VICTIMS OF DOMESTIC VIOLENCE EXPERIENCING HOMELESSNESS
THEIR PERCEPTIONS AND NEEDS INFLUENCING ARCHITECTURAL SUPPORT

Prepared by Katrina Rutledge

01

IN THIS REPORT

INTRODUCTION

Defining Domestic Violence

Domestic violence is a major issue in the United States, as evidenced by unsettling statistics. For example, the National Intimate Partner and Sexual Violence Survey conducted by the National Center for Injury Prevention and Control branch of the Centers for Disease Control and Prevention reported that 25% of women and nearly 7% of men have experienced significant violence from a domestic partner during their lifetime. This translates to approximately 29 million women and 2 million men (Black, et al., 2011). The National Violence Against Women Survey found similar results 10 years previously after conducting telephone surveys with 8,000 women and 8,000 men residing in the United States. This survey reported that "intimate partner violence is pervasive in U.S. society. Nearly 25 percent of surveyed women and 7.6 percent of surveyed men said they were raped and/or physically assaulted by a current or former spouse, cohabiting partner, or date at some time in their lifetime" (Tjaden & Thoeness, 2000, p. iii).

For the purposes of this report, domestic violence is defined as "violence between adults who are (or have been) in an intimate or family relationship with each other – most often a sexual relationship between a woman and a man, although other family members may sometimes be involved" (Hague & Malos, 2005, p. 4). A victim of domestic violence is defined as a "person who is the target of violence or abuse" (Saltzman, Fanslow, McMahon, & Shelley, 1999, p. 11). Therefore, domestic violence can also negatively affect children and other family members. Domestic violence can include physical, verbal, emotional, and psychological abuse. Victims are often threatened, slapped, punched, raped, strangled, or attacked in other ways. Their injuries can vary from mild to severe and can include bruises, broken bones, cuts, burns, concussions, and permanent or life-threatening handicaps (Hague & Malos, 2005; Shostack, 2001). In one study, multiple domestic violence victims reported being stabbed, shot, strangled, and beaten so badly they were not expected to live. One brave woman said her abuser "threw me out a three-story window and I broke my back in three places. I was in a wheelchair. The doctor said I'll never walk again, but I walked on my own" (Tutty, Ogden, Giurgiu & Weaver-Dunlop, 2014, p. 1504).

Due to the statistics found throughout the literature that indicate the prevalence of domestic violence towards women in heterosexual relationships, this article's examples will primarily focus on women experiencing domestic violence from a male intimate partner. However, this report's suggestions for project design can easily be applied to all victims of domestic violence including male victims, homosexual partners, and children.

VICTIMS OF DOMESTIC VIOLENCE

Most people who have experienced domestic violence face homelessness when leaving their abuser. In fact, the National Network to End Domestic Violence reports that a quarter to more than a half of homeless women identify domestic violence as a cause of their homelessness to begin with. Of these women, over 90% experienced severe physical or sexual abuse at some point in their lives (Kuehn, 2015, para. 1). Women may be more likely to stay in an abusive relationship if they are financially dependent on their partner, have children with their partner, or have been in the relationship for a long period of time (Galano, Hunter, Howell, Miller, & Graham-Bermann, 2013).

Leaving an Abusive Partner

When choosing to leave, a woman must consider many factors including her financial situation, where to find housing, and how to achieve safety for herself and her children. Women often go through a six step mental process before leaving their abuser. During the first step, pre-contemplation, the woman will often minimize the severity of the situation and does not label her partner as violent. She may dismiss the violent actions or try to

rationalize this behavior as an anomaly. During this stage, a woman is more likely to blame herself for violent acts and her partner often begins to isolate her from family and friends. In the second stage, contemplation, the woman begins to realize her partner's violent behavior could become lethal. She may consider leaving, but does not take direct action at this stage (Burman, 2003).

Formal and Informal Homeless Situations

Access to safe permanent housing is an in important need for women contemplating a break with their partner (Hague & Malos, 2005). Options away from their abusers may be limited. Many low-income housing units have waiting lists of up to two years. Therefore, after choosing to leave many homeless victims of domestic violence fall into two categories: informal homeless and formal homeless. The informal homeless often live in a weekly motel or stay with friends or family members after leaving their abusers. However, many women cannot afford to stay in weekly motels for long periods of time and many feel they are not welcome at their friends

or family's homes indefinitely (Baker, Cook & Norris 2003; Baker, et al., 2009; Decandia, Beach, & Clervil, 2013; Tutty et al., 2014).

