Course Syllabus

PSY-320 Health Psychology

Fall semester - September 2nd to December 18th, 2020

**Instructor:** Heather Bomsta, MA, MBA, ABD,

Email: [bomstahe@mail.d2l.msu.edu](mailto:bomstahe@mail.d2l.msu.edu)

Office hours: Tuesdays, 8-9am, and Fridays 9-10am (email and I will send a Zoom link); alternate meeting times by appointment

**Teaching Assistants:**

* Prachi Solanki
  + [solanki7@msu.edu](mailto:solanki7@mail.d2l.msu.edu)
  + Mondays, 11am to noon; alternate meeting times by appointment
* Brian Brutzman
  + [brutzman@msu.edu](mailto:brutzman@msu.edu)
  + Mondays, 1-2pm; alternate meeting times by appointment
  + ***Personal Zoom Meeting Link:***[https://msu.zoom.us/my/bbrutzman](https://msu.zoom.us/my/bbrutzman" \t "_blank)

**Undergraduate Teaching Assistant:**

* Sydney Riedel
  + [riedelsy@mail.d2l.msu.edu](mailto:riedelsy@mail.d2l.msu.edu)
  + Tuesdays, 1-2pm; alternate meeting times by appointment

# **Contacting the instructor & teaching assistants:**

## **Email policy:**

When emailing Professor Bomsta or TA/UAs with any questions you have regarding the course material and assignments, you should expect a reply within 24 hours of sending the email. This applies only to emails sent PRIOR TO 5 PM EST ON FRIDAYS. **Emails sent after 5pm EST on Fridays will be answered the following Monday by 5pm.**

Keep in mind the time of response (i.e., 24 hours) as you plan to work on assignments. If you send an email regarding an assignment that is due the next day, it may be too late. Please plan accordingly!

## **Email etiquette:**

Please review the syllabus before sending a question. If an email asks a question that can be answered by the syllabus the instructor and/or teaching assistant will simply refer the student to the syllabus for the answer – which is frustrating for everyone involved. Additionally, students should:

* Write in complete sentences and proofread the email
* Address the email (e.g. “Dear Professor Bomsta “ or “Hi, \_\_\_\_\_”)
* Sign the email with a full name
* Be respectful and professional

**Via D2L Email:** To communicate via D2L email with the instructor and/or TA/UAs, please do the following:

* 1. Login to the course via D2L
  2. Click on the communication tab at the top of the page
  3. Select “Classlist”
  4. Click on the instructor’s name “Bomsta, Heather”
  5. Write your email in the window that appears, which is the compose email message window.  **The instructor will only respond to emails sent through D2L email**. Whenever there is a need, a Zoom meeting can be scheduled, but email contacts must always be made by following the steps above. If you look for the instructor’s email through the MSU website and try to contact her outside the D2L environment (by not following these steps and using alternate emails such as MSU regular email, gmail, etc.), your email **will not** be read.

## Technology requirements:

* Access to Desire2Learn
* A high-speed (broadband) internet connection
* Computer manufactured within the last four years (or access to computers)
* Access to Zoom for meetings with professor/TAs/UAs
* Access to YouTube, and websites through MSU library

## Technical assistance:

* If you need technical assistance at any time during the course or to report a problem, you can  visit Desire2Learn Help Site. You can also call the Help Desk at Toll Free (844) 678-6200 or Local (517) 432-6200.  Please know that it is much more effective to first contact the D2L Help Desk (rather than the instructor or TAs) as D2L staff is available 24/7 and well-trained in navigating technical problems.
* Getting Started: go to MSU’s course management system – Desire-To-Learn (D2L) using this URL: <https://d2l.msu.edu/>.
  + Login using your MSU username and password. If you are officially registered for the course, you will find our course, PSY 320, listed under My Courses and available from the Select a Course pull down menu.  (If you think you ARE registered but the course does not appear, please contact the D2L Help Desk.)
* Please contact the instructor ASAP with issues concerning missing assignments or poor grades.

**Course webpage:** This course will use D2L for: tracking grades, turning in assignments, participating in discussion boards, posting lecture slides, readings and other materials, and for email communication with the professor and teaching assistants. All papers will be submitted through D2L’s TurnItIn to ensure originality of the work and check for plagiarism.

