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From Ridicule To Reform: Potential Solutions to the Domestic Violence Crisis

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From Ridicule To Reform: Potential Solutions to the Domestic Violence Crisis

Domestic violence has been a part of the brick and mortar of American families for centuries, only recently becoming a taboo behavior. In the past, beating a woman into submission was seen as a task that would bring about desired changes. However, husbands of the time failed to realize that beating their wives like dogs was inhumane behavior that was likely taking a mental and physical toll on their brides. In the 1970s, whispers of change began as radical groups pushed for equality and non-violent relationships. After putting this behavior in a spotlight of shame, overall views on the subject started to sway towards less violence between intimate partners. Historically speaking, this movement brought about change for thousands of at-risk individuals, but it did not significantly hinder the actions that go on behind closed doors. Current domestic violence rates remain high, with recidivism rates even higher, showing that many individuals are willingly blind to the ethical dilemma that comes with injuring an intimate partner. Although domestic violence is not unique to a specific region, it could easily be applied to the neverending violence that occurs in St. Louis. In a city where violence is a way of life for many, it should come as no surprise that many of the murders committed annually are due to domestic disputes. This was the case for twenty-four-year-old Ciera Jackson, who was murdered by her ex-boyfriend in 2017 (Currier, 2018). Victor Whittier shot Jackson through her bedroom window after she tried to leave the relationship a month prior (Currier, 2018). Jackson had been in an abusive relationship with Whittier, ultimately resulting in her begging St. Louis Courts to grant her a restraining order against her abuser (Currier, 2018). Hauntingly, in the report submitted to the courts, Jackson said, "I know what he is capable of," relaying to those who read it that she knew she was a target for extreme violence. Unfortunately, the fear and violence that can come with intimacy are not unique to Jackson. In October of 2020, Bernadette H Cooper and

her three children were mercilessly gunned down by Cooper's boyfriend, Joseph Jones. (Hoskins, 2020). Jones's attack resulted in two deaths, Cooper and her six-year-old daughter. The remaining two children, aged 10 and 16, were taken to a local hospital and survived the attack (Hoskins, 2020). Although Jones was unsuccessful in murdering all four individuals, he still took the lives of a dedicated mother and her daughter who had yet to experience life. The urgency to solve this ethical crisis is not only based on the desire to end beatings and mental tormenting, it is to prevent the deaths that come as a result of such behaviors. To address this epidemic, it is crucial to mention the history of domestic violence, individuals most at-risk, the effects of violence, police involvement, and current legislation on the matter. By exploring various components of the issue, the proposed solution, rehabilitation, becomes a clear path to hindering the high number of annually reported cases.

In the early 1970s, domestic violence was still discussed in hushed voices as problems that occurred within the home were expected to remain a private matter. At this point, there were virtually no resources offered to individuals facing domestic violence, leaving many victims to rot in a toxic environment. The limited information that was available on the subject heavily focused on victimization and blamed the housewife for their mistreatment. Psychologists of the time described domestic violence as a "rare event" that only occurred as a result of a woman's poor mental health ("Domestic Violence in the 1970s", 2015). However, the feminist activism of the decade would bring about lasting change by rallying for legislation, health care, and emergency shelters for victims of violence. The loud chants of "we will not be beaten" rang in the ears of politicians, law enforcement, and social programs, ultimately leading to victim advocation ("Domestic Violence in the 1970s", 2015). By the end of the decade, there were over 300 shelters, groups, and hotlines within the country advocating for the rights of abused women

("Domestic Violence in the 1970s", 2015). Susan Schechter, a feminist activist, described the movement by saying, "in contrast to just one decade earlier, battered women are no longer invisible" ("Domestic Violence in the 1970s", 2015).