Often, abusers isolate their partners from families and friends. As a result, many women no longer have these informal housing options. These women must turn to formal options, which include emergency homeless or domestic violence shelters and formal housing programs. Unfortunately, shelters and housing programs are often full or may have strict entrance requirements and thus, these housing solutions may not be able to accommodate victims of domestic violence in their times of need. In these cases, women may turn to living on the street or camping outside (Baker, et al., 2003; Baker, et al., 2009; Tutty, Ogden, Giurgiu & Weaver-Dunlop, 2014).

In some cases, women who join formal shelter programs immediately after leaving their abusers may not be able to find permanent housing in the shelter's allocated time frame. In these cases, the women may be forced to leave the shelter and become homeless once again (Tutty, et al., 2014). Even if a woman secures permanent housing, her abuser may find her and his negative actions could result in her eviction (Baker, et al., 2003; Tutty, et al., 2014). In a study of Canadian women who have experienced domestic violence and homelessness, several women related their stories of how they lost their places to live. One woman was evicted from four different residences after her abuser found her and tried to kick down the door and beat her at each residence. Two other women returned to find their homes burned down. After hearing reports from the neighbors on the incidents, they both believe their abusers were the arsonists (Tutty, et al., 2014).

STORIES FROM VICTIMS OF DOMESTIC VIOLENCE

The study conducted in Canada discussed above hints at the broad range and sometimes extreme experiences women have faced from domestic violence. The women in this study were in various different settings including domestic violence shelters, homeless shelters, staying with friends, or living rough. Many women struggled with the difficult decision of where to live after leaving their abusers. Others were thrown out by their abusers and had to find accommodation quickly. One woman stated, "My ex-husband always said, 'You have no other choice. Only me. If you do something, you'll be homeless on the street'" (Tutty, et al., 2014 p. 1503). Almost two-thirds of the women in the study had experienced homelessness more than once before in their lifetime. Some had experienced homelessness as youths as well. In this study, the reasons for their homelessness were classified using three categories: domestic violence, drug abuse, and being discharged from institutions (Tutty, et al., 2014).

The Canadian study further identified that many women attempted to stay with friends or family members after leaving their abusive partners; however, isolation by abusers had damaged many personal relationships and the women felt they quickly outstayed their welcome.

Others stayed with people in unsafe, unsanitary, and crowded conditions. In these environments, the women feared sexual assault and were often surrounded by drug and alcohol abuse. One woman experienced family strife:

I lived with my sister-in-law and her kids. My kid was there and it was overcrowded. I came here [to the shelter] because we got into a conflict. Even though you're family, it's too hard emotionally. It's too hard to live with other people (Tutty, et al., 2014, p. 1509).

These women experienced constant feelings of fear and uncertainty because they were unsure where they would stay next or if they would ultimately end up on the streets (Tutty, et al., 2014).

A feeling of helplessness and loss of hope plagued many women living on the streets. One woman explained the feeling of despair and vulnerability while living rough:

I lived under the bridge for three months. That's when I started to live like an alcoholic, under the bridge, no blankets, having to sleep on rock and eat wherever you could, having to panhandle. Going to different churches, where you line up to be the first one to eat, for a good shower. There are lice in your hair. But what could you do? (Tutty, et al.,

where you line up to be the first one to eat, for a good shower. There are lice in your hair. But what could you do? (Tutty, et al., 2014, p. 1510).

The women who lived rough on the streets or outdoors were also often exposed to sexual assault, robberies, and physical violence. Many feared they would be targeted because of their scars from their previous abusive relationships:

Guys see you walking around with a black eye, then figure they can abuse you too. You've got to be very careful. I didn't want to go downtown cause I was scared I was gonna get raped or drugged. Or, some guys gonna beat the shit out of me and get me to be a prostitute. Because I'm on the street, I'm vulnerable (Tutty, et al., 2014, p. 1511).

Others were afraid their children would be taken from them while simultaneously hating the environment their children were forced to live in on the streets. More than half of the women in this study moved back with their abusers at some point. They often attributed their return to lack of financial stability, fear of being homeless, or their partner's insistence that he had changed (Tutty, et al., 2014).

