

Domestic Abuse

Child Abuse

How the Fleet and Family Support Center Can Help Restricted and Unrestricted Options

Domestic Abuse

Domestic abuse can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Domestic abuse cuts across all age groups and social classes. It happens to Sailors as well as spouses; to men as well as women.

Domestic abuse goes beyond physical abuse. It includes emotional abuse such as threats, isolation, extreme jealousy and humiliation. It also includes sexual abuse. Whenever an adult is placed in physical danger or controlled by threat or use of physical force by their spouse or intimate partner, she or he has been abused.

Domestic abuse can happen to anyone of any race, age, sexual orientation, religion, or gender. It can happen to couples who are married, living together, or who are dating. Domestic abuse affects people of all socioeconomic backgrounds and education levels.

You may be in a physically abusive relationship if your partner has ever:

- Damaged property when angry (hit, punched or thrown objects, punched walls, kicked doors, etc.)
- Pushed, slapped, bitten, kicked, or choked you.
- Abandoned you in a dangerous or unfamiliar place.
- Scared you by driving recklessly.
- Used a weapon to threaten or hurt you.
- Forced you to leave your home.
- Trapped you in your home or kept you from leaving.
- Prevented you from calling the police or seeking medical attention.
- Hurt your children.
- Used physical force in sexual situations.

You may be in an emotionally abusive relationship if your partner:

- Calls you names, insults you or continually criticizes you.
- Does not trust you and acts jealous or possessive.
- Tries to isolate you from family or friends.
- Monitors where you go, who you call, and who you spend time with.
- Controls finances or refuses to share money.
- Punishes you by withholding affection.
- Threatens to hurt you, the children, your family, or your pets.

Child Abuse

Child abuse is the physical or sexual abuse, emotional maltreatment or neglect of an unmarried person under 18 years old. If you believe or suspect that a child is being abused or neglected, contact the Fleet and Family Support Center or call your local Child Protective Services or law enforcement, contact the National Domestic Violence Hotline at 1-800-799-7233..

How Fleet and Family Support Center Can Help

The goal of the Family Advocacy Program is to prevent domestic violence by encouraging people to examine their own behavior and take steps to learn and practice more healthy behaviors.

The Family Advocacy Program provides a variety of interventions and treatment services to meet the needs of individual families. FAP provides counseling, clinical case management, treatment groups, and refers families to military and civilian resources as appropriate.

Professional services of licensed counselors are available free of charge at Fleet and Family Support Center. These are available to active duty and their family members – even active duty members who are unmarried can have couple's counseling with their partners. A variety of courses that teach healthy relationship skills are also available at Fleet and Family Support Centers. These include anger management and conflict resolution. These are also free and available to both active duty and spouses.

Restricted / Unrestricted Options

There are two types of reporting options for adult victims of domestic abuse, restricted and unrestricted. Both options make available to victims the full range of advocacy, medical and counseling services.

Restricted Reports

Restricted reports do not involve military chain of command or law enforcement.

Restricted reporting gives a victim time and opportunity to get information and professional advice about their rights and available services, so they can make informed decisions. Often victims initially choose the restricted reporting option and later decide that they want the chain of command notified so that the offender can be held accountable.

The option to make a restricted report is available to active duty service members and their spouses. Intimate partners of active duty service members who realize that they are being abused are also urged to contact the Fleet and Family Support.

Many victims of abuse might feel comfortable talking with their healthcare provider but fear that the chain of command and/or law enforcement would be notified. Some victims even avoid seeking medical treatment related to abuse because of fear the information will be disclosed to others. Under the restricted reporting option, adult victims may speak to a healthcare professional at a military medical facility. But it is important that they be direct and ask up front about restricted reporting.

The healthcare provider will provide needed medical care and get them in touch with a victim advocate at the Fleet and Family Support Center.

Restricted reports can also be made directly to the victim advocates or the clinical supervisor at the Fleet and Family Support Center. Call the Fleet and Family Support Center to learn more about restricted reporting.

Unrestricted Reports

Unrestricted reports will include some type of investigation by command and or law enforcement.