While abuse is not limited to a specific type of person or group, certain individuals are predisposed to violence. According to Bosch et al., individuals who have a low social-economic status (SES), low educational acquirements, and are young tend to feel the effects of abuse more than others (Bosch et al., 2015). With domestic violence, it is common to see individuals that come from poverty and have low levels of acquired education. When these factors are paired together, it creates an individual who is more likely to be trapped in an abusive relationship because they lack the financial and educational means to get out. In St. Louis, levels of violence tend to be higher in impoverished areas, reinforcing the belief that low SES could lead to more exposure to issues like domestic violence. In the report, the authors found, "Those with higher SES are more likely to have access to health care and live in less impoverished neighborhoods where there is less violence..." (Bosch et al., 2015, p. 3404). Victims that grow up around violence may not be able to see crucial warning signs in a relationship due to their sense of normalcy, which is their continued exposure to brutality. However, low SES and low educational levels are not the most dangerous factors that could influence the onset of abuse, it is age. A study showed that of the 780 women who openly admitted to being abused by a current or past partner, 341 (58%) of participants were categorized as young (18-44 years of age) (Bosch et al., 2015). Another study, specifically focusing on college students, found that 35% of participants had experienced intimate partner violence since their freshman year (Davidson et al., 2015, p. 3220). While it is not specified as to why younger individuals tend to pair up with brute partners, inexperience and issues with self-confidence could be to blame. Regardless, a lack of money,

low levels of education, or age could heavily affect an individual's chances of becoming a victim of domestic violence.

So, how does abuse harm the body? Intimate partner violence can wreak havoc on the victim by causing severe damage to their physical or mental well-being. Regular beatings at the hands of a loved one can cause a list of adverse health effects, such as: severe headaches, gastrointestinal distress, insomnia, high cholesterol, high blood pressure, depression, posttraumatic stress disorder, physical impairments, and eating disorders (Bosch et al., 2015, p. 3403). Although most injuries inflicted upon victims cause temporary pain and discomfort, many are left with life-long disabilities due to the mistreatment they face at home. The consistent pain brought onto victims can result in a permanent decline in health as the human body is not resilient enough to withstand severe physical punishment. Although it is an often unnoticed aspect of domestic violence, many victims will turn to unhealthy habits to cope with the immense fear of being a victim of violence. The usage of coping mechanisms like smoking, binge drinking, and unhealthy eating can lead to even more health problems (Bosch et al., 2015). In the study, Bosch and her partners wanted to focus on the long-term effects of the negative coping mechanisms victims take up to handle their toxic relationship. The study showed that victims who partook in such activities were prone to high cholesterol, high blood pressure, and obesity (Bosch et al., 2015). While victims may not be killed by their partner, the stress relievers that they rely on might cause their death later in life.

The mental ailments that result from domestic violence are difficult to measure, but research has shown that it often leaves the minds of victims permanently altered. According to the study conducted by Davidson et al., young women who have experienced intimate partner violence reported having low self-esteem and feelings of guilt (Davidson et al., 2015). The

feelings of guilt and self-hatred have, in turn, lead to victims' "hardening" (Davidson et al., 2015, p. 3233). Hardening is described as the change in a victim's personality that makes them less empathetic, kind, and understanding of others. Victims tend to view the world in a negative light due to their struggles with finding and maintaining happiness. On top of the dreary view, victims often remain on edge, seen as a form of self-protection, which prevents them from having positive social interactions. The hardening of a victim serves as a roadblock for mental health professionals as it prevents victims from feeling safe and opening up about abuse. However, mental health decline does not end at low-self esteem, guilt, or hardening. According to Bosch and her partners, "Studies have found that women who have experienced IPV are 2 to 3 times more as likely to experience mental health disability, which affects their ability to perform their normal daily activities..." (Bosch et al., 2015, pp. 3412-3413). Many women who had experienced domestic violence reported having depression or severe depression, PTSD symptoms, habits of self-harm, and suicidal tendencies (Sharma et al., 2019). Although many women feel an intense sense of self-hatred which has caused their mental health to decline, the true perpetrator is the partner pushing them to that point. When put into perspective, it makes sense that individuals who are treated unkindly may lose the ability to show kindness to themselves and the outside world.

