

Money management

Housing

True accessibility

Disability visible or not

Healing drumming circle

ARTS

Domestic Abuse Awareness

Health & Wellness

Journal Self-determination

# Speaking Matters



**BARRIER FREE LIVING SURVIVORS SPEAKERS BUREAU**  
Originated by Women With Disabilities

Volume 1 Issue 2

September 26, 2012

## Survivors Speakers Bureau: OCTOBER is Domestic Violence Month

Consider Barrier Free Living Survivor Speakers Bureau Speaker for your event.  
Phone 212-677 6668 ext. 330

[bflspeakersbureau@bflnyc.org](mailto:bflspeakersbureau@bflnyc.org)

One might feel that there is nothing more to know about domestic violence. We might even ask what difference does it make today? Both of these thoughts are limiting and avoid the truth of what is happening to persons who may be isolated out of sight, or in full view. Now we demand the focus of disabilities and domestic violence.

It is not easy to know the abuses used to control a person in a wheel chair. Think now of other disabilities and what lack of access to resources and DV support and or shelter may mean.

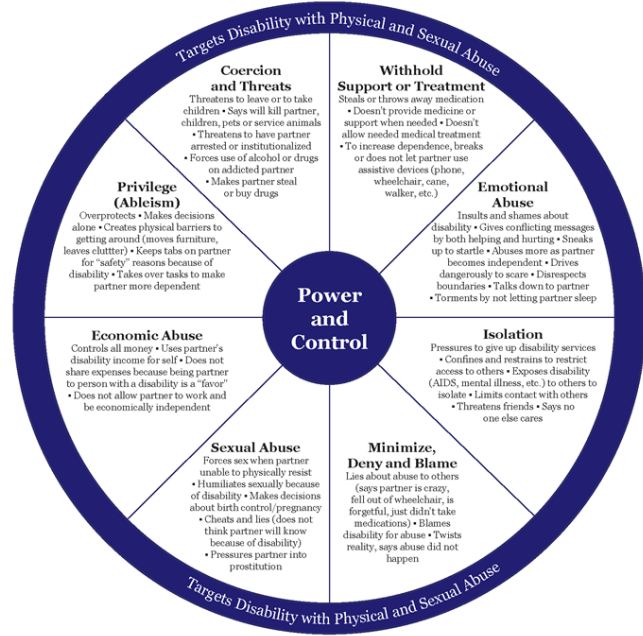
Did your mind go blank trying to think about barriers to help, justice or a

way out of domestic violence?

I was surprised when I first heard that it takes twice as long for a person dealing with domestic violence and disabilities than any other group dealing with the same issues to leave.

Surprised, that is why the "Barrier Free Living Survivors' Speakers Bureau" wants to bring voices dealing with disabilities with domestic violence and the issues they face.

Today while our society deals with issues of the economy and housing it is evident that the best way to allocate funding and resources is to persons with disability dealing with domestic violence is to educate those who care, who plan to work with our population, seeking philanthropic opportunities and our youth who are the implementers of the change we seek.



<http://www.safeplace.org/document.doc?id=309>

October becomes even more important when seeking something different and new in your program. Invite our Barrier Free Living Survivor Speakers Bureau Speaker for your event. This will help add the voice of a survivor who seeks to give back through their story and the knowledge of what Barrier Free Living offers and how statistics affect us today.

### ABUSIVE RELATIONSHIP INVENTORY

#### A. NOT PHYSICALLY VIOLENT

- 1. sulk, refuse to talk to you
- 2. withdraw affection or sex to punish you
- 3. stomp out in order to punish you
- 4. scream, insult or swear at you
- 5. verbally pressure you to have sex
- 6. threaten punishment other than physical (ex. having an affair, withhold money/dates/affection)
- 7. threaten to leave relationship
- 8. threaten to tell others that you have had sex with him/her if you refuse to do so

#### B. INDIRECT THREATS OF VIOLENCE

- 1. prevent you from leaving
- 2. prevent you from seeing certain people/friends

#### C. DIRECT THREATS OF VIOLENCE

- 1. direct anger at or threaten pets
- 2. threaten to hit or throw something at you
- 3. throw, hit or kick something
- 4. drive recklessly to frighten you
- 5. direct anger at or threaten your friends/family
- 6. destroy you special/significant property

#### D. DIRECT VIOLENCE

- 1. throw something at you
- 2. push, carry, restrain, grab, shove, wrestle with you

- 3. slap or spank you
- 4. bite or scratch you
- 5. throw you bodily
- 6. spit at you

#### E. SEVERE VIOLENCE

- 1. choke or strangle you
- 2. physically force sex on you
- 3. punch or kick you
- 4. burn you
- 5. beat you unconscious
- 6. threaten you with a knife, gun or other weapon
- 7. use any weapon against you

If you checked any of the items above, you may need to look at your relationship and find alternatives

# Speaking Matters

## Theresa McIntosh - Founder



Theresa McIntosh - Founder  
No relation to the computer

Theresa is a mayoral appointee representing the voices of the victims at the mayor's office to combat domestic violence. She is a motivational speaker and a community educator on domestic violence in the disabled community. Theresa was given a 2<sup>nd</sup> chance at life and has made a magnificent glass of lemonade. Theresa story is truly about learning from one's mis-

takes and the resilience of the human spirit. Theresa came to Barrier Free Living in 1996 as a consumer and today she is not only a founder of the Barrier Free Living Speakers Bureau, she is also active on the Freedom House Board.

