



Tina's Story: A Life of Abuse

Although domestic abuse is often thought of as a private or relationship issue between two people or within a family, the pathway to prevention and encouraging individuals and families to feel safe asking for help is to build a collective community culture that supports the safety of everyone. This pervasiveness and impact of an issue that thrives in silence and shame is visible when we consider that 1 in 4 women and 1 in 7 men will experience domestic violence in their lifetime. A question many may ask is "Why does someone stay with an abusive partner?" We must also invite alternate questions about why individuals choose to hurt the people they claim to love and what we as a community can do to respond.

There are a number of barriers to leaving an abusive relationship, such as financial dependence, guilt, emotional pain and isolation, or immigration status. One of the biggest barriers can be fear of physical retaliation because their partner has threatened them with physical harm or death. The potential of this threat very often prevents survivors from leaving or seeking support. In fact, survivors are at the highest risk of being seriously injured or killed when they leave their abusive partner.

Even without threats of physical harm, a survivor can experience a range of emotions that complicate their decision to leave their abusive partner. Many survivors blame themselves for the situation. They can experience sadness and grief. They may feel powerless or experience a loss of self-confidence. A wide range of emotions can contribute to survivors feeling overwhelmed when it comes to making decisions about their relationship.

Accessing support services can help survivors identify their strengths, develop a safety plan and work towards becoming more self-sufficient - even if they are not ready to leave their partner. Emerge provides individualized case management and meets survivors where they with the goal of minimizing their risk of serious harm or death.

In Arizona, there is a domestic abuse-related homicide every 3 ½ days. In this video, Tucson community member, Rachel Tineo, shares how her niece, Tina Soto, struggled to leave her abusive partner and the outcome when she finally did.



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[Learn more about barriers to leaving an abusive relationship](#)



Get Involved!

There are many ways to show your support for Domestic Violence Awareness Month!

- * Get a purple hair extension at **Salon Nouveau**
- * Come to our **Stuff-the-Truck events**
- * Share this email with your friends, family & colleagues
- * Attend the Intro to Domestic Abuse Workshop at Emerge on Monday, October 9th from 9:00-11:00am. RSVP to sarahjv@emergecenter.org

Community-Sponsored Events

Thursday, October 5, 7-9pm - Tucson NOW Chapter will host a free screening of **Power and Control: Domestic Violence in America** followed by discussion. Screening to be held at Sea of Glass, 330 E. 7th Street. [Click here to reserve your seat.](#)

Friday, October 6, 5:30pm - Oro Valley National Night Out will be held at the Target Shopping Center at 10555 N. Oracle Road. The Law Enforcement Wives Club will be holding a new pillow drive for Emerge participants at the event.

Sunday, October 8, 5pm - Fleet Feet will host a mini-run started at Sentinel Peak Brewery (4746 E. Grant Rd). Enjoy a short run, followed by great brews and delicious foods. Fleet Feet will also collect toiletries for Emerge. [Click here for the Facebook event page.](#)



[Click here for a full calendar of events for October!](#)



Weekly Contest

Each week we will have a contest you may enter to win a prize!

This week's prize is a \$20 gift card to 1702 Craft Beer & Pizza.

To enter, list 3 barriers to leaving an abusive relationship a survivor may experience.

Send your response to amys@emergecenter.org to be entered in the contest. The winner will be chosen at random and announced next week!

STAY CONNECTED