In contrast, the Doorways for Women and Families (2014) program in Virginia shares a story of triumph over homelessness and domestic violence abuse. Lorraine and her teenage daughter Claire were homeless after leaving an abusive relationship. Lorraine was in the process of earning her college degree but struggled with student loans and becoming financially independent. Lorraine worked constantly at multiple jobs and stayed with friends and family on a rotating schedule. She was afraid of wearing out her welcome and eventually left her daughter with family members in order to establish a sense of normalcy in her daughter's life. However, this decision made Lorraine feel even more isolated, alone, and overwhelmed. She eventually found shelter at the Doorways domestic violence shelter whose staff were able to help Lorraine secure permanent housing for herself and her daughter. The shelter also helped Lorraine take steps to becoming financially independent. Lorraine now has hope and would like to share her story with others stating, "I'm so happy. But I know there are other people out there who need it too. I want anyone who comes after me to know that if I did it, anyone can do it" (Doorways, 2014, para. 2).

PRIMARY CONCERNS OF VICTIMS OF DOMESTIC VIOLENCE IN RESIDENTIAL ENVIRONMENTS

Homeless shelters and domestic violence shelters can provide much-needed safe shelter and other resources relating to counseling, finances, career planning, permanent housing searches, and legal needs (Galano, et al., 2013; Schechter, 1982; Shostack, 2001; VanNatta, 2010). Victims of domestic violence have specific needs and concerns that should be addressed through shelter design and programs.

Safe Shelter

The primary concern of victims of domestic violence is often finding secure shelter (Hague & Malos, 2005). This agrees with Maslow's (1970) Hierarchy of Needs, shown in Figure 1 that outlines how a person must first complete the first level of the hierarchy of physiological needs before moving up the hierarchy and attending to more abstract needs.

Figure 1: Maslow's hierarchy of needs (Maslow, 1970) (Illustration retrieved from Rutledge, 2015, p. 20).

Only after meeting basic needs can a victim of domestic violence focus on finding employment, permanent housing, and achieving empowerment or self-actualization (Maslow, 1970; Rutledge, 2015).

Protecting their Children

Residents with children will also be highly concerned with the safety of their children. In fact, women are more likely to leave an abusive relationship when their children are threatened. Mothers in abusive relationships often want to protect their children from abuse, yet also fear disrupting their children's lives. A study conducted by Kathryn Oths and Tara Robertson (2007), University of Alabama professors of anthropology and counseling education examined phone calls to domestic violence shelters in relation to children's needs. The study's results indicated that women were more likely to call for entrance to a domestic violence shelter during the summer months. The authors connected this pattern to two factors: mothers protecting children from violence and mothers attempting not to further disrupt their children's lives. When staying home from school during the summer months, children may be more at risk of violence from abusers (Oths & Robertson, 2007). Due to this pattern, many women called shelters in advance and stated they wanted to be admitted during the summer. In contrast, when women leave their abuser during the school year their children often must be relocated to another school (Oths & Robertson, 2007). Due to this maternal instinct, shelters must be able to reassure mothers that they can stay with their children in the shelter and that the children's education will not be compromised or interrupted. In turn, homeless shelters must also be able to provide counseling services for children who have experienced domestic violence and have been uprooted from their schools and daily routines.

Gaining Independence from an Abuser

In a study of 110 domestic violence victims in the Atlanta metropolitan area, multiple women expressed a need for more shelters, better-designed shelters, and shelters programs and services to help women become independent. However, shelter stays alone are not sufficient for resolution. One woman identified that shelter clients' needs extend beyond the time of the stay in the shelter:

When women leave, they need counseling. They need a better chance to get housing so they can get on their feet. They need help for the first 6 months. They need ways to get jobs and child care so they don't have to go back (Baker, et al., 2009, p. 775).

After entering a homeless shelter or a domestic violence shelter, victims of domestic violence must begin the search for permanent housing. Concurrently, women must also look for a job, face legal battles, and deal with the physical, mental, and emotional implications of domestic violence. Because of this, victims will likely be distracted, emotional and/or in a stressful state during their stay. Many domestic violence shelters have programs in place that help women with these needs and that empower women to meet their goals (Kasturirangan,

2008; Schechter, 1982). Homeless shelters can also help victims of domestic violence with counseling and empowerment programs and activities. Encouraging a strong sense of community between women who have experienced domestic violence, providing resources that encourage independence, and supporting residents with their needs can encourage empowerment (Hague & Malos, 2005; Hall, 1992; Hoff, 1990; Kasturirangan, 2008; Rutledge, 2015).