For many, flashing red and blue lights and the uniformed officers that stand behind them represent safety and goodwill. However, for domestic violence victims, officers are a bittersweet topic as they are a form of protection, but for whom? Victims often report a mistrust of the police due to their unwillingness to assist in domestic violence cases. While this does not ring true for every officer on the force, studies have shown that a plethora of victims experience a sense of hopelessness when dealing with authorities. In a study conducted to measure police response to

domestic violence complaints, findings show that one-half of polled voters believed that officers "frequently do not take domestic violence seriously enough" (Ballou, 2017, p. 361). Reinforcing victims' claims, the reported number of arrests that occurred at the scenes of domestic violence calls from 1998 to 2002 showed a lack of action from officers. In those four years, only 36% of reported domestic violence incidents (2.1 million recorded) resulted in an arrest (Ballou, 2017). The lack of concern shown by officers could also be applied to the high number of annual restraining order violations. A restraining order is a legal document that prevents an individual (in this case, the abuser) from contacting a specific person (the victim). Once granted, the threatening individual will be served the papers and informed by officers that they must refrain from contacting, harassing, stalking, or harming the petitioner to prevent further legal action (Ballou, 2017). As seen with domestic violence victims, protective orders are often not heavily enforced, leading to an abundance of orders (60%) being broken within a year of implementation (Ballou, 2017). In regards to the individuals arrested on suspicion of domestic violence, many will receive much lighter sentences than recommended for charges such as assault, battery, or misuse of a weapon (Ballou, 2017). This lack of justice turns the stomachs of victims as it shows that even when there is evidence of foul play, the law does not fully support the victim.

When discussing the relationship between victims of domestic violence and officers of the law, it is hard to ignore the victimization often described by the former. As discussed prior, many victims grow up in poor communities where illegal activities are regularly encouraged and bad influences are plentiful. Therefore, many victims have a record due to their involvement in a variety of crimes and report that it prevents them from receiving equal assistance. As discussed by Iratzoqui and Cohn, there is a belief held by many that an individual convicted of a crime deserves a life of hardship as a punishment for past mistakes. Many individuals in violent

relationships lack the courage to reach out for help, and a poor relationship with officers pushes them to remain silent. According to the report, "victims frequently describe their experiences with the police negatively and often feel they are not taken seriously by police and prosecutors, especially if they have multiple encounters with law enforcement" (Iratzoqui & Cohn, 2020, p 3). The lack of empathy shown by officers and prosecutors deters victims, with or without convictions, from reporting abuse as it seems pointless. Further insult to injury occurs when victims call the police, and as a result, their children are taken away by the Division of Family Services. Although this law is not nationally enforced, Missouri is a state that pushes for the removal of children if they are present at the scene of a domestic violence call. While this law was created in the interest of protecting children growing up in violent homes, it often leaves the victim feeling defeated and depressed. In instances where removal occurs, the victim would be able to regain custody once they provide proof that they have left their poisonous partner. However, this is not a realistic approach as many lack the means to leave, which was the original reason the children were in the home. The foster care system offers little protection to children, often leaving young minds to fend for themselves in group homes and overpacked residences. According to a study conducted by Notre Dame, "children in foster care are placed at a 75% higher risk of mistreatment, become twice as likely to die, and are four times as likely to be sexually abused" (Ballou, 2017, p. 369). Once again, pushing the idea that the life and wellbeing of the abuser are more important than the victim or the children who are under the control of a violent person.

To eliminate mishandling of domestic violence cases, St. Louis city and county precincts have enacted the Domestic Abuse Response Team (DART). Officers representing this program have undergone specialized training to learn how to not only diffuse scenes of intimate partner

violence, but also use a variety of resources to help the victims ("Domestic Abuse Response Team"). After an arrest, police officers stick around to provide helpful resources to victims of violence and continue to stay in contact with the abusee until the case is closed ("Domestic Abuse Response Team"). The program has been intertwined with police operations as it is required to be implemented at all scenes of domestic violence within city and county limits. The development of this project began over 20 years ago when the St. Louis police department paired with the Crime Victim Center (CVC) to eliminate ignorance on the subject and prevent the fumbling of such cases ("Domestic Abuse Response Team"). While this is a progressive program that teaches officers life-saving tips and tricks, Missouri still struggles to shield victims from harm.