**Course description:** Objectives:

* Students will develop a deeper understanding of health psychology and their own healthcare experiences in order to become more savvy consumers of healthcare with knowledge of their own rights.
* As potential future healthcare providers, students will develop frameworks that allow them to analyze healthcare systems and issues they may encounter as healthcare professionals

**Course structure:**

* This is an online, lecture course. Students should read this syllabus thoroughly and ensure they have allocated enough time to complete readings and assignments. The last day to drop this class with a full refund can be found in the MSU Schedule of Courses (<https://schedule.msu.edu/default.aspx>).
* Different due dates apply to different types of assignments (e.g., discussion posts vs. analysis papers). Please carefully read the Assignment Schedule in this syllabus and pay particular attention to due dates.
* All times noted in this syllabus are Eastern Standard Time (EST).
* **Please refer to the schedule below for assignment due dates. Unless you notify the instructor about challenges meeting a deadline** before the deadline**, reduced points will be awarded after missing a due date.**5% will be deducted per day late andno assignments will be accepted after five days past the due date - without exception.

Additionally:

* Students whose names do not appear on the official class list for this course may not participate in this class.
* If you are going to be absent from class for a week (or more) and unable to complete an assignment on time, **you must inform the instructor in advance to be formally excused and still receive credit for the assignment.** You must provide the instructor with an explanation in writing at least 24 hours before the absence. Emails received later than this will not be honored and your assignment will not be accepted.

## Student conduct expectations: Students are required to:

* Ask questions
* Disagree respectfully; it is acceptable to question others’ ideas, but do so respectfully
* Read. Reading is important; please do the readings - they will be part of exams

## Textbook

This class will use “Health Psychology: Biopsychosocial interactions” by Edward Sarafino and Timothy Smith (ISBN-13: 978-1119386131)

## The ninth edition is the most up-to-date and is available to rent from the publishing company, Wiley, at this link for under $40: <https://www.wiley.com/en-us/search?pq=sarafino%7Crelevance>

The eighth edition of the book (ISBN-13: [9781118425206](https://www.alibris.com/search/books/isbn/9781118425206?qwork=2845270)) is also acceptable and is available widely to rent or purchase.

# **Assignments & grading criteria**

* Grades are made up of the following elements:
* Participation in online discussion boards
* Syllabus quiz
* Brief analysis papers (two papers of 2-4 pages each)
* Exams (3)
* Final exam

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| **Grade element** | **Possible points** | **% of final grade** |
| Syllabus Quiz | 10 | 2% |
| Discussion Board (6) | 48 | 10% |
| Brief analysis papers (2) | 92 | 22% |
| Exams (3, lowest dropped) | 200 | 44% |
| Final Exam | 100 | 22% |
| **Total points** | **458** |  |

Each of these grade elements is covered in detail below.

### **Syllabus Quiz:** One quiz on the syllabus, worth 10 points. MUST BE completed in the first week of class, by Sunday, September 6th, at 11pm. *Students only have 20 minutes to complete the quiz once they begin*.

### **Participation in online discussion boards:** Due to the size of this class, comprehensive opportunities for class discussion are constrained. Through the D2L Discussion Board feature, we will create further opportunities for smaller groups of students to engage in an online learning community of dialogue and interaction. This includes:

* There will be a total of six discussion boards throughout the semester (see detailed class schedule for due dates).
* See the rubric on discussion board posts on D2L for detailed instructions and point breakdown.

### **Brief analysis papers:** two brief analysis papers will be due during the course of the semester. There will be three paper topics posted – students may only turn in two; if a student writes all three papers the teaching assistants will not grade the third submission. Please **choose TWO** of the three paper topics and write only two analysis papers. Papers must meet the following specifications:

* *Minimum* 2 pages in length and a *maximum* of 4 pages
* Double spaced, basic font style (Arial, Times New Roman, Calibri, etc.)
* 12p point font size and 1” margins on all sides
* In-text citations for any materials cited **beyond class materials** (i.e. you do not have to cite the textbook or class readings, but if you reference materials outside the class reading list use standard APA style for in-text citations and provide a full citation at the end of the paper). For information on in-text citation see: <https://owl.english.purdue.edu/owl/resource/560/02/>. Basic standards for reference lists can be found here: https://owl.english.purdue.edu/owl/resource/560/05/

Analysis papers give students an opportunity to use class materials and demonstrate their grasp of key theories, and concepts in Health Psychology

* Each brief analysis paper will be worth 50 points (~11% of the total class grade).
* Consult the rubric on D2L for detailed instructions and point breakdown.

