

PSYCHOLOGICAL AUTOPSY OF JUNE 13, 2011 DEXTER, MAINE DOMESTIC VIOLENCE HOMICIDES AND SUICIDE

ANALYSIS OF DVH RISK FACTORS AND PRE-INCIDENT INDICATORS
WITH RECOMMENDATIONS FOR PREVENTION OF SIMILAR OUTCOMES

FINAL REPORT

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EXECUTIVE SUMMARY

There is often a secret held by many people in towns and cities all over Maine and it is Domestic Violence (DV). In Maine, Domestic Violence Homicide (DVH) has taken many, many lives in the past and has sent scores of other people to hospitals for treatment. DVH has destroyed families, harmed the mental and emotional health of many citizens, robbed the economy of productivity through loss of work hours and wages, and has provided a toxic environment that strains the peaceful existence of Maine towns.

Somewhere in Maine today, human beings live in fear wondering if they will survive an abusive partner. Many do not know how to ask for help. For those who do, will there be skilled, ethical and immediate support and protection for them? Will the dangerous and threatening party be contained as the result of symptoms expressed clearly by them?

Of the 31 homicides that occurred in Maine in 2008, 20 of them, or 65 percent, were related to DV. Of the 25 homicides that happened in 2009, 10 of the victims, or 35 percent, were killed by family or household members (DVH).

In Dexter, Maine on June 13, 2011, the cost of this evil that lurks within our society was heavy as 4 more Maine citizens died. Their deaths, as well as other deaths and injuries in similar situations, could have been prevented.

Prevention of such tragedies is possible and although there has been much done to prevent DVH in Maine, more needs to be done.

This study was conducted pro-bono by those who lived for years in Maine and served in Maine law enforcement, and who now work as therapists, counselors, law enforcement consultants, and international business consultants while sincerely believing that strong and immediate steps must now be taken to stop this damage and to get help to those involved in this destructive cycle.

Our research team travelled throughout north central Maine on five separate occasions while meeting with 69 sources having direct knowledge pertinent to this case in order to uncover what happened to the Lake family, why it happened, and how it manifested itself over many years. What we discovered is instructive in terms of preventing similar DVH outcomes in the future.

We have maintained a sterile view of objectivity throughout this study and what we have found we did not specifically seek. Within the body of this report, the team has carefully constructed data revealing the advance symptoms leading to this case of DVH, and also why present efforts should now be fine-tuned and in some cases completely overhauled.

Our research and this report capture many items of commonality between this DVH case and many other DVH cases in Maine, although our research and resulting recommendations have been focused solely upon facts specific to this DVH case.

The recommendations that we have included within this report become self evident while reading it, and there is no recommendation included herein that is not founded on the specifics of this case.

We encourage readers of this report to read it in its entirety while focusing only upon the data included herein without other distractions, because the various data aspects within it tend to be very tightly connected and mutually dependent in terms of understanding the real problems of and solutions to DVH in this great state based upon the many lessons reaped from this case.

REALITY CHECK

“While sitting on my bed with my children, my husband stood in the bedroom doorway with a loaded gun and started talking about hurting himself and/or myself + children. He was bringing up past verbal threats he has said to me and I felt they were all going to come true that night.”

-Amy Lake – Protection from Abuse Order reference to the 06/14/10 incident at Wellington, ME.

“A Harmony man who was upset that he had not been allowed to attend his son’s eighth-grade graduation 3 days ago shot and killed his estranged wife and their two children today before committing suicide...”

-Diana Bowley – Bangor Daily News in reference to the 06/13/11 crimes in Dexter, ME.

“That incident on June 14, 2010 in Wellington was a dress rehearsal for what occurred exactly 365 days later on June 13, 2011 in Dexter.”

-Michael Sefton, Ph.D., 07/26/11 during our case research.

INTRODUCTION

This research has been undertaken and this report has been prepared for presentation and discussion with the *Maine Domestic Violence Homicide Review Panel* on November 16, 2011, although this endeavor was not commissioned specifically by that panel. Our intent has been and remains to provide this report to all of the people we have met through the course of our research and to all individuals, organizations, elected officials, social service agencies, and media outlets requesting it. We did this because it needed to be done using sterile and thorough research methodologies, and with new sets of eyes unencumbered by the theoretical and philosophical limitations as well as pre-conceived ideas that tend frequently to limit the breadth, depth and width of questioning by researchers and investigators.

This report is not just about Steven Lake; it is about the four members of the Lake family and the path to their wrongful and unfortunate deaths. As made clear throughout this report and as evidenced clearly through our research, Steven was the only person responsible for his murderous actions on June 13, 2011. As the murderer in this case and from source statements, Steven appears to have been a socially antagonistic man described by several of our sources as *"difficult to be around"*, who sought public approval via social media postings in the last months of his life. In the days before the homicides and his suicide he was quick to un-friend anyone whose opinion was out of synch with his own musings on *Facebook™*. Certain sources of ours mistakenly accepted and then reinforced Steven's highly distorted and false view of events leading to his separation from his family. Steven was slipping, and many individuals close to him began to see just how chaotic and dangerous he was becoming.

Steven tried to be a contributing and present father and was to many customers a skilled heating service professional. Steven verbalized that he loved his children but in fact he killed them. Amy was a loving mother and a respected and well-liked kindergarten teacher with large amounts of community involvement. Amy loved her children more than anything as indicated by all of her behaviors, and was killed with her children by Steven. There is consensus that Amy liked to take care of others, before herself. But caring for Steven as described to us by multiple sources did little to discourage Steven's control and intimidation, perhaps raising her self-doubt and confusion as to how to move forward in life while ensuring that Coty and Monica could develop and prosper within a normal range of child life experiences. Three sources shared with us that Amy thought that "she was the only person who cared about and/or liked Steven".

The emotional and behavioral schema for the June 13, 2011 homicides resulted from the distorted cognitive belief by Steven that the laws of society and Protection From Abuse (PFA) orders did not apply to him, along with an overriding belief that none of this would have happened "if he could only see his kids". Steven believed that he alone had the "truth" on his side and that when the truth became known he would win at least shared custody of his children and be vindicated in the eyes of the community. His lifelong fascination with guns and access to 2 of his 20-plus gun collection that were not collected and secured by Law Enforcement (LE) between July 15, 2010 and June 13, 2011 granted Steven the means to execute his violent plan by executing his family and then himself.

No one knows for sure whether Steven loved either or both of his children except through his own statements during the last year of his life, but throughout human evolution and over millions of years parents have lived to safeguard their offspring from harm rather than to destroy them. This innate set of societal rules and norms has assured the continuation of the species and protection of the young.

The tragic folly in Steven's distorted thinking is the magical denial of wrongdoing and epoch mystification of truth on which he obsessed. The artificial truth, that he "*had done nothing wrong*" suggests a profound lack of fundamental, human conventionality along with a high degree of emotional detachment. These human elements are central to effective parenting and healthy living. It requires that society construct and continually improve a system to measure risk, contain dangerous individuals in the pursuit of public safety, and significantly limit the potential for harm to families with abusive partners having a proclivity for harm and/or DVH. To say that nothing can be done to stop DVH miscarries the real truth, that risk and harm reduction requires the straightforward containment of high risk abusers such as Steven, as evidenced by the data included within this report and the underlying facts of this case, in the interests of public safety and life-saving in Maine.

Our research has brought us in contact with one man who served 18 years in prison for the killing of his wife. His candor proved educational as the parallels with this case are eerily similar. When asked pointedly "what could have stopped this incident?" He replied that "nothing" could have stopped it but agreed that if he were in custody the violent cascade of events would have been derailed. To this day in his own words the man lives "fifty percent dead." We have concluded that if Steven were in custody on June 13, 2011 his murderous actions could not have occurred. We have also concluded that Steven should have been in custody from November 11, 2010 forward for the reasons provided within this report. While Steven was by all accounts to us deteriorating on a clearly evident scale, Court scheduling errors, his changes of attorneys, and significant Court scheduling limitations due largely to severe Maine judiciary spending limitations, caused justice to be delayed for approximately 6 months until Steven's scheduled trial on July 5, 2011, enabling Steven to administer his own form of iniquitous justice without limitation.

Family members who may be in the crosshairs of these insidious events often see but lack the knowledge to stop the emotional and behavioral kinetics once they start. In a large percentage of DV occasions, financial and self-image influences as well as outright fear of the abuser by the victim limit moves toward safety. Therefore, a continuum of interagency cooperation is needed to effectively measure risk and understand the pre-incident red flags that are common manifestations of abuse and often forecast terminal violence, all of which occurred in this case. As the totality of these red flags comes into focus it becomes incumbent upon each of us to take action on behalf of those most at risk just as we are mandated to do in cases of child and elder abuse.

In the subject case, the aggregation of facts including Steven's internal and external conflict coupled with his enduring lack of empathy, denial of responsibility, and failed ability to compartmentalize anger and resentment imbued Steven from the margin into the nucleus of his own violent conflagration.

Steven was the sole responsible party for all instances of abuse and criminal activities in this case of DVH. This report includes no instances of "victim blaming" as sometimes may be alleged. In the future, DVH crimes may be prevented through lessons learned from clearly evident facts from this case.

As with any consultation that brings one into contact with members of individual families and community members, we are deeply saddened by the loss of these 4 human beings. Each of these lives touched scores of others and leaves untold and permanent anguish. The community of Maine in general and Dexter, Harmony and Wellington in specific had their hearts broken on June 13, 2011 and may never be the same. But in respect to Steven, Amy, Coty, and Monica it is vital that what is written in this report as

the result of our exhaustive efforts become the first of its kind “road map” to stopping this Maine DVH problem in its tracks.

RESEARCH OBJECTIVES

This research regarding the events leading up to the deaths of Amy, Coty, Monica and Steven has been undertaken on a collective and voluntary basis by a group of former police officers and behavioral experts with a very deep concern for the problem of DVH in Maine, with the sole motive of guiding and assisting the state of Maine to the required result of dramatically reducing the future likelihood of DVH. It has been undertaken in the public interest of the citizens of Maine for the sole purpose of improving public safety, a right of all citizens. This research and report arrives too late to save the lives of Amy, Coty, Monica, and Steven but it occurs in time to impact the lives of other unknown, but to some abusers intended, DVH victims. Using the common boiling frog analogy, we define June 13, 2011 as the date on which the DVH frog jumped out of the boiling water to tell us all that many things must now change...rationally, purposefully, constitutionally and quickly.

We have in no way undertaken a homicide investigation, as that has been accomplished under the highly professional auspices of the *Maine State Police*, the *Attorney General's* staff, and the *State Medical Examiner*, but instead have undertaken only symptomatic and behavioral research of pre-incident indicators exhibited prior to the referenced homicides and suicide.

Our primary objective has been to provide solutions founded upon the exhaustively researched facts of this case for final determinations and action by legislative, law enforcement, prosecutorial, judicial, media and social service professionals in Maine.

Our secondary objective has been to document our research and recommendations so that any persons in an intimate relationship who are worried about aggression and the threat of death may take all steps necessary to protect themselves because the right to remain alive and to emotionally thrive supersedes all erroneously perceived "rights" of abusers to harm and/or kill.

Our third objective has been to help abusers understand the futility of their tendency toward intensifying abuse that in the majority of cases advances to felonious assault and/or homicide. Because research makes it clear that abusers tend very significantly to be generally unhappy and/or unfulfilled in life for reasons generally not caused by their domestic partners, abusing those domestic partners does not improve the lives of those abusers.

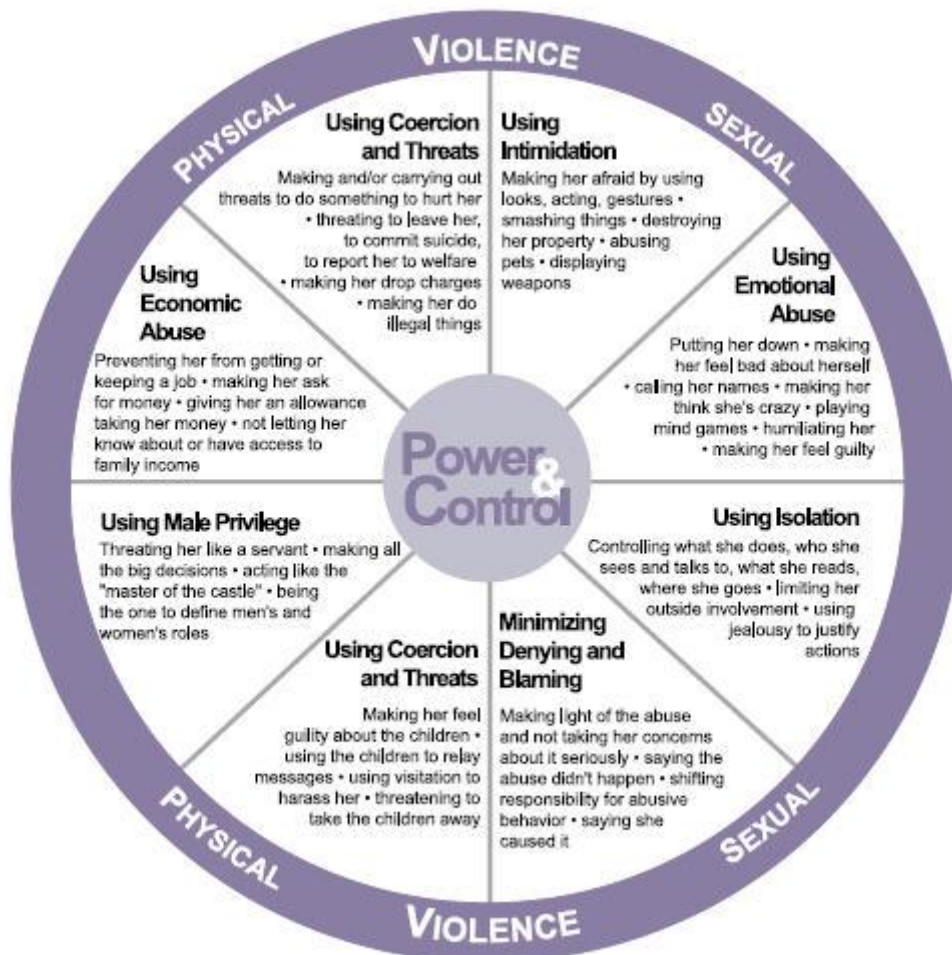
Our research has focused upon neither "Domestic Violence" nor "Homicide" as separate criminal actions, but instead it has been focused exclusively upon "Domestic Violence Homicide" per se, arguably the most pernicious form of homicide due to the fact that marriage vows such as "to have and to hold till death do us part" must no longer give abusers whether male or female the illusory right to add the "death do us part" ingredient to the DV recipe. Very few DVH outcomes occur without advance and predictive symptoms, and this one did not either.

The many stories of DVH generally read largely the same with only the names, dates and zip codes changing from incident to incident. With an approximate 75% to 80% antecedent (red flags, warning signs and pre-incident indicators) similarity between DVH crimes during the last 35 years, it stands to reason that the ability to prevent somewhere between 40% and 80% of these homicide outcomes is very high. As stated earlier, one of our research sources has been an individual convicted of DVH through a guilty plea in Maine during the early eighties. He is now released from prison after serving 18 years and

has provided us with remarkable assistance in terms of the reality basis of our research. This has allowed us to at least a partial double check of our research interpretations. We have determined that he is capable of doing that based upon the chilling similarities between his crime and this case. More information on that subject is included later within this report.

This research endeavor has been driven by our knowledge that the DVH problem needs to either stop or be largely stopped, and that criminal investigations without this type of in-depth behavioral research do little to prevent the need for future criminal investigations. It is a circular feedback loop, generally resulting in political pretzel logic and lack of solutions after these DVH crimes are committed, as exhibited by the thousands of newspaper reader comments that we have followed as part of our research.

The *Domestic Abuse Intervention Project* was the original developer of the *Power & Control Wheel* shown below that depicts the most common modalities of physical and sexual abuse leading to DV and DVH:

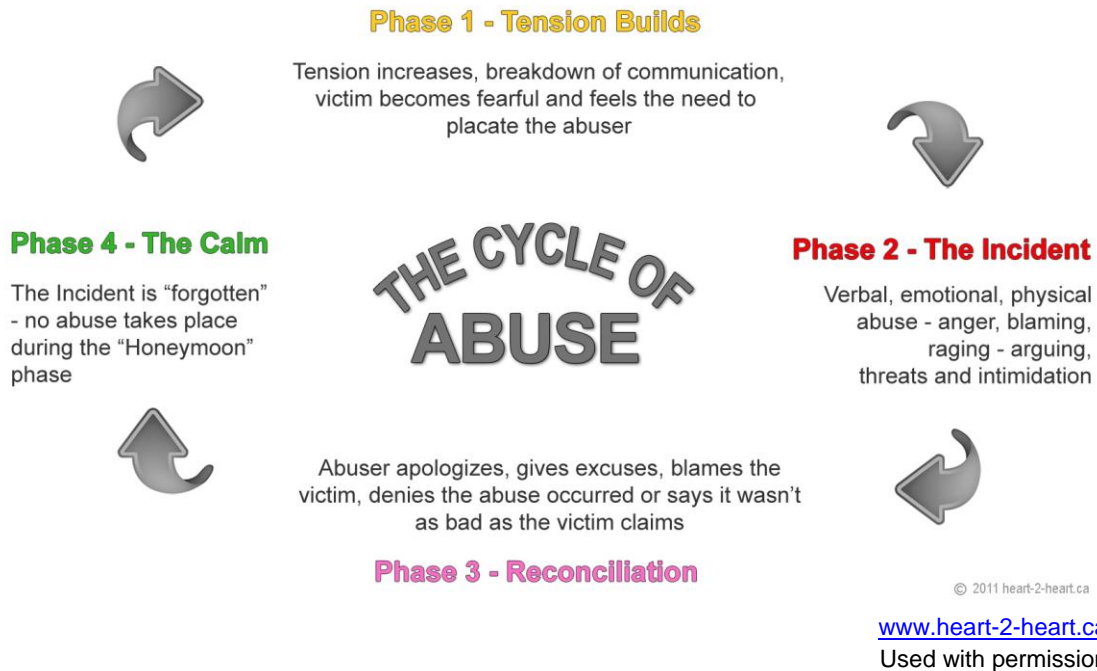


Domestic Abuse Intervention Project

www.duluth-model.org

Used with permission.

And, the cycle of DV leading to DVH is frequently depicted as follows, as occurred in this case:



The *Power & Control Wheel* and the *Cycle of Abuse* graphics shown above are actually among the best and most accurate early warning systems for DV leading to DVH. And in those cases where DVH does not result, unhappy lives do result.

As you review this report we recommend that you occasionally turn back to the above graphics to have a full sense for the pattern of behaviors exhibited for years prior to June 13, 2011 in this case.

As concluded by the *Maine State Police* investigation of the June 13, 2011 crimes, we acknowledge that Steven was the murderer in this specific case and also that the homicides did not occur in the form of self-defense. At the same time, we acknowledge that nothing occurring prior to June 13, 2011 as confirmed by our case research within the Lake family unit, and nothing done or not done by Amy, Coty or Monica justified such action on the part of Steven or provides an excuse for his homicidal actions.

Throughout our research on this case and within this resulting report our intention has been to have the result of providing a road map for a dramatic reduction in DVH frequency within the state of Maine. It has also been our intention and is our outcome to harm no person's reputation or memory through this process. We are not making this news; we are simply reporting the actions that occurred prior to June 13, 2011 according to our dozens of sources that led to the criminal events of that date.

All information included within this report came from multiple sources with direct knowledge of these events, with the researchers triangulating all information through face-to-face interviews sometimes repeatedly with the same sources, in order to separate fact from fiction. While nearly all sources we have reached out to have supported our efforts, not all of our sources were accurate historians all of the time. We have taken this fact into account while assessing the accuracy of statements to us to confirm that they factually reflect what actually occurred. Because of our access to very large amounts of direct

evidence, non-public information, and the information provided to us by large numbers of individuals with direct knowledge of case facts, we have succeeded at not being swayed by those sources that provided false information or by those sources not wishing to provide information at all.

Please note that this research endeavor has focused solely upon the events that in hindsight led indelibly to the deaths of Amy, Coty, Monica and Steven, with our conclusions and recommendations resulting from those events. If our recommendations were in place prior to their deaths the likelihood of no deaths having occurred could be very high.

It is our hope that every or nearly every recommendation included within this report and justified by evidence in this case will be implemented in short order within the state of Maine despite the roadblocks that will be attempted by a dramatic minority of decision makers, leaders and professionals who do not accurately understand the importance of preventing DVH and/or the importance of minimizing its very serious impact on public safety.

Little of what is included within this document is our opinions. And on the occasions when our opinions are shared, the facts of this case as observed, stated and supported by our many research sources is what drives those opinions. However, our experience with research of similar scope and complexity warns all of us that a small number of individuals will be opposed to either how we performed our research or how we developed our conclusions and recommendations during our 4 month immersion into the details of this case. DVH is a complex subject that cannot possibly be fit into a single theorem, philosophy, solution, or prevention methodology and that is why this report is purposefully founded upon the facts underlying this case.

Our research has been undertaken *from the facts up* rather than *from the philosophy down* and as a result, our recommendations will be more beneficial to the public safety interests of Maine citizens than if we erroneously had attempted to form our conclusions and recommendations around a theoretical philosophy of DV and/or DVH that would give no credit or respect to the victims in this case.

Lastly, it should be noted that because by far the largest percentage of reported DVH cases in the US involve male assailants, for simplicity within this report our reference to abusers will utilize male pronouns such as "he" while also acknowledging that DVH also occurs when the assailant happens to be female.

