



## WHO WE ARE

Bethany House of Northern Virginia, Inc. (BHNV) is a 501(c)3 private, non-profit, faith-based ministry organized to help women and their children who have suffered from domestic violence regain health and dignity and become reestablished in their community by providing temporary housing and support. BHNV provides a model of compassionate care and service in the communities it serves in Northern Virginia and the DC Metro area.

## OUR HISTORY

BHNV was founded in 1979 by Doris Ward as a ministry to victims of domestic violence. Ms. Ward observed the struggles faced by victims of abuse: a long wait through the courts, limited resources, and a lack of safe shelter. Compounding the problem was a perception of abuse as a private matter. BHNV was organized to address these crisis conditions, setting the standard for shelter-plus-care in Northern Virginia.

BHNV is unique for several reasons. It provides temporary housing for four to six months with a two-year after-care program, helping to prevent "revolving door" admissions and enabling more cost-effective rehabilitation. It supports intervention for both parents and children in order to break inter-generational cycles of abuse.

## HELP SUPPORT BHNV

- Financial donations
- Donate items to our pantry (for a list of needed items visit our website)
- Donate for special events (such as food, gifts, time)
- Volunteer
- Corporate contributions
- Plan a fundraiser & awareness event
- United Way/CFC Designations

## A SPECIAL THANKS

*Amerigroup Foundation  
 Bank of America Charitable Fund  
 Dr. Francis P. Chiaramonte Private Foundation  
 Fairfax County Consolidated Community Funding Pool  
 Family and Children's Trust Fund  
 Freddie Mac Foundation  
 Community Foundation for Northern Virginia  
 TJX Foundation  
 United Way National Capital Area  
 John E. Fowler Foundation  
 Washington Forrest Foundation  
 Giving Circle of Hope  
 Philip L. Graham Fund  
 BJ's Charitable Foundation*

## CONTACT US

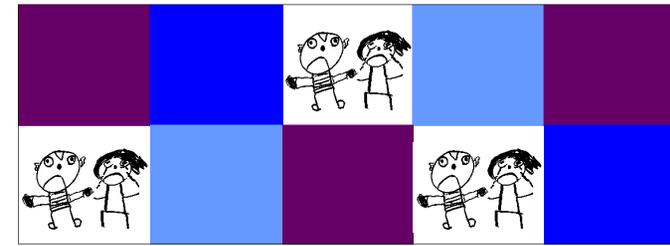
If you or someone you know is in an abusive situation, please call our Helpline at: **703-658-9500** or **800-828-1120 (TTY)**.

For more information about BHNV, please visit our website at: **www.bhmv.org**. Or you can call our office at **703-658-9500**. You can also e-mail us at **info@bhmv.org**.



6121 Lincolnia Rd., Ste. 303  
 Alexandria, VA 22312  
 Office 703-658-9500  
[www.bhmv.org](http://www.bhmv.org)

**UNITED WAY #8268**  
**CFC #89017**



# ELIMINATING domestic violence

## one family at a time

# 703-658-9500

800-828-1120 (TTY)

CALL OUR HELPLINE FOR ASSISTANCE



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## DOMESTIC VIOLENCE

“Domestic violence is a pattern of abusive behaviors used by one individual intended to exert power and control over another individual in the context of an intimate or family relationship.

Abusive or coercive behaviors may include, but are not limited to, physical assaults, verbal assaults, threats, intimidation, use of weapons, destruction of property, violence toward other significant people or pets, sexual manipulation, and control over economic resources.”<sup>1</sup>

Some warning signs of abuse:

- Name-calling and put-downs
- Extreme jealousy
- Making excuses for the abuser
- Constant monitoring by abuser
- Uncontrolled anger
- Unexplained injuries
- Isolation from friends and family<sup>2</sup>

<sup>1</sup> [www.vsdvalliance.org](http://www.vsdvalliance.org), “Defining Domestic Violence”

<sup>2</sup> [www.closerthanyouthink.org](http://www.closerthanyouthink.org)

*“I came to you as a victim of domestic violence, I leave here as a new woman. I’m no longer just another abused woman with kids. I’m now a confident, strong, and healthy woman who is raising her kids without violence.”*

*- Former BHNV Client*

**BHNV provides the support and care women and children recovering from domestic violence need through our Family Assistance Program (FAP). Our FAP program consists of five important service areas:**

### CRISIS INTERVENTION

This service meets women suffering domestic abuse on the frontline. Anyone who calls into our helpline receives immediate help, counsel, and support. It is during this initial phone call we assess the woman’s security and safety. If space is available in the shelter, an intake interview is set. If not, referrals to other agencies are given until safe shelter is found.

During the intake, BHNV staff help clients identify needs. An Individual Service Plan (ISP) is created by the client that defines short-and long-term goals with outcomes and a timetable for success.

### COMMUNITY OUTREACH

This is our interaction with public safety officials, community leaders, social and human service providers, religious leaders, and individuals who enhance our crisis intervention by referring domestic violence survivors to our services.

We also educate the wider community about domestic violence and give practical, appropriate responses to help victims of domestic violence.

### EMERGENCY SHELTER

BHNV provides emergency shelter for four to six months to women and children who have experienced domestic abuse. (By contrast, other shelters offer 30-days to recover.)



Our Self-Sufficiency Training and Resiliency Skills (STARS) Program is one component of the services offered through the emergency shelter. Based upon client needs, we provide an array of services from adult literacy to job skills training.

Case management is designed to support our clients on a regular basis and encourage them to meet their goals. Group support is integral, and clients regularly come together for peer support. Ultimately, case management seeks to prevent a relapse into an unsafe, unhealthy environment.

Clients also receive individual counseling to help them in their steps toward recovery. Clients are able to process the trauma and work through the multifaceted problems that arise during recovery.

### INDEPENDENT LIVING

This initiative is designed to help our clients secure safe, longer-term housing where they can continue to be self-sufficient and healthy. Clients can either enter a two-year transitional housing program or acquire their own housing.

### AFTERCARE PROGRAM

Follow-up is done to ensure our clients keep their freedom and do not relapse into abuse (this often coincides with the two-year independent living program or as needed.) The ISP goals set earlier continue to be monitored.