

Domestic Violence Information Booklet

A guide to resources and information
for emotional recovery and support

**This packet provided as a courtesy contains important content
about creating a safety plan and general domestic violence
information and insights.**

Thornton Police Department - 9551 Civic Center Dr., Thornton
720-977-5150

Northglenn Police Department - 50 W. Community Center Dr., Northglenn
303-450-8892



This booklet was created to help and inform domestic violence survivors, their friends and family. For your safety, please consider keeping this information out of the hands of the abuser.

A survivor of domestic violence has critical needs. They include a safe place to be, safe people to be with, and clear, accurate information to help assess their situation and decide what to do about it. We are here to help guide and inform you during this difficult time.

Please contact your victim advocate with any questions or concerns. In emergency situations immediately call 9-1-1.



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SAFETY PLAN

Planning a safe exit from an abusive relationship is a necessary and important step before breaking ties with your partner. The National Domestic Violence Hotline suggests following these steps to improve your chances of leaving safely.

Think about a safe place you can go if you need to leave. If possible, LEAVE before the violence begins. Decide where you will go if you leave and make a plan for getting there safely. If you need to sneak away, be prepared. Make a plan for how and where you will escape.

- Keep a journal of all violent incidences, noting dates, events and threats made.
- Keep any evidence of physical abuse, such as pictures.
- If you are injured, go to a doctor or an emergency room and report what happened to you. Ask that they document your visit.

Please remember the safety of you and your children are the only important issues. Never hesitate to call the police and teach your children to call 9-1-1.

BELOW ARE A FEW SUGGESTIONS FOR CREATING A SAFETY PLAN

AT HOME:

- Plan with your children and identify a safe place for them. Ensure children know of a safe place to go if violence erupts and teach what to do to keep themselves safe. They need to know their address or location and how to dial 911. They can also be taught a safety word, that when said they know to go to their safe place. Reassure them that their job is to stay safe, not to protect you.
- Back your car into the driveway, and keep it fueled. Keep your driver's door unlocked and other doors locked for a quick escape.
- Hide an extra set of car keys.
- Ask a neighbor to call the police immediately if any noises are heard. Scream loudly during a violent incident so your neighbors will hear you and call the police.
- Let a trusted family member, friend, coworker or neighbor know your situation. Develop a plan for when you need help; code words you can text if in trouble, a visual signal like a porch light: on means no danger, off means you are in danger.

DURING AN INCIDENT:

- **When a confrontation escalates and violence is likely, or occurring - LEAVE.** If you can't leave, go to a room that has a lock, phone, and more than one exit if possible, so you won't be trapped. Scream so someone will hear you and call 9-1-1, if available.
- **Text 9-1-1 or call,** you can use code words with dispatchers and they will get help to you.
- Use your judgment and intuition to protect yourself until you are out of danger.

SAFETY AT WORK, IN PUBLIC OR OUTSIDE THE HOME:

- Consider making daily changes to your routine if possible; drive a different route to school, work or to run errands.
- Shop at a different grocery store, use a different bank branch.
- Safety in numbers, ask to have someone walk you to your car and into work, have keys readily available to get in the vehicle and lock the doors as soon as possible.
- Remember you can set you phone to call numbers blocked so your new phone number is not as accessible.
- Your cell phone has GPS function on it, check the settings to ensure your whereabouts cannot be tracked by the abuser.
- If there is a protection order, keep a copy with you at all times.

PREPARING TO LEAVE:

- Set money aside. Ask trusted friends or family to hold money for you.
- Remember important documents, birth certificates, Social Security, insurance information, banking information.
- Connect with cell phone provider for possible services in changing number, locking account, etc.
- Know abuser's schedule and safe times to leave.
- Be careful when reaching out for help via internet or telephone. Erase your internet browsing history, websites visited for resources, emails sent to friends/family asking for help. If you called for help, dial another number immediately after in case abuser hits redial.
- Be very cautious with any new phone numbers and addresses, make sure that your children understand this as well.
- Create a false trail. Call motels, real estate agencies and schools in a town at least six hours away from where you plan to relocate.
- Pack a bag with the following listed items and keep it hidden in a safe place that is easily accessible if you need to leave quickly. Leaving the bag with a trusted friend or family member may be a good option.

SAFETY PLAN - CONTINUED

- Money
- Credit cards
- Keys (to car and house)
- IDs
- Medications
- Banking/account information
- Car title
- Birth certificates, social security cards, marriage certificate
- Clothing (for you and your children)
- Address/phone book for family members and friends
- Important phone numbers for school, doctor, etc.
- Sentimental items you may be tempted to return to the house for.



EFFECTS OF DOMESTIC VIOLENCE

During the next month you may experience NORMAL reactions to the type of experience you've had.

Psychological Reactions

- Fear
- Guilt
- Emotional sensitivity
- Anger
- Anxiety
- Depression
- Feelings of helplessness
- Amnesia of the event

Behavioral Problems

- Hyperactivity
- Difficulty concentrating
- Inability to attach importance to anything other than the crime
- Flashbacks
- Not enough activity
- Nightmares
- Startle reaction
- Memory disturbance
- Isolating yourself

Physical Reactions

- Fatigue
- Insomnia
- Exhaustion
- Health problems (*changes in appetite, headaches, and/or digestive problems*)

These are normal reactions and, although painful, are a natural part of the healing process. There is not a lot anyone can do to make you not experience these uncomfortable feelings, but there are things you can do to feel more whole.