CONTRIBUTING AUTHOR BACKGROUNDS

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Dr. Ron Allanach is a psychotherapist with the Counseling Department, School Board #40, New Westminister, BC and owned a counseling practice for 2 years in Vancouver, BC, prior to that. He has been a Dean of Students at *Celebration High School* in Orlando as well as Assistant Principal at *South Portland High School* for 8 years, was a staff assistant to U. S. Senator Bill Cohen of Maine as well as U. S. Rep. Joshua Eilberg of Pennsylvania, on the US House Judiciary Committee. He was an adjunct faculty member at Southern Maine Community College and the University of Southern Maine for 10 years. However, most of his career was spent serving the citizens of Westbrook as a police officer and as its Chief of Police over a period of 21 years with a specialty in child abuse and Domestic Violence. Dr. Allanach holds undergraduate and advanced degrees from *Syracuse University*, the *University Of Maine College Of Education*, and the *University of Southern Maine Edmund S, Muskie School of Public Service*. He earned his doctorate in Organizational Psychology & Leadership at *Nova Southeastern University's Fischler School of Education & Human Services* in Ft. Lauderdale and returns to Maine frequently.

Brian Gagan (Researcher and Author)

Brian Gagan was raised in Westbrook and graduated from the *University of Maine and Syracuse University*. Through 1981 he was employed for 6 years by the *Scarborough Police Department* and the *Westbrook Police Department* in patrol positions. Since leaving law enforcement and then working for *The Maine Medical Center* in their Human Resources department, he has lived around the world and throughout the United States in senior executive roles with companies such as *Pillsbury, Blockbuster Entertainment Corporation* and *Pepsi-Cola*. During the last 9 years he has been a Partner with *Leadership Strategies LLC*, a consulting firm with clients throughout the world while specializing in human capital subjects, organizational efficiency and productivity, financial performance improvement, and complex enterprise investigations. His firm also provides assistance to law enforcement agencies throughout the United States on subjects including organizational design, staff deployment, and command staff assessment/capability development. He lives in Scottsdale, AZ and returns to Maine frequently.

Michael Sefton Ph.D. (Researcher and Author)

Dr. Michael Sefton has been a police officer in New Braintree, MA since 2002. From 1978-1981 he was a police officer in Westbrook, and also worked with Ronald Allanach in the department's juvenile division. Dr. Sefton graduated from the *University Of Southern Maine* with a degree in criminal justice and then earned a Master of Arts degree in counseling psychology at *Anna Maria College* in Massachusetts, where he taught psychology and criminal justice. He earned his doctorate in clinical psychology at *US International University* in San Diego, CA. He did an internship at *Boston City Hospital* in pediatric psychology and a post-doctoral fellowship there with special emphasis on neuropsychology and traumatic brain injury. Dr. Sefton conducted research on juvenile fire-setting as well as marital satisfaction and its impact on family functioning. He is a specialist in concussion and sports-related brain injury. Dr. Sefton is the author of *The Evil That Kid's Do*, a book about the underpinnings of childhood violence. He lives in central Massachusetts and returns to Maine frequently.

Joseph Loughlin (Local Subject Matter Advisor)

Joseph Loughlin retired in 2010 as the Portland Assistant Chief of Police after 28 years of service, after serving as the interim Chief of Police for one year. He received a Bachelor of Arts degree from *St. Joseph's College* and a Master of Science degree from the *University of Southern Maine*. He is also a graduate of the *Command Training Institute* of the FBI. His command roles in Portland included Detective Lieutenant in charge of Criminal Investigations. He has worked closely with *Family Crisis Services* and also contributed significantly to the development of the *Portland Police Department's* methodology for dealing aggressively and preventatively with Domestic Violence. He is the co-author of "Finding Amy", has received national recognition and was nominated for the prestigious *Edgar Award* in writing. There have been 5 national television documentaries on this case with Joseph assisting in the productions. He is currently writing his second book entitled "No Reason", which begins with the recounting of a Domestic Violence Homicide case to which he responded many years ago. He consults for an international security firm and also conducts seminars for police officers on developing resilience skills, and lives in Portland.

OUR RESEARCH METHODOLOGY AND LIMITATIONS

This is the first time that this type of research has occurred within the state of Maine. Our research methodology has been both time consuming and thorough and has included Email, letter, telephone and face-to-face communications and interviews, sometimes repeatedly, with 69 sources having direct knowledge of behaviors exhibited by Steven, Amy, Coty and Monica prior to June 13, 2011 and/or with historical knowledge of the DVH problem within the state, including repetitive site reviews of the now abandoned house that the Lake's owned and occupied in Wellington as well as the site of the June 13, 2011 crimes in Dexter, and everything in between, with the focus of our analysis being the period 1995-2011 with particular emphasis on the period 2009-2011. Between July 20, 2011 and October 24, 2011 the locations of our on-site research were Athens, Augusta, Bangor, Dexter, Dover-Foxcroft, Harmony, Kingsbury, Madison, Newport, Skowhegan, and Wellington, Maine.

What is included within this report results directly from the heartfelt, thoughtful and factual information that has been provided to us by the many directly knowledgeable people with whom we have had contact. Without their assistance, we could not have done what we have done.

In all research endeavors of this complexity and emotional difficulty, there always remains a very slight chance that information received is not 100% accurate and/or 100% complete. As a result, we have utilized the "98 rule" whereby readers of this report can be confident that on at least 98% of subjects presented and discussed within this report at least 98% accuracy is assured. By statistical definition, 98% accuracy makes any remaining 2% subjects non-material except to individuals intending to delay or prevent meaningful action nearly always in pursuit of individual interests not in the best interest of the public at large. All of what is presented in this report comes from the large numbers of directly knowledgeable individuals with whom we have had contact, and all of our recommendations result directly from that information. The 2 individuals with whom we have met who indicated symptoms of denial and/or magical thinking, as well as the one individual in a law enforcement command role who directly chose to avoid our attempt to discuss this case have had no impact whatsoever on data gathered or not gathered, conclusions reached, or recommendations included within this report. The dozens of other individuals who have participated with us have more than made up for what has been lacking from those few who we wish had participated as forthrightly as all of our other sources.

What we have researched are the behaviors exhibited by Steven and Amy, the actions and reactions of their children Coty and Monica, the progression of DVH symptoms and what Steven and Amy did in response, and also what must be done rationally and respectfully to prevent these DVH outcomes in the future. We have agreed with all of our sources that anything that they have defined as "confidential" will be disclosed to no persons by us under any circumstance or in any form...but that it would be utilized by us as non-attributed background for this report. We have chosen to not disclose within this report some limited historical and personal information now known to us about Steven and Amy that we have determined to be either non-pertinent to this DVH case, not justifying of a homicide outcome and/or not meaningful to the subject discussion. It should, however, be noted that such excluded information has been utilized by us as we have developed the DVH prevention recommendations included herewith. Please note that the non-disclosed information amounts are approximately equal between Steven and Amy.

Our research has focused solely on outward behaviors within the Lake family as antecedents to DVH. We have neither sought nor reviewed the mental health information of any individuals because it is our view that mental health issues must be dealt with as they occur and as they either regress or progress, well before any inarguably abnormal DVH risk or outcome occurs. Homicide must instead be prevented by responding properly and directly to pre-incident behavioral indicators, without regard to mental health or other factors manifesting themselves as either the cause(s) of or excuse(s) for those behaviors. In summary, our research methodology has been founded upon our desire to help establish an impenetrable roadblock against the Homicide ingredient of DV. We feel that it is incumbent upon all of us and every person reading this report to take all steps possible to contain the DVH threat posed by any person who for whatever reason(s) has any possible chance of progressing to DVH intention or action for any reason whatsoever. Our research, analysis and recommendations do not focus upon mental health; only upon DVH prevention through other means.

Our contacts have included multiple members of the Bagley family and the Lake family as well as co-workers, counselors and friends of the victims, in addition to legislators, Judges, citizens, responding officers and other law enforcement professionals, including state employees and leaders with direct knowledge of this case and/or concern about it, among other knowledgeable individuals. We have also had discussions on the subject of DVH in general and this case in specific with a federal authority as well as nationally known experts on this subject. The names we mention within this report are only those of the individuals who have provided us with permission to do so. The majority of our sources will remain unnamed for purposes of this report, but you may be assured that all information shared within this report has been provided only by individuals with direct knowledge of related events as indicated through our questioning methodologies and in combination with direct evidence such as large numbers of Emails, *Facebook*TM postings, law enforcement records, Court filings, photographs, medical records, news articles, life remnants, and a Guardian ad Litem report not provided by the Guardian ad Litem himself.

Nothing included within this report is a generalization regarding either DV or DVH. Everything included here results from this case specifically, occasionally with parallels to other cases and/or research articles on the subjects.

To ensure the objectivity of all information received as the result of our research, entailing 5 separate interview trips to the geography between Bangor and Portland between July 20, 2011 and October 24, 2011, we have not disclosed to our individual sources the names of the other individual sources we have interviewed except by referencing a very small number of individual names to a very small number of our sources for the sole purpose of helping them to know the thoroughness of our research approach. We have also disclosed to no individual source any significant differing information provided by any other source(s). Our source list and interview schedules have been known only to the 4 of us and our interview notes have been shared only among the 4 of us. Although most of our sources have been developed directly by us, eight of our sources have served as truly remarkable conduits to additional sources.

Because the *Maine State Police* criminal investigation has indicated that Steven was the murderer, we acknowledge that Steven was the only individual who could have prevented these 4 deaths and is the only person responsible for the deaths of his wife, his children and himself. As a result, the primary...but

not sole...subject of our research is Steven for the same reason as [if it were any other male or female who took the actions](#) that Steven is now known to have taken on June 13, 2011.

Through our research we have found that every single challenge and difficulty, and combination thereof, occurring within the Lake household and family unit since 1995 has occurred thousands of times before within other households and family units without resulting homicide or suicide, affirming the abject senselessness of this and nearly all other DVH cases. All deceased parties in this case and in all similar cases lost their lives needlessly, with the murderer proving nothing, gaining nothing and rectifying nothing. If our work can help other abusers recognize the drawbacks of their behavioral tendencies, relationships and families can return to a state of health that peacefully precludes life threatening events.

Through the cooperation that we have received from nearly every person we have reached out to including many members of the Bagley and Lake families along with a very high level of encouragement of us by nearly all individuals with whom we have had meaningful contact, this report should provide a roadmap for a dramatic reduction in DVH outcomes in Maine and perhaps elsewhere.

Please note that all references to individuals named in this report are for the sole purpose of ease of interpretation by the reader with regard to the behaviors of those specifically named individuals so that the public safety interest of DVH risk elimination may occur through the recommendations included within this report. Those name references in no way diminish or denigrate the named individuals and/or their friends, co-workers and relatives, whether living or not living.

A number of our sources have indicated eloquently to us during our case research that, “confidentiality and secrecy in these cases is a significant roadblock to stopping this problem because we have erroneously defined very important evidence and information as confidential and not to be publicly disclosed, causing real solutions and prevention steps to be elusive”, and we agree with them. As a result, everything material that we have discovered through our research is disclosed herein. It should also be noted that most antecedents that were similarly indicated by both Steven and Amy at varying times are not material to our analysis and will not be delineated in this report. As an example, it was Steven’s and Amy’s shared decision to fund the start-up of *Lake’s Family Heating* by taking a second mortgage on their Wellington home. As a result of the similarity in their behaviors and views on that subject, we have not weighted it as contributing materially to the crimes that occurred on June 13, 2011.

Also please note that because Steven and not Amy was the murderer on June 13, 2011, it has not surprised us and will not surprise the readers of this report that the antecedents of likely homicide (red flags) in this case were exhibited by Steven instead of by Amy, Coty and/or Monica Lake. In fact, Amy holds no responsibility and no complicity whatsoever for any abusive or criminal actions taken by Steven. We have undertaken this research with the clear understanding in our minds that all 4 victims of this horrible tragedy should still be alive because each and every victim was outstanding in many ways with measurable contributions to many people in their lives as relatives, as co-workers, as teachers, as heating service providers, as schoolmates, as sports team members, as Kingsbury Pond fixtures, and as friends.

Every person that we have reached out to with the exception of one individual connected with this case has cooperated energetically and forthrightly as research sources for us. The lack of willingness to

participate in this research expressed by that individual with direct connection to this case as well as other DVH cases in Maine leave us with great concern due to an apparent ambivalence toward stopping DVH, and we are approaching that unfortunate circumstance and several other gnarly DV, law enforcement and prosecutorial repetitive errors through other means. It is our fact based view that to not take all rational steps necessary on an unending basis to prevent DVH is an act of inhumanity. We will be dealing forthrightly with that challenge separately.

For any individual to think or say, “We couldn’t do anything to stop this” is an indication of an error by that individual to realize the very serious nature and impact of DV leading to DVH, and that gives us great concern.

At the same time, we clearly understand that law enforcement professionals must deal with a large volume of competing demands with severe budgetary constraints, and that police officers must utilize and conform to the “system” that is in place at any given time. The current system is overburdened and in fact ineffective on several dimensions as shown by this case and our intent is to improve upon that system so that improvements may occur and so that lives may be saved.

These 4 human beings died needlessly, and much more could have been done to prevent that outcome. As a result, we all must now embark on a highly focused and time constrained mission to prevent similar outcomes in the future.

Lastly, a very large amount of supporting information for the items included within this report may be accessed through the hypertext links included in the “Other DVH Subject Data” section of this report.

DOMESTIC VIOLENCE HOMICIDE, IN GENERAL TERMS

Police Officer: *"When did this domestic violence first start?"*
Domestic Violence Victim: *"Right after I said 'I do', 14 years ago."*

-Unrelated rural domestic violence case in Massachusetts, July 9, 2011.

Domestic violence is about coercive control, and a usually drastic limiting of another's rights, freedoms, and liberty. *"Perhaps in no other field are there more myths and misconceptions generated about a social problem and its eradication as is found in the field of domestic violence"* (van Wormer, 2009). For decades psychologists, criminologists, and sociologists have sought to understand the underpinnings of DV including the answer to why a man would ambush and kill his wife and 2 children in rural Maine. In fact, intimate partner homicide has dropped across the country largely due to changes and improvements made to public policy and public education, but further improvements are still required. In the mid 2000's, there was an average of 4000 DVH cases annually. The current incidence of DVH is approximately 2000 per year (Fox, Levin, and Quinet, 2008). Because the vast majority of these occurrences involve men killing women and occasionally children, our discussion will by necessity largely focus upon that derivative of this type of crime...although it is our intent to also highlight this DVH problem without regard to the sex of the murderer because homicide as a result of or connected with DV is equally wrong whether the victim is male or female. To understand the events that occurred in Dexter one needs to analyze the sequence of events and observable behaviors connected thereto in the context of the lives of Steven and Amy, and the turmoil they experienced during various stages of their near 16 year marriage. A detailed timeline depicting the most material events leading to this case of DVH is included as "Appendix A" within this report.

Over 95% of the time DVH manifests itself through repeated behaviors of coercive control, financial exploitation, emotional abuse, sexual aggression, increasing antisocial or dissociative behaviors, threatening and belittling communications, presence of and access to firearms, and paranoia on the part of the abuser regarding the friendships and/or personal successes of their partner, among other early and late warning signs. These cases are among the highest risk to victims of chronic abuse. Despite commentary to the contrary, Maine does not consistently inventory and remove all firearms from abusers as evidenced by the circumstances of this case. To the contrary, firearm surrender in Maine under DV and PFA order cases is largely voluntary except in those cases of artful efforts by certain highly skilled police officers, and the absence of a Maine "shall surrender" statute and/or skilled police officer actions in this case is how Steven retained access to the instruments of his final criminal act.

There is a significant difference between "situational couple violence" which occurs to varying non-lethal degrees within a measurable percentage of domestic relationships, and "coercive controlling violence" which is characterized by power and control, and frequently results in serious bodily injury or death. Our focus here is upon coercive controlling violence.

"Multiple-victim family homicide is the most grisly form of DVH" according to a U. S. Department of Justice bulletin on homicides of children and youth authored by David Finkelhor and Richard Ormrod

(2001). These homicides are most often committed by an estranged white male offender by means of a firearm (Finkelhor and Ormrod, 2001) although a consistent trend is difficult to pinpoint.

The precise trigger for any case of DVH is often subject to debate and given the finality of DVH cases there may be little or no interest as to what went wrong...and by corollary how the deaths could have been prevented. And that is why the 4 of us have undertaken this research. Yet there are cases in the literature that identify a pattern of behavior that is observable in the days, months or years preceding these monstrous events that may signal a need for high risk containment. In general, these include an increase in the frequency and intensity of abuse when no PFA order is in effect. When a mother takes rightful and justified steps to protect herself and/or her children resulting in a father's comment to a child such as, "Your mother really did it this time" it is indicative of likely continued abuse and/or bodily harm, serious injury and possibly death because the defensive action by the mother is interpreted by the abuser as a complete loss of control and loss of ability to instill fear. When an abuser is taken into custody and/or hit with a restraining order his brooding may begin to escalate. Veiled threats toward his family and himself often precede an act of terminal rage. Terminal rage directed toward the spouse and family results when the feeble grasp of control is lost and rational thinking becomes corrupt. This happens after a period of physical and downward emotional spiral and may be associated with changes in mood and on occasion increased use of drugs and alcohol. It is frequently not clear at that juncture whether a true psychiatric illness exists as some families hint, or that the threat risk becomes elevated due largely and on many occasions exclusively to a realization of loss of omnipotence in the relationship (authoritarian, aggressive, manipulative, etc.) which triggers the sudden loss of rational thinking. Some associated behaviors include unbridled anger associated with perceived rejection, loss of love, and desperate isolation coupled with denial of responsibility by abusive spouses. For example, as the date of divorce looms closer some men begin feeling a waning omnipotence that can trigger a frantic pattern of manipulative bargaining and attempts for reconciliation. These are frequently falsely channeled through communication with young children, with parents and friends often pinning the blame for separation or divorce on the custodial parent. When DVH occurs there is an occasional false and inaccurate blaming of the custodial parent for separating the children from the abusive spouse...the murderer in nearly all cases. It is our belief that family members often know, either intuitively or subliminally, that something ghastly is soon to happen.

PREDICTING DVH, IN GENERAL TERMS

Our research indicates that the following 5 general themes have a significant tendency to manifest themselves within DV as it advances toward DVH:

DVH LIKELIHOOD THEME #1: Childhood, Family and Relational Background.

The notion of personal character and values are vital elements to understanding human behavior and family violence. They are often predictive of the behaviors one might see when an individual is unemployed, suspects infidelity, mistakenly defines the spouse as "property" instead of "equal", or is served with divorce papers. In these cases, problem solving and decision-making is often flawed, according to Stanton Samenow (2010). All people react to stress and disappointment differently depending upon unique personality features and background experiences. The behavior we see on the

outside of an individual is a window into their character that guides a pattern of emotional and behavioral functioning throughout life. Character and values are based upon long-term features of personality that are shaped by human experience both positive and negative. Other elements that contribute to the kinds of behaviors people exhibit include biologic underpinnings, genetics, and their interaction with the social and interpersonal environment within which a person grows up and lives. *“A self-absorbed person who sees himself as the center of the universe may disregard the impact of his behavior on other people as a pattern of functioning, endemic to his way of life and resulting in harm to others”* (Samenow, pg. 7).

DVH LIKELIHOOD THEME #2: Control and Intimidation.

Abusive spouses often use intimidation tactics and/or outright threats when they believe accurately or inaccurately that a spouse is planning to leave, thus upping the emotional ante and the level of DVH threat. Again coincidentally, that appears to have been the case with regard to this case.

Intimate relationships are increasingly complex and potentially dangerous in direct proportion to the degree that spouses or partners are not “soul mates”. Soul mates are relationally fulfilled by an individual intimate partner and tend to have very few or in some cases no disagreements...what we refer to as “a low coefficient of friction”. A common thread that exists in all abusive and violent relationships is the need for control and frequent intimidation on the part of one or both (when mutual) intimate partners. DVH is the ultimate, desperate act of control committed by the disaffected spouse (Fox, et. al, 2008). Women with children often experience isolation and helplessness as they languish in a life state ranging from emotional limbo to outright fear on an escalating basis. A very frequent outcome of that condition is emotional, relational and/or sexual infidelity on the part of the abused spouse, from which the DV practitioner justifies continuing violence upon becoming aware of such infidelity...including those cases where the abuser has also been unfaithful. The victim in the aforementioned case is college educated but has not worked outside of the home for 7 years. She has few friends, no credit history and no funds of her own to start a better life. She fully anticipates that she will receive no monetary support from her spouse if she takes her 2 children away to a safer environment or seeks a divorce. She has no plan to leave her husband and has no safety plan if life conditions worsen. To be sure, the greatest danger exists when a woman living in an abusive relationship decides she has had enough and develops or executes a plan to leave (van Wormer, 2009).

Throughout New England scores of cases have crawled to the top of Internet searches underscoring the secrecy that exists within abusive families, often right up to the end of life. In addition to marital violence and homicides, abusive gay and lesbian partnerships as well as teenage dating abuse have sadly begun to proliferate. Growing recognition of the chronic and sometimes lethal nature of intimate partner DV demands a substantive and definitive course of action so as to better protect families who are most at risk. The victim above sought the help of police during the Saturday dinner hour because her angry spouse was not happy with the dinner she had prepared. They argued until he began throwing things in the home and at her. At one point he pushed his 3-year old boy and she had had enough and took refuge in the couple’s bedroom. When 3 police officers arrived at the couple’s home his attitude was one of feigned cooperation but he was nonetheless seething and described our presence in the home as a “circus” created by his wife. He believed wholeheartedly that the police were of no need and her fear was overstated and unwarranted. He strongly alleged that she was being manipulative and brought this

on herself to embarrass him. In this case, there was no history of substance abuse although drug and alcohol abuse is a frequent factor in DV and may directly contribute to the likelihood of a DVH outcome.

