

Sojourn Shelter and Services



WE SUPPORT ALL SURVIVORS.

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PREVENTION & OUTREACH SPECIALIST

WHAT IS DOMESTIC VIOLENCE

- Domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.
- Domestic violence can be physical, sexual, emotional, or economic. Without intervention, the violence usually escalates in frequency and severity.



TYPES OF ABUSE

Physical Abuse

Verbal/Emotional
Abuse

Sexual Abuse

Financial (Economic)
Abuse

Stalking

Digital/Technological
Abuse

Neglect

Cultural Abuse

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WHAT IS TRAUMA INFORMED CARE?

- Trauma-informed care views service provision through a lens of trauma
- Involves having a basic understanding of trauma and how trauma impacts survivors, understanding trauma triggers and unique vulnerabilities of trauma survivors
- A trauma-informed approach is sensitive and respectful: staff seek to respond to traumatized individuals with supportive intent and to consciously avoid re-traumatization

BEST PRACTICES FOR TRAUMA INFORMED CARE

1. A commitment to non-violence is essential. Staff will not use punitive or coercive interventions because they emphasize power differentials.
2. Each individual seeking help has their own unique history, background, culture, and experience of victimization. Treat each survivor as an individual.
3. Healing and recovery is personal and individual in nature. Each survivor will respond differently. Staff need to be consistent yet, flexible.
4. Establishing a connection based on respect and focusing on an individual's strengths provides the survivor an environment that is supportive and less frightening.

BEST PRACTICES FOR TRAUMA INFORMED CARE

5. The experience of domestic violence violates one's physical safety and security. There is a need to provide safe physical spaces for survivors.
6. Emotional safety is imperative so that survivors can feel more secure and comfortable. Survivors should feel their worth is acknowledged and feel protected, comforted, listened to and heard.
7. Healing and recovery cannot occur in isolation but happens within the context of relationships. Relationships fostered with discussion rather than coercion, ideas rather than force, and empathy rather than rigidity will encourage trust and hope in survivors.
8. When a trauma survivor understands trauma responses as attempts to cope with intolerable circumstances, this understanding takes power away from abusers and an individual's abusive experiences.

BEST PRACTICES FOR TRAUMA INFORMED CARE

9. Despite a survivor's experience of abuse, they may still feel connected with and attached to the person who has harmed them.
10. Administration must make a commitment to incorporate knowledge about trauma into every aspect and to revise policies to insure trauma sensitivity.
11. Staff needs to look at the "big picture" and not merely view the survivor as only their "behaviors and responses."
12. The manner in which a survivor experiences traumatic reactions will certainly be affected by the culture to which they belong.

BEST PRACTICES FOR TRAUMA INFORMED CARE

13. Collaborating with a survivor places emphasis on survivor safety, choice, and control.
14. Personal boundaries and privacy are inherent human rights.
15. Assume information will need to be repeated from time to time. Survivors of trauma and loss may have difficulty retaining and processing information.
16. Secondary traumatic stress or vicarious trauma can cause advocates to lose perspective and slip from understanding to blame.

SOJOURN SHELTER & SERVICES

- Founded in 1975 with the mission: To build a community free of domestic violence through service, leadership, and education.
- In 2022, Sojourn assisted 1,905 clients. (1,803 adults and 102 children)
- In Service Area Includes: Sangamon, Logan, Menard, Christian, and Montgomery Counties

ALL SERVICES ARE FREE & CONFIDENTIAL!

SOJOURN SHELTER & SERVICES: LIST OF SERVICES

24 Hour
Hotline

Residential
Shelter
Program

Non-
Residential
Counseling

Court Services
Program

Children's
Program

Sojourn
Services for
Teenagers

SPD Follow-Up
Program

Prevention &
Education
Program

24 HOUR HOTLINE

- Crisis counseling
- Requests for shelter
- Information & referrals



In 2022, Sojourn answered 2,933 hotlines calls. The hotline allows all callers to stay anonymous if they wish.

RESIDENTIAL SHELTER PROGRAM

- Emergency Shelter for adult and child victims of domestic violence
- 32 beds available
- Shelter is full and working off a waiting list the majority of the year
- Current length of stay is approximately 3 months

In 2022, Sojourn provided 291 victims with 7,446 nights of shelter.



NON-RESIDENTIAL COUNSELING PROGRAM

- Individual Counseling
- Community Referrals
- Advocacy
- Counseling is available in all five counties



CHILDREN'S PROGRAM

- Individual counseling available to both residential and non-residential child clients
- Group counseling available to residential child clients
- Parenting support



COURT SERVICES PROGRAM

- Assistance with Orders of Protection
- Advocacy with criminal court cases
- Available in all five counties



Sojourn assisted 1,039 clients with
Orders of Protection in 2022.

SPD: FOLLOW-UP PROGRAM

- Advocates are notified of domestic-related incidents responded to by the Springfield Police Department
- Officers call in reports to our office
- Advocates follow-up with victims within 24-hours of the incident
- Police officers are often our primary referral source

Sojourn followed up with 1,011 victims in 2022.



SOJOURN SERVICES FOR TEENAGERS

- Youth, 12 and older, can see a counselor 9 times without parental consent
- Teenagers do qualify for OPs in the state of Illinois, but a parent or legal guardian must file on their behalf.



PREVENTION & EDUCATION PROGRAM

Community awareness and support are critical factors in ending domestic violence. We provide education to the community, including professional training, domestic violence awareness and dynamics education, and prevention programs. We partner with schools, businesses, agencies, civic and faith-based organizations to prevent violence in our community. Our services are available in Sangamon, Logan, Menard, Christian and Montgomery counties.



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About **1 in 3** and **1 in 4**
women men



report having experienced severe physical violence from an intimate partner in their lifetime.

About **1 in 5**
women and **1 in 13** men



have experienced contact sexual violence by an intimate partner.

14% of women
and
5% of men
report having been stalked by an intimate partner.



1 in 15 children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to this violence (DOJ).

30% to 60% of intimate partner violence perpetrators also abuse children in the household.

Almost 1 in 10 teens in relationships reports having a partner tamper with their social media account, which constitutes the most frequent form of harassment or abuse.

Between 2013 and 2014, the state of Illinois experienced 84 deaths that were due to domestic violence. 15 of them happened to be children.

1 in 10 high school students has experienced physical violence from a dating partner in the past year.

ILLINOIS SPECIFIC STATISTICS

41.5% of Illinois women and 25.9% of Illinois men experience intimate partner physical violence, intimate partner sexual violence and/or intimate partner stalking in their lifetimes.

In 2014, almost 65,800 intimate violence incidents were reported to Illinois law enforcement. Many others went unreported.

In between July 2013 and June 2014, there were 84 domestic violence-related deaths in Illinois, including 15 children.

In 2017, there were 47 reported adult domestic violence homicide victims.

40% of reported adult domestic violence homicides were committed with firearms.

As of December 31, 2019, Illinois had submitted 3,565 domestic violence misdemeanor and 434 active protective order records to the NICS Index.



QUESTIONS?

IF YOU OR A LOVED ONE ARE EXPERIENCING
DOMESTIC VIOLENCE, PLEASE CALL SOJOURN'S
24-HOUR HOTLINE AT (217)726-5200