

## Who are we?

Founded in 1980, Urban Resource Institute (URI) helps domestic violence survivors and homeless families transform their lives through safe shelter and programs that are comprehensive, innovative, client-centered, and trauma-informed.

URI is the largest provider in the US of residential services for domestic violence (DV) survivors, with a holistic approach including **intervention and prevention programs** to help end cycles of domestic violence and homelessness, **legal and crime victims services**, and **economic empowerment services** to help individuals and families rebuild their lives. Through advocacy URI also drives policy and legislative change.

URI provides shelter for **3,500 adults and children each night** across **24 sites** in Brooklyn, Bronx, Manhattan, and Queens, with more sites planned.

## Respect + Responsibility (R+R)

URI Respect + Responsibility (R+R) is a community program in Harlem dedicated to preventing intimate partner violence. **We provide in-person and virtual support for individuals in New York City who want to avoid causing harm in their family and intimate relationships.** Our 12-week trauma-informed therapeutic groups and one-on-one sessions, led by professional mental health providers, focus on exploring and addressing unresolved trauma. This transformative process challenges entrenched perceptions, learned behaviors, and expectations, promoting healthier relationship habits and individual accountability. Our facilitators bring professional expertise and lived experience within the community, fostering relatability and trust. This cultural resonance establishes a foundation for meaningful engagement, empowering participants to authentically express themselves in open conversations. R+R's holistic approach considers personal and external factors contributing to harm in a nonjudgmental environment. **Our goal is to create learning environments that guide participants toward comprehensive care.** After completing the 12-week cycle, participants are encouraged to join Aftercare Groups for continued support and growth.

*“Left unaddressed, past trauma and unhealthy perceptions, learned behaviors, and expectations regarding roles in relationships can intensify and become patterns of abuse.”*

Nathaniel Fields, CEO



## Why Respect + Responsibility?

**Prioritizing survivors' and their families' harmful experiences guides efforts to address and prevent harm, fostering safer communities and breaking the cycle of abuse.**

- Domestic Violence (DV) is a growing issue in New York City, with a reported 39,224 victims in 2022 increasing by 12% from 2021.
- DV survivors often endure long-lasting and sometimes permanent effects to mental and physical health, relationships, career, and economic well-being.
- Children who witness and experience DV are at-risk for serious long-term mental and physical health impacts and are at greater risk for repeating the cycle of abuse as adults.
- There are numerous reasons why people cause harm in their intimate and/or dating relationships, including unresolved trauma which research shows may result in some people being more likely to engage in unhealthy or violent behaviors.
- Understanding how past traumatic experiences can cause present and future behavior provides an invaluable way to prevent future harm and violence.

# How Respect + Responsibility Prevents Future Harm



## Addresses Trauma

- Screening for Adverse Childhood Experiences (ACEs)
- Explain motivations of abuse



## Encourages Non-Violent Conflict Resolution

- Regulating our emotions
- Managing anger
- Reacting vs. responding



## Discuss familial, societal/systemic influences

- Dynamics of Power and Control
- Intersectionality



## Teaches Healthy Relationship Skills

- Consent and communication
- Attachment styles
- Healthy non-violent relationships



## Acknowledge Life Stressors

- Oppression & Racism
- Economic Injustice
- Restorative Justice Practices



## Provides Wraparound Services

- Ongoing case management
- Clinical services
- Aftercare accountability management



## Foster Accountability

- Teaching positive behavior
- Expectations and social norms

## Who do we serve?

- R+R is an important resource for individuals who have caused or could potentially cause harm in relationships.
- URI R+R serves community members residing in the New York City, with a focus on underserved communities.
- Specialized groups are designed for men, women, adolescents and individuals identifying as LGBTQ+.
- Groups are offered virtually and in person.

**For more information or to get involved contact**

**RRinfo@urinyc.org**



*“The Respect + Responsibility program helped my partner and me develop healthier ways of communicating and expressing our emotions.”*

*~Anonymous*



**URINYC**<sup>®</sup>  
Urban Resource Institute  
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## URI Mission

To empower individuals, families, and communities, especially communities of color and vulnerable populations, to end cycles of violence, homelessness, poverty, and trauma by increasing safety and resiliency.