DVH results from an insidious pattern of disrespect and emotional bullying among intimate partners that turns violent, on a very small percentage of occasions suddenly and without history but on the vast majority of occurrences, months, years or decades of pre-incident indicators are evident. DVH is all about an imbalance of power that for whatever reason triggers either a terminal rage or calculated and methodical homicide(s) directed at an intimate family member and/or children/relatives. Aggressive behavior may escalate as a result of a threat to or loss of omnipotence felt by the abuser creating intense, crushing humiliation. The increase of aggression experienced in some marriages is said to result from the frustration felt by an omnipotent, controlling spouse. It is greatest when the abuser spouse is prevented from reaching expected goals or with the cumulative impact of perceived misfortune such as loss of employment, impending divorce, financial hardship and so forth (Fox, et. al, 2008). In some cases such as when victims file for divorce or ask for extended PFA's it can trigger reactions that seem quite irrational and senseless largely due to the frustration-aggression continuum. Our data indicates very clearly that the discussion or filing for divorce from abusive partners tends to trigger powerful feelings of humiliation and resentment on the part of the abuser. Imagine the threat to an abusive man who experiences the sudden loss of his perceived power and control over his wife and children when he senses or knows that a divorce and the loss of his control are imminent. Add to this the reality that he may be facing legal charges for actions he deems mistakenly to be insignificant and not his responsibility, causing him to react quite unpredictably and criminally. Many become erratic, manic and/or unstable as they rankle with their changing experiences. Before this occurs an interagency effort must be made to communicate with and contain the abuser, and any LE professional who has ever uttered the words, "we couldn't do anything to stop this" should reconsider his or her career choice while not being included in that effort. As police officers and former psychologists, we have realized that the best predictor of human behavior is past behavior. High risk behaviors occur when the once omnipotent "monster" experiences the sudden amorphous loss of 'self' and it's concomitant "zero state" associated with abandonment rage (Dutton, 1995). Abandonment rage refers to the primitive response of revenge and retribution directed toward a spouse when the victim seeks freedom or separation from the abuser (Dutton, 1995). There is evidence that women are at greatest risk when they decide to break from an abusive spouse (van Wormer, 2009).

Another feature of DV is ongoing intimidation or humiliation among intimate partners that is pernicious and secretive. As indicated previously, historically it was viewed as a private matter between men and women. Victims are frequently falsely made by the abuser to feel as though they are the cause of their own abuse. In fact, it was not until the last decade or 2 that police officers were required to make arrests when physical signs of DV were evidenced. According to Andrew Karmen (2004) victims of DV were all-too-often told to "kiss and make up" as the preferred course of action rather than affect an arrest or refer the perpetrator for mental health treatment. Many experts believe that the discretionary separation of spouses (e.g.-husband goes to a friend's house for the night to "cool off") offers no long-term benefit whatsoever to the underlying precursors of DV nor rates of recidivism (Karmen, 2004). The current police response to DV is now more proactive and pro-arrest than in years past whenever violence or trauma is evidenced, but in fairly frequent cases the female victim seeks to drop charges or may not attend court proceedings resulting in termination of formal legal action and dismissal of charges. This

prototypic eventuality contributes to the soft response of both police officers and prosecutors when it comes to dealing with chronic instability in given residences.

That situation also may result in tedium and potentially slowed response time by police officers as the result of repetitive calls to the same address and for the same DV reason or allegation.

DVH LIKELIHOOD THEME #3: Personal Blame-Victim Characteristics.

Many victims of abuse believe that if they could be more perfect then they would be free from the wrath of their spouse and yet in most cases a growing pattern of abuse may evolve no matter how perfection increases. Many victims blame themselves, on many occasions without confidence in their self-blame, for the random acts of a violent, manipulating spouse. Most victims acknowledge a naïve belief that their spouse will ultimately change and become the loving soul he or she claims or claimed to be. In most cases of DV the female victim feels trapped for either economic, emotional or fear reasons. She may have no employment, limited access to supportive friends, no nearby neighbors, and no access to the funds necessary to plan and execute her escape should that become necessary. In families where DV prevails, children grow up in a setting where physical aggression is condoned as a means of resolving conflict and asserting dominance. The notion that violence begets further violence is true and often transcends the generation.

DVH LIKELIHOOD THEME #4: Explosive Violence-Abuser Characteristics.

The male abuser is often a prototypic bully when it comes to picking on the underdog, his wife and children. Poverty, employment status, comparative earnings, substantial education level differences, remote locations and other similar factors impact the level of targeted bullying in many homes. It is well known that random, unpredictable exposure to relationship aggression contributes to the propensity to commit later violence as a means to the end (Sefton, 2005). "*Children who witness or are the victims of violence may learn to believe that violence is a reasonable way to resolve conflict between people*" according to Goldsmith (2006). There exists a nonnegotiable expectation for omnipotent control in families where one member repeatedly uses violence or passive/active threats of violence to demean and humiliate members of his/her immediate family. There is a profound imbalance of power and an unwillingness to negotiate power in abusive relationships. This degrades the authority and spirit of a victim spouse. A man who is depressed, exhibits substance abuse symptoms, is sexually aggressive or demeaning, is substantially less educated than the spouse, or is disinterested in extended (in-law) family contact and socialization, as examples, is more at risk of becoming violent especially when there are guns in the home. The risk of DVH is 5 to 10 times greater when guns are accessible by the abuser...and the more guns, the greater the risk. Steven owned at least 20 firearms including a Ruger pistol in a holster hanging from the master bedpost, and a gun safe between the bed and the door of the master bedroom.

This pattern of abuse and emotional exploitation may be shielded from members of the extended family and community. Even when victims seek protection from abuse through the legal system they are often in grave danger because of the high incidence of violating domestic abuse "stay away" orders by perpetrators. Citing the recent Dexter murders, State Rep. Ken Fredette has indicated that he will submit legislation to require Judges to consider whether an alleged criminal has a history of DV when setting

bail according to the *Lewiston/Auburn Sun Journal*. This seems like an intuitive and prudent legal course of action given that Steven was released almost immediately on \$2,000 cash bail after allegedly threatening his spouse and children with a handgun on June 14, 2010, and then released once again on \$2,000 cash bail after violating the terms of the resulting PFA order on 2 occasions on the single day of November 11, 2010 at *C&R's Store* in Harmony and then again by driving by the Wellington home as Amy was moving her and the children's belongings out of the home with the assistance of several male family members. That \$4,000 total cash bail was not successful at bringing Steven back to Court on July 5, 2011 to answer to the related charges. And, that \$4,000 has now been refunded to the individual who provided it, despite the lack of appearance in Court by Steven as scheduled on July 5, 2011. Approaches to bail refunds such as this are inappropriate under the frequent excuse that "charges were dropped due to the death of the defendant." Under the eighth amendment to the US Constitution, bail can neither be punitive nor excessive, but it is now inarguably clear that Steven should have either been held without bail or released under a bail amount much greater than that which was established in his case. Additionally, when the death of the defendant is self-imposed, the Maine bail policy should be that bail amounts not be returned due to a failure to appear by the defendant as mandated by the Court. Currently, those bail amounts are refunded under such circumstances because "the charge is dropped because there is nobody to prosecute".

One prosecutor told us during this research that, "*the Maine bail code is not written to prevent murder*". Our research in this case shows that it now must be rewritten to do just that in reasonable terms.

DVH LIKELIHOOD THEME #5: Pre-Incident Indicators.

There are usually a host of pre-incident indicators that offer red flags as to an impending act of DVH. Ultimately, the best predictor of violent behavior is a history of violence, but when considering the high incidence of domestic-related violence on all scales one needs to include threat, intimidation, interest in violence, secrecy, hot-headedness, access to firearms, prior veiled or direct threats to the abused spouse and/or emotional isolation when determining the likelihood of homicidal actions. Murder-suicide is generally linked to the destruction of the self that is preceded by the annihilation of the perceived source of pain, hurt, and emotional humiliation...the abused spouse. According to DeBecker, "*Domestic abuse and violence is one outcome of a process that started long before the man got married*".

In the *Gift of Fear* (1997) DeBecker indicates that the greatest risk of violence occurs not during the periods of overt conflict or argument but when couples' become estranged. Murder-suicide is not an act of passion but one that percolates in the mind of the abuser, most frequently over what can be a lengthy period of time. So, according to DeBecker the risk of relationship homicide occurs when the feelings of humiliation supersede the abuser's capacity to function normally within society. Given the propensity to be somewhat isolated loners, detached men may brood obsessively about a spouse, thusly adding fuel to the resentment and the festering sense of entitlement and resentment they feel. Below, DeBecker's pre-incident indicators are shown.

Common Pre-Incident Indicators

From Gavin De Becker, The Gift of Fear (Dell, 1997), p. 183. Used with permission.

1. The woman has intuitive feeling that she is at risk.
2. At the inception of the relationship, the man accelerated the pace, prematurely placing on the agenda such things as commitment, living together, and marriage.
3. He resolves conflict with intimidation, bullying and violence.
4. He is verbally abusive.
5. He uses threats and intimidation as instruments of control or abuse. This includes threats to harm physically, to defame, to embarrass, to restrict freedom, to disclose secrets, to cut off support, to abandon, and to commit suicide.
6. He breaks or strikes things in anger. He uses symbolic violence (tearing a wedding photo, marring a face in a photo, etc.).
7. He has battered in prior relationships.
8. He uses alcohol or drugs with adverse affects (memory loss, hostility, cruelty).
9. He cites alcohol or drugs as an excuse or explanation for hostile or violent conduct (That was the booze talking, not me; I got so drunk I was crazy”).
10. His history includes police encounters for behavioral offenses (threats, stalking, assault, and battery).
11. There has been more than one incident of violent behavior (including vandalism, breaking things, throwing things).
12. He uses money to control the activities, purchases, and behavior or his wife/partner.
13. He becomes jealous of anyone or anything that takes her time away from the relationship; he keeps her on a “tight leash,” requires her to account for her time.
14. He refuses to accept rejection.
15. He expects the relationship to go on forever, perhaps using phrases like “together for life,” “always”, “no matter what”.
16. He projects extreme emotions on to others (hate, love, jealousy, commitment) even when there is no evidence that would lead a reasonable person to perceive them.
17. He minimizes incidents of abuse.
18. He spends a disproportionate amount of time talking about his wife/partner and derives much of his identity from being her husband, lover, etc.
19. He tries to enlist the wife’s friends and family in a campaign to keep or recover the relationship.
20. He has inappropriately surveilled or followed his wife/partner.
21. He believes others are out to get him. He believes that those around his wife/partner dislike him and encourage her to leave.
22. He resists change and is described as inflexible, unwilling to compromise.
23. He identifies with or compares himself with violent people in films, news stories, fiction or history. He characterizes the violence of others as justified.
24. He suffers mood swings or is sullen, angry, or depressed.
25. He consistently blames others for problems of his own making; he refuses to take responsibility for the result of his actions.
26. He refers to weapons as instruments of power, control, or revenge.
27. Weapons are a substantial part of his persona; he has a gun or he talks about, jokes about, reads about, or collects weapons.
28. He uses “male privilege” as justification for his conduct (treats her like a servant, makes all the big decisions, acts like “master of the house”).
29. He experienced or witnessed violence as a child.
30. His wife/partner feels like he will injure or kill her. She has discussed this with others or has made plans to be carried out in the event of her death (e.g., designating someone to care for her children).

PREVENTING DVH, IN GENERAL TERMS

Our research indicates that the following 5 general themes have a significant tendency to prevent DVH outcomes:

DVH PREVENTION THEME #1: When to Say “No”.

When an individual with impure motives succeeds progressively with his advancement of abusive tendencies, the person saying “no” faces increasing risk of DVH as time progresses. When abusive behavior such as disrespect, verbal threats, livid silence, non-mutual sexual aggression, physical violence, weapon presentation and similar actions occur repeatedly over many months or years, saying “no” unfortunately becomes increasingly dangerous over time. Partners sensing any form of escalation toward danger or harm to themselves or their children should begin saying “no” and sticking with it at the inception of dangerous behavior on the part of the other partner, because until “no” is made clear and final, abuse and danger will escalate noticeably. Saying “no” after repeated instances of abuse has far more negative consequences than saying “no” to begin with. Lives are saved and quality of life is improved by saying “no” early and often, and potential victims should adhere to this concept with the help of social service agencies, family and friends. Through victim education and support this can be accomplished.

DVH PREVENTION THEME #2: Containment and Harm Reduction.

Most experts believe that better risk assessment and aggressive response are needed to assure victim safety. There are several well-known tools used throughout the country to measure an abuser’s risk of offending. Tools like the *Domestic Violence Risk Assessment*, *Spousal Assault Risk Assessment*, and the *ODARA* assessment tool used in Canada are 3 we have reviewed and find useful. There is a tool used by Judges in Minnesota that provides a decision tree of sorts compelling them to make hard decisions when the data suggest a genuine threat of violence exists called the *Domestic Violence Risk Assessment Bench Guide*. This is a suggested tool for use by Judges in Minnesota but is not mandated by any judicial body, so Judges are largely left to their own discretion when evaluating requested orders of protection and bail amounts. Our research indicates that “discretion” is the most frequent crack through which DVH slips.

In an effort to increase public safety for instance, the Commonwealth of Massachusetts has introduced High Risk Case Response Teams to integrate delivery of services and minimize gaps in the system. In Maine, the *Domestic Violence Homicide Review Panel* has presented excellent life saving solutions, yet to be implemented but utilized with great success in other states, including risk and lethality assessments for abusive spouses, electronic monitoring, no access to and surrender of firearms upon PFA order issuance, better communication between bail commissioners and Judges, and strict adherence to bail conditions without exception.

The Newburyport, MA *Domestic Violence High Risk Case Team* uses the *Violence Risk Assessment* written by Jacqueline Campbell, Ph.D., R.N. at *John’s Hopkins University*. Modifications of Dr.

Campbell's work show up in many of the tools reviewed for this document. Total harm reduction in intimate partner violence requires timely communication and shared information to prevent DVH.

Here in Maine, organizations such as *Family Crisis Services*, *EPIC*, *Maine Coalition to End Domestic Violence*, *Spruce Run* and *Womancare* provide outstanding assistance to at-risk individuals with consistent outreach and follow-up with victims in very close partnership with LE agencies in some areas of the state. Much has been accomplished but more needs to happen.

DVH PREVENTION THEME #3: Response Protocol.

What type of front line response is most useful in dealing with DV? Some believe victims of DV need social workers to hold their hands while counseling families to rise up to higher and healthier levels of functioning. This was once the common belief known as the social service approach. For the longest time DV was seen as a private matter between husband and wife and not a matter for either the legal system or the neighbors to know about. The current zeitgeist suggests that legal action taken against abusive spouses has the greatest impact on long term functioning in families even if that means that families break up. In most states including Maine, it is mandatory that an arrest be made ("must arrest") under a number of circumstances generally related to violations of PFA orders and aggravated assault outlined within Maine Revised Statutes Title 15, Title 17-A and Title 19-A. A study in Minnesota revealed a 13 percent recidivism rate of abuse among spouses who were arrested and a 26 percent rate of recidivism in situations where one spouse was sent away for a "cool down" period and not arrested. The quotation at the top of the prior page was offered by a female victim of relentless emotional abuse who was recently interviewed in July 2011. She described her abuse experience as beginning immediately after she married her husband. That should be considered a pre-incident indicator and a sign of likely trouble. When interviewed, abusers appear initially compliant and dismissive of any significant problems, risks or responsibility for their actions... which in nearly all cases portends continuing and usually escalating violence. The offender generally tends to be vague and pleasantly intoned while usually attempting to control the conversation by diverting from the real issues for which police were called.

All of us as current or former police officers have responded to calls whereby upon our arrival both spouses as parties to the DV conflict turn on us, with the fairly frequent result of both spouses being arrested. All 4 of us have been called to the same addresses repeatedly on DV complaints but only infrequently, dating back to 1972, have any of us been sent to a reportedly or likely violent DV complaint alone as the first responding officer was in this Dexter case. This challenge exists to a much greater degree in remote and rural areas whereby the first police officer is as much as one hour away and a backup officer is as much as thirty minutes beyond that. Therein lays the requirement that DVH be prevented through other means discussed later in this report.

"He was like a caveman and would knock me on the head and drag me by my hair into the bedroom" according to a 30-year old mother of 2. The officer who took this report was uncertain whether this comment was a literal report or a more figurative depiction of the spouse's aggressive posture. When asked why she did not simply leave or seek a divorce she was adamant that he promised to cut her into fish bait if she ever left him. Only recently has her husband shown some of his cruelty to their children and that now raises her level of fear and worry. It is very common that when children become the focus

of abuse and/or threatening actions by one spouse, the other spouse finally becomes compelled to action. That appears to have been the case with regard to Amy's actions in pursuit of both a PFA order and a permanent departure from her home with her children on June 15, 2010, and then filing for divorce over 6 months after that. At the time of Amy's death the PFA order against Steven had been in place since July 21, 2010 and was due to expire on October 26, 2011.

Abusive spouses often use intimidation tactics and/or outright threats when they believe accurately or inaccurately that a spouse is planning to leave, thus upping the emotional ante and the level of threat. Again coincidentally, that appears to have also been the case with regard to this case.

Interagency coordination and communication is paramount in preventing DVH because lack of proper coordination and communication does lead and has led directly to homicide outcomes.

DVH PREVENTION THEME #4: Personal Safety and Escape Planning.

Most victims of DV, especially those who have been repeatedly abused, are encouraged to develop a safety and escape plan for home and work. The *Harm Reduction Model* focuses on prevention of injury and the saving of lives although it provides education for both victim and perpetrator (van Wormer, 2009). It translates to zero tolerance for any form of physical aggression, intimidation and/or use of weapons. Unfortunately however, some criminal codes, law enforcement officers, Bail Commissioners, District Attorneys, Judges, neighbors, friends, relatives and counselors do little or nothing to express and enforce such a necessary zero tolerance approach to impending DVH. In Massachusetts there is a program called *Safeplan* that provide advocacy, support and education to victims of DV through the District Court system. One of the authors of this report spoke with a DV case worker in western Massachusetts in order to better understand the challenge of DVH risk elimination. She described the dependencies that victims frequently perceive toward their abuser...money, companionship, childcare, etc. These trained advocates offer support, counseling, and information necessary for victims to ready themselves for the transition toward a better life in clear terms. Jenne, the advocate in the East Brookfield District Court, reported that the team works very well together in that part of Massachusetts. She described in great detail the difficulty helping women conjure the will to take legal action against and/or leave their abusive partners. *Family Crisis Services, Womancare*, other social services agencies, and Court DV advocates work very hard to accomplish this.

"A plan of action includes seeking help and refuge from friends, family or legal and social services" (Fox et al, 2008 pg. 73). This includes talking with family and trusted friends about what is happening within the family so that those individuals may help the victim of abuse maintain the will to take legal action and leave. The extent that Amy was able to have a safety plan is not clear although she was well-connected with resources in her community. She was aware of the danger she faced and relied very heavily upon the PFA order and her own willingness to move for her and her children's safety. Amy had moved repeatedly in order to avoid being accessible to her husband but stayed connected with both her immediate family and the family of Steven. Amy's, Coty's and Monica's mail was received at a post office box and they had no land telephone line at the 2 homes they rented during the last year of their lives.

Many social service agencies, outreach professionals, and LE agencies currently conduct safety reviews, follow-up and safety/escape planning assistance but this is not consistent across the state creating greater risk in some geographic areas.

DVH CASE COMPARISON, 1982 VS. 2011

"I suddenly had a deep sense that we had gone too far and there was no way back. I felt like I had failed in my life and my work, and then I did fail. My body and unconscious thoughts made the decision for me."

"I finally physically and mentally shut down and strangled her with my hands, being quiet enough so that our children never heard a thing in their upstairs bedrooms."

"Afterwards, when I looked back at it, I saw myself functioning as an animal fully absorbed in stalking prey."

"I have been struggling with the Lake family murder-suicide since it occurred. Each time this type of tragedy makes the news I feel a sense of guilt because I may have some insight that, if shared with the right people, might help develop a new approach to combat domestic violence homicide."

-From Emails sent to us by one of our research sources, a Maine DVH murderer.

As indicated on page 6 of this report, one of our research sources has been an individual who was convicted of murder after pleading guilty to a DVH charge. The crime occurred in 1982 and he spent 18 years in the Maine prison system. He is now free, lives in Maine, and has been remarried for 15 years. He has wanted to help us and he has accomplished his objective.

The similarities between his case and this case are quite chilling, affirming the 75% to 80% antecedent similarity reference that we mentioned on page 3 of this report. The 1982 case descriptors below also partially describe the Dexter case subject of our research:

- The killing occurred in a very small town.
- The victim was the female spouse.
- The couple had 2 young children, a boy and a girl.
- The victim was a kindergarten teacher.
- The couple had been married for 15 years.
- The spouses were living separately.
- The victim had filed for divorce.
- Church had played an integral role in their lives.
- Other stark similarities.

The primary differences between these 2 cases are:

- In the comparison case, only one out of 4 family members died.
- In the comparison case, firearms were not utilized by the assailant.
- In the comparison case, no PFA order was in effect.