**Grade appeals** on papers must: 1) be in writing, 2) clearly spell out why the student believes their work should be re-evaluated and include reference(s) to lecture materials or readings to support their argument, and 3) **be submitted via D2L email to the teaching assistant and the instructor within three business days of the grades for the paper being posted**. Following the three-day period grades for papers are final and appeals will not be considered.

Exams: Three exams and a final exam will be given during the term, each worth 100 points; the exam with the lowest score will be dropped. Exams can include multiple choice, T/F questions, etc. Questions can be drawn from lectures, readings, class discussions, posted videos or other class materials. These exams are *each* worth ~22% of the total grade. ***Exams are open book/open notes*** *– but students are expected* ***to take the exams on their own*** *without working with or contacting any other students or persons. Exams will not be proctored, but instead your honor as a Spartan and an individual will be trusted.* **Exams will be open from 9am to 9pm on the day they are scheduled, but students have 90 minutes to complete exams once they begin.**

The final exam is scheduled for sometime between 12/14/20 and 12/18/20, per MSU policy. The professor will provide more information as the term proceeds; be sure to visit the D2L website frequently for updates. The final exam will concentrate on the material from the last quarter of the course, but questions regarding major topics from the first part of the course are also fair game. Questions can be drawn from lectures, readings, class discussions, posted videos or other class materials. The exam is worth 100 points and accounts for ~22% of the grade in this class.

Make-up quizzes and exams: Make-up exams are at the instructor’s discretion and require a logical argument presented to the instructor in writing **within 24 hours of the missed exam – beyond the 24-hour period no make-ups will be permitted**. Other obligations (family gatherings, job interviews, vacations) are not acceptable excuses and will result in the student receiving a 0 for the missed quiz/exam. If the instructor agrees to grant a make-up quiz or exam it may include written essay questions.

If students are going to miss an exam due to a religious holiday, or required participation in a University-sponsored event (e.g. a debate team tournament, scheduled conference presentation or as part of a sports team event), they **must notify the instructor in writing at least two weeks in advance of the exam and provide a reason for the absence**.

Exam scores will be posted through D2L as soon as they are available, but the exam questions will not be posted. Students wanting to reviews specific questions may view the exam during an office hour with the teaching assistant or instructor, but must do so **within three business days** of the exam grade being posted. Following the three-day period exam grades are final and no appeals will be considered*.*

Extra credit: **There is** no **extra credit in this class.** Follow the syllabus, study and bring your “A” game! **Students are responsible for tracking their progress in the class and ensuring their performance gets them the grade they “need” or want from the class. No other extra credit or “grade bumps” are possible. Last minute appeals will not result in grade changes.**

Honors option: Regrettably, I am not able to offer an honors option for this course.

## Final Grades: The total number of points possible for this class is 458 points.

Final grades will be based on a percentage of total points earned:

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| --- | --- | --- |
| 90% of 458 points | 412 points and above | 4.0 |
| 85% of 458 points | 389 points to 411 points | 3.5 |
| 80% of 458 points | 366 points to 388 points | 3.0 |
| 75% of 458 points | 343 points to 365 points | 2.5 |
| 70% of 458 points | 320 points to 342 points | 2.0 |
| 65% of 458 points | 297 points to 319 points | 1.5 |
| 60% of 458 points | 274 points to 296 points | 1.0 |
| Less than 60% of 458 points | Less than 274 points | 0.0 |

## Reading list & assignment schedule

This is the list of textbook readings and assignment due dates, only. There are additional readings listed for most weeks on the D2L webpage. Make sure you are visiting the course website weekly to check for required additional readings, videos and podcasts.

In general:

* Discussion Boards are due on FRIDAYS by 11pm (but you have to start a thread and respond to two other students so do not wait until the last minute).
* Brief Analysis Papers are due on SUNDAYS by 11pm.