Shelters can help women on their journey after leaving their abuser; however, shelters also must acknowledge that victims of domestic violence may return to their abusers. This return does not mean that women are not empowered or have not been helped by the shelter. Often, victims of domestic violence must confront a series of issues in their lives before making the decision to permanently leave their abusers. For example, a woman may have to combat substance abuse, lack of adequate housing, or financial stability before she is able to leave her abuser and live independently. Shelters should be supportive of residents and encourage them to become independent, regardless of their decisions made after leaving the shelter (Ben-Porat & Itzhaky, 2008; Goodman & Epstein, 2008; Kasturirangan, 2008; McDermott & Garofalo, 2004).

Permanent supportive housing is a feature of 'housing first' models of care, and offer another option for victims of domestic violence that some maintain are superior to shelters.

DESIGNING SUPPORTIVE ENVIRONMENTS FOR VICTIMS OF DOMESTIC VIOLENCE

Homeless shelters as well as permanent supportive housing can be designed to support the needs of victims of domestic violence. If a homeless shelter cannot directly help this population, it is suggested the shelter organization partner with a domestic violence shelter and other community organizations. Working closely with multiple organizations allows both homeless and domestic violence shelters to provide the best care and resources possible (Decandia, et al., 2013). Similarly, homeless shelter employees and volunteers must be trained in recognizing signs of domestic violence and discussing this issue with residents and other staff members. Acknowledging domestic violence can affect the type of care residents receive, their security needs, and their future housing situations (Decandia, et al., 2013). Homeless shelters must be able to provide for the following needs of domestic violence victims:

- safety/security,
- counseling services,
- a sense of community, and
- empowerment programs.

Each of these are further discussed below.

Safety/Security

Unlike secret domestic violence shelters, the locations of homeless shelters or permanent supportive housing are often common knowledge. This open location can be dangerous for victims of domestic violence and could potentially lead to abusers locating their victims and engaging in retaliation. Similarly, some homeless shelters require residents to leave during the day, which can be dangerous for victims of domestic violence if their abusers are waiting for them (Baker, et al., 2009). Homeless shelters and supportive housing must also take measures to keep information about domestic violence victims secure and confidential. By discussing the issue of domestic violence, staff members can better help domestic violence victims in their searches for secure, permanent housing (Decandia, et al., 2013).

In relation to the design of residential environments for victims, creating a safe and secure environment helps to meet the primary concern of these individuals.

• Staff can install security cameras and engage security personnel in order to deter abusers from entering and seeking retaliation.

• The area surrounding the facility should be well lit and provide clear, safe paths to the building, as the journey from vehicle to safety of the facility's entrance can be the most perilous part of coming home or going out.

• A safe outdoor area that is not visible from the street can be beneficial for residents and their children. Visual and physical security are key, and can be achieved with an opaque fence of adequate height.

• A prominent check-in desk that is staffed 24/7 can also be a deterrent to abusers seeking retaliation. Even if a facility's location is not secret, staff presence combined with active and passive security measures can create a safe environment for residents (Goodman & Epstein, 2008; Grieder & Chanmugam, 2013; WSCADV & Mahlum, 2012).

• At times a victim may seek to meet outside family members on safe ground for herself and her children. A neutral meeting room at the facility that does not give outside guests access to private living areas can be beneficial for these gatherings. These spaces should have a measure of security either in cameras or staffing to help victims feel confident.

Security features do not have to resemble an oppressive, prison-like environment. The reception desk can be attractive and resemble those found in hospitality environments. Installed security features can be unobtrusive and the outdoor area should be an attractive area for residents to relax and children to play (Grieder & Chanmugam, 2012; WSCADV & Mahlum, 2012).

Similarly, the design can also include passive security measures including various safeguarded zones throughout the building and clear sightlines and wayfinding methods. Other design strategies can help orient residents and increase their sense of security:

• Specifying different colors for various parts of the building and including prominent artwork can help residents to easily navigate the residence. It is helpful to recall the transient nature of these projects where many residents will be new to the space plan.

• Separating private residential corridors and rooms from the public areas can also create a stronger feeling of security.

• Providing locked storage for personal belongings can also provide residents a sense of security and control and reduce conflicts between residents.

Another potential security issue is that some women may be concerned about sharing shelter or permanent housing spaces with men. In these cases, including smaller quiet areas or gathering spaces for the female residents away from the male dormitories can allow for reflection, a strong sense of community with other women, and create a feeling of security (Grieder & Chanmugam, 2012; WSCADV & Mahlum, 2012).