This earlier DVH case and the person convicted of murder by plea for it have assisted us greatly in terms of assuring the reality basis of our research as well as by providing a partial double check of our research assumptions, interpretations, conclusions and recommendations. Please note that in the "Other DVH Subject Data" section of this report we have included many links to other DVH crimes similar to the subject case of our research.

DEXTER DVH CASE SUMMATION

“Bad people are at their best in Criminal Court, and good people are at their worst in Divorce Court.”

-Frequent commentary in Court hallways and Judge’s chambers.

This document describes the chain of events as described to us by many people and as supported by direct evidence that preceded the June 13, 2011 killings, and links the complex series of psychosocial events that preceded and resulted in the deaths of Steven, Amy, Coty Lake and Monica Lake. The authors make no attempt to make causal attributions or to place blame on any person(s) associated with Steven, Amy, Coty, and Monica Lake regarding these events beyond the determination by the *Maine State Police* that Steven was the murderer in this case, solely responsible for the deaths of the 4 members of his family. This is the information that we have uncovered directly from directly involved parties, with our acknowledgement that:

- Steven was the individual who committed the homicides of Amy, Coty and Monica as well as the suicide of himself on June 13, 2011, and
- The homicides were not justifiable under any interpretation of Maine or any other state’s laws.
- Because Steven was not defending himself against severe bodily injury or imminent death, no excuse or justification for his homicidal actions is either valid or useful.

Steven Lewis Lake was born in Skowhegan on May 4, 1974 to George and Gail Lake. Amy was born in Dover-Foxcroft on December 5, 1972 to Ralph and Linda Bagley. At the time of their deaths, Amy had been a schoolteacher in Dexter for approximately 16 years and Steven had been the proprietor of *Lake’s Family Heating* in Harmony for approximately 5 years. According to information provided to us, Amy’s annual earnings were approximately \$47,500 and Steven’s annual declared earnings were approximately \$22,000. Each was a respected professional and a fine human being with what we refer to as “the typical limitations of humanity” in addition to varying and differential strengths.

The last contact by Steven with any person other than Amy, Coty and Monica on June 13, 2011 was with his girlfriend at 12:38 AM that day, while Steven was at home in Wellington. Steven then murdered his family and killed himself at approximately 8:00 AM on June 13, 2011, at 173 Shore Road in Dexter after violating the terms of a PFA order and his bail conditions by entering the property. The complaint call came from a *Ridge View Community School* principal directly to the Dexter Police headquarters by telephone at approximately 7:55 AM although official records state the time as 8:04 AM, instead of to the 911 regional communications center in Bangor reporting that Amy, Coty and Monica had not arrived at the school as expected. Amy, Coty and Monica had a practice of arriving at the school at approximately 7:40 AM on each school day. *Dexter Police Department* Sgt. Kevin Wintle then received the dispatch notification verbally via his cellular telephone from Chief James Emerson and proceeded to the home address in “Code 2” manner from Russ Street in Dexter, arriving at the scene at approximately 8:00 AM. Upon arrival and when sighting Steven’s Jeep Rubicon with vanity plate “JoyToy1” at the top of the driveway next to Amy’s blue Chevy Aveo, the cruiser driver side window was partially open as Sgt.

Wintle pulled next to the mailbox and began radioing the Regional Communication Center (RCC) that he was on scene at the “check on the welfare” call that the RCC did not yet know about. At the beginning of that radio transmission, Sgt. Wintle heard rapid fire from what sounded like a shotgun in motion totaling approximately 6 to 7 rounds being discharged either inside the home or at him. He heard no verbalizations or indications of attempted escape coming from inside the home. At that time he transmitted “10-74” (officer needs rapid assistance) due to gunfire. Upon hearing those first shotgun blasts upon arrival, Sgt. Wintle backed his cruiser up slightly for cover behind trees and angled it across Shore Road while simultaneously popping the trunk of the cruiser where a shotgun and an AR-15 *Bushmaster* rifle were stored, with the intention to block any vehicle traffic from driving in front of the house while also surmising that the assailant may exit the house, armed, while attempting to escape.

There were no lights on in the house and the curtains in the living room window on the northeast side of the house were drawn, preventing all early responding officers from seeing inside the living room where the deaths occurred. The large living room window on the southeast side of the house did not have curtains closed, but the elevation of the lot in relation to the road made observation of the interior impossible from a safe position. Sgt. Wintle armed himself with the AR-15 rifle and at approximately 5 minutes after his arrival on scene Sgt. Wintle heard “2 more shotgun blasts”. Those final shotgun blasts occurred very shortly after the arrival of the second officer on scene, Dexter Police Chief James Emerson who armed himself with the shotgun from Sgt. Wintle’s cruiser trunk. Very shortly thereafter, additional backup began to arrive from the *Dexter Police Department*, the *Maine Warden Service*, the *Maine State Police*, the *Newport Police Department*, the *Piscataquis County Sherriff’s Department*, and the *Penobscot County Sherriff’s Department*, followed by the *Maine State Police Tactical Team*. The perimeter of the property was secured by large numbers of officers beginning with the third officer on the scene. Media representatives began arriving after only a very small number of police officers had arrived on scene. After the discharge of the second group of shotgun rounds at approximately 8:06 AM, there was no more gunfire heard from within the house. Repetitive communication attempts were made to several cellular telephones assumed to be in the house without success. At approximately 2:00 PM the *Maine State Police* tactical team entered the house to find 4 people dead in the living room after a partial search by a tactical team robot, with Amy laying face up on the couch in the northeast corner of the living room, Coty laying face down between the couch and the television located in the southeast corner of the room, Monica seated on the floor and leaning against the couch at the opposite end of the couch from Amy’s head, and Steven in a recliner style chair diagonally across from the west end of the couch where Monica was found. All were dressed in shorts and t-shirts except for Coty, who was shirtless. Fuel and camper stove fluid had been spread throughout the living room and kitchen area in an amount approximating the 10 gallons that were contained in the two 5-gallon cans found empty in the house, and on the clothing of Coty and Monica because of their locations on the living room floor. All 4 family members were killed with 12-gauge 00 buckshot.

The most likely entry point used by Steven was a second floor exterior door that he probably cased at an earlier time. It is our intuition that he was not able to carry 2 five gallon cans of fuel, a container of camper stove fuel, a shotgun, a pistol and a flashlight into the house in one trip. We also unfortunately do not know why or how a call was not placed to police by one of the several cellular telephones owned by Amy, Coty and Monica. Amy had in fact told several people at earlier times that, “I sleep with a cell phone under my pillow in case Steven shows up”.

A Dexter police officer, due to the “close patrol” having been requested by Amy as the result of Steven’s July 21, 2010 PFA order, had checked the property at 1:18 AM with the cruiser spotlight with no indication of Steven or his vehicle being on the property. Steven’s Jeep was seen at the top of the driveway by one of our sources at approximately 7:20 AM, with that neighbor thinking that Amy had simply taken possession of that Jeep as she had originally requested within her PFA order filing. That neighbor’s cats also behaved oddly on the windowsill of a window facing 173 Shore Road at approximately 4:30 AM that morning. However, the exact time of Steven’s arrival at the residence is not known. Our research indicates that for unknown reasons, Steven believed that Coty and Monica would be staying with relatives on the night of June 12, 2011. It is our conclusion because of the way Steven was armed when he entered 173 Shore Road and because Steven had written 13 separate suicide notes at his workplace that we are aware of and have read including Amy, Coty and Monica, that he had entered the terminal rage stage before entering the Shore Road home, meaning that death was intended to result on a scale unknown to even Steven as he entered the home.

We have also concluded that it is likely that death(s) in other locations were planned by Steven because few simultaneous suicides occur in combination with arson and the burning of homicide victims. Our intuition tells us, perhaps wrongfully, that Steven killed Amy, Coty, and Monica without the knowledge that police were on scene. Approximately 5 minutes later, as he was preparing to set the fire he realized that a police cruiser was parked just down from the mailbox perhaps by hearing police radio traffic or by observing the cruiser through the kitchen door window as he was spreading fuel in the kitchen. A glass pane in the kitchen door was broken outward indicating the likelihood of a shotgun round being discharged toward the original officer on scene. Approximately 5 minutes after the last fatal shot to his family occurred, Steven took his own life without successfully igniting the originally intended blaze.

It is also our view because Steven entered the Shore Road home at least 40 minutes before his murderous actions and because Steven paused for approximately 5 minutes after killing his family before killing himself that his rage had perhaps subsided somewhat during the intervening time allowing for reflection by him regarding the mistakes he had just made. Because Steven was also armed with a handgun and a flashlight, we believe that it may be assumed that he arrived at the house at some time before 5:24 AM sunrise that day. The weapons that Steven was armed with were a Remington model 11-87 12-gauge semi-automatic shotgun with a 5 round full capacity as well as a Ruger .22 caliber revolver with a 6 round capacity that were both owned by Steven indicating an error by LE in ensuring surrender, accounting of, and securing of all firearms owned by Steven on July 21, 2010 upon service of the PFA order that required surrender of all firearms to LE and extending from that date through October 26, 2011. Execution of this statutory requirement appears to have been fumbled by LE and the District Attorney’s office and may explain the earlier referenced unwillingness by one of our law enforcement sources to not cooperate with this case research by telling us on September 29, 2011 by telephone that *“I am uncomfortable with what you guys are doing”* when he was aware through both verbal and written communications from us that what we were then doing and are still doing is preventing DVH. If all weapons had been surrendered and secured as required by the PFA order and by the Maine statute noted below this homicide and suicide outcome would not have occurred, or at the very least would not have occurred through weapons owned by Steven as the murderer, making it much more difficult and perhaps impossible for Steven to commit either homicide or suicide.

Maine Revised Statutes Title 19-A, Chapter 101, §4006 states and requires:

“If the court prohibits the defendant from possessing a firearm or other dangerous weapon in a temporary order, the court shall direct the defendant to relinquish, within 24 hours after service of the order on the defendant or such earlier time as the court specifies in the order, all firearms and specified dangerous weapons in the possession of the defendant to a law enforcement officer or other individual for the duration of the order. If the weapons are relinquished to an individual other than a law enforcement officer, the defendant must file, within 24 hours after such relinquishment, with the court or local law enforcement agency designated in the order a written statement that contains the name and address of the individual holding the weapons and a description of all weapons held by that individual. The court may subsequently issue a search warrant authorizing a law enforcement officer to seize any firearms and other dangerous weapons at any location if there is probable cause to believe such firearms or dangerous weapons have not been relinquished by the defendant.”

That statute was mistakenly not enforced by LE in this case. Steven’s many weapons were not accounted for, seized, or secured as proven by his June 13, 2011 trail of destruction. This subject is included on page 55 of the *Maine State Police* investigation report (Event #SP11-042222).

On June 15, 2010 Amy requested that a specific relative of Steven’s come to the Wellington house to retrieve Steven’s “approximately 20” firearms for the safety of Amy, Coty and Monica. That relative did so. Several days after that, the relative desired to not have the firearms in his possession so the firearms were provided to Amy’s parents. One of Amy’s parents was uncomfortable with that number of weapons, so Amy’s parents provided all “approximately 20” weapons for safekeeping to Steven’s parents, wrapped in a large blanket. None of those parties were at any time approached by LE for an inventory of those firearms, a listing of them, or to retrieve and secure those firearms. No chain of custody for those weapons was ever established by LE and no record of such custody exists with either LE or the District Attorney. Two of those weapons were the weapons possessed by Steven on June 13, 2011. It is our intuition only that those two weapons had been retrieved by Steven from his parents’ house without the parents knowledge between June 10, 2011 and June 12, 2011 while Steven’s parents were at Kingsbury Pond then perhaps temporarily stored at Steven’s workplace, a small but rather cavernous warehouse type facility located in Harmony, and then retrieved by him at about the time he wrote his suicide notes at his cluttered desk in the northeast corner of that building in the early morning hours of June 13, 2011.

June 13, 2011 was “Farmer Day” at Amy’s, Coty’s and Monica’s school, meaning that Amy would have dressed as a farmer on that day, most likely in a flannel shirt and overalls. Because she was dressed in shorts and a t-shirt at the time of her death and because wet laundry items were found after their deaths in the washing machine, we believe that Steven arrived and entered the house through the unlocked second floor door sometime before 5:30 AM.

Steven had been estranged from his wife and children for exactly 365 days prior to the killings. Steven had been denied the ability to attend the 8th grade graduation of his son Coty occurring on June 10, 2011...3 days prior to the murders...due to his alleged armed criminal threatening of Amy, Coty and Monica on June 14, 2010, the resulting issuance of a PFA order as a direct result of that June 14, 2010 incident, and his alleged violation of that order on November 11, 2010 at C&R’s store in Harmony, Maine.. We utilize the term “alleged” due to the fact that Steven was due in Court on July 5, 2011 to

answer to those charges with the societal requirement that if something alleged is thought by the defendant to be false, the only place to fight the allegation is in Court rather than in a living room with 2 firearms. Ten days after the murders, on June 23, 2011, Steven and Amy were to bear witness to the formal end of their near 16-year marriage. And, 22 days after the murders, Steven was due in Court on his earlier criminal charges, both of which had resulted in his arrest.

Our research indicates that the combination of those factors either triggered or contributed heavily to a homicidal assault squarely directed at Amy, Coty, Monica, and then himself. Those factors, again, are:

- The alleged June 14, 2010 armed criminal threatening by Steven at the family home in Wellington.
- The issuance of a PFA order by Amy (Plaintiff) to Steven (Defendant).
- The violation of that PFA order on November 11, 2010 by Steven at *C&R's Store* in Harmony.
- Coty's 8th grade graduation ceremony on June 10, 2011, with Steven not allowed attendance.
- Divorce finalization scheduled for June 23, 2011.
- Criminal trial scheduled for July 5, 2011.

The criminal threatening incident on June 14, 2010 at 9 Brighton Road in Wellington occurred on the evening of the children's' last day of school before summer vacation. It did include a firearm held by Steven but not aimed directly at either him or family members, and it did include verbal and gesture threatening according to all information provided by our sources. And, behaviors on the parts of Steven and Amy since that date confirm the tenor and seriousness of that June 14, 2010 incident. For example, Steven again used firearms on June 13, 2011 during his murders and suicide. Additionally, Amy, Coty and Monica were running ever since June 15, 2010 as though they had been threatened with serious bodily injury or death on that date, having lived in at least 7 locations in that one year period after having lived in the Wellington home continuously for nearly 16 years. The gun used during that June 14, 2010 criminal threatening event was a pistol that hung in a holster, loaded, on the master bedpost adjacent to a tall gun safe next to the master bedroom door. According to our sources, Steven owned either 20 or 21 firearms and had purchased 7 or 8 pellet guns for Coty as a child. It was stated that Steven would use plastic pellets in those guns to occasionally shoot Christmas tree ornaments hanging from the tree in the family living room in Wellington, including heirloom ornaments. Steven was described to us, however, by many of our sources as "mouthy, but I did not think dangerous".

On June 14, 2010 after a brief altercation in the master bedroom with Amy and with the children present, Steven took Amy alone into the front yard of the home and into the darkness through the family room door on the northwest corner of the home. After that event, Amy told many people that what kept her alive that night was *"talking to Steven a mile a minute in order to distract him from his intentions"*. The children went to bed after that approximate 30 minute incident, and Steven and Amy slept together (Coty slept with them that night) in the master bed with that being the last time they spent together in any home until the date and time at which all members of the family died. According to several of our sources, Amy complied out of fear with Steven's desire for sex on the morning of June 15, 2010. The Wellington home where the incident occurred has 3 bedrooms, with the master bedroom on the south side middle of the ground floor, Coty's bedroom on the west end of the second floor, and Monica's bedroom on the east end of the second floor. Amy's pink running sneakers are still on the living room floor and Coty's

directive to Monica to stay out of his room is still posted on the doorframe of his bedroom in a form similar to what many 12 year old brothers have tendencies to utilize with their sisters, *“Do not come in. If you come in you will suffer the consequences, Sincerely, Coty”*.

On the morning of June 15, 2010 Coty went to work with his father in Harmony, approximately 6 miles away. That morning, Amy contacted a DV counselor who had been assisting her regarding earlier DV incidents regarding the previous night's incident, while Monica was visiting with Amy's parents in Harmony. Steven was arrested on his way home that evening by Sherriff's deputies with Coty in the car on County Road 154. According to Coty's later statements, Steven's comment was, “your mother's really done it this time” as the deputies approached the vehicle. Steven was processed and jailed briefly at the Piscataquis County Jail prior to being bailed by his father for \$2,000 cash.

Amy, Coty and Monica moved out of the Wellington house for their own safety at the suggestion of authorities because of the remoteness of the home on June 15, 2010. No member of the family and no other individuals have lived in that house since that time.

According to Steven's and Amy's verbalizations to our sources, the reasons for the June 14, 2010 incident were twofold:

1. Steven's suspicion that Amy was romantically involved with another man based upon text messages of Amy's that Steven had read while she was running in the vicinity of the Wellington house. Those text messages did not indicate romantic or sexual involvement, and text messages existed from both male friends and female friends of Amy. But, Steven is said to have interpreted them as indicative of extramarital romantic activities on the part of Amy. According to several sources of ours, for approximately 2 years prior to June 14, 2010 every time Steven desired sex and Amy was not interested, Steven would insinuate or accuse Amy of “getting it somewhere else”. The text message in this case was from a male fellow teacher regarding his willingness to meet her to pick up athletic uniforms at her school in the evening.
2. Amy had informed Steven that evening that because she was scheduled for day surgery in Waterville on June 16, 2010, she would be staying with her parents for a brief recovery period approximately 3 miles from the Wellington house. We assume that the primary reason for that decision by Amy was due to the 2009 surgery recovery subject mentioned later in this report.

Because there are occasions when false accusations are lodged by spouses against spouses they wish to divorce, we have painstakingly researched through many people including members of the Bagley and Lake family what the causes and facts were surrounding that June 14, 2010 incident. Our conclusion based upon all statements and direct evidence provided to us or obtained by us through other means is that there is no likelihood that anything materially alleged by Amy against Steven regarding that June 14, 2010 incident is false for the following reasons:

- Amy is not the one who called law enforcement as the result of the June 14, 2010 criminal threatening incident. She spoke with a DV counselor with whom she had previously established a counseling relationship on June 15, 2010, who then and without Amy's involvement according to our multiple sources contacted the *Piscataquis County Sherriff's Office* based upon Amy's description of that event which had occurred approximately 15 hours earlier.

- A command officer from the *Piscataquis County Sherriff's Office* met with Amy and had to make considerable and rather lengthy effort to convince Amy to pursue criminal charges against Steven. That officer had to work at convincing Amy of the danger she was in.
- Only then, after convincing arguments by that command officer, did Amy decide to pursue criminal charges and a PFA order.
- Amy changed living locations and stayed "on the run" for far too long and in too many differing and distant locations, with Coty and Monica, to in any way resemble choreographed and/or false fear in an attempt to either manipulate a divorce settlement favorable to her or indicate a simple desire to end one marriage while pursuing a different partner. Fear, running, and repetitively moving are not behaviors that can be faked with any impression of realism over a one year period.
- Amy in fact did not have "several boyfriends for many years" prior to that June 14, 2010 incident as stated by Steven to several friends and family members after the PFA order was implemented.
- Amy did not move her, Coty's and Monica's significant belongings out of the Wellington House until November 7, 2010 and November 11, 2010. Steven moved his material belongings out of the Wellington house very shortly thereafter. The children's' bicycles are still there, in the barn attic.
- Amy did not file for divorce until more than 6 months after the June 14, 2010 incident.

A small number of individuals have publicly stated that, "If Steven could have seen his children none of this would have happened", "Steven loved those kids", and "What happened is District Attorney Chris Almy's fault." All statements and all derivatives thereof are indicative of denial and magical thinking. The sole reason why Steven was not allowed to see his children was the June 14, 2010 incident whereby the entire family was threatened by him. In other words, Steven alone was the determining factor as to whether he could see his children and on July 5, 2011 (just 3 weeks after the homicides) he could have made his case before a Judge and jury. Steven's danger to his wife and children was re-affirmed and evidenced clearly and inarguably by his actions on June 13, 2011 in Dexter. In these cases, the threatening spouse alone is the individual who determines that they will not see their children for a while. More important, people do not kill those they love.

Steven frequently posted "*miss my kids*" on *Facebook*TM but never posted "miss my wife". Therein lays one of the most indelible red flags of Steven's behavior dating back to July 19, 2010...one that portends the conditions under which increasingly dangerous rage occurred...defining children as object property and defining the spouse by omission as the enemy. He changed lawyers on 2 occasions. He also posted repeatedly on *Facebook*TM that "*the truth will come out*" and "*I will someday show them all the papers and take them my lawyer to prove the lies that have been said*". At no time does it appear that Steven realized that the reason he was being kept from his children was solely because of his threat to them and their mother on June 14, 2010. In fact, the presentation of a firearm in a threatening manner with any comment including the word "kill" within a home occupied by children IS a threat to the children.

As such, no friend, relative, coworker, or attorney should for any reason believe that "he should have been able to see his kids" or that, "if he had been able to see his kids, this would have never happened". In fact, the more friends, relatives, co-workers and attorneys make clear to all abusers that whoever they criminally threaten will not be seen again, the less likely the abuse will occur in the first place.

