

**Answers to Queries for Regional Advisory Committee June 23, 2014 from Pilgrim  
Psychiatric Center**

1. What does the word “abuse” mean? What are other words for “abuse” such as “bullying?”

Dominating with Power	Coercion	Exploitation	Intimidation
Harmful	Manipulation	Facility Abuse	Physically injuring
Threatening	Denying access	Language	Terminology
Minimizing Things	Deny Feelings	Chemical restraint	Not treated fairly
Controlling ones treatment	Being rigid/not flexible	Making fun of perceptions/feelings	Hierarchy/less equal
Suspending someone for complaining	Sabotaging Treatment	Inappropriate touching	Delaying response
Forceful touching	Physical restraint	Emotional control	Violation of rights
Restriction on Ward	Gossiping	Taunting	Lying
Pitting one against another	Malnutrition	Financial Control	Withholding rights
Solitary Confinement	Lip service	Ingratiating	Verbal battering

2. Have you ever read anything about abuse prevention? Has anyone ever taught you how to protect yourself? If so, was it helpful and why?

<u>VERBALLY ABUSIVE RELATIONSHIPS: How to recognize and how to respond</u> by Patricia Evans			
Karate	VIB	Brighter Tomorrows	How to deal with Angry People
PAIMI	Oprah	Anger management	The Advocacy Center

3. What do you think is important to know about abuse?

Abusers have been abused	Teaching on how to respond in the moment	Abuse is a cycle	There are different forms of abuse
After out of abuse person needs healing to learn to stop the cycle of abuse.	Abused think the abuser is sincere in their apologies	Teach how to ask about abuse sensitively	People that are abused change in appearance, get more illnesses, have low self-esteem, are frightened easily, have more injuries, and become reclusive.
It stays with them over the years	It's a secret	Abuse is not always obvious	Abusers isolate the individual,
Co-Abusers	A family secret		

4. What format would be most useful as educational materials?

Age appropriate including all ages	Songs that address abuse	INTERNET	Websites
Church Youth Groups	Schools	Music	Phone App
DVD's	Awareness Days	Training at Senior Centers, Community Centers, and at home	Police need to be trained to recognize it.
Training to inpatients, staff, families, agencies, groups	Video games that don't support abuse	Group at Forensic Centers to see abuse and notice it	Victims of violence to speak at schools funded through Victims of Violence Aide.
Pamphlets in doctors' offices	Computer should spray water on you if you bully someone		

5. What types of training would be helpful?

Webinars for those without transportation	Support Groups	Self-esteem training	Recognize drug/alcohol involvement
Library classes	Any kind	Interactive training including role playing	Quality training in case you're not believed when reporting
Assertiveness training	Bullying Prevention	Anger management	Group training in forensic facilities

6. How can we best provide education on abuse prevention to service recipients who may not speak English as a first language, or who have other communication difficulties/disabilities?

Translation	Culturally appropriate translations	Interactive websites	Braille
Sign language in all languages	Research what there is available and partner with other language groups International BLYS Symbols.		

7. If there were an international symbol of abuse prevention what would it look like?

Bright colors	Different languages and BRAILLE	A circle with "no verbal", "no emotional", "no physical", "no sexual" written around the outside and In the center the word	Nuclear cloud with a line through it
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		"ABUSE" with a line through it.	
Tee shirt with "stop abuse" in hundreds of languages	No symbol because there are many types of abuse	Abuse in all languages with a line through it	Picture of love instead
	Fist with a line through		

8. Is there anything else you think is important to educating service recipients that we haven't touched on already?

Everyone is entitled to a safe environment.
Military needs transparency.
No matter who you are or where you are you are entitled to speak up and be protected.
Expose the sex trade.
Expose human trafficking.
Expose the injustice in the system.
Service recipients have rights and responsibilities and should be educated on their rights and responsibilities.

9. If you had a magic wand, what would you do to keep everybody safe and free from abuse and neglect?

Make sure all staff, all across the board, families and everyone is trained.
No one ever felt anger or hatred so they would never want to abuse someone.
Since abusers have trouble with feelings that everyone had high self-esteem.
Integrate Trauma-Informed approach training across the board.
Everyone had true love for everyone.
Bring prayer back to school.