

First Step: A Response to Domestic Violence

# Counseling Services

“A journey towards healing”



First Step

*A Response to Domestic Violence*



## OUR MISSION

is to offer professional mental health counseling to domestic violence and sexual abuse victims that:

- Incorporates a trauma-informed approach with a brief-therapeutic model aimed at helping shelter guests and community members enhance their quality of life.
- Collaborates with other staff members and refers to community agencies when specialized or longer-term services are needed.
- Develops a therapeutic relationship to increase treatment engagement and strategies to reduce the cycle of abuse.

## WHO IS IMPACTED

Domestic violence can happen no matter your gender, age, race, education, income level, religion, or sexual orientation.

The 7-major types of abuse include: **physical, mental, verbal, emotional, financial, sexual, and spiritual.**

# COUNSELING SERVICES

## Brief individual counseling (15-20 sessions)

Support with a variety of concerns and problems, including:

Crisis Intervention

Loss & Grief

Anxiety

Depression

Self-Injurious Behavior

Alcoholism & Drug Use

Anger Management

Loneliness

Relationship Issues

Unresolved Trauma

Life Transitions

Referral and connection to community resources

## Do I need counseling?

Often people who've gone through domestic violence or sexual assault believe that it is their fault the abuse happened; therefore, they may carry physical and emotional scars. Counseling empowers victims to escape their abusers and cope with the long- and short-term effects of abuse.

# DELIVERING SERVICES SAFELY DURING COVID-19

We care about the health of our staff and the people we serve; therefore, counseling appointments are offered in-person and via telehealth video conferencing.

Individuals choosing in-person meetings must wear a mask, keep 6-feet apart from others, and will be prompted to have temperature taken upon entering the office.

As we continue to provide services, we urge everyone to stay home if experiencing **mild, typical flu symptoms like fever, cough and chills.**

## CONFIDENTIALITY

Information shared with the counselor is confidential. No one, including family, friends, and other staff at First Step, has access to your information without your written consent.

Exceptions to this may include information about child abuse or neglect, mistreatment of an incapacitated adult, court orders, and imminent risk to self or others.

## A note from the Domestic Violence Counselor

I am delighted to work at First Step: A Response to Domestic Violence as the counselor! I am a Supervisee in Social Work under the supervision of a Clinical Social Worker.

First Step's counseling services are designed to provide victims or survivors of domestic violence and sexual assault an opportunity to heal from trauma and move forward. One way I will be working with shelter guests and community members will be by building empowerment. This can be achieved in various ways, but often include setting realistic expectations, practicing self-compassion, developing a support system, creating healthy habits, and giving back to the community.

If you have questions about the services I provide, or if you like to refer someone, please feel free to contact me!  
I look forward to working with you!

*- Brendaly Nieves Santiago*

For more information about counseling services,  
please contact Brendaly Nieves Santiago

**Brendaly Nieves Santiago**

Domestic Violence Counselor

First Step: A Response to Domestic Violence

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