge mystical thinking. This is thinking based on ideas we believe are true but in fact are someone else's concept of reality, for example, "When a man shows jealousy, he is showing love."
- Through dialogue with other participants, you will better understand what you are going through and how to shape a future free of abuse, coercion, and violence.
- You will learn to create two hours a week in which your experience differs qualitatively from that of a controlling and abusive relationship.

Please call us for more information.

Call Turning Point at 815-338-8081 and ask for a member of the PAIP staff.





Outreach and Prevention: Schools, Youth, and Community

WHO SERVICES ARE FOR:

- Individuals ranging in age from early childhood through adult

DESCRIPTION OF SERVICES:

- Prevention and education services focused on domestic violence and the effects of violence on youth and adults.
- FREE community presentations

FREE PRESENTATIONS OFFERED:

Presentation topics can be designed to meet individual audience needs:

ELEMENTARY SCHOOL

- Bullying prevention
- Teasing vs. bullying
- Cyber and social bullying
- Building healthy friendships
- Positive self-esteem

MIDDLE SCHOOL/HIGH SCHOOL OR COLLEGE

- Defining healthy and unhealthy relationships
- Positive self-esteem
- Dating violence and Teen safety planning tips
- Cyber bullying
- “Red flags” and warning signs in relationships

EARLY CHILDHOOD/PRESCHOOL

- Hands are not for hitting
- How to be a good friend
- Empathy building

PARENTS/SCHOOL PERSONNEL/ COMMUNITY

- Identifying signs of bullying, dating violence and abuse
- Effects of domestic violence on children
- Raising awareness of domestic violence
- Education about Turning Point services
- ACES Presentation (Adverse Childhood Experiences)

HOW TO ACCESS SERVICES:

- Anyone in McHenry County can contact Turning Point for free educational presentations.

HOW TO SCHEDULE SERVICES:

- Contact Turning Point at **815-338-8081** to schedule a presentation or discuss other ways Turning Point can serve your organization.

WE CAN MAKE A DIFFERENCE

***Resilience** is being able to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are braver, more curious, more adaptable, and better able to extend their reach into the world.*

*The great news is that **resilience** is something that can be nurtured in all children.*

WHY THIS IS IMPORTANT:

- Early education with youth helps promote healthy relationships and end the cycle of violence.
- 1 in 4 teens are in relationships that are verbally, emotionally, or physically abusive.
- 81% of parents do not know teen dating violence is a real concern and how to properly handle situations.
- The National Center for Education reports that more than 1 out of 5 students reported being bullied.



TURNING POINT, INC.

Confronting domestic violence in McHenry County

Turning Point, Inc.

Does not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations. We are committed to providing an inclusive and welcoming environment for all clients.





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**PO BOX 723 • Woodstock IL • turnpt.org
24 HOUR HELPLINE: (815) 338-8081**