As one document from this case states clearly, *“Blaming it all on Amy is not going to cut it--he needs to start taking responsibility for his actions. I don't think he has the slightest idea how that incident affected these kids. He can't see that, really, because it's all about Steve for Steve”*. That same document states, *“In terms of parental rights--also not a tough call really. If any case justified sole parental rights this case is it. I would not envision any opportunity for Steve and Amy to co-parent these kids--it is difficult to see that happening ever”*.

Prior to June 13, 2011 Amy had initiated contact with the *Dexter Police Department* on only 3 occasions for the rightful purposes of notifying the police department of her, Coty's and Monica's work, school and/or living locations in light of the fact that a PFA order was in effect. Those documented contacts occurred on June 21, 2010 because of Amy's desire for safety as the result of travelling to Dexter High School for summer children's sports activities with Coty and Monica, again on September 8, 2010 because of the move by she, Coty and Monica to 40 Park Street, and again on March 29, 2011 because of the move by she, Coty and Monica to 173 Shore Road.

Amy, Coty and Monica first lived in Dexter at 40 Park Street for approximately 6 months beginning in September 2010, prior to moving to 173 Shore Road in February 2011 for purposes of saving on rent when rent was increased at the Park Street location. Prior to living at those 2 locations and on one occasion for approximately 2 weeks while living on Park Street, in February 2011, Amy and her 2 children moved frequently to avoid contact with Steven. She maintained a Post Office box in Dexter for purposes of receiving mail and did not maintain a land telephone line at either living location. From June 15, 2010, their living locations ranged from Fairfield northward to Bangor when they were not residing in Dexter. Coty and Monica attended school at the same school where Amy was a teacher, so school transportation from as far away as Bangor was fairly simple. During the last 2 weeks of June, 2010, Amy and her children lived with a relative in Fairfield because the house had an alarm system and because Fairfield had a police department that was very understanding and responsive to the safety plight expressed at that time by Amy.

Our research indicates that Amy was socially conventional in terms of her network of friends, contact with relatives both by blood and by marriage, and outside activities. She maintained friendships with both males and females, including with co-workers. Steven was significantly less socially conventional as indicated by his lack of desire for family contact with relatives by marriage. Our research indicates that he disliked Amy's father Ralph significantly primarily because Ralph was Amy's father while being an authoritarian figure in Steven's view, and because of the very strong and extended family connections within the Bagley family. To use Linda Bagley's words to us, *“we do things as a family”*. The Bagley family was and is larger than the Lake family.

We have found both families to be equally helpful and embracing of this research undertaking. We have met comfortably with all of them. Under very negative circumstances, we have found their assistance to be both pleasant and memorable.

Our research has indicated that, sadly, the Lake's have been mistakenly ostracized by some individuals and relatives as though Steven was not the sole murderer. We knew at the beginning of our research and have affirmed through our research that neither the Bagley's nor the Lake's have been in any way complicit in what occurred on June 13, 2011.

PRE-INCIDENT INDICATOR SUMMARY

"What's past is prologue."

-William Shakespeare, from "*The Tempest*".

Our research indicates that Steven and Amy knew each other since young childhood, as indicated by pictures of them together that date back to a kindergarten birthday party at *McDonald's*, and to a children's summer camp (*Fair Haven Camps*) in Brooks, Maine. Steven's and Amy's first date was Steven's eighth grade prom in Guilford.

Steven and Amy were married in Skowhegan on July 29, 1995 in a Skowhegan church. Their son Coty was born on August 24, 1997 and their daughter Monica was born on January 4, 1999. Amy and Steven had known each other since childhood, living in proximity to one another in and near Harmony. While Amy was attending the *University of Maine Farmington*, Steven was employed on a full-time basis. It was during that time that Amy and Steven became boyfriend and girlfriend and Steven, despite his busy and tiring work schedule would frequently travel to Farmington during weekends to spend time with Amy.

Marital and/or relational disintegration nearly always occurs over a fairly extended period, as appears to have been the case in this case. It is our view that such disintegration occurs through actions and reactions that are distributed between both parties to any relationship in a gentle or steep downward spiral. From approximately 1993 to 1999, all indications are that the manifestations of Steven's and Amy's relationship were generally within a normal range of behaviors for young couples between the ages of 19 and 27 years old. They shared friends and socialized with normal frequency including occasional trips to the Solon Hotel bar in Solon, Maine as an example. But throughout their lives, neither Steven nor Amy showed any propensity for drug or alcohol abuse or consumption of alcohol outside of a normal range.

Where the most significant downward shifts seem to have appeared in this relationship appears to be:

1. Around the time that Monica Lake was born on January 4, 1999.
2. During the summer of 2008, Amy expressed concern to a friend and fellow teacher regarding her safety.
3. During Christmas 2008, Steven did not get along with Amy's father and Steven left the family celebration early.
4. In March 2009 at Coty's basketball tournament in Millinocket, when Steven became very agitated that Coty was not playing due to coaching decisions, and demanded that he and Amy leave the game as a result.
5. During the summer of 2009, Amy and Steven discussed divorce for the first time, and shortly thereafter Steven told Coty that he "could get a 29 cent divorce" which Steven explained to Coty was the cost of a bullet. Coty then told that to his mother.
6. In November 2009 when Amy told several friends and relatives, "I am done" with needing to exert influence upon and remain safe with Steven through complying with demands for sex and also by

enduring demeaning comments and demands by Steven during the prior approximately 6 years. It was at this time during a children's basketball game while sitting with one of her closest friends that Amy expressed distinct fear of Steven and concerns about the safety of she and her children.

7. During Christmas 2009, Steven did not attend the family gathering.
8. On June 14, 2010, as a result of the criminal threat by Steven to Amy, Coty and Monica in the master bedroom and in the front yard of their Wellington home.
9. On August 16, 2010 Steven updated his will to leave everything in his estate to an employee who worked for him with the exception of his firearms which were to be left to Coty.
10. In February 2011, Steven told one person, "When I do what I am going to do it will be on CNN".
11. On Memorial Day weekend 2011, Steven told a relative, "I am not going to serve one day in jail".

During Amy's pregnancy with Coty, the ultrasound was misinterpreted as indicating that Coty would be a girl reportedly causing Steven to be quite unenthused about the new family arrival until delivery day when a boy was brought into this world. It has been shared that when Monica was delivered Steven's comment to Amy was, "can we put her back in there", and that Steven strongly wanted to have Monica adopted away from the family, even as early as the day she was born. Steven was described as frequently abusive toward Monica and was reported to have gotten joy from tripping Monica during the first 4 to 5 weeks that she was first attempting to walk. He is also reported to have ridiculed her because of a slight craniofacial defect in her mouth with which she was born but which later largely disappeared. Additionally, Steven was said to have often flicked Monica in the face with his fingers to make her cry. During the last year of their lives we were informed that Steven and Monica had shown indications that a mended relationship had perhaps ensued, even though Monica out of fear still forbade her mother from driving by Steven's workplace and would also duck down in the car when a Jeep or a truck like her father's would approach in the oncoming traffic lane.

Steven and Amy were married for over 15 years and had 2 marvelous children, a credit to both Steven and Amy. There were times of peace and a loving spirit during the marriage especially early on. But there were also times of intimidation, fear and abuse that resulted in a PFA order being issued after Steven, with a gun, brought some degree of terror into the home and into its front yard on June 14, 2010. The use of a firearm or weapon of any kind is a formidable pre-incident red flag for DVH and the availability of guns in this incident plays a prominent role in the gruesome events that occurred in Dexter 365 days later.

In summary, the June 13, 2011 outcome was easily predicted, and in fact was predicted by Amy to a relative on the Wednesday before the murders as well as by a law enforcement officer to several family members on March 2, 2011. Likewise, these deaths could have been prevented. That realization in itself is what provides all of the rest of us with the ability to prevent nearly all similar outcomes beginning now and into the future by making solid changes to current prevention and response methodologies.

PRE-INCIDENT INDICATOR DETAILS, RED FLAGS AND RISK FACTORS

"We couldn't do anything to stop this".

-Mistaken comment by a law enforcement commander
regarding this case, September 12, 2011.

DVH results from the cascade of behaviors that evolve between the victim, the abuser, and too often innocent children. Women sometimes abuse their husbands, but the problem of DVH is largely attributed to men acting out violently against their female partners. Greater recognition of red flags and more definitive response to them offers everyone a head start at reducing DVH by identifying those at greatest risk because these "red flags" unfurl in nearly all cases of DVH including the Dexter homicides. The substantive indicators of risk were there from many years prior to the deaths of Amy, Coty, Monica and Steven. Contrary to the quote above, there are many things that can be done in concert to reduce the likelihood of a DVH outcome, the first of which is for each member of society to take the position that DVH will not be permitted and should never happen again. That must begin with all state leaders, whether elected or not. Additionally, Judges must cease dealing with this subject only in its abstract form through courtroom proceedings, by instead engaging holistically and preventatively on this DVH subject in a manner that improves public safety by preventing homicide.

Law enforcement commanders, police officers, District Attorneys and Judges must, for instance, have the courage and the ethics to openly state on a frequent basis that DV and DVH will not be allowed in their jurisdictions without very severe consequences, while using those words. Our research has indicated that such statements with correlated actions have not occurred in several jurisdictions in north central Maine. In one DV case for instance, the perpetrator was not arrested by the responding officer as required under Maine law, the crime was not processed either properly or thoroughly, and the DV charge was then dropped by the District Attorney. This scenario is inappropriately common and the only good news resulting from that case is that the abused is now divorced from the abuser.

The very frequent false assumption that abuse does not occur until it is proven in Court approximately one year later, as scheduled for July 5, 2011 in the Lake case, is actually the sustenance that feeds the abuser.

RED FLAGS: STEVEN LAKE

When Amy filed for a PFA order, she replied to the question, "Does the defendant have a history of violence?" with her answer, "*Not really, but a lot of emotional abuse*". Our research in fact confirms that such scenarios are common in DV cases leading to DVH.

Because it has been shown that Steven was the murderer on June 13, 2011, we refer to his behaviors as "red flags", analogous to warning signs that inarguably added up to DVH. These red flags are what our research indicates are primary in this case:

Red Flag #1: LONG TERM PATTERN OF LACKING EMPATHY

By most accounts Steven, like other abusive persons, was a controlling man. Our research indicates that he was described repeatedly as “mouthy” but not a menace to people outside of his family. He exhibited sadistic behavior toward his daughter and sexual aggression toward his wife. He was heard to say to Amy “you’re going to get a hate f--k when you get home for that one” referring to a comment Amy had made while at a friend’s dinner party. Steven wanted to have Monica adopted upon birth and enjoyed tripping her as she was first trying to walk...even though getting up on your legs being one of the “first steps” toward human self-confidence. In his suicide note to Monica, Steven admitted to his daughter that he liked to get her “riled up” because it was so easy for him to do so.

Multiple sources reported to us that Steven and Amy had sex on the morning following the June 14, 2010 criminal threatening incident. Steven told this to independent sources. Amy told at least 2 friends that she had sex with Steven to keep him from becoming agitated at her that day and angry at the children on many other occasions. Several sources reported to us that following surgery in 2009 Amy was told to avoid intercourse for 3 days. This enraged Steven who could not understand or empathize with his wife’s need for recovery after pelvic surgery.

The lesson resulting from this red flag: If partner behaviors begin to portend impending danger to any other family member(s), defensive action must be taken by those other family members before pre-incident indicators increase in terms of number, severity, and likelihood of DVH. Any form of violence or threat of violence at home does not fall within the normal behavioral range. Risk of DVH grows exponentially with each successive violent action that is not neutralized. We are aware that many victims need the tools, understanding and education to develop this awareness.

Red Flag #2: DENIAL, MINIMIZATION, BLAME, SELF-CENTEREDNESS

Steven had a significant degree of cognitive distortion about his behavior and the events of June 14, 2010. In addition to that, there have been individuals who have mistakenly supported and reinforced that distorted view held by Steven as evidenced by *Facebook*TM and other materials, which our research indicates caused Steven to fall further and further from reality in terms of nearly everything that occurred during the last year of his life. During the 14 weeks following the June 14, 2010 incident in Wellington, Steven visited Amy’s parents at their house on a very large number of occasions while attempting to reconcile and minimize his behaviors on that night in Wellington. Our research indicates that in nearly all cases of DVH, reconciliation is attempted repeatedly under guise of “coming from the heart”. Steven’s behavior was greatly influenced by a distorted belief that he was not responsible for being kept from his family. He magically believed that “truth” was forthcoming as he waited for the divorce to be settled that would grant him parenting rights and visitation. It is not clear from the turn of events what he meant by this but he alluded to the “truth” bringing forth confirmation about his rights for having visitation with his children and ultimate vindication in the eyes of society. He used the social media site *Facebook*TM to proliferate his distorted musings. In them, he repeatedly published lines like: “missing the kids” and “someday soon we will be together again”. In the end, Steven needed to control public opinion by using *Facebook*TM. This is an example of a marked failure to accept personal responsibility for his criminal decisions and actions. Interestingly, there was no shortage of supporters who were “praying” for Steven

in his quest. Many told him that he needed to “fight for his children” while not acknowledging that his fighting against his wife and children on June 14, 2010 was the sole reason for his separation from them. He strongly denied and minimized his role in the criminal charges pending against him and the need for a PFA order. He blamed the District Attorney and Amy for keeping the children from him, evidence of his distorted thought pattern and self-centered belief system.

Given the public display of blame and denial and propensity to minimize his own responsibility, research suggests that Steven was a self-absorbed person who saw himself as the center of his own universe rather than one-fourth of his family. *“These men often disregard the impact of their behavior on other people as a well-engrained pattern of functioning endemic to their way of life resulting in harm to others”* (Samenow, 2010). Steven objectified Amy referring to her as “the wife” and talking about her in front of others inappropriately, for example at the dinner party mentioned earlier and at least once on a job site where he was installing a furnace. He was sexually aggressive toward his wife and spoke freely to his family and friends with details about their intimate relationship. Amy reported that he became agitated and mean when he desired or demanded sex when she was occasionally not interested for normal reasons expressed frequently by both males and females such as exhaustion, distraction, current self image, time pressures and the presence of children. Steven could not wait 3 days to allow Amy to heal after surgery in 2009. A second surgery was planned for June 16, 2010 and Amy thought it best she recover at the home of her parents who were better equipped and inclined in her mind to care for her. Steven misinterpreted this as abandonment and he falsely believed Amy’s intention was to leave the marriage for another man, serving as one of the precursors to the June 14, 2010 criminal threatening incident.

Whatever “truth” Steven expected to be made public did not eliminate his personal responsibility for his menacing hostility, violent threats, and inappropriate conduct. Steven relied on this distorted thinking to inoculate him from seeing facts and the magnitude of his own dangerous behavior. There is supporting data that suggests people in his immediate support system contributed to this flawed and erroneous logic. To this day, there are people who mistakenly explain the June 13, 2011 homicides as being caused by Steven’s love for and inability to see his children, without being able to acknowledge that it was his independent and criminal actions on June 14, 2010 alone that caused his separation from his wife and children. His criminal trial scheduled for July 5, 2011 was his only opportunity to correct any false record, and he sadly chose not to make use of that opportunity.

It appears based upon what has been shared by many of our sources as well as direct evidence connected with the June 14, 2010 event and the direct statements of both Amy and Steven up until June 12, 2011 that Steven’s distorted view was reinforced by several individuals without direct knowledge of the June 14, 2010 event, thus further distorting his view of what the “truth” was and also distorting his view as to what the solution should be.

The lesson resulting from this red flag: Family members and friends must assist their loved ones with seeing circumstances factually rather than defensively, and attorneys must also assist their clients in the same pursuit particularly when any direct or veiled danger is indicated as indicated inarguably by the events of June 14, 2010 and June 13, 2011. Encouraging or supporting any view that is distorted and/or non-factual leads to horrible outcomes such as occurred in this case. Supporting an individual without clear factual basis for that support is nearly always very damaging to that individual and frequently

damaging to other family members in the case of DV advancing toward DVH. Professional counseling by very skilled practitioners should be mandated in all cases of DV, even though in this case both Steven and Amy sought and received counseling to varying degrees. Unfortunately, Steven's anger counselor stated in writing, "*I have learned nothing that would make me believe you would be a danger to your children. I see no reason why you should not be able to see your children*" on February 2, 2011.

Red Flag #3: USE OF FIREARMS FOR THREATS AND INTIMIDATION

Guns are common in Maine households, just as they are in all other states with large hunting opportunities, and Steven strongly identified with guns. In his senior picture he was photographed holding a long barreled weapon. Steven owned many guns and stored one of them, loaded, on the bedpost in the master bedroom he shared with Amy. Immediately next to his bed was a heavy gun safe that contained most of his arsenal. It is likely that Steven kept guns at his business. It was likely here that Steven stored the guns he used to murder his family, as that is where his suicide notes were found. Interviews revealed that Steven shot plastic pellets at sentimental Christmas tree ornaments in December 2009, and pellets were found on the floor of the Wellington home after the family moved out. On the night of June 14, 2010 Steven used a firearm to threaten Amy and the children saying that "if I ever find you with him I will kill both of you".

Interview data revealed that Steven wanted his children, particularly his son Coty to enjoy guns and know how to use them. Steven purchased a larger than normal number of pellet and BB guns and also bought Coty a .410-gauge shotgun of his own.

Steven was stated to be an accurate marksman. We heard only one indication that Steven was at any time prior to June 14, 2010 "wild with a gun" by shooting carelessly or by simply shooting to hear the sound of gunpowder, or to see the damage caused by flying lead.

The lesson resulting from this red flag: As soon as a firearm or other deadly weapon is used to threaten injury or death to a family member under any circumstance whatsoever...whether direct or indirect, pointed at the other person or pointed at the floor...very severe repercussions to the offending spouse must occur...more severe than currently occurring in Maine. PFA orders and bail conditions must mandate disclosure of all firearms accessible by the defendant, surrender of all firearms with no exceptions, and retention of all firearms in evidence lockers at police stations rather than by family and friends from whom those firearms may be easily accessed by the abuser.

Red Flag #4: DESTRUCTION OF THE WELLINGTON FAMILY HOME

The Wellington home is very remotely located, surrounded by forestland, with no nearby neighbors, with only a slight cellular signal on one corner of the lot, and with a police response time generally of thirty to seventy minutes. Steven was forbidden from visiting or entering the family home in Wellington beginning on June 15, 2010, after the incident resulting in his initial arrest, for as long as Amy and the children lived there. On that date, Amy and the children stopped living there as well for their own safety but left the majority of the family belongings and assets there while removing only clothing items and living necessities for her and the children. Five months later, on November 7 and November 11, 2010 Amy

moved most of hers, Coty's and Monica's belongings out of the Wellington house while taking most of the furnishings due to her fear of Steven and the family's residential remoteness. Later that month Steven was allowed into the abandoned residence to remove what remained once Amy had departed. Amy alone carried the expenses of that house for approximately 5 months after her move-out with Coty and Monica on June 15, 2010, before foreclosure proceedings were initiated by *Skowhegan Savings Bank*. Although Steven had indicated that his desires were to retain only a meat grinder, exercise equipment, a gun safe and one other household item, in hindsight what should have occurred in this case was a peaceful mediated resolution as to what household items would be removed by which spouse, with a law enforcement officer present. In most cases, it is advisable that distribution of marital assets be determined by the Court as part of divorce proceedings which in this case were scheduled for ten days after Amy's, Coty's, Monica's and Steven's deaths.

The Wellington home is set back from a rural road, not in an area prone to stranger travel and visitation. At some time shortly after Steven removed his belongings, and as a heating contractor, a wood burning furnace was removed from the basement of the home and the oil storage tank was drained of heating oil. A hot water heater, small oil fired furnace, hot tub, computer and dishwasher were not removed. Additionally, 8-inch to 12-inch sections of copper pipe were removed by rough cutting at various key plumbing locations in the basement in addition to 8 to 12 foot sections of copper register pipes being removed adjacent to various interior walls. In addition to that, somehow a second floor toilet began leaking doing significant damage to the master bedroom below it. Additionally, the 2 ceiling fans in Coty's and Monica's bedrooms installed by Amy's father had all of their fan blades broken off and those fan blades still lie on the floor of each bedroom. These damages rendered the home unlivable at approximately the time when Amy told friends that she would like to move back to that house if possible. The damages were most likely a menacing sign of the psychological end of the Lake family.

The lesson resulting from this red flag: Although it will never be known whether the wood furnace was removed by Steven and whether the toilet leak and copper pipe thefts were the work of Steven, it was Amy who was carrying the financial load of the Wellington house through November, 2010 when those damages occurred. The cut copper pipe sections are all within ten feet of that former furnace location and those short length cuts were likely intended only to make the home unlivable without significant repairs. The hot tub in the basement is worth much more than the copper pipe that was removed, and that hot tub could have been easily removed through the 8 foot double doors adjacent to it on the east side of the house. When destruction of anything including real property occurs at the hands of an individual charged under criminal code Title 17-A when indicators of criminal threatening, terrorizing, assault, stalking, and/or reckless conduct are present, it indicates that the individual is a significant outlier in terms of societal norms and threat level. Pointed intervention and containment must occur while significantly impacting the relationship between the individual and his/her attorney, bail decisions, and jail holding determinations.

Red Flag #5: VIOLATIONS OF PFA ORDER

When an abuser violates the order to stay away from his wife and children, whether caught or not, it raises the risk index substantially. It suggests that he does not believe the order to be valid and that he has no obligation to honor or obey the order. Most experts and these researchers believe the PFA order system and bail conditions need to be substantially modified to be effective at DVH prevention. If the

abuser does not see the consequence of violating the order as enough of a threat to his freedom, then the risk of violating the order increases exponentially. For example, if a man violates the PFA order and is arrested as a result and is released from jail on a \$200 or \$2,000 bail then the likelihood of future violations is not impacted. To reduce PFA order violations there needs to be a substantive threat to the abuser such as very high bail amounts or jail without bail.