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| Date | Lecture topic | Textbook readings & assignment due dates (in bold) |
| Week 1 (9/2 - 9/6) | Introduction to Health Psychology | Chapter 1 (Sarafino)  * **Syllabus Quiz due by 9/6 at 11pm** |
| Week 2 (9/7 - 9/13) | Context in Health Psychology | Discussion Board #1 due by 9/11 at 11pm |
| Week 3 (9/14 - 9/20) | Health Behaviors | Chapter 6 (Sarafino)  * **Brief Analysis Paper #1 due by 9/20 at 11pm** |
| Week 4 (9/21 - 9/27) | Health Promotion | Chapter 8 (Sarafino)  * **EXAM #1 (9/25 between 9am and 9pm)** |
| Week 5 (9/28 - 10/4) | Health-Compromising Behaviors | Chapter 7 (Sarafino)Discussion Board #2 due by 10/2 at 11pm |
| Week 6 (10/5 – 10/11) | Stress | Chapter 3 (Sarafino), Chapter 4 – pages 82-104Discussion Board #3 due by 10/9 at 11pm |
| Week 7 (10/12 – 10/18) | Coping & Psychological Resilience | Chapter 5 (Sarafino)  * **Brief Analysis Paper #2 due 10/18 by 11pm** |
| Week 8 (10/19 – 10/25) | Using Health Services | Chapter 9 (Sarafino)  * **EXAM #2 (10/23, between 9am and 9pm)** |
| Week 9 (10/26 – 11/1) | Interacting with Healthcare Systems | Chapter 10 (Sarafino)Discussion Board #4 due by 10/30 at 11pm |
| Week 10 (11/2 – 11/8) | Pain | Chapter 11 (Sarafino)Discussion Board #5 due by 11/6 at 11pm |
| Week 11 (11/9 – 11/15) | Chronic Illness | Chapter 13 (Sarafino)Brief Analysis Paper #3 due 11/15 by 11pm |
| Week 12 (11/16 – 11/22) | Terminal Illness | * **EXAM #3 (11/20, between 9am and 9pm)** |
| Week 13 (11/23 – 11/29) | Health Shocks | Chapter 14 (Sarafino), review Chapter 13, pages 348 - 354 |
| Week 14 (11/30 – 12/6 | Immune-Related Disorders | Chapter 14 (Sarafino), pages 365-367 & 387-393Discussion Board #6 due by 12/4 at 11pm |
| Week 15 (12/7 – 12/13) | Future Directions & Unanswered Questions | Chapter 15 (Sarafino) |
| 12/14 – 12/18 | Finals week | Final date & time TBD |

### Limits to confidentiality:

Any materials submitted for this class are generally considered confidential pursuant to the University's student record policies.  However, students should be aware that University employees, including instructors, may not be able to maintain confidentiality when it conflicts with their responsibility to report certain issues to protect the health and safety of MSU community members and others.  As the instructor, I must report the following information to other University offices (including the [MSU Police Department](http://police.msu.edu/)) if you share it with me:

* Suspected child abuse/neglect, even if this maltreatment happened when you were a child,
* Allegations of sexual assault or sexual harassment when they involve MSU students, faculty, or staff, and
* Credible threats of harm to oneself or to others.

These reports may trigger contact from a campus official who will want to talk with you about the incident that you have shared.  In almost all cases, it will be your decision whether you wish to speak with that individual.  If you would like to talk about these events in a more confidential setting you are encouraged to make an appointment with the [MSU Counseling Center](http://counseling.msu.edu/).

## Understand when you may drop this course:

* It is your responsibility to understand when you need to consider un-enrolling from a course. Refer to the Michigan State University Office of the Registrar for important dates and deadlines.

## Discuss Disability Accommodations with the Instructor:

* Michigan State University is committed to providing equal opportunity for participation in all programs, services and activities. Requests for accommodations by persons with disabilities may be made by contacting the Resource Center for Persons with Disabilities at 517-884-RCPD or on the web at rcpd.msu.edu.
* Once your eligibility for an accommodation has been determined, you will be issued a verified individual services accommodation (“VISA”) form. Please present this form to the instructor at the start of the term and/or two weeks prior to the accommodation date (test, project, etc). Requests received after this date may not be honored.
* RCPD may be contacted by phone at (517) 884-7273 (884-RCPD), or via their website (http://www.rcpd.msu.edu). RCPD is located in 120 Bessey Hall, near the center of the Michigan State University campus, on the southwest corner of Farm Lane and Auditorium Road.

