

Pernet Family Health Service

Mission

In the tradition of The Little Sisters of the Assumption, Pernet Family Health Service supports the physical, social, psychological and spiritual development of individuals and families by providing home-based health and social services that lead to long-term strengthening and enhancement of family and community life.

Programs

- Early Intervention
- Maternal and Child Nursing
- Family Support Services
- Fathers and Family Program
- Parent Aides
- Worcester Healthy Start Initiative
- Homemakers Program
- Young Parent Support
- Parenting Classes



Domestic Violence Workshops

Goal

Gather a group of at-risk female clients (and their children, if desired) to discuss the different forms of domestic violence, healthy/unhealthy relationships, violent relationships in the media, and resources available to them in Central MA.

Objectives Covered

- What is domestic violence?
 - Physical, Sexual, Psychological, Emotional, Economic
- Healthy vs. unhealthy relationships
- Myths and facts about domestic violence
- The impact of domestic violence on society:
 - Health Care: medical costs of DV range from **\$2.3-7 billion/year**
 - Children: **3.3 million children** in the US witness assaults against their mothers annually
- Rape culture in the media:
 - Rape Culture: the normalization of rape and violence against women by society and culture
 - Music videos/song lyrics referenced:
 - **Love the Way You Lie** (Eminem and Rihanna)
 - **ET** (Katy Perry)
 - **UOENO** (Rocko/Rick Ross)
 - **Blurred Lines** (Robin Thicke)

Outcomes Data

Following completion of services by Parent Aides, improvements among clients were measured in various domains according to the following categories: knowledge, behavior, and attitudes. Domains that showed a positive difference from start to end of services included:

- Parenting
- Discipline
- Behavior
- Nutrition
- Coping Skills
- Mental health (child)
- Medical (child)
- Relationships
- Housing
- Home environment
- Budgeting
- Crisis Management

Overall, there was a 34.8% improvement in knowledge, a 35.2% improvement in behavior, and a 33.9% improvement in attitudes among these domains.



Family and Community Development

- Emergency Assistance
- Information and Referrals
- Holiday Program
- Community Organizing
- Neighborhood Leadership Development
- Spiritual Life Program
- Green Island Gardeners
- Homework Club
- Youth Activities

Summer Service-Learning Assistantship

During my 5 weeks at Pernet, I completed and assisted with various tasks, including:

- Facilitating two domestic violence workshops with at-risk clients
- Visiting client homes with Parent Aides and visiting nurses
- Fundraising and assisting with Fathers Fest, an event to celebrate fatherhood
- Analyzing data gathered from surveys
- Observing various groups run on site, including: parenting classes, parent advisory groups, and nutrition workshops

Materials

MY SAFETY PLAN

- Important phone numbers:
 - Friend/family member: _____
 - Police: _____
 - Hotlines: _____
- Think about telling friends or neighbors about the abuse. Ask them to call the police if they hear angry or violent noises. If you have children, teach them how to dial 911. Make up a code word that you can use when you need help.
 - Who could I tell? _____
 - My code word is: _____
- Map out a plan of how to get out of your home safely. Practice doing this. _____
- Think of areas in your house that are less dangerous (for example, NOT the kitchen or bathroom). Try to think of a room that doesn't have any weapons and has exits. Try to get the abuser to this place if they are threatening you.
 - My safe room is: _____
- Even if you do not plan to leave, think of where you could go. Think of how you might leave. Try doing things that get you out of the house—taking out the trash, walking the pet, going to the store. Put together a bag of things that you use every day and hide it where it is easy for you to get. _____

RESOURCES IN CENTRAL MA

- Sexual Assault**
Blackstone Valley Rape Crisis Team
1-800-511-5070
Milford, MA
Massachusetts Coalition Against Sexual Assault
508-754-1019
Worcester, MA
Pathways for Change
508-852-7600
Hotline: 1-800-870-9908
388 Main St., Worcester
*FREE COUNSELING
- Domestic Violence**
Abby's House
508-756-5486
Worcester, MA
www.abbyshouse.org
New Hope, Inc.
1-800-323-4673
Wester, MA
www.newhope.org
Women's Resources
877-342-9355
Gardner, MA and Leominster, MA
YWCA of Central MA - Daybreak
508-755-9030
Worcester, MA
- District Attorney Programs (Worcester County)**
Domestic Violence Unit
508-797-4334
Worcester, MA
Victim Witness Assistance Program
508-752-7233
Worcester, MA
- National Hotlines**
Marital Rape Information Line
217-244-1024
National Domestic Violence Hotline
English and Spanish, 24 hr
1-800-799-SAFE
www.ndv.org
National Family Violence Help Line
1-800-222-2000
National Victim Resource Center
1-800-627-6872
Rape Abuse Incest National Network (RAINN)
1-800-656-HOPE
www.rainn.org
- Statewide Resources**
Jane Doe, Inc./Massachusetts Coalition of Battered Women Service Groups
617-248-0822
www.janedoe.org
SafeLink (140 languages, crisis intervention, safety planning, support and referrals)
877-785-2020
www.asamyma.org
24-hour Hotline Network for Women's Safety
800-992-2800
*Llamamos Hotline
1-800-223-9001 (Spanish, 24 hr)
www.llamamos.org
Massachusetts Office for Victim Assistance
617-727-5200
Boston, MA
Attorney General's Division of Victim Assistance
617-727-2200
Boston, MA

Future Directions

I hope to continue to facilitate workshops on domestic violence and healthy relationships at Pernet throughout my time at UMass. In August, I plan to facilitate these workshops with youth from the Green Island neighborhood. I also plan to incorporate this experience into my capstone project for UMass Medical School.

References

- <http://www.pernetfamilyhealth.org/index.htm>
- <http://www.domesticviolenceroundtable.org/effect-on-children.html>
- <http://medialiteracyproject.org/blog>
- www.janedoe.org
- http://www.winrock.org/leadership/files/Dos_manual.pdf
- <http://www.vavnet.org/>
- <http://www.ncadv.org/protectyourself/SafetyPlan.php>
- <http://www.domesticviolence.org/personalized-safety-plan/>
- <http://www.mass.gov/women/resources/SADV.htm>
- <http://www.rainn.org/get-information/types-of-sexual-assault/dating-and-domestic-violence>