The state of Missouri is currently one of the few states that do not require officers to remove weapons from the home of an accused abuser ("Police Seizure", 2019). St. Louis officers responding to intimate partner violence calls may only confiscate weapons used to threaten or harm the victim ("Police Seizure", 2019). However, other states require officers to confiscate weapons that are within the home, but this process also varies state-to-state ("Police Seizure", 2019). Some states allow officers to remove weapons that are visible during a home walkthrough, while others allow for an intensive weapons search ("Police Seizure", 2019). The removal of firearms serves as an extra form of protection that keeps victims safe once the police leave the property. In homes where the abuser had access to a gun, nearly $\frac{2}{3}$ of all victims reported being threatened or injured by the weapon. ("Domestic Violence & Firearms", 2020). The removal of guns would eliminate the desire and ability for a hot-headed partner to use it against their lover.

Additionally, Missouri is an almost mandatory state rather than a mandatory state (Hirschel, 2007). Meaning, officers are ultimately given the decision to arrest or not arrest an individual accused of domestic violence (Hirschel, 2007). In mandatory arrest states, there are substantially lower recidivism rates (under 17%) compared to areas where an arrest is optional (up to 60%) ("Cape Girardeau"). Catching an abuser in the act seems to hinder their confidence in getting away with such behaviors, resulting in less violent attacks. If a violent partner flies under the radar of police and is consistently let off of the hook, their patterns of abuse will continue to run rampant. The precautions used by other states not only offer victims peace of mind, but they ensure officers will not have to return later to collect the victim's body.

To prevent violence, it is crucial to start focusing on the root of the problem: the abusers. In "Conceptualising intimate partner violence perpetrators' cognition as aggressive relational schemas", the mindset of an abuser is discussed in great depth in an attempt to explain their behavior. In the report, it is suggested that abusers may lack knowledge of appropriate ways to treat intimate partners due to their ignorance on subjects like gender and relationships. To fulfill their ideas of what a relationship should be, abusers will act out in inappropriate ways without fully understanding the impact of their actions. For example, in regards to gender, abusive men tend to have traditional views on the roles of women. To the abuser, a woman is designed to maintain household duties, fulfill sexual needs, and have babies, while a man is expected to fill the "manly man" role (Senkans et al., 2020, p. 8). In the eyes of the abuser, the man of the house's role goes deeper than providing for the family, it includes the chore of belittling and beating their partner into submission. In the report, this sense of responsibility is due to the outdated views of offenders that women are overly-emotional and generally inferior (Senkans et al., 2020). Therefore, abusers hold the twisted belief that by mistreating their partner verbally or

physically, they are doing them a favor. In the report, it is suggested that abusers may be suffering from severely low self-confidence (Senkans et al., 2020). Rather than addressing their troubling thoughts in healthy ways, abusers act out their self-hatred through inflicting pain on those closest to them. When facing self-confidence issues, abusers will use their significant others as a punching bag to not only improve their sense of self-worth but to remain in control of the person they love. Many abusers' lack of self-confidence leads them to believe their partners are on the verge of leaving them, so they consistently try to maintain control by using force (Senkans et al., 2020). The shaping of an abusive mind is often the result of early exposure to violence, specifically domestic violence within the childhood home (Senkans et al., 2020). Children exposed to domestic violence initially may have been frightened by violent behavior, but have now come around to understanding its place within an intimate relationship. Although not explicitly taught, abusers may have learned that physical and verbal outbursts are an appropriate response by watching their parents. Therefore, an approach to fixing patterns of abuse would need to address the aspect of exposure and childhood traumas to change the views held by abusers.