## Practice Academic Honesty:

* Academic Honesty: [The Spartan Code of Honor](https://honorcode.msu.edu/)states, "As a Spartan, I will strive to uphold values of the highest ethical standard. I will practice honesty in my work, foster honesty in my peers, and take pride in knowing that honor is worth more than grades. I will carry these values beyond my time as a student at Michigan State University, continuing the endeavor to build personal integrity in all that I do." In addition, Article 2.III.B.2 of the [Student Rights and Responsibilites (SRR)](http://splife.studentlife.msu.edu/academic-freedom-for-students-at-michigan-state-university) states that "The student shares with the faculty the responsibility for maintaining the integrity of scholarship, grades, and professional standards." The (insert name of unit offering course) adheres to the policies on academic honesty as specified in General Student Regulations 1.0, Protection of Scholarship and Grades; the all-University Policy on Integrity of Scholarship and Grades; and Ordinance 17.00, Examinations. (See [Spartan Life: Student Handbook and Resource Guide](http://splife.studentlife.msu.edu/" \t "_blank) and/or the MSU Web site: [www.msu.edu](http://www.msu.edu/" \t "_blank).)  
  Therefore, unless authorized by your instructor, you are expected to complete all course assignments, including homework, lab work, quizzes, tests and exams, without assistance from any source. You are expected to develop original work for this course; therefore, you may not submit course work you completed for another course to satisfy the requirements for this course. Also, you are not authorized to use the www.allmsu.com Web site to complete any course work in this course. Students who violate MSU academic integrity rules may receive a penalty grade, including a failing grade on the assignment or in the course. Contact your instructor if you are unsure about the appropriateness of your course work. (See also the [Academic Integrity](https://ombud.msu.edu/academic-integrity/index.html" \t "_blank) webpage.)
* Lectures and other course materials must remain the property of the Department of Psychology and must not be copied from the internet for distribution to anyone who is not registered for this course. Online discussions and exercises are confidential and should not be discussed with others who are not enrolled in the class.
* It is important for each course participant to express his/her ideas. All ideas need to be respected in discussions and exercises.
* All assignments are to be done ***on your own***, without the assistance of additional materials, i.e., internet, texts, articles, other people, etc., unless you are instructed to do otherwise.

## Plagiarism Policy:

* Plagiarism involves taking credit for someone else’s work or ideas, submitting a piece of work (for example, a paper, assignment, discussion post) which in part or in whole is not entirely your own work without fully and accurately attributing those same portions to their correct source. This includes information taken from the Internet.
* You are expected to do your own, original work on each assignment in each class. If you recycle your own course work from one class to another, you may face an allegation of academic dishonesty. If your instructor believes you have committed an act of plagiarism, he/she may take appropriate action, which includes the issuing of a “penalty grade” for academic dishonesty. Article 11 of the Academic Freedom Report for Students at Michigan State University, or the “AFR,” defines a penalty grade as “a grade assigned by an instructor who believes a student to have committed academic dishonesty. . . .” A penalty grade can include, but is not limited to, a failing grade on the assignment or in the course.
* Consistent with MSU's efforts to enhance student learning, foster honesty, and maintain integrity in our academic processes, I have chosen to use a tool called Turnitin to compare your papers with multiple sources.  The tool will compare each paper you submit to an extensive database of prior publications and papers, providing links to possible matches and a 'similarity score.'  The tool does not determine whether plagiarism has occurred or not.  Instead, I will make a complete assessment and judge the originality of your work.  All submissions to this course may be checked using this tool.
* You should submit papers to Turnitin Dropboxes **without identifying information included in the paper (e.g., name or student number),** the Desire 2 Learn system will automatically show this information to me when I view the submission, but the information will not be retained by Turnitin.  If you forget and submit your paper with your identifying information on it, it will be retained in the Turnitin repository.

In choosing to use Turnitin in our class, I have agreed to follow five guidelines.  They are:

* I will use Turnitin as part of a balanced approach to encourage academic integrity and foster student success.
* I will openly disclose use of Turnitin in this course on the syllabus and at the time assignments are announced.
* For a given assignment, I will use Turnitin for all papers.
* I will make the final determination of originality and integrity.
* To ensure privacy, I will ask students to remove identification (e.g., names and student numbers) from submissions.

