

# Domestic Violence Recovery Mentors

## Specialized Support for Survivors with Addictions



### About Our Program

Raphael House of Portland's Domestic Violence Recovery Mentor (DVRM) program – the first of its kind in Oregon – supports the unique needs of survivors at the intersection of domestic violence and addiction.

All 4 advocates on this team share the lived experience of having survived abuse and being in recovery themselves. They know firsthand how addiction is utilized as a tactic by abusers, who use substances to control and isolate survivors, limit access to treatment, and sabotage recovery.

DVRM advocates prioritize survivors' safety and privacy while helping them regain power and choice in their lives.

Our program is inclusive of all survivors, culturally responsive, and *fully* confidential!



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### The Connection Between Domestic Violence and Substance Abuse

Domestic violence and substance abuse are intimately linked and often occur simultaneously.

For survivors, the weight of abuse can be an extremely heavy burden. Many people turn to substances for relief, and in some cases, survivors are coerced into using drugs or alcohol by their abusive partners.

Despite this connection, the domestic violence and addiction/recovery fields often work in isolation from each other. Our DVRM program is here to bridge the divide!

**DVRM advocates help survivors take steps toward recovery – no matter where they are on their journey – because every single person is deserving of safety and recovery.**

This team also raises awareness to counteract the stigma of being at the intersection of domestic violence and recovery.

They are changing the narrative to shift focus from blaming survivors to recognizing the role of abuse and substance use coercion in addiction. When understood, we can better prevent and interrupt this.

**“No one has lived my story to the extent that my Recovery Mentor has. That allowed me to recognize I wasn't alone.”**

*– L.T., survivor*

## What Our DVRM Team Provides

- **Individualized help:** Ongoing, survivor-led goal setting, assistance, and safety planning.
- **Recovery support:** Everything from harm reduction to abstinence-based recovery, referrals to medication-assisted treatment, and introductions to recovery meetings.
- **Stability resources:** Support with housing, food and hygiene items, job searches, and finding pro-social activities.
- **Support groups:** Recovery, safety, and self-care groups for survivors and community providers.
- **Systems guidance:** Help navigating restraining/emergency order processes, DHS and the child welfare system, family law, parole, probation, and expungement.
- **Trainings:** Workshops for care providers to strengthen capacity to support survivors facing addiction. 900+ people trained so far!

**“With survivors, we’re able to offer genuine empathy and understanding that can sometimes be difficult for those who have not lived it.”**

*– Ashley Ann Crook, DVRM*

## Connect With Us

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## A Look at Our Impact

**225**

survivors received support

**133**

recovery and safety support groups

**7,301**

unique services provided

**106**

DVRM workshop attendees

*July 2021-June 2022*

## Help in Our Community

### Portland Area Domestic Violence Resources

- Raphael House 24-hour Hotline: (503) 222-6222  
Call to Safety 24-hour Hotline: (503) 235-5333  
(Text: Mon-Fri, 11am-4pm)
- Proyecto UNICA Línea de Crisis 24 Horas: (503) 232-4448
- The Gateway Center: (503) 988-6400

### Community Resources

- Suicide and Crisis Lifeline: dial 988
- Multnomah County 24/7 Crisis Line: (503) 988-4888

### More Resources Online



Scan this QR code with your phone's camera to get more information at [raphaelhouse.com](http://raphaelhouse.com).