Orders of protection are not granted on the basis of random, unsubstantiated reports from victims. The order against Steven was well substantiated and necessary. One deputy sheriff was quoted as saying on March 2, 2011 to several people that he "has never been as scared for a woman as I am for Amy". That deputy was the one who participated in the arrest of Steven on June 15, 2010 and transported him to the Piscataquis County Jail for booking at that time.

Steven violated the order of protection at least 5 times during the year he was estranged from Amy. He was highly verbal about his disagreement with the justification for a PFA order and blamed "the system" and the District Attorney for creating the problem that he alone created. The first known violation occurred on November 11, 2010 when Steven entered *C&R's Store* in Harmony shortly after Amy entered and was speaking with the owner just inside the store entrance. Amy's blue Chevy Aveo was parked in front of the door and it is highly unlikely that her car was not noticed by Steven, and based upon only 25 seconds between when Amy entered the store and when Steven entered the store it is highly unlikely that Steven failed to notice Amy's vehicle and Amy entering the store before he entered the store. The second violation occurred on that same day when Steven drove by the Wellington house as Amy and several family members were moving her, Coty's and Monica's belongings out of the house. These encounters were reported to the police and Steven was again arrested and bailed by his father for \$2,000 cash bail. The third violation of the PFA order was in February 2011 when Steven's truck was seen in the driveway of the rented house at 40 Park Street in Dexter, by neighbors while Amy and the children were at school. This was not reported to police and resulted in Amy and her children moving from that home for a period of 2 weeks in various friend and family locations as far away as Bangor. They moved from Bangor when Steven indicated to another person that he knew where Amy and the children were living there. The fourth occurrence of PFA order violation occurred on the afternoon of June 11, 2011 when Steven concealed himself in the woods near 173 Shore Road in Dexter and watched the children swim in the lake near Amy's rented home. The fifth known violation occurred in that home on the day that all family members perished.

The lesson resulting from this red flag: The 2 bail amounts (each \$2,000) for Steven were ridiculously low by any standard because through our research we have found a very recent \$30,000 bail amount for a property crime burglary suspect in Lincoln, Maine. Any violation of any PFA order issued under criminal code Title 17-A when indicators of criminal threatening, terrorizing, assault, stalking, and/or reckless conduct are present must be dealt with through either large bail amounts or jail without bail because public safety rights do supersede eighth amendment rights in nearly all cases, depending upon circumstances. Bailing one person so that 4 persons can die is not what the eighth amendment to the US Constitution is all about. Our research shows very recent DV crime bail amounts as low as \$200 even in cases of repetitive DV charges being filed.

Red Flag #6: STALKING AND CYBERSTALKING

Steven had some humanity within him as indicated by his *Facebook*TM posting of having just returned from *Sam's Club*, having "stocked up on everything but the kitchen sink". Steven also spent a great deal of time creeping Amy's *Facebook*TM postings and was obsessed with his wife's *Facebook*TM entries. This refers to an obsessive daily review of what his wife was doing as documented on her *Facebook*TM page. Social media gave Steven access to photographs and narrative reports of Amy's daily and weekly activities. Steven and Amy were not "*Facebook*TM friends" so he should not have been able to access her private postings but was able to do so through family and friends connected with Amy on *Facebook*TM.

Steven was particularly angry that he had been unable to attend his son's 8th grade graduation and had access to Amy's photographs of the event through family and friends who were connected with Amy on *Facebook*TM. This created a sense of being marginalized from the family and added fuel to his growing resentment. Had he not been allowed to view these *Facebook*TM posting by family and friends Steven may have been able to better cope with the bitter umbrage he felt toward Amy. For example, at some point Amy posted a message that she had joined a health club resulting in Steven posting a comment that "his money (child support) was going toward a gym" and when Amy purchased a new cell phone Steven posted a resentful remark about that as well even though he had no *Facebook*TM connection directly with Amy. Amy could not access Steven's posts either, so she was likely unaware as to the degree that she was being electronically stalked. It is likely that someone in Steven's network provided either updates to Steven regarding Amy's *Facebook*TM postings or provided Steven with their *Facebook*TM logon information for Steven's use of *Facebook*TM under their identity. We believe that social media inflamed the fire burning within Steven and that the individuals who acted as a conduit for family photos and information posted by Amy on *Facebook*TM added to the risk for DVH by fanning those flames through the combination of information about Amy and agreement with Steven on his distortedly false view of the part that he played in the separation of him from his wife and children.

Evidence shows clearly that Steven was prone to physically stalking Amy as evidenced by the November 11, 2011 PFA order violation in Harmony, his presence in Amy's driveway on Park Street in February, 2011, and his observation of Coty and Monica swimming near their Shore Road house two days before he killed them. Both forms of Steven's stalking behaviors indicated increasing aggression and lethality...an integral part of the resulting homicides.

Steven experienced the overwhelming stress associated with the cumulative impact of his impending divorce, Court case, loss of financial security, loss of control, and detachment from his children that served to erode his logical thinking. The totality of these events threatened his need for power and control and increased his self-view of becoming insignificant. It amplified his rage, humiliation, and feeling of diminuendo and is an important component of the etiology of this heinous event.

The lesson resulting from this red flag: Family members, friends, and "the system" must take all steps necessary to prevent and run interference regarding all social media influences under circumstances of DV and risk for DVH. Usage of wide broadcast (where communication occurs on a broader than one-on-one basis) social media sites such as *Facebook*TM and *Twitter*TM should be minimized or eliminated by all parties to a conflict during any period where risk is evident and present.

PFA orders and bail conditions must preclude all forms of electronic communication with and/or monitoring of the plaintiff by the defendant, and family members/friends must under no circumstance act as the conduit of such information for the defendant.

RISK FACTORS: AMY LAKE

Because it has been shown that Amy and her children were murdered by Steven on June 13, 2011, we refer to her behaviors as “risk factors” that, unbeknownst to her while maintaining her right to live her life normally while also normalizing the lives of Coty and Monica, either increased Steven’s perverse motivation toward homicide or enabled his access to Amy, Coty and Monica. It is very important that readers of this report not interpret these risk factors as “victim blaming”. These risk factors are what our research indicates are primary in this case, and based upon the specifics of this case should be interpreted only as guidance for other at-risk and possible DVH victims because other DV and DVH victims provide many lessons in survival, and this case is no exception.

Amy made every effort she thought possible to keep her family safe and distanced from Steven. She changed residences on 2 occasions after feeling threatened by her husband. It should be noted that Amy took several very effective steps to remain out of noticeable range of Steven that we will not disclose here because they involved interactions with other individuals. She was involved in counseling and actively working with *Womancare*, a DV social service agency in Dover-Foxcroft. Most people we spoke to believed that Amy did all she could to minimize her exposure to risk. Yet there are a few subjects that were expressed by our sources that may have unfortunately through no specific fault of her own exposed her to Steven’s impure intentions. It should also be noted that like most people including many DV victims, Amy faced financial limitations partly as a result of her rightful actions to separate herself, Coty and Monica from Steven. And, during times such as those faced by her, Coty and Monica during the last year of their lives, social connections tend to become very important for emotional health purposes.

Risk Factor #1: IN-LAW FAMILY AND FRIEND CONTACT

Coming from a large and close family herself, Amy took significant steps to normalize her children’s developmental experience by staying in touch with Steven’s parents George and Gail Lake. Amy invited the Lake’s and other Lake family members (uncles, aunts, and cousins) to holiday events and family gatherings at her house location on Park Street in Dexter, thus creating information flow that allowed Steven to know their living location...just as though they had remained in Wellington...with Steven neither being invited nor allowed to be present under the terms of his PFA order. Despite those holiday invitations, George and Gail Lake did not attend since their son was not allowed to be present.

On June 5, 2011 Steven’s girlfriend was invited to dinner by Amy at the home where she, Coty and Monica lived. Coty cooked pork chops on the grill that evening. Then on the evening of June 12, 2011 Amy and the children visited members of Steven’s family in Athens, Maine. As stated to us, Steven’s understanding was that Coty and Monica would be spending that night (the night that proved to be the last night of their lives) at that house in Athens with a second cousin of Coty’s and Monica’s.

Because of the conditions under which the separation between Amy and Steven occurred, and despite Amy's apparent rightful desire to reasonably normalize the lives of her children, in the aftermath of the separation it appears to have been imprudent for Amy to stay in close contact with some of the Lake extended family until all risk had abated. It is likely based upon information shared by 5 of our sources that the details of much of the contact that Amy had had with some of the Lake's was shared with Steven.

We understand the emotional component of attempting to keep the peace while also attempting to normalize the lives of the children through cousins, grandparents and the like, but doing so in this case proved to be very dangerous. It is our view based upon this research that normalization should occur only when all threats have been significantly diminished or eliminated. Our case research has indicated that at no time during the year prior to these deaths was there any diminishment of threat or risk.

The family gatherings and connections, including Thanksgiving and Christmas, appear to have served to marginalize Steven in his own mind while moving him toward negative actions just as they would have marginalized Amy if roles had been reversed.

The lesson resulting from this risk factor: Amy's intentions were pure and aimed at being beneficial to hers and Steven's children; but Steven had other intentions. In all cases where risk is present, generally in all PFA order cases, security through separation is crucial. As the saying goes, "blood is thicker than water". Maintaining post office boxes for mail purposes (which Amy did), and maintaining secrecy as to living location are crucial. Steven was in the driveway at 40 Park Street in February, 2011 most likely because members of his family were in that same house for Christmas dinner less than 2 months before. Total separation from family may be impossible for some, but maximum possible separation is paramount for positive outcomes until severe risk is no longer present.

Risk Factor #2: SOCIAL MEDIA

Amy had an avid interest in *Facebook*TM as a way of keeping in touch with her friends and family while being able to monitor her children's *Facebook*TM activity, as most parents of young children do. She posted typical material in the form of photographs and messages about her activities and those of her 2 children. We were provided pages that revealed the results of softball and soccer games and details about Coty's commencement. She was unaware that Steven was able to see her postings. Unbeknownst to Amy her benign posts fueled Steven's resentment and added to the risk she experienced based solely upon postings by Steven that Amy was in all likelihood unaware of because we found no evidence that Amy was monitoring Steven's *Facebook*TM activity the way Steven was monitoring hers.

The lesson resulting from this risk factor: When spouses are not interacting on a face-to-face basis during times of conflict as is the case when a PFA order is in effect, it is possible and usual for the disaffected spouse to feel (accurately or inaccurately) goaded by the plaintiff spouse even if those activities are benign and not ill-intended. Although Steven was not being goaded by Amy in any form whatsoever, usage of wide broadcast (where communication occurs on a broader than one-on-one basis) social media sites such as *Facebook*TM and *Twitter*TM should be minimized or eliminated by all parties to a conflict during any period where risk is present. Any communication that can be monitored in

any form by an abuser should cease or be dramatically reduced, and should instead occur only on a face-to-face basis, by telephone, or by Email. To the degree that social media contacts may provide assistance with escape planning, such discussions and planning should occur through more private contact modes.

Risk Factor #3: SAFETY PLAN

Amy had moved to the Shore Road home after a rent increase on Park Street. After police entered the home on the afternoon of June 13, 2011, they found one entry door unlocked. Amy was also known to occasionally leave her children at home sometimes late into the evening while she was at school for various reasons, entering the school as late as 11:19 PM on Wednesday, May 11, 2011 and indicating through a *Facebook*TM entry on another date that she was at school at 12:02 AM. The 173 Shore Road property was more isolated with more distant neighbors than the Park Street home and was a 4 to 5 minute ride from the Dexter Police Department at response speed. There was no Internet connection and no land telephone line for E-911 purposes at the residence. There was also no entry or panic alarm system. All family members slept on the first floor of the 2 story house, in 2 separate bedrooms.

The Park Street home provided greater architectural security with closer neighbors than the Shore Road home did. The ground floor of the Shore Road home had 3 door exits that for unknown reasons nobody was able to escape through even though we are aware of the morning routine that Amy and the children followed to get ready for school with hair dryers and the curling of Monica's hair for instance, but because we are not clearly aware of what time Steven arrived at and entered the residence we cannot know with certainty what went wrong and when on their last morning, while knowing that second floor entry door was unlocked as stated earlier within this report.

The lesson resulting from this risk factor: Our view is that people should be able to live where they want for whatever reasons they wish to live there, including rent costs. But, we do believe that Amy and the children would have been significantly safer (at least in terms of home life) at the Park Street residence due largely to neighbor saturation and proximity. In situations where high risk has been evidenced...and in all cases where a PFA order is in effect...it is crucial that the at-risk spouse ensure that they live in as secure an environment as possible with all neighbors, co-workers and friends aware of the situation and prepared to call LE upon sighting of the abuser or his vehicle. Locked doors with deadbolts, secured windows, and motion sensing exterior lights as well as a land telephone line for E-911 purposes are exceedingly important.

Risk Factor #4: TEXT AND EMAIL MESSAGES

Amy had a co-worker friendship with a male teacher and coach from another school within her district that was limited to shared coaching responsibility only. Two text messages were found on Amy's cell phone by Steven, with one occurring in March, 2010 and one occurring on approximately June 13, 2010 from that teacher regarding his and Amy's need to meet at the school in order to drop off and pick up recreational basketball jersey's and sweatshirts. Steven interpreted those messages mistakenly as an indication of intimacy between Amy and that teacher. That teacher had previously met with and talked with Steven at school functions. Those messages resulted in Steven making threats to Amy that Amy

and that male co-worker would be killed if they were caught together by Steven. That threat occurred on the evening of June 14, 2010 in the front yard of the Lake home in Wellington, and was the basis of the PFA order issued.

Amy also had a close friendship with another teacher and coach that had existed since approximately March, 2009, that Steven had become aware of after June 14, 2010. That friendship did not include text messages, but Steven assumed intimacy between Amy and this second teacher and coach while Steven in fact had established relationships with as many as 3 women during the last year of his life. This friend was the last currently living person to see Amy alive on the evening of June 12, 2011.

The lesson resulting from this risk factor: During any time of marital risk or danger, both parties to the marriage (Steven also had friendships of unknown intimacy during his marriage to Amy) should eliminate all electronic and interpersonal involvement with any possible interpretation of extramarital romance on the part of the abuser. Sending or receiving electronic messages with any relational innuendo, other than from one's spouse when married has never been anything but a recipe for disaster. We are not suggesting that greater effort be taken to conceal those friendships, we are saying "temporarily eliminate the friendships" because since the beginning of time men and women have killed their spouses due solely to real or imagined extramarital affairs...or in many cases just higher quality friendships with people of the same or opposite sex that are interpreted by the abuser as a threat to the control that they wish to exert over the abused partner.

We understand human nature but consider it important that all humans be aware of the risk they face or perhaps have witnessed. Real or perceived romantic relationships during times of threat and danger by an abusive partner are very precarious, and it is in our view imperative that they not occur until all risk has dissipated.

Risk Factor #5: PERCEIVED OR REAL EXTRAMARITAL RELATIONSHIPS

Although Steven was known to have had at least 3 romantic relationships while married to Amy, we believe it was just as imprudent for Amy to have been having a relationship regardless of the extent of intimacy it involved because of the tonality of the threat levied by Steven on June 14, 2010. That relationship with a fellow school district employee began in early 2009, with that other employee showing proclivity for romantic involvement with women he works with. Amy perhaps added to her risk unknowingly as Steven become aware of some form of continuing relationship with the individual. To use the words of several of our sources, "*Amy's car was the most noticeable of any in town, so it was easy to know where she was*". Amy and that male school district employee, together, added risk to Amy's life although it was not the trigger for the June 14, 2010 criminal threatening in Wellington. As difficult as it may be, while becoming divorced after being criminally threatened, it is inarguable that any other relationship that increases the likelihood of death is not recommended when dealing with an individual who has shown abusive tendencies mixed with distorted thinking.

Although Steven's romantic involvements while still married have been clearly evidenced and Amy's were not so clearly evidenced, Amy was the person in danger as stated directly by Steven exactly one year prior to Steven's homicidal actions.

The lesson resulting from this risk factor: During any time of marital risk or danger, both parties to the marriage should eliminate all involvements with any possible interpretation of romance or causal influence on the then present strain in the relationship between the conflicted partners. All helpful emotional support tends significantly to come from family and friends without romantic or sexual motives and inclinations.

Risk Factor #6: PROXIMITY

Amy, sometimes with the children, visited Harmony on a rather frequent basis during the timeframe that the PFA order was in effect even though she lived 25 miles away in Dexter. Coincidentally, during the last three months of their lives, relatives indicated that they had seen more of Amy, Coty and Monica for informal visit purposes than at any time prior in the latter half of 2010 after they moved from Wellington.

Although certain individuals mistakenly interpreted these visits to Harmony as “*an attempt to set Steven up for a PFA violation*”, that interpretation has been proven to be false. These visits have shown themselves to be a purely intended and rightful attempt to maintain family contact in light of the fact that Harmony and Wellington was “home” and where all grandparents lived.

The lesson resulting from this risk factor: It is quite likely that this fairly frequent proximity was interpreted by Steven to be unfair and provoking toward him. It was not intended by Amy as such and should not have had any effect on Steven if not for the paranoid and jealous thought structure mentioned earlier within this report. When danger is present and a PFA order is in effect, distance between both parties to the order through the efforts of each party is crucial so that danger can be dramatically reduced. It is incumbent upon both parties to avoid each other while concurrently allowing each individual party the degree of family contact desired by that party, with LE assistance.

PRE-INCIDENT INDICATOR DETAIL SUMMARY

As is usually the case, there were many moving parts to this case of DVH and we continually found more as we followed the circumstantial, direct and testimonial evidence that we uncovered. We made the very difficult decision to be pointed with the information provided above because our sole objective is public safety and homicide prevention. The twelve items above are an integral part of the roadmap to June 13, 2011.

On most occasions of DVH, the lessons from it never see the light of day because of the horror of specific crimes, lack of factual research such as that included here, and because of unnecessary confidentiality. On the prior 9 pages and on the next 4 pages are the real lessons of this case, distilled into the recommendations that follow. There is no recommendation that we have included that does not have a genesis in the facts surrounding the deaths of Amy, Coty, Monica and Steven Lake.

We believe that if these recommendations were in place between June 14, 2010 and June 13, 2011, it is highly likely that 4 people would still be alive in Dexter and Wellington.

LESSONS FROM THE RED FLAGS

“Although the world is full of suffering, it is also full of overcoming it.”

-Helen Keller.

Our evaluation of all events occurring after June 14, 2010 in this case indicate an inarguable need for solid changes to how similar cases should be handled by LE, prosecutorial, and judiciary staffs in the future. Containment of offenders or in limited cases high bail must occur after any PFA order violation involving deadly threat, deadly weapon presentation, terrorizing, assault, reckless conduct, or criminal threatening occurring either prior to PFA order execution or during the violation of the PFA order.

Steven should have, without excuse, gone to trial for the June 14, 2010 Wellington incident long before his scheduled Court date of July 5, 2011. Additional Court resources must be applied, again without excuse, to cases of serious DV in order to prevent DVH. Rural areas must have Court and trial capability much more frequently than is currently the case, including referral to other Courts if necessary. Continuations must be drastically minimized in these cases whether due to defense attorney preferences or Court schedule challenges. The necessity for these improvements is evidenced by the information included below.

This is what our research indicates are the primary pivotal successive occurrences within Steven as the murderer that led to the homicides and suicide occurring on June 13, 2011, with the final item indicated below being an exceedingly primary DVH avoidance necessity.

PERCEIVED LOSS OF FAMILY RELATIONSHIP

It appears that there were times...understandably...when Steven wished for reunification, especially during traditional family time like Christmas, anniversaries and birthdays. Following the issuance of the PFA order Steven is likely to have become marginalized from his support system factoring in the emotional maelstrom that was to follow. Outwardly and as indicated through social media, Steven missed the holidays in 2010 because of the PFA order. He also missed his wedding anniversary and Amy's 38th birthday.

Interview reports suggest that Amy wished to *normalize* life as much as possible for the children including major holidays. George Lake described Amy as “the world's best mother” and Steven as “a good father and provider” and those comments to us were affirmed by every other source with which we discussed those subjects. In November 2010, Amy hosted Thanksgiving that included Steven's parents and sister on the guest list. Mr. and Mrs. Lake did not attend because they felt it would be unfair to Steven who could not be there. It is likely that Steven experienced greater feelings of sadness and loss, caused solely by him, during holidays away from his family especially since several of his relatives were together with Amy and the children both at Thanksgiving and Christmas 2010. In December 2010 Steven and Amy had been married and together for 15 years if not for the PFA order. The symbolic

failure in this may have further added to Steven's growing anger and resentment that were exacerbated by the holidays without being with his wife and children due solely to his earlier actions.

Although there was a palpable "coefficient of friction" that had developed within the family and had also existed to some unhealthy degree for years, Steven took great joy in spending time on and in the water with the children at Kingsbury Pond, and also took great joy in taking each child on separate trips to Mexico and Jamaica, as well as the entire family to Myrtle Beach in 2009. Amy's willingness to support and participate with the children at social and sports events was limitless. And both parents did much more than just that with the exceptions noted elsewhere in this report regarding Steven's interactions with Monica and his murderous actions on June 13, 2011.