Counseling Services

Residential environments should also be prepared to offer counseling services and therapy sessions to women and children who have experienced domestic violence. These spaces can be accommodated through staff offices and quiet areas. One study of a domestic violence shelter found that much of the counseling and goal-setting activities occurred in staff offices. These offices had abundant natural light and various seating arrangements for staff and shelter residents (Rutledge, 2015).

Quiet areas also provide women with a chance to think, meditate, and re-group. These spaces benefit from an empathetic design that integrates comfort in diverse sensory ways:

• A room away from high traffic areas containing comfortable chairs and a soothing color palette can encourage reflection and reduce stress.

• These spaces should also contain acoustical design solutions that minimize the noise within the room, as well as the travel of sound in and out of the room.

In the study of a domestic violence shelter and its design, no formal quiet spaces were created, so residents had transformed a smaller activity room as a quiet space (Rutledge, 2015). Labeling spaces as reflection areas can allow the spaces to consistently serve as a safe haven to women who have experienced domestic violence (Grieder & Chanmugam, 2012; Rutledge, 2015; WSCADV & Mahlum, 2012).

Creating a Sense of Community

Creating a strong community between residents can empower women and allow them to feel less isolated. Connecting with other women over shared experiences and learning from their stories is a vital part of the healing and empowerment process, and counseling can occur with groups of residents (Hall, 1992; Kasturirangan, 2008; Sheilds, 1995). The careful design of communal areas can encourage interaction among residents:

• Offering a variety of seating options can allow residents to choose when to participate in the larger group activities. Some women may not be emotionally or mentally ready to socialize with others. Therefore, by offering nooks and smaller seating areas, these women are able to sit around the edges of groups, enabling them to choose their level of participation within the larger group.

• Specifying flexible seating that can be re-arranged and adapted to the group's needs is important. Allowing residents to have control over group spaces encourages the empowerment process while also accommodating large and small groups.

• Providing a variety of group rooms also encourages various activities. Rooms for arts and crafts, group quiet areas, libraries, living rooms, and kitchens can allow residents to mingle with various different groups while offering choices that victims may have been previously denied.

• Offering communal dining tables and kitchens

where residents can prepare food together can create a strong sense of community. When children and residents are able to eat and talk together during mealtimes, strong connections can result.

Accommodating large and small groups throughout the shelter as well as holding group activities including group counseling sessions, art classes, game nights, and movie nights can help to encourage a strong sense of community between residents (Rutledge, 2015; WSCADV & Mahlum, 2012).

Empowerment Programs

Many domestic violence shelters and other housing types have empowerment programs with the goal of encouraging residents to develop their identities away from their abusers. These empowerment programs vary but often include giving choices back to residents, helping residents create goals, and removing excessive rules and restrictions (Goodman & Epstein, 2008; Kasturirangan, 2008; Shostack, 2001; WSCADV & Mahlum, 2012). The physical shelter can encourage and aid in the empowerment process through various design strategies:

• The design of bedrooms and sleeping quarters can encourage resident personalization. This can be achieved with marker boards, bulletin boards, shelving, empty frames, and other design elements that encourage residents to display personal items (Grieder & Chanmugam, 2013; Pable, 2012; Rutledge, 2015; WSCADV & Mahlum, 2012).

• Spaces that encourage goal setting and decision-making can also aid in the empowerment process. These spaces can include staff offices, computer rooms, bedrooms, and quiet areas. The design of these spaces should be warm rather than institutional and include natural lighting and comfortable furniture (Rutledge, 2015; WSCADV & Mahlum, 2012).

• The shelter's design can also minimize rules and restrictions by creating spaces that accommodate multiple users. For example, the design of a kitchen should allow use by multiple residents and their children at one time. Providing ample counter space, personal as well as communal storage, and multiple appliances can remove mealtime schedules, encourage community among residents, and remove excess kitchen usage rules. Similarly, designing multiple bathrooms and including easy to clean finishes in all communal areas can better accommodate users while also removing excess rules and schedules (Rutledge, 2015; WSCADV & Mahlum, 2012).

• Storage of communal items in an easy to access area can also promote empowerment and independence (WSCADV & Mahlum, 2012).