### TOPICS:

- ◇ Accessing healthcare and the barriers that people with disabilities face.
- ◇ Physical and programmatic accessibility to the services for the disabled.
- ◇ Developing resource material for distribution
- ◇ Domestic violence workshops
- ◇ Physical and programmatic accessibility to the services for the disabled

## Patrice C. Queen



Patrice C. Queen  
Believes we need to be more real and inclusive when addressing DV issues

Facilitator of Forum Theatre, poet, writer public speaker, who uses the pen and open mic. to speak on the issues of domestic violence, incest, rape, abuse and injustice as well as gender.

### Topics

- ◇ Child as DV Victim

- ◇ Sexual violence framed as incest
- ◇ Gender questioning as one outcome of childhood sexual violence
- ◇ Trafficking a hidden DV outcome
- ◇ Healing Drum Circle as medium to transform lives
- ◇ Domestic Violence Workshops

### Mission

*To advance the message, input and participation of survivors while telling our own story and creating the change we want to establish in society.*

### Vision

*Universally, reasonable accommodations and personal ingenuity brings each to their greatest potential. Free from exploitation and intolerance, in which the barriers to*

*housing, transportation, entrepreneurship, employment, social services, where people with disabilities have equal access in every community, all the same, individuals*

*with disabilities could overcome not only the barriers of the physical environment, cognitive, emotional, psychological and spiritual as well.*

## Volume 1 Issue 2

### Prepare for Emergencies

Help for abused and battered women: Safety planning  
Whether or not you're ready to leave your abuser, there are things you can do to protect yourself. These safety tips can make the difference between being severely injured or killed and escaping with your life.

- **Know your abuser's red flags.** Be on alert for signs and clues that your abuser is getting upset and may explode in anger or violence. Come up with several believable reasons you can use to leave the house (both during the day and at night) if you sense trouble brewing.

- **Identify safe areas of the house.** Know where to go if your abuser attacks or an argument starts. Avoid small, enclosed spaces without exits (such as closets or bathrooms) or rooms with weapons (such as the kitchen). If possible, head for a room with a phone and an outside door or window.

**Come up with a code word.** Establish a word, phrase, or signal you can use to let your children, friends, neighbors, or co-workers know that you're in danger and the police should be called.

#### **Make an escape plan**

- **Be ready to leave at a moment's notice.** Keep the car fueled up and facing the driveway exit, with the driver's door unlocked. Hide a spare car key where you can get it quickly. Have emergency cash, clothing, and important phone numbers and documents

stashed in a safe place (at a friend's house, for example).

- **Practice escaping quickly and safely.** Rehearse your escape plan so you know exactly what to do if under attack from your abuser. If you have children, have them practice the escape plan also.

- **Make and memorize a list of emergency contacts.** Ask several trusted individuals if you can contact them if you need a ride, a place to stay, or help contacting the police. Memorize the numbers of your emergency contacts, local shelter, and domestic violence hotline.

- **Consider what for you is reasonable accommodations**

**for your disability.** What kind of supports will you need in a new environment and how will you be able to say or articulate that and be understood? Prepare a needs list that supports your independence in a interdependent world and have it in your important papers for shelter or care providers you may meet when seeking safety and justice.



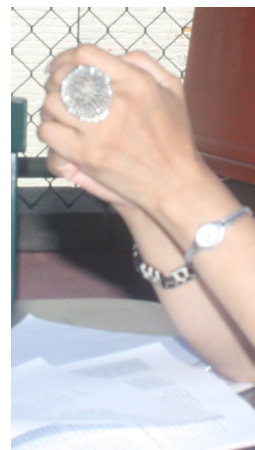
Myra - Director of social Services - speaking at a presentation in Florida 2011

### Signs that your abuser is NOT changing:

- He minimizes the abuse or denies how serious it really was.
- He continues to blame others for his behavior.
- He claims that you're the one who is abusive.
- He pressures you to go to couple's counseling.
- He tells you that you owe him another chance.
- You have to push him to stay in treatment.
- He says that he can't change unless you stay with

him and support him.

- He tries to get sympathy from you, your children, or your family and friends.
- He expects something from you in exchange for getting help.
- He pressures you to make decisions about the relationship.



Today's consumers are tomorrow's leaders



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## Press Release

Let it be known far and wide the Barrier Free Living Survivors Speakers Bureau is fully functioning. Started in May 2012 we look forward to meeting your speaker needs for women with Disabilities.

Our founding organizers Theresa McIntosh and Patrice C. Queen look forward to your inquiries and opportunities to educate your organization, school, university or event on the issues of domestic violence and its intersection with disabilities.

Our speakers and workshops are diverse and we look forward to combining statistics, our stories and your needs to have an effective presentation.

We feel we are fulfilling a need whose chair has been long empty. We are wanting to create a new norm where we are telling our own stories, educating and empowering our community. Let us hear from you

You can help raise awareness about domestic violence and be a part of the solution to end family violence by participating in our Speaker's Bureau.



Our contact information is  
Phone 212-677 6668 ext. 330

Leave a message and we will promptly respond

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