During our multiple visits to the family home in Wellington, with the swing set and the tree house in the backyard, and with the layout and design of the inside of the house including a 6 person hot tub in the basement, it is unmistakable that the house was a home and that the upbringing of the children was largely positive. And the behavior of 2 of their dogs, Angel and Diesel, toward us when we met them indicates a history of a generally or highly healthy living environment most of the time.

During the final year of their lives, Steven's business suffered at least partly due to the economy and partly due to the family strain that was certainly felt based upon our data by all 4 members of the family. This aspect along with the cessation of family trips and togetherness as the result of the June 14, 2010 criminal threatening incident added to the risk of violence in the family. These factors may have further triggered Steven's sense of being marginalized and helpless, thusly fueling his resentment toward his wife and "the system" he believed unfairly kept him from his children.

The totality of these circumstances placed the Lake family at high risk for an impending clash of forces. Our sources and case evidence suggest the impending divorce order, denial of visitation, and the Guardian ad Litem's pointed recommendation against shared custody and co-parenting likely contributed to Steven's downward spiral. The estrangement from his family probably peaked upon a denial of visitation that would have allowed Steven to attend Coty's middle school graduation on June 10, 2011 on the evening before Steven was seen watching the children swim near their Shore Road home. We do not defend Steven by noting his positive behavior with his family, but instead show factors such as these that contribute to an early warning roadmap that demands monitoring and/or containment of dangerous individuals. To the outside world, abusers may seem to be good people and great parents. The abuser tends to use that façade to his advantage in order to manipulate his controlling and dangerous role within the relationship to the detriment of his intended victim(s).

We have been informed by sources that Steven offered to be escorted by police officers to that graduation ceremony, a request that was rejected by Amy. We have also been told by those same sources that, "if Steven had been there it would have been much worse".

VIOLATIONS OF PFA ORDER

Steven had grown isolated from his family during the year following the initial criminal threatening incident. In the months following the issuance of the PFA order, Steven violated the order on multiple occasions. He was arrested on only one of those occasions, for following Amy into *C&R's Store* on

November 11, 2010. Other PFA order violation occasions occurred at the Park Street home of Amy, Coty and Monica in February, 2011 while all 3 were at school according to neighbor witnesses as well as on June 11, 2011 (2 days before the homicides) when Steven stopped on Shore Road “to watch the kids swim” before also “walking up the hill toward the house” where the homicides occurred according to 2 of our sources. These breaches in the PFA order may have resulted in Steven’s containment had they been reported to and responded to by police. This error most likely added to the invincibility Steven felt and made it increasingly likely that Steven would violate the order again as he did on June 13, 2011. The literature that we have reviewed strongly suggests zero tolerance for any violation of a PFA order and *containment* for those who do violate any PFA order.

Steven identified with guns and was photographed in a white shirt holding a rifle for one of his high school senior pictures. He was an estranged husband that grew increasingly frustrated, angry and depressed in the months and days before killing his family and committing suicide by means of a firearm...a shotgun.

CHANGES TO EMOTIONAL FUNCTIONING

A number of our sources believed that Steven was becoming increasingly depressed and needed some form of psychiatric care according to his own words on June 12, 2011 while having dinner at Kingsbury Pond. One source having contact with Steven on that day told us, “They broke him down” when referring to prosecutorial and Court actions against Steven.

Indeed, Steven may have experienced the loss of his omnipotent “hold” over Amy and his children but it was not clear there was a formal breakdown in his thinking associated with cognitive distortion or disorganization. There is interview data that suggests Steven was frequently tearful in the days before the murders. The imminent uncertainty of formal divorce may have been an insurmountable injury adding to these feelings. This left him feeling emotionally denuded, without personal value and deeply enraged. If Steven had in fact been “broken down” he may have met the legal criteria for an immediate psychiatric evaluation and hospitalization.

Steven was caught in a series of events that directly contributed to his frustration and perhaps feeling of hopelessness that put him under enormous stress...which some people can cope with and others cannot. He was facing a trial for criminal threatening and possible time in jail. His divorce was due to be finalized later in the month of June and visitation with his 2 children was no longer permitted.

CHANGES TO COGNITIVE FUNCTIONING

The team conducting this research asked ourselves how a man who is said to love his children can kill them and their mother so savagely. This same question was rightfully echoed by the local District Attorney and published in the *Bangor Daily News*. The answer to that question will never be answered with certainty. But we do know that killing the people you love, if you do in fact love them, requires the cognitive distortion referenced earlier. And also that cognitive distortion following or possibly/actually leading to outcomes such as this outcome require pointed intervention by family, friends, social service agencies, the medical community, legislators, law enforcement, bail commissioners, defense attorneys, prosecutors, and Judges...generally in that order. In simple terms, with ten layers of intervention there is

ample opportunity and necessity to prevent these outcomes provided no person holds the unethical and/or conditioned false view that, “we couldn’t do anything to stop this”.

The loss of control signals an emergent break in rational cognitive functioning and self-regulation. At times of extreme stress the kinds of outward behavior Steven exhibited relied on the underpinnings of his character and components of his decision making and coping skills. Clearly, Steven experienced a cascade of events that were to exceed his capacity to regulate himself. The murderous behavior was indicative of overwhelming errors in thinking that may have ignited his behavioral conflagration and terminal violence. There was, however, no indication that Steven had exhibited disorganized or illogical thinking associated with an emerging acute psychotic episode (e.g. hallucinations and delusions) prior to committing the murders although several of our sources believe he had made organized plans for that very outcome. One source indicated that they were convinced that “Steven would strangle Amy sometime during the 2 weeks prior to the homicides”.

NECESSARY ABUSER ACCOUNTABILITY

Abusers must be held accountable for every abusive action undertaken by them when reported by the abuse victim. Our determination as the specific result of our research in this case indicates that in this case Steven was dealt with by LE, prosecutorial and judicial authorities with enough leniencies to result in the deaths of four people. It appears that due to routinized processing of this criminal case, the growing lethality of Steven’s actions and symptoms were not properly recognized and responded to in a manner that could have saved these four lives. That must now change.

As mentioned earlier in this report our research has uncovered very recent cases in Maine of \$200 bail amounts for DV and \$30,000 bail amounts for Burglary, with hypertext links to some of those specific cases included later in this report under “Other DVH Subject Data”. Within that same section, there is a link to a Vermont case whereby a \$25,000 bail was very recently applied in a stalking case.

Our primary point here is that the days of low bail and not containing dangerous abusers until trial, under the distraction of eighth amendment arguments, must now end.

SUICIDE NOTE SUMMARY

Suicide notes on most occasions are written in what is usually referred to as a “dis-regulated state” by the individual preparing for his death. Steven’s 13 suicide notes were left at his workplace in Harmony and discovered several days after June 13, 2011. We received the suicide notes from one of our sources not employed by the State of Maine, and to assure ourselves that the suicide notes were actually written by Steven we evaluated them in detail including a comparison of linguistic and spelling errors within bona-fide *Facebook*TM postings and Emails known to have been written by Steven. We concluded based upon that evidence that the suicide notes were actually written by Steven. None were dated, but all were signed in varying forms.

There were 13 suicide notes in total, all hand-written on lined paper and signed in various forms by Steven. They were found by a relative of Steven several days after June 13, 2011. Writings included:

- “Love you more than anything”,
- “To all customers that supported me...I tried”.
- “Go to school...make something of yourself”.
- “I love you more than anything else, other than Coty”.
- “I can only take so much”
- “I do love you but can’t go on”.
- “See you in hell...I’ll be there waiting”.
- “Go to hell”.
- “I always hated you”.
- “I couldn’t let you see me go to Jail”.
- “But you guys were great when I needed you”.
- “I feel you was way unfair”.
- “Hopefully you will for at least a second wish you hadn’t done this to me”.
- “I didn’t pick the gun up to threaten you”.
- “I can only take so much”.

It is important to note that suicide notes were written to Amy, Coty and Monica, and in planned homicides that is fairly common for purposes of attempting to explain homicidal actions to survivors through writing suicide notes addressed to intended homicide victims. But in this case that is not known to us, as there is a measurable possibility that Steven’s intent was either to kill only himself, or Amy alone, or Amy and possibly the male school district employee referenced earlier. There is also at least a slight likelihood that “downstream victim(s)” were planned. However, it is our view based upon everything that we have discovered that if Steven’s only intention was suicide he would not have been armed with multiple weapons and the amount of ammunition that he possessed.

It is also our view that if the initial responding officer had pulled into the driveway at 173 Shore Road on June 13, 2011, the likelihood of his death upon exiting his cruiser is exceedingly high.

In summary, the suicide notes do indicate a degree of planning that most likely began on June 14, 2010.

OUR RECOMMENDATIONS RESULTING DIRECTLY FROM THIS RESEARCH

Our research in this case has been intended and has the result of deconstructing the antecedents, behaviors and observable symptoms of an individual who has committed homicide and suicide, for purposes of achieving a fact-based understanding of the psychological and social circumstances contributing to non-natural deaths, so that systemic steps may be undertaken to prevent similar outcomes in the future. Our research method has involved collecting all available information on the deceased individuals via structured interviews of family members, relatives, co-workers and friends as well as attending health care personnel and other direct observers. In this case, a painstaking effort has been made to be accurate and fair in representing the circumstances and facts contributing to the events of June 13, 2011. Our findings and resulting recommendations are specific to the Dexter homicides and suicide. However, all information outlined within this report is correlated directly with what we all now know was the DVH outcome of this Dexter case.

Given that predicting violence with 100% accuracy is nearly impossible, our research highlight the pre-incident indicators that expose discrete and easily recognized patterns of behavior that suggest an insidious escalation of threat and DVH risk. This is a useful tool in generalizing the circumscribed underpinnings of this serious public health hazard in an attempt to limit the future occurrence of events and outcomes such as occurred in this case.

This report makes an effort to deconstruct the events occurring prior to June 13, 2011 insofar as possible. This post hoc analysis of those behaviors and events has been undertaken to determine what indicators were present and in what better and more effective ways authorities, DV experts, elected officials, Judges, bail commissioners, intended DV victims, family members, friends, and the general public might intervene and contain high DVH risk cases such as this with the result of homicide occurring only on a dramatically decreased frequency and scale.

The best predictor of behavior is a host of pre-incident behaviors that are indicative of escalating intensity and frequency of aggression. Pre-incident indicators are actually part of the homicide itself (DeBecker, 1997) and need to be reviewed, tallied, interpreted and acted upon. In other words, everything related to DV must be defined by all family, friends, social service agencies, the medical community, legislators, law enforcement, bail commissioners, defense attorneys, prosecutors, and Judges as homicide prevention. That in no way entails individuals taking the law into their own hands or treating abusers in any way contrary to law. But it does require changes to mentalities, laws, procedures, and intervention modalities.

While understanding economic, fear and emotional forces, whenever possible the abused individual should not condone abuse by not taking all actions necessary to prevent or stop the abuse, and the abusers must be corrected and if necessary contained through all means possible so that destroyed families, severe injury, and/or death are prevented and preferably made impossible to occur.

On political, legal, and social issues, much time is spent talking about important subjects while never progressing beyond the "chatter stage" to stopping the problem...whatever the problem may be. This chatter nearly always occurs solely because of insecurity or lack of knowledge on one or all sides of a

given subject discussion. The individuals who choose to not take all steps necessary to prevent these DVH deaths are not being responsible by any measure, whatever their political philosophies or limitations.

To invert the frequent colloquialism, “easier said than done”, solving the DVH problem is actually “easier done (DVH prevention) than said (talked about)” based upon everything we have learned and will now provide in the form of recommendations to stop what one state official has referred to as “a scourge on our state for decades”. It is in the interest of public safety to make the measurable systemic corrections outlined within this report upon final determinations to be reached by elected and appointed state officials with the knowledge that if most or all of the following recommendations were in place beginning on June 14, 2010, 4 members of the Bagley and Lake families would still be with us instead of now being buried in Harmony and Athens.

We have provided these recommendations according to the political and/or administrative body that should be charged with implementing each recommendation beginning in 2011, with thorough implementation prior to 2013.

A.) STATE LEGISLATURE:

- A1. Whenever any instance of criminal threatening or menacing presentation of a deadly weapon to the PFA complainant has occurred prior to or after PFA order date, PFA orders must provide LE with statutory authority at any time(s) to search the defendant, his/her vehicle, his/her residence and all other property occupied or controlled by the PFA defendant in order to determine whether any firearms bail condition is being violated. This must be statutorily allowed without articulable suspicion or probable cause on the part of LE.
- A2. Seeking, hiding, using, possessing or attempting to acquire a firearm, ammunition, or other deadly weapon(s) when PFA order is active must be a non-bail Class C felony with judicial review. For statutory purposes, such activities must be assumed to indicate intention by the PFA defendant to utilize the weapon(s) against the PFA complainant.
- A3. Seeking, hiding, possessing or attempting to acquire a firearm during the 90 day period following expiration of any PFA order must be a Class D misdemeanor punishable by a mandatory and minimum 90 days in jail and a minimum fine of \$2,000.
- A4. Job protection (non-termination by employer) must be statutorily required for any PFA complainant.
- A5. PFA orders must include prohibition on all residential contact between PFA order complainant and PFA order defendant. One party must be required to immediately relocate (unless otherwise requested by the PFA order complainant, it must be the PFA order defendant that relocates) and all contact between the two must include a Law Enforcement Officer (LEO) during the period of the PFA order, with written acknowledgment of that requirement by both parties to the PFA order. Presence on any residential or work property occupied or utilized by the PFA complainant by the

PFA order defendant must be a Class D misdemeanor punishable by a mandatory and minimum 90 days in jail and a minimum fine of \$2,000.

- A6. LEO's must have statutory authority without probable cause or articulable suspicion to pat down PFA order defendant prior to any contact between PFA defendant and PFA complainant.
- A7. Assure the application of civil consequences, in place in Maine since 2009, for any false filing of a request for a PFA order.
- A8. All legal actions, arguments and enforcement resulting from any violation of a PFA order should occur solely under Title 17 and Title 19-A.
- A9. Any violation of any active PFA order by the PFA defendant must result in jail without bail until trial in any case where contact with the complainant is not accidental and/or is passively or actively intended to or has the result of threatening or menacing the complainant. This includes any activity that is "repetitive", defined as the same or similar activities/occurrences happening more than once in any rolling 90 day period.

B.) JUDICIARY:

- B1. In any case where deadly threat or deadly weapon is evidenced resulting in a PFA order, or deadly weapon is possessed by the PFA defendant or displayed to the PFA complainant by the PFA defendant after PFA order implementation, divorce should be expedited and decreed within 30 days of deadly threat/deadly weapon display or possession, with marital financial resolution occurring in Civil Court within 60 days AFTER said decree date under Maine code §19A-902(1C) "Extreme Cruelty" and §19A-902(1G) "Cruel and Abusive Treatment".
- B2. To remove the desire by murderous abusers to stop a divorce from happening, implement an immediate (3 days) non-contestable posthumous divorce in any DV homicide or homicide/suicide. Ensure that PFA complainants and defendants are advised of this in writing by the Civil Court issuing the PFA order. In other words, "murder" will not prevent "divorce".
- B3. In any case of DV homicide or homicide/suicide, the homicide victim's estate must be the non-contestable sole beneficiary of the net proceeds of the murderer's estate, without regard to any earlier beneficiary designations including those of life insurance proceeds, work property, retirement accounts, and Payable on Death (POD) accounts. Referenced beneficiaries to be notified of such by the Probate Court.
- B4. In any case of DV homicide or homicide/suicide, the murderer's singular and separatized estate must become the non-contestable and solely responsible entity for all marital liabilities of the deceased party/parties including any circumstance when the murderer's assets do not cover all marital liabilities. The murdered party's beneficiaries shall non-contestably receive the net value of the murdered party's singular estate after marital liabilities are settled, with no liability whatsoever for marital liabilities by the murder victim's estate.

- B5. Additional Court resources must be applied, again without excuse, to cases of serious DV in order to prevent DVH. Rural areas must have Court and trial capability much more frequently than is currently the case, including referral to other Courts if necessary. Continuances must be drastically minimized in these cases whether due to defense attorney preferences or Court schedule challenges.

C.) BAIL COMMISSIONERS AND BAIL CONDITIONS:

- C1. In all DV arrest cases, bail shall not be established and release from custody shall not occur until “Level 2” criminal history check (statewide) is performed by LE and weighed in the bail decision by the Bail Commissioner or if applicable, the Judge. LE agency policies also must mandate detailed descriptions of DV evidence within arresting officer paperwork.
- C2. Initial DV cash bail must be a minimum of \$1,000 cash. Any second successive arrest within two years related to DV must double, at a minimum, that initial bail amount on a sequential basis. Any third DV event within 6 years: jail without bail until trial. Defendants are to be advised of this by the Bail Commissioner or Judge. Additionally, Personal Recognizance (PR) must not be available for any DV charge under any circumstance.
- C3. For any instance under criminal code Title 17-A when evidence of criminal threatening, terrorizing, assault, stalking, and/or reckless conduct are present, and in all cases of PFA order violation, cash bail must be a minimum of \$15,000.
- C4. Bail requirement on all DV arrests and/or PFA order violations in cases of deadly threat, deadly weapon presentation, terrorizing, assault, reckless conduct, or criminal threatening must require a District Court Judge to set bail rather than a bail commissioner. PFA order violations, when the initial PFA order results from deadly threat, deadly weapon presentation, terrorizing, assault, reckless conduct, or criminal threatening, should in most cases result in jail without bail until trial.
- C5. Bail Commissioners must be provided with statutory authority to “not set bail now” under any circumstance where, at their sole discretion, a flight and/or public safety doubt or threat may exist...and thusly defer to a District Court Judge on the next Court bail hearing day.
- C6. MCJA training of all Bail Commissioners on [State of Maine v. Mark Elliott \(2010\)](#) case.
- C7. PFA defendant bail condition must be to “resolutely and without exception avoid all visual, verbal, physical, monitoring and electronic contact with the Plaintiff even if contacted or approached by the Plaintiff”.
- C8. Minimum bail amounts noted in this section must not be subject to discretion.
- C9. Containment of offenders or in limited cases high bail must occur after any PFA order violation involving deadly threat, deadly weapon presentation, terrorizing, assault, reckless conduct, or criminal threatening occurring either prior to PFA order execution or during the violation of the PFA order.

D.) ATTORNEY GENERAL/LAW ENFORCEMENT/MCJA:

- D1. Gun dealers must be provided access to LE firearm prohibition data, even if only by telephone from LE.
- D2. Implementation by MCJA of statewide universal “close patrol” procedure for all LE agencies in cases of deadly threat and/or menacing behavior PFA orders.
- D3. GPS proximity tracking of PFA defendant with automated PFA complainant notification during the period of the PFA order in any case where veiled or direct deadly threat or deadly weapon is evidenced.
- D4. Implementation of *Maine State Bar Association* rule that no attorney may suggest, encourage, assist with, aid or abet a false PFA order filing in any attempt by the attorney and/or PFA complainant to secure a favorable, larger or more demeaning divorce settlement from the PFA order defendant. The penalty for doing so must be immediate reporting to the Bar for potential disbarment of the attorney.
- D5. All PFA orders with deadly threats or similar histories connected to them must continue to be entered into METRO and all LE intranets because individuals with greater than a 0% risk of killing their spouse also have a greater than 0% risk of the PFA defendant killing a police officer while the PFA defendant is planning to or is en route to killing the spouse.
- D6. MCJA education to police officers and all law enforcement agencies on the requirements of Maine Revised Statutes Title 19-A, Chapter 101, §4006, and on how to prevent the tedium of repetitive DV calls to the same address by defining each call as a “murder prevention” call.
- D7. All PFA orders must be entered according to home address, work address, and work/cell/home telephone numbers into the 911 data base by the serving LE agency.
- D8. Assure the dispatch of a minimum of 2 officers to all DV calls with likelihood of violence to any degree, and a minimum of 3 officers (mutual aid if necessary) to any E911 call originating from tagged PFA complainant locations without regard to shift staffing or time of day/night.
- D9. Continued MCJA training of all LE personnel on “active shooter” engagement and mitigation. LEO’s must generally engage the shooter through any and all means possible. In nearly all cases such action dramatically increases survival rates.
- D10. MCJA training of all L.E. personnel on [*State of Maine v. Mark Elliott \(2010\)*](#) case.
- D11. Title 19-A §4012(5) “must arrest” statutory requirement violation by any law enforcement officer (including Chiefs) must result in disciplinary action for any involved officers under strong policy against these errors if proper LE action should not occur at the scene according to Maine Revised Statutes Titles 17-A and 19-A .

- D12. Arresting LEO or agency must perform a Level II criminal history check on all DV arrests prior to requesting a Bail Commissioner.
- D13. Arresting LEO or designee responsible for notifying DV complainant of any DV/PFA defendant's release, by telephone within 3 minutes of defendant's release. "Close patrol" (24-7) must be implemented for a minimum 10 day period after such release.
- D14. Any LEO, bail commissioner, prosecutor or District Attorney who provides any additional consideration or leniency in terms of statutory LE and/or prosecutorial requirements based upon connection, friendship or relationship to any DV or PFA order defendant must be charged with a Class D misdemeanor punishable by up to 90 days in jail and a mandatory \$2,000 fine as well as loss of peace officer certification, bail commissioner appointment, or law license.
- D15. Temporary installation of Voice Activated Radio Dispatched Alarm (VARDA) or other technology component(s) by law enforcement professionals, which are possessed by numerous law enforcement agencies throughout the state, in the homes of those PFA order plaintiffs at greatest risk of DVH.
- D16. Law enforcement agencies must establish relationships with cellular carriers and/or social service agencies that will provide a free 911 (only) cell phone to all DV PFA order complainants for the period of the PFA order only, if cell phone is not currently possessed. For E911 purposes, PFA plaintiffs must be encouraged by Law Enforcement to also have land line telephone service at their residence.
- D17. In counties where this system does not currently exist, implementation of an immediate alert notification to the emergency dispatch center responsible for the jurisdiction(s) in which the DV or PFA plaintiff lives regarding any release from jail, and related bail conditions, of any defendant so that patrol staff may immediately implement close patrol of the plaintiff's workplace and residence.