The battered women's movement of the 1970s did not just bring about change for victims, it began the research and development of programs designed to rehabilitate abusive partners. Current rehabilitation programs focus heavily on the abuse that occurred and changing the patterns of behavior shown by abusers. However, current approaches have low success rates as most participants find the coursework meaningless. As of right now, most programs combine the Duluth model and cognitive-behavioral therapy (CBT). The Duluth model is an approach that is designed to actively work to change the communal belief that men should use their power and control to dominate their women counterparts (Zarling et al., p. 3). On the other hand, CBT

addresses the problematic behaviors, thoughts, and actions of abusers to hopefully prevent future acts of violence. This two-sided approach is designed to force abusers to hold themselves accountable while also altering their reactions to triggering stimuli (Zarling et al., 2020). Although seemingly well structured, this approach has proved itself to be ineffective and outdated as recidivism rates remain high. Of the individuals who graduate from rehabilitation programs that preach the teachings of the Duluth model and CBT, 60% of them go back to a life of violence within a year (Zarling et al., 2020, p. 3). To combat the consistently high number of domestic violence reports, researchers have looked into various ways to address pressing issues in the lives of abusers. The current approaches do not spend time confronting the demons hovering over abusers, such as drug addiction, poor mental health, or unresolved memories of abuse. As a result, individuals labeled as a finished project at the end of treatment learned little to nothing on how to maintain a violence-free lifestyle.

To address the failures associated with the Duluth model and CBT approach, a more well-rounded solution has been suggested: Achieving Change Through Values-Based Behavior (ACTV) (Zarling et al., p. 4). This rehabilitation program works to address the issues that often go undiscussed in current treatment programs, such as mental illness and drug dependency. ACTV is described as a form of treatment that aims to help abusers build better outlets for aggression while simultaneously teaching them how to handle unpleasant emotions in a responsible way (Zarling et al., p. 4). Unlike the Duluth model and CBT approach, "ACTV focuses instead on experiential learning, changing one's relationship with one's thoughts and emotions, and building patterns of behavior that promote effective, value-based behavior" (Zarling et al., 2020, p. 4). Recent research has found that by addressing the deeply rooted personal issues of abusers, counselors can inspire change within group members.

When comparing the current and progressive models of rehabilitation, it becomes clear the ACTV is flourishing compared to previous approaches. ACTV was designed by a combined team of researchers and criminal justice officials to attend to individuals unaffected by the current curriculum (Zarling et al., 2020). The uniqueness of this approach is not strictly due to the topics discussed during sessions, it is the expected participation of abusers. With ACTV, students are unable to progress to the next step unless they have shown progress and commitment to treatment (Zarling et al., 2020). Unlike the Duluth and CBT model, abusers are unable to scrape by just by showing up to class, they must show change to graduate. A major study conducted on graduates of domestic violence programs showed that at the five-year mark, ACTV graduates were less likely to act on their violent tendencies. The report states, "Duluth/CBT participants had 45% increased odds of obtaining a domestic violence charge and 44% increased odds of obtaining a violent charge, compared with ACTV participants" (Zarling et al., 2020, p. 670). The evidence suggests that rehabilitation programs have the potential to work wonders for abusers, but the right techniques must be applied to get the desired changes.

While many are open-minded about the potential solutions to domestic violence, critics point out the continued failure of rehabilitation programs as proof that the epidemic is unsolvable. Specifically, skeptics believe the high recidivism rates seen among "treated" abusers is proof that even with treatment, many individuals are unwilling to put in the work to create lasting changes. A study presented in "What Doesn't Work to Reduce Reoffending?: A Review of Reviews of Ineffective Interventions for Adults Convicted of Crimes", explains that failures may be a result of abusers becoming frustrated at court-ordered treatment plans (Barnett & Howard, 2018). Rehabilitation is seen as an approach that is only helpful if the participant is keen on participating in the activities and discussions. If the individual is angry about being

forced to attend classes on domestic violence, they may drag their feet in retaliation and refuse to listen to or take part in lessons. The study, which focuses on 11 men who were court-ordered to participate in rehabilitation, concluded, "Of the 11 reported effects, 1 showed a reduction in reoffending, 9 showed no impact, and 1 showed a rise in reoffending following treatment" (Barnett & Howard, 2018, p. 121). The findings presented in the study were consistent with the hypothesis originally suggested by the authors, which was that current rehabilitation efforts are not effective. However, it should be noted that this study focused on the traditional approach, the combination of the Duluth model and CBT. While ineffective, a lack of progress does not mean society should turn it's back on abusers. The evidence that many individuals rely on to debunk rehabilitation efforts is the same information being used to sculpt more effective programs.