The design of these residential projects can help to support the needs of multiple users and their empowerment processes (Grieder & Chanmugam, 2013; Rutledge, 2015; WSCADV & Mahlum, 2012). Designing to encourage community, security, and counseling needs is vital.

CONCLUSION

With the prevalence of domestic violence in the United States, homeless shelters and other residential environments specifically for victims of domestic violence must be able to support the needs of victims and their children. This population's primary concerns include security, protecting their children, and gaining independence from their abusers. The design of these projects can support these needs through active and passive security measures, flexible group areas that support community and counseling needs, and designing for multiple users in order to minimize conflict and excessive rules. A well-planned shelter design can make the transition from an abusive situation to an independent life smoother.

REFERENCES

Baker, C.K., Cook, S.L., & Norris, F.H. (2003). Domestic violence and housing problems: A contextual analysis of women's help-seeking, received informal support, and formal system response. Violence Against Women, 9(7), 754-783. DOI: 10.1177/1077801203009007002.

Baker, C.K., Holditch Niolon, P., Olphant, H. (2009). A descriptive analysis of ttransitional housing programs for survivors of intimate partner violence in the United States. Violence Against Women, 15(4), 460-481. DOI: 10.1177/1077801208330933.

Ben-Porat, A., & Itzhaky, H. (2008). Factors that influence life satisfaction among battered women in shelters: Those who stay versus those who leave. Journal Of Family Violence, 23(7), 597-604.

Black, M.C., Basile, K.C., Breiding, M.J., Smith, S.G., Walters, M.L., Merrick, Chen, J., & Stevens, M.R. (2011). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

Burman, S. (2003). Battered women: Stages of change and other treatment models that instigate and sustain leaving. Brief Treatment & Crisis Intervention, 3(1), 83-98.

DeCandia, C.J., Beach, C.A., & Clervil, R. (2013). Closing the Gap: Integrating Services for Survivors of Domestic Violence Experiencing Homelessness. Needham, MA: The National Center on Family Homelessness.

Doorways. (2014). Stories of new hope: February 2014, Lorraine and Claire. Doorways or Women and Families: Striving to End Domestic Violence and Family Homelessness in Northern Virginia. Retrieved from: http://www.doorwaysva.org/ our-approach/stories_ new_hope/families-at-doorways-1-1-1-2/

Ferraro, K. J. (1997). Battered women: Strategies for survival. In A. P. Cardarelli (Ed.), Violence between intimate partners: Patterns, causes, and effects (pp. 124–140). Boston: Allyn and Bacon.

Galano, M.M., Hunter, E.C., Howell, K.H., Miller, L.E., Graham-Bermann, S.A. (2013). Predicting shelter residence in women experiencing recent intimate partner violence. Violence Against Women, 19(4), 518-535. DOI: 10.1177/1077801213487056

Goodman, L. A., & Epstein, D. (2008). Listening to battered women: a survivor-centered approach to advocacy, mental health, and justice. Washington, DC: American Psychological Association.

Grieder M.A. & Chanmugam A. (2013). Applying environmental psychology in the design of

Maltreatment & Trauma, 22(4), 365-378. doi: 10.1080/10926771.2013.775984

Hall, C.M. (1992). Women and empowerment: Strategies for increasing autonomy. Washington, D.C.: Hemisphere Publishing Corporation.

Hague, G., & Malos, E. (2005). Domestic violence: Action for change (Third ed.). Cheltenham, Glos.: New Clarion Press.

Hoff, L. A. (1990). Battered women as survivors. London: Routledge.

Kasturirangan, A. (2008). Empowerment and programs designed to address domestic violence. Violence Against Women, 14(12), 1465-1475.

Kuehn, B.M. (2015). Life begins. Substance Abuse and Mental Health Services Administration: Homelessness Resource Center. Retrieved from: http://homeless.samhsa.gov/Resource/Life-Begins-56688.aspx

Maslow, A. H. (1970). Motivation and personality. 2nd ed. New York: Harper & Row.

McDermott, M., & Garofalo, J. (2004). When advocacy for domestic violence victims backfires. Violence Against Women, 10(11), 1245-1266.

Oths, K. S., & Robertson, T. (2007). Give me shelter: Temporal patterns of women fleeing domestic abuse. Human Organization, 66(3), 249-260.

Pable, J. (2012). The homeless shelter family experience: Examining the influence of physical living conditions on perceptions of internal control, crowding, privacy,and related issues. Journal of Interior Design, 37(4), 9–37.