E.) PUBLIC EDUCATION:

- E1. Maine Education Association implementation of focused outreach from grade 3 to grade 12 with significant efforts toward educating children to report violence and/or threats in the home to trusted adults such as school liaison officers and school counselors/principals. Require on a statutory basis that, similar to child abuse, reporting to law enforcement is mandated.
- E2. Similar to the common drunk driving Public Service Announcements (PSA) announcements on highway signs, busses, park benches, in Courthouses, in restaurant rest rooms, and on television, implementation of PSA's on the subjects of DV and DVH recognition, risk reduction, reporting, and criminal penalties on a broad scale. (See "Appendix B" for a sample.)

F.) PFA COMPLAINANT CRIME PREVENTION:

- F1. Residence/workplace escape planning by complainant and children must be provided upon execution of all PFA orders. Communication of this suggestion (“when”, “how”, “where” to escape to) is by LEO upon service of PFA order.
- F2. PFA order complainant should be, for workplace safety purposes, encouraged to notify his/her employer of PFA order.
- F3. PFA order complainant should notify all contiguous neighbors of PFA order with full PFA defendant and vehicle description, while requesting 911 notifications by those neighbors upon any sighting of PFA order defendant or vehicle. Communication of this requirement to PFA complainant, with assistance in making neighbor notifications when requested, is by LE upon service of PFA order.

G.) SOCIAL SERVICE AGENCIES (SSA):

- G1. SSA education to all connected and related PFA order parties on “psychological zero state”, “abandonment rage” and “terminal rage”, including the symptoms, progression and likely actions resulting from those conditions.
- G2. SSA psychological counseling, under Court order if necessary, of all DVH/suicide likely perpetrators regarding the pointlessness of DVH because in a murder/suicide there is generally only 1 to 2 seconds of affirmation sensed by the murderer regarding the killing...because the killer’s brain is quickly dead as well. In other words, there is no real reward or pleasure that results from homicide/suicide success. It does not “feel good” like looking back 3 weeks later upon a nice vacation, a great party, or the birth of a child. This counseling must occur prior to “psychiatric zero state” and very shortly after any first assault or threat.
- G3. SSA counseling of all DV and PFA defendants that the only plan that they must have that will succeed is the plan to completely and permanently cease DV. “Any plan for murder will fail”.

H.) PSYCHOSOCIAL RECOMMENDATIONS:

- H1. While understanding the need for human contact and support, both parties to any intimate relationship where DV has manifested itself in any form should avoid romantic or sexual relationships with other individuals until risk and all legal actions have completely abated.
- H2. As friends, co-workers, attorney’s and relatives of people charged criminally with DV, provide emotional support on only a limited and fact-based basis. Do not support charged parties based upon a defense story that the defendant has falsely created. Ensure that factual knowledge is the basis for all support to the charged party. If the charged party is thinking magically and non-factually regarding the reasons for the charge, not correcting them serves to prevent recovery while leading frequently to DVH.

- H3. Expand and support social service agencies currently involved in providing DV and DVH prevention and resolution services.
- H4. SSA's and LE to ensure that all at-risk DV victims notify all neighbors, co-workers, family and friends of the DV risks they face while requesting immediate notification to LE upon any sighting of the abuser and/or his vehicle.
- H5. Use of Social Media sites can add to one spouse or the other being marginalized. All social media posting should be limited or shut down altogether. Social media is the #1 source of intimidating conduct and should not be utilized except on a very limited, very controlled, and non-inciting basis until resolution of legal issues and/or divorce. Awareness with proper response to this is paramount to personal safety.
- H6. Whenever one or both spouses is placed on psychoactive medication by a primary care physician an effort should be made to see that this is done in consultation with a psychiatric specialist practicing in or with knowledge of intimate partner violence (IPV).
- H7. Medical association initiated recommended "quiet" reporting, of threats of DV or actual relationship violence when physicians receive information pertaining to potential harm.
- H8. Education for health care providers on interviewing techniques, change in statutory DV regulations and referral continuum. This may be offered in conjunction with continuing medical education credits necessary for license renewal.

DVH PREVENTION ACTION CORRELATION AND SIMPLICITY

<u>ACTION NUMBER</u>	<u>CORRELATES DIRECTLY WITH⁽¹⁾</u>	<u>SIMPLICITY⁽²⁾</u>
A1	A3, A4, A11, D14	S3
A2	A1, A4, D1, D14	S1
A3	A1, A3, D1	S2
A4	A5, F3, F4	S1
A5	A8, D3, D13	S1
A6	A1, A3, A4, A7	S1
A7	D4	S1
A8		S1
A9	B1	S1
B1	C2, C3, C4, C5	S3
B2	B3, B4	S1
B3	B2, B4	S1
B4	B2, B3	S3
B5		S2
C1	D12	S1
C2	B1	S1
C3	C5, C9	S1
C4	C5, C9	S1
C5	C3, C4	S1
C6	D10	S1
C7	A5, A7, A11, D3	S1
C8	C2, C3, C4	S1
C9	C3, C4	S2
D1	A3, A4	S2
D2	C6, D6, D9, D10, D13, F6	S2
D3	A5, A7, C7	S3
D4	A9	S1
D5	D7, D14	S1
D6	C6, D2, D6, D9, D10,	S2
D7	D5, D8, D14, F6	S1
D8	D7, D9, D14, F6	S2
D9	C6, D2, D6, D8, D10, D14, F6	S1
D10	C6, D2, D6, D9	S1
D11	A1, A5, A7, A8, C2, C3, C4, C5, D14	S1
D12	C1	S1
D13	A5, A7, D2, D14, D17	S1
D14	A1, A3, C1, C2, C3, C4, C8, D5, D7, D8, D9, D11, D12, D13	S1
D15	D7, D8, D16	S1
D16	D7, D8, D15	S1
D17	C1, C2, C3, C4, C5, C6 C7, C8, D13	S1
E1		S2
E2		S2
F1	A6, F5	S2
F2	A6	S1
F3	F3	S1
G1	G2, G3	S1
G2	G1, G3	S1
G3	G1, G2	S1

(1) The success of the left column action toward the elimination of DVH in Maine is significantly contingent upon this second column's correlated actions being taken.

(2) **S1:** Quite simple and can occur at minimal cost and be effective within 45 days. **S2:** Slightly more complex in terms of political arguments and legislative delays and as a result, most likely to be more expensive. Nonetheless, these actions can and should occur and be effective within 120 days maximum. **S3:** Very necessary for the elimination of DVH in Maine, but somewhat complex due to political intransigence and/or misunderstanding of the problem of DVH, along with the investment that may be necessary for implementation of this action. Nonetheless, these actions should occur and be effective within 240 days maximum (only 4 out of the 48 required actions fall in this category; all others are quite simple to implement).

OUR NOTES OF APPRECIATION

Our expression of thanks is intended for all of the 69 people we have met throughout this endeavor and in a very small number of instances those we have only spoken with by telephone. The support that we have received from several federal, state, county and municipal leaders and employees, both elected and appointed, has been exceptionally helpful and is very much appreciated. Additionally, we wish to thank those police officers, District Attorneys, Judges, and social service agencies with whom we have met...as well as those we have not met...who have the courage to take a firm public stand against DV while taking all steps to prevent it, however politically risky those steps may be.

Some of these discussions have been emotionally difficult and mentally draining, but they have also affirmed magnificently why the 4 of us call Maine "home". We were total strangers to everyone we have now met that has assisted us throughout this endeavor. If they hadn't done what they did, we could not have done this. We very much appreciate the assistance we have received.

Almost everything we have observed during our research has impressed us regarding the people of north central Maine. The people we thank the most are the ones with the biggest breaks in their hearts that had no reason to either trust us or share anything with us as complete strangers to them. Their communication with us by telephone, by Email, and on a face-to-face basis has been absolutely staggering and evidences the hole left by the passings of their loved ones:

Ralph and Linda Bagley
Jeff and Roxann Bagley
Rob Bagley
Dave and Tylene Fowler
George and Gail Lake

It will take a very long time for at least partial healing to occur for all of the people affected by this horrible tragedy, including us. We have even sensed loss in the eyes of Angel and Diesel, the family dogs.

It is our very sincere hope that what will result from this research will be rapidly implemented and pointedly preventative solutions implemented without tired arguments on subjects such as "freedom" and "gun rights", with the death of men, women and children continuing pointlessly and unnecessarily in their homes and workplaces. Such implementation will serve the needs and desires of all society members and in our view will also speed the partial healing for those most affected by Steven's, Amy's Coty's and Monica's deaths.

The abused, the abusers, and the rest of us are all much better off without the abuse. As a result, our system must be arranged for the benefit of all rather than mistakenly toward the "benefit of the doubt" for individuals indicating a proclivity for partner emotional, physical and/or sexual abuse, and DVH.

Most importantly, it is the memory of and shadows cast by Steven, Amy, Coty and Monica that has guided us through this process. We would all be better off if each of them were still with us, and we wish from our hearts that we had known each of them in life.

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OTHER DVH SUBJECT DATA

The links below will provide unfiltered background on the data and concepts included within this report, with that data playing a crucial role in the conclusions we have reached and the recommendations included herein. We encourage the readers of this report to click on each and every link to ensure that a full and accurate perspective on the DVH problem may be gained and retained as our recommendations are pursued and implemented.

These articles are generally listed in ascending order of publication date.

DEXTER MURDERS/SUICIDE SPECIFICALLY:

These articles, all from public sources, chronicle the crimes occurring on June 13, 2011 in Dexter:

<http://bangordailynews.com/2010/06/16/news/wellington-man-faces-charges-in-family-hostage-case/?ref=relatedBox>

<http://bangordailynews.com/2011/06/13/news/dexter-home-surrounded-by-police-after-reports-of-several-shots-fired/>

http://www.pressherald.com/news/four-dead-in-dexter_2011-06-14.html?pageType=mobile&id=1

<http://bangordailynews.com/2011/06/15/news/shooter%E2%80%99s-father-says-court%E2%80%99s-denial-of-visitation-rights-caused-dexter-shootings/>

<http://bangordailynews.com/2011/06/17/living/domestic-homicides-elicited-words-of-grief-hope/>

<http://bangordailynews.com/2011/06/16/news/piscataquis/police-lake-carried-two-guns-knife-to-scene-of-slayings/>

<http://bangordailynews.com/2011/06/13/news/family-friends-shocked-by-tragedy-in-dexter/>

<http://www.sunjournal.com/city/story/1045969>

<http://bangordailynews.com/2011/06/24/news/piscataquis/fundraiser-to-help-dexter-family-with-funeral-expenses/>

<http://www.wabi.tv/news/21063/district-attorney-says-steven-lake-was-determined-to-get-his-way>

<http://www.mpbn.net/Home/tabid/36/ctl/ViewItem/mid/3478/ItemId/16778/Default.aspx>

<http://www.seattlepi.com/news/article/Autopsies-show-2-Maine-victims-shot-multiple-times-1424946.php>

<http://bangordailynews.com/2011/08/21/news/penobscot/hundreds-walk-and-run-in-memory-of-dexter-murder-victims-amy-coty-and-monica-lake/>

<http://bangordailynews.com/2011/07/27/news/penobscot/domestic-violence-forum-to-be-held-in-dexter/>
<http://www.wcsh6.com/news/article/170194/2/Grassroots-movement-to-end-domestic-violence>

OTHER DVH CRIMES AND SUBJECTS:

These articles, all from public sources, chronicle other DVH crimes with varying degrees of chilling similarity to the Dexter crimes, as well as general DVH subject items:

<http://www.azcentral.com/community/scottsdale/articles/2011/04/22/20110422manhunt-robort-fisher-continues-10-years-later.html>

<http://bangordailynews.com/2011/09/08/news/bangor/bangor-woman-pleads-not-guilty-to-killing-husband-in-june/>

http://www.pressherald.com/news/womanabductedfor-3-days_2011-08-03.html

http://www.youtube.com/watch?v=J7NA6O3_brl

<http://ww2.cox.com/myconnection/arizona/today/news/national/article.cox?articleId=D9OVE30O0&moduleType=apNews>

<http://ww2.cox.com/myconnection/arizona/today/news/national/article.cox?articleId=D9OVJ5PO1&moduleType=apNews>

http://me.findacase.com/research/wfrmDocViewer.aspx/xq/fac.19771108_0040131.ME.htm/qx

http://www.huffingtonpost.com/2011/08/07/ohio-shooting-copley_n_920555.html

<http://ww2.cox.com/myconnection/arizona/today/news/national/article.cox?articleId=D9P3AGSG0&moduleType=apNews>

<http://bangordailynews.com/2011/08/16/news/portland/nh-man-to-be-sentenced-for-killing-fiancee/>

<http://ww2.cox.com/myconnection/arizona/today/news/national/article.cox?articleId=D9P7JDS01&moduleType=apNews>

<http://www.theprovince.com/news/Woman+shot+death+home/5265966/story.html>

http://www.onlinesentinel.com/news/arrest-endsstandoffin-madison_2011-08-14.html?searchterm=Thibodeau

http://www.onlinesentinel.com/news/man-faces-domestic-charges_2011-08-24.html

<http://bangordailynews.com/2011/08/29/news/bangor/woman-hits-child-when-trying-to-strike-boyfriend-police-say/>

<http://www.azcentral.com/specials/special22/articles/0807FISHER07.html?&wired>

http://www.lcsun-news.com/las_cruces-news/ci_18746578?source=email

http://www.maine.gov/dps/cim/crime_in_maine/2009pdf/022%20murder.pdf

<http://ww2.cox.com/myconnection/arizona/today/news/national/article.cox?articleId=D9PHSEAO3&moduleType=apNews>

<http://www.crookedsapd.com/2011/08/officer-josh-morneau-on-leave-for-second-time-this-year/>

<http://bangordailynews.com/2011/09/02/news/state/new-trial-unlikely-to-change-outcome-for-convicted-killer-jeffrey-cookson/>

<http://bangordailynews.com/2011/08/31/news/court/judge-considers-dna-testing-of-items-linked-to-dexter-murders/>

http://www.boston.com/Boston/metrodesk/2011/09/triple-homicide-lawrence/jdn5SqRqBnbUpwXII15ERO/index.html?p1=News_links

<http://bangordailynews.com/2011/08/23/news/police-beat/bangor-man-arrested-with-knives-again-police-say/>

<http://ww2.cox.com/myconnection/arizona/today/news/national/article.cox?articleId=D9PP5P500&moduleType=apNews>

<http://ww2.cox.com/myconnection/arizona/today/news/national/article.cox?articleId=D9PUJ58O2&moduleType=apNews>

<http://www.domesticviolencecrimewatch.com/>

<http://miami.cbslocal.com/2011/09/26/5-year-old-reports-shooting-in-sunrise-3-deat/>

<http://bangordailynews.com/2011/09/26/news/bangor/domestic-assault-suspect-found-hiding-in-kenduskeag-trailer/?ref=polbeat>

<http://bangordailynews.com/2011/09/29/news/police-beat/old-town-man-arrested-for-domestic-violence-assault-police-say/>

<http://ww2.cox.com/myconnection/arizona/today/news/national/article.cox?articleId=D9Q511HG0&moduleType=apNews>

http://articles.chicagotribune.com/2011-10-06/news/ct-met-gilford-sentencing-1005-20111006_1_eric-gilford-kristine-gilford-navy-recruiter

<http://ww2.cox.com/myconnection/arizona/today/news/national/article.cox?articleId=D9QAFIJG1&moduleType=apNews>

<https://www.revisor.mn.gov/statutes/?id=518B.01>

<https://www.revisor.mn.gov/statutes/?id=518B.02>

<http://latimesblogs.latimes.com/lanow/2011/10/seal-beach-shooting-suspect-suffered-ptsd-from-boat-injury.html>

<http://www.latimes.com/la-seal-beach13-m,0,1945960.story?track=latiphoneapp>

<http://ww2.cox.com/myconnection/arizona/today/news/national/article.cox?articleId=D9QCBRI00&moduleType=apNews>

<http://bangordailynews.com/2011/10/14/news/midcoast/two-belfast-men-charged-in-domestic-violence-crimes/?ref=polbeat>

<http://bangordailynews.com/2011/10/13/news/hancock/ellsworth-man-charged-after-allegedly-firing-gun-during-domestic-dispute/?ref=polbeat>

<http://bedford.patch.com/articles/police-seek-clues-in-lewisboro-murder-suicide#c?ncid=webmail12>

<http://www.azcentral.com/arizonarepublic/arizonaliving/articles/2011/10/19/20111019abby1019-men-can-be-abused.html>

http://www.wgme.com/newsroom/top_stories/videos/wgme_vid_9807.shtml#.TrGWYVch5as.aolmail

http://azdailysun.com/news/local/crime-and-courts/before-things-escalate-helping-domestic-violence-victims/article_9a05b97d-327d-5ea1-a50e-ef1ab96deddf.html

<http://blogs.usdoj.gov/blog/archives/1691>

http://www.huffingtonpost.ca/2011/11/05/domestic-violence-abuse-again-bail_n_1077544.html

http://www.boston.com/news/local/vermont/articles/2011/11/19/vt_man_held_on_25k_bail_on_stalking_charge/?s_campaign=8315

http://futureofchildren.org/futureofchildren/publications/docs/09_03_9.pdf

<http://www.batteredmen.com/>

<http://www.batteredmen.com/batsacks2way.htm>

<http://www.police.nashville.gov/bureaus/investigative/domestic/stalking.asp>

BAIL:

These articles, all from public sources, outline important Maine bail subjects:

<http://www1.theforecaster.net/content/pnms-bail-part-4>

<http://www.sunjournal.com/state/story/1002312>

<http://knowledgebase.findlaw.com/kb/2010/Feb/111456.html>

<http://williamblylaw.com/bail-conditions.html>

<http://bangordailynews.com/2011/10/18/news/police-beat/police-arrest-two-in-connection-with-carroll-plantation-burglary-gun-theft/>

http://www.huffingtonpost.ca/2011/11/05/domestic-violence-abuse-again-bail_n_1077544.html

LEGAL:

These articles, all from public sources, chronicle some Maine Criminal Code subjects related to DV:

<http://www.mainelegislature.org/legis/statutes/19-a/title19-Ach101sec0.html>

<http://www.mainelegislature.org/legis/statutes/19-a/title19-Ach101.pdf>

<http://www.mainelegislature.org/legis/statutes/19-a/title19-Asec4012.html>

<http://caselaw.findlaw.com/me-supreme-judicial-court/1497990.html>

<http://www.mainelegislature.org/legis/statutes/15/title15sec393.html>

<http://www.jhsph.edu/bin/u/q/RemovingGunsfromIPVOffenders7Oct09.pdf>

http://www.maine.gov/ag/crime/criminal_justice_system.shtml

<http://www.sprucerun.net/content/wp-content/uploads/significant-events-in-maines-response-to-domestic-abuse2.pdf>

<http://www.nij.gov/publications/dv-dual-arrest-222679/exhibits/table1.htm#note1>

GENERAL SUBJECT ITEMS:

These articles, all from public sources, include law enforcement contacts as well as related DV subjects:

http://www.mainechiefs.com/index.php?option=com_joomd&view=joomd&Itemid=414

<http://www.da7.org/LawEnforcementDirectory.pdf>

<http://bangordailynews.com/2011/09/07/politics/lepage-says-domestic-violence-efforts-don%E2%80%99t-conflict-with-gun-law/>

http://www.kjonline.com/news/_1-million-grant-to-aid-victims_2011-09-07.html

http://www.pressherald.com/opinion/men-need-to-hold-themselves-accountable-for-abuse-of-women_2011-09-08.html?searchterm=Maine+Voices

RISK ASSESSMENTS:

These links provide some information regarding DV risk assessment instruments and their validity. Please remember that “reliability” (test/retest) is an integral aspect of validity:

<https://www.ncjrs.gov/pdffiles1/nij/grants/209731.pdf>

<http://hennepin.us/files/HennepinUS/Community%20Corrections%20and%20Rehabilitation/Reports/Validation%20Study%20of%20Two%20Domestic%20Violence%20Risk%20Instruments.pdf>

http://www.bwjp.org/files/bwjp/articles/DV_Risk_Assessment_Bench_Guide.pdf

DOMESTIC VIOLENCE BLOG:

This link leads to a Maine DV victim blog on the subject of DV:

<http://batteredbutnotbeaten.blogspot.com/>

SOME MAINE DOMESTIC VIOLENCE RESOURCES:

During our case research we have discovered these organizations that provide assistance to DV victims and those at risk for DVH in Maine:

<http://www.familycrisis.org>

<http://www.kathrynmaietta.com/>

<http://www.mcedv.org>

<http://www.sprucerun.net>

<http://www.cumberlandcounty.org/vip/index.htm>

<http://www.wmncare.org>

CONTACT INFORMATION

For further information about this research endeavor and resulting recommendations you may reach any or all of us at EndDVH@cox.net. In your Email please indicate the subject you wish to discuss, which of the 4 of us you wish to speak with, as well as your telephone number and location, and that individual will respond directly and quickly to your query.

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