If you have any questions about the use of Turnitin in this course, please bring them to my attention.

**COVID-19 Related Information**

This is also a unique semester. I’m going to operate on compassion within reasonable limits – which means I’ll do my best to help each student, but I also expect students to meet deadlines wherever possible. Please communicate early and often. I have the latitude to help students catch up if challenges arise, *if we deal with the issue as soon as possible*; if students come to me at the end of the semester after missing many weeks, many assignments – I have much less latitude.

Just to be explicit: I encourage students who need to quarantine themselves, have been sick with COVID-19[symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html" \t "_blank), tested positive for COVID-19, or have been potentially[exposed](https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html" \t "_blank) to someone with COVID-19 to follow CDC guidance to[self-isolate or stay home](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html" \t "_blank). In some cases, students will be able to maintain their classes in quarantine. I will make accommodations for those who must miss class due to illness or self-isolation - it will not harm their performance or put them at a disadvantage in the class. This is MSU policy for this unique time and we’re all figuring out things as we go along, please be willing to work with us as we adapt and learn. Thank you.

I know this is an online class, but for the sake of our Spartan Community and the community at large, please remember:

* Face coverings must be worn by everyone (including all faculty, staff, students, vendors, and visitors) indoors and outdoors while on property owned or governed by MSU and while participating in MSU-related or MSU-sponsored activities. If you have a medical condition that may prevent you from safely wearing a face covering, you should contact [MSU’s Resource Center for Persons with Disabilities](https://www.rcpd.msu.edu/" \t "_blank) to begin the accommodation process.
* Face coverings should (a) be non-medical grade to maintain supplies for health care use, (b) fit snugly against the side of your face, (c) cover your nose and mouth, (d) be secured with ties or ear loops, and (e) allow for breathing without restriction. Cloth face coverings should only be worn for one day at a time, and they must be properly hand washed or laundered before subsequent use. Face coverings may vary (for example, disposable non-medical face coverings or neck gaiters are acceptable).
* Failure to wear a face covering for those without an accommodation will result in the following: (1) A reminder of the requirement, the reason for it (to minimize spread), and a request to comply. (2) A request to leave the classroom if no compliance. (3) If no face covering compliance and the student refuses to leave the classroom, class will be dismissed. (4) Should an emergency develop that you feel cannot be resolved by classroom dismissal, consider calling 911 for assistance. Note: Calling the police should be the last resort for genuine emergencies and not used as a way to handle non-emergency conduct issues.

## Useful resources, foundations, and websites

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| MSU Safe Place  East Lansing, MI  (517) 355-1100  <http://safeplace.msu.edu/> | Listening Ear Crisis Intervention Center  Lansing, MI 48912  (517) 337-1717  <http://theear.org/> |
| NRCDV (National Resource Center Against Domestic Violence)  <http://www.nrcdv.org/> | NCDSV (National Center on Domestic & Sexual Violence)  <http://www.ncdsv.org/> |
| NNEDV (National Network to End Domestic Violence)  <http://www.nnedv.org/> | The Joyful Heart Foundation <http://www.joyfulheartfoundation.org/> |
| No More <http://www.nomore.org/> | RAINN (Rape, Abuse and Incest National Network) <https://rainn.org/> |
| MCEDSV (Michigan Coalition to End Domestic & Sexual Violence) <http://www.mcedsv.org/> | Futures Without Violence <http://www.futureswithoutviolence.org/> |
| National Indigenous Women’s Resource Center <http://www.niwrc.org> | Asian & Pacific Islander Institute on Domestic Violence [www.apiidv.org](http://www.apiidv.org/" \t "_blank) |
| National Latin@ Network for Healthy Families & Communities [www.nationallatinonetwork.org](http://www.nationallatinonetwork.org/) | Institute on Domestic Violence in the African American Community  [www.idvaac.org](http://www.idvaac.org/) |
| The Northwest Network (focusing on LGBTQ survivors of domestic violence) <http://www.nwnetwork.org> | National Domestic Violence Hotline  1-800-799-7233  <http://www.thehotline.org> |