Rutledge, K. (2015). Rules, Restrictions and Resident Empowerment in Domestic Violence Shelter Design: An Exploration and Response. Electronic Theses, Treatises and Dissertations. Paper 9675. http://diginole.lib.fsu.edu/etd/9675.

Saltzman LE, Fanslow JL, McMahon PM, Shelley GA. (1999). Intimate Partner Violence Surveillance: Uniform definitions and recommended data elements, Version 1.0. Atlanta (GA): National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

Schechter, S. (1982). Women and male violence: The visions and struggles of the battered women's movement. Boston: South End Press.

Sheilds, L. E. (1995). Women's experiences of the meaning of empowerment. Qualitative Health Research, 5(15), 15-35. DOI: 10.1177/104973239500500103

Shostack, A. L. (2001). Shelters for battered women and their children: A comprehensive guide to planning and operating safe and caring residential programs. Springfield, Ill.: Charles C. Thomas.

Tjaden, P. & Thoennes, N. (2000). Extent, nature, and consequences of intimate partner violence: Findings from the National Violence Against Women Survey. Washington, DC: U.S. Department of Justice, Office of Justice Programs, National Institute of Justice.

Tutty, L.M., Ogden, C., Giurgiu, B., Weaver-Dunlop, G. (2014). I built my house of hope: Abused women and pathways into homelessness. Violence Against Women, 19(12), 1498-1517. DOI: 10.1177/1077801213517514

VanNatta, M. (2010). Power and control: Changing structures of battered women's shelters. International Journal Of Interdisciplinary Social Sciences, 5(2), 149-161.

Washington State Coalition Against Domestic Violence (WSCADV) and Mahlum. (2012). Building dignity: Design strategies for domestic violence shelters. Retrieved from: http://buildingdignity.wscadv.org.

FURTHER READING

Washington Coalition Against Domestic Violence and Mahlum Architecture Building Dignity Website: http://buildingdignity.wscadv.org

National Coalition Against Domestic Violence: http://www.ncadv.org

Futures Without Violence: http://www. futureswithoutviolence.org

Here to Help: Mental Health and Substance Abuse Information (including how it relates to the homeless population) http://www.heretohelp.bc.ca/personal-stories

Homelessness Resource Center: http://homeless.samhsa.gov/Default.aspx

Doorways for Women and Families: Striving to End Domestic Violence and Family Homelessness in Northern Virginia: http://www.doorwaysva.org/our-approach/stories_new_hope/families-at-doorways-1-1-1-2/

YWCA Pierce County Domestic Violence Shelter: http://www.ywcapiercecounty.org/index_html

AUTHOR BIOGRAPHY

Katrina Rutledge is currently an interior designer at studioSIX5, an interior design firm specializing in senior living design in Austin, Texas. She received a Bachelor of Science from the University of Southern Mississippi and a Master of Fine Arts from Florida State University. Her undergraduate thesis entitled "The Influence of Residence Hall Design on College Students' Grade Point Averages, On-Campus Involvement, and Sense of Community" concluded that transitional style resident halls offered the most privacy while suite-style residence halls fostered a stronger sense of community among students. Her Master of Fine Arts thesis completed at Florida State University was entitled "Rules, Restrictions and Resident Empowerment in Domestic Violence Shelter Design: An Exploration and Response." This original research revealed that empowering domestic violence shelter design can support residents by offering quiet areas, chances for personalization in bedrooms, and spaces that encourage goal-setting and decision-making. Designing structured spaces for various activities and accommodating multiple users can also help to minimize excess shelter rules and restrictions. Katrina's proposal was accepted to give a presentation on her graduate research at the Interior Design Educators Council (IDEC) 2015 south regional conference. She also presented a poster of her research at the IDEC 2014 south regional conference in Tallahassee, Florida.

During her studies at Florida State University, Katrina served as a graduate teaching assistant for Studio I, CAD I, and Survey of Interior Design. She is an active member of the International Interior Design Association (IIDA), American Society of Interior Designers (ASID), and the Network of Executive Women in Hospitality (NEWH). She believes in design's ability to improve people's lives and hopes to engage in humanitarian design projects throughout her career.

Design Resources for Homelessness, Inc.

A non-profit initiative dedicated to the positive potential of the built environment for healing and recovery.

www.designrh.org

designforhomelessness@gmail.com

3551 Blairstone Road Suite 128/233

Tallahassee FL 32301

850-228-2888