Another potential solution to the domestic violence epidemic is local as it applies to the state of Missouri. As mentioned previously, the state does not require police officers to confiscate weapons from accused abusers. If officers were allowed to enter the residence and search for weapons, be it a walkthrough or an intensive search, the possibility of severe consequences for victims drops off. In the United States, individuals convicted of a domestic violence misdemeanor are banned from owning or possessing firearms and ammunition under the Lautenberg Amendment ("The Lautenberg Amendment"). Additionally, individuals who are currently under restraining orders due to suspected domestic violence are prohibited as well ("The Lautenberg Amendment"). The Lautenberg Amendment, also called the Domestic Violence Gun Ban, was enacted in 1996 as an addition to the Gun Control Act of 1968 ("The Lautenberg Amendment"). This ban on weapons is used to prevent further damage at the hands of a domestic abuser by legally preventing them from having a dangerous tool to use against victims. However, a country-wide ban on the ownership of firearms does not necessarily prevent

violent offenders from acquiring weapons. The illegal purchasing of guns is well known to the city of St. Louis as many individuals are under the same restrictions as domestic violence offenders. If officers were allowed to search the premises for weapons at local scenes of intimate partner violence, they could potentially catch violent offenders with illegal weapons. Firearm searches would also help with the lack of arrests seen in the state as an individual caught with illegal weapons is required to be arrested by responding officers. Not only would this remove deadly firearms from the residence, but it would also remove the most dangerous person within the home.

On the other side of the argument, many believe this law is unconstitutional as it inhibits offenders' natural right to the Second Amendment. Due to the continued growth of the domestic violence movement, legislation is starting to catch up with offenders. As of 2016, The Lautenberg Amendment was extended by the Supreme Court to include individuals convicted of reckless misdemeanor crimes (Menta, 2017). This penalty applies to individuals who did not intend to harm their partner, but due to reckless behavior, did physically injure the victim (Menta, 2017). Cynthia Menta argues that this is a miscarriage of justice by saying, "this standard now applies to actions that are not inherently violent, this decision fails to further the policy of the Lautenberg Amendment and instead thrusts it into unconstitutional territory" (Menta, 2017, p. 2). However, A lack of intent does not change the harm done to another individual. Offenders who cannot control their behaviors and end up harming another person, regardless of the level of violence, pose a threat to society if allowed weapons.

The desperate pleas of battered women have led to an everlasting change in the United States as violence within a relationship is now considered taboo. At the center of this movement is the belief that domestic violence is ethically and morally wrong. Ethically speaking, a person

should not ever hold power over another individual by using physical force and malicious comments. The core belief attached to abusive behaviors violates human rights and defies the belief that all humans are equal. Additionally, the mental and physical toll that abuse takes on victims is a heavy reminder that living under such conditions is similar to a prison sentence. However, the efforts to combat domestic violence have proven to be effective and could potentially stomp out future attempts to continue violent behaviors. As resources are abundant for victims, the proposed solutions were catered to the abuser. In an attempt to restore equality on the subject, it is important to also focus on the needs of the offender as well as the victim. By introducing better rehabilitation programs, society is giving violent individuals a chance to make personal changes. Although it is easy to stand behind the victims and ignore the abusers, it is not ethically sound to only address one side of the issue. While the suggested solution of retrieving illegal weapons could result in damming charges to the abuser, it could also serve as a wake-up call. Allowing an abuser to maintain power within a home is not an effective approach, and it could potentially lead to a deadly scene. To properly address the epidemic of domestic violence, the spotlight must be placed on both the victim and the abuser to ensure the solution is ethically sound.

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