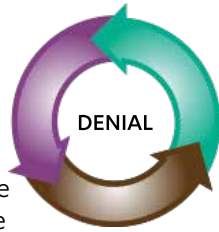




## CYCLE OF VIOLENCE

This model is based on a belief system in which an individual has control in a relationship and maintains that control through certain actions and behavior. These actions have an intent and purpose behind them. Physical violence is only one of the tactics used to maintain control.



BATTERER	VICTIM	
Moody, yells Threatens, nitpicks Withdraws affection Uses put downs Abuses alcohol Destroys property Acts sullen Criticizes	Tries to calm batterer Silent or talkative Distances family/friends Keeps kids quiet Agrees readily Withdraws Tries to reason Walks on egg shells	TENSION
Hits victim Chokes victim Humiliates victim Imprisons victim Rapes victim	Protects himself Calls the police Tries to calm batterer Tries to reason Fights back/leaves	EXPLOSION
Apologizes Begs for forgiveness Promises counseling Goes to AA, etc. Sends flowers Cries	Agrees to stay/return or take batterer back Attempts to stop legal proceedings Sets up counseling for batterer Feels happy and hopeful	HONEYMOON

**BREAK THE CYCLE.**

## AVAILABLE COMMUNITY ASSISTANCE SERVICES

- Emergency ..... 911
- Lucretia Gill, Kalispel Tribe Victim Assistance Advocate ..... 509-447-7419
- Kalispel Tribe Victim Assist..... 509-447-7155
- Helpline (24hrs)..... 877-700-7175
- Kalispel Tribe Public Safety..... 911 / 509-445-1785
- Pend Oreille County Sheriff ..... 911 / 509-447-3151
- lone Police ..... 911
- Metaline Police ..... 911
- Metaline Falls Police ..... 911 / 800-669-3407
- Washington State Patrol..... 800-283-7804
- Kalispel Tribal Court ..... 509-445-1664  
877-700-7072
- Kalispel Tribe Behavioral Health
  - Airway Heights Office..... 509-789-7630
  - North Office ..... 509-445-0646
- Camas Center Clinic..... 509-447-7111

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## KALISPEL TRIBE VICTIM ASSISTANCE SERVICES

### WE ARE HERE TO HELP

Mon-Thurs 7am-5pm / 509.447.7155  
24/7 Help Line / 877.700.7175  
EMERGENCY CALL 911

Kalispel Tribe Victim Services  
41 Tule Rd Cusick, WA 99119





## SERVICES OFFERED

**All services offered by Kalispel Tribe Victim services are confidential and are available to Native Americans and Tribal employees at no cost.**

### SERVICES INCLUDE

- Domestic Violence, Sexual Assault, Dating Violence, and Stalking Advocacy
- Crime Victim Advocacy
- Medical Advocacy
- Legal Advocacy
- Counseling Services  
Information and Referral
- Community Education and Outreach
- Support Groups
- Emergency Assistance
- Emergency Shelter



## WARNING SIGNS

### UNHEALTHY RELATIONSHIPS

- Calls frequently to find out where you are, who you are with or what you are doing
- Has to be with you all the time
- Calls you names, insults or criticizes you
- Is jealous, possessive or controlling
- Is demanding or makes all the decisions
- Tells you what to wear
- Gets angry very quickly
- Follows you or shows up uninvited
- Isolates you from friends or family
- Uses alcohol or drugs
- Refuses to accept the relationship is over
- Checks your text messages
- Has friends check up on you

**If you are in a violent relationship, know:**

**You have done nothing wrong. Violence is NOT your fault. The longer you stay in an abusive relationship, the more volatile it will become. It does not get better over time. Being drunk or high is never an excuse for abuse.**



## WHAT IS DOMESTIC VIOLENCE?

**Domestic Violence is defined as a pattern of assaultive, abusive, controlling or coercive behavior including physical, sexual, spiritual, emotional and psychological tactics, as well as economic coercion that is used in an effort to gain or maintain control or authority in any relationship.**

### HEALTHY RELATIONSHIPS

In a healthy relationship there is: trust, open communication, respect, compromise and understanding.

### THINGS YOU SHOULD KNOW

- Assault is a CRIME
- No one deserves abuse
- It is not your fault
- You have a right to be safe and secure
- Help is available
- You are NOT alone in your community
- Domestic Violence can be FATAL
- Violence is not TRADITIONAL
- People are SACRED