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**STRANGULATION IS ONE OF THE MOST LETHAL FORMS OF DOMESTIC VIOLENCE
... AND IT'S MORE PREVALENT THAN WE REALIZED.**

A local agency offers free training to law enforcement and medical personnel on recognizing strangulation.

SAN MATEO, CA – Recognizing the importance of classifying strangulation cases as felonies and the link to police shootings and mass murders, CORA (Community Overcoming Relationship Abuse) will provide free training for law enforcement, medical personnel and domestic violence advocates on October 16th and 17th in partnership with Gael Strack and Casey Gwinn of the Training Institute on Strangulation Prevention. The training will cover how domestic violence and sexual assault professionals can save lives and improve their response to strangulation crimes, the most lethal and serious cases in the context of domestic violence and sexual assault.

“The most dangerous domestic violence offenders strangle their victims. The most violent rapists strangle their victims. We used to think all abusers were equal. They are not. Our research has now made clear that when a man puts his hands around a woman, he has just raised his hand and said, ‘I’m a killer.’ They are more likely to kill police officers, to kill children, and to later kill their partners. So, when you hear ‘He choked me,’ now we know you are the edge of a homicide,” said Casey Gwinn, Esq., President of Alliance for HOPE International and Co-Director of Training Institute on Strangulation Prevention.

Many states still do not adequately address this violence in their criminal statutes, policies or responses. When domestic violence perpetrators use strangulation to silence their victims, not only is this felonious assault, it can be an attempted homicide. Strangulation is also a form of power and control which can have a devastating psychological effect on victims in addition to the potentially fatal outcome, including suicide and long-term consequences. A victim who is strangled just one time is over 700% more likely to be murdered later by the same abuser.

The inability to breathe is one of the most terrifying events a person can endure.

“Our original study in 1995 proved it – most victims of strangulation will not have visible external injuries and will not understand the danger. The lack of injuries and the lack of training caused the criminal justice system to minimize strangulation. We failed victims. But now we know – non-fatal strangulation cases are lethal and have serious immediate and long-term health consequences,” said Gael Strack, Esq., CEO of Alliance for HOPE International and Director of the Training Institute on Strangulation Prevention.

“We are excited to host this training,” said Kathryn Anderson, CORA’s Law Enforcement Liaison. “Jurisdictions across the country have seen dramatic results after training. Our hope is that this training will help us build on what is already an excellent web of responses to domestic violence in San Mateo County. This training will increase victim safety and hold offenders accountable.”

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About CORA

CORA (Community Overcoming Relationship Abuse) is a non-profit dedicated to helping those affected by intimate partner abuse. We provide safety, support and healing for individuals who experience abuse in an intimate relationship, and educate the community to break the cycle of intimate partner abuse. The only agency in San Mateo County with the sole purpose of serving victims and survivors of intimate partner abuse, CORA provides confidential emergency, intervention and prevention services, including the County's only emergency shelters, as well as a 24-hour hotline, an emergency response program, therapeutic counseling, legal services, children's specific programming and supportive housing for survivors. Services are free of charge and are open to anyone needing help. Services are available in English and Spanish, as well as many other languages. To learn more, visit www.corasupport.org. And for our most recent updates, follow CORA on Twitter ([@ENDtoDV](https://twitter.com/ENDtoDV)) and Facebook ([@facebook.com/corasupport](https://facebook.com/corasupport)).