HOW TO COPE

- Within the first 24-48 hours of the incident, periods of strenuous physical exercise alternated with relaxation will alleviate some of the physical reactions.
- Structure your time — keep busy.
- You're normal and having normal reactions, don't label yourself crazy.
- Talk to someone. Talking can be very healing.
- Be aware of numbing the pain with use of drugs or alcohol, as this can lead down a disruptive path..
- Reach out for support.
- If feelings become overwhelming, seek a professional.
- Keep your life as normal as possible.
- Spend time with others — don't isolate yourself.
- Give yourself permission to feel rotten and share your feelings with others.
- Keep a journal; write your way through those sleepless hours.
- Do things that feel good to you.
- Realize those around you are under stress if they were also victimized or experienced a loss.
- The Nutrition Almanac recommends supplementing your diet with vitamins B2, B6, calcium and magnesium.

EFFECTS ON CHILDREN

PHYSICAL

- Children may be physically injured during situations, either as a specific target by the abuser or inadvertently became injured.
- Children rarely “sleep through” the violence, they have become accustomed to the violent sounds. They also may begin to fall asleep at school due to lack of sleep.
- They may leave, hide or play music or video games to avoid the violence.

PSYCHOLOGICAL

- Children may believe it is their responsibility to protect the victimized parent and try to stop the abusive parent.
- They may blame themselves for the abuse.
- Children will learn that this behavior is ok, and it is ok to let someone treat you in a way that hurts you physically or emotionally.
- Role reversal, where children assume a parental role by taking care of the victim and the younger siblings.
- Children may be fearful to talk about the violence, fearful that something bad will happen if they tell anyone.
- Children can develop PTSD.

BEHAVIORAL

- Children may repeat the battering behavior with their friends.
- Children may show aggression towards others, act out at school or with siblings
- They may become anxious, restless, hyper vigilant and needy.
- They may not get the attention that they need and act out in various ways. For example, running away from home.



THINGS TO AVOID AND THINGS TO TRY

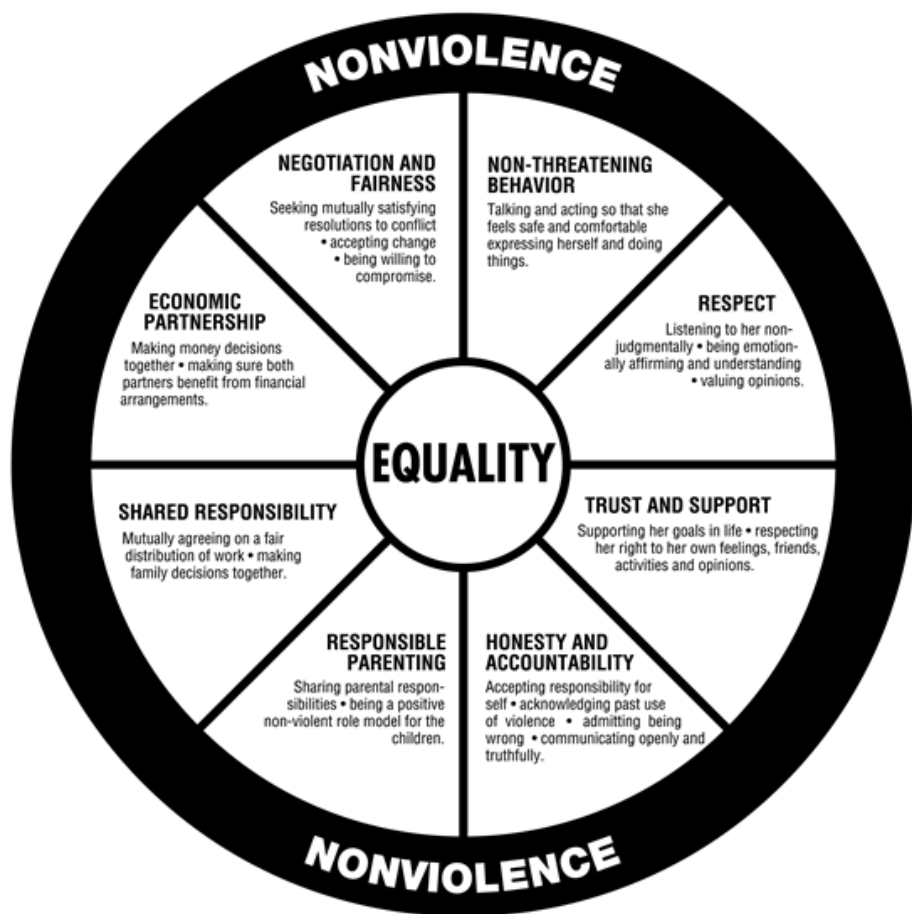
TRY

- Maintain a good diet and exercise.
- Take time for activities.
- Expect that you will be bothered by unusual feelings that may not be “like” you.
- Spend time with family and friends, its ok to talk about the incident.
- Remind yourself that post-traumatic effects are completely normal.
- Learn as much as possible about “Critical Incident Stress.”
- Get extra help if necessary. Your advocate will have a list of suggested therapists or community organizations.
- Take one step at a time; be patient with yourself and others.
- Be aware of how you think—and think about the incident realistically.
- Allow yourself time to recover from the shock.

AVOID

- Excessive use of alcohol.
- Use of legal or illegal substances.
- Withdrawal from family, friends, and coworkers.
- Staying away from work.
- Emotionally shutting down.
- Thinking you are going “crazy.”
- Have unrealistic expectations for recovery or acceptance.
- Pretending it does not bother you.
- Blaming yourself or others for the incident.
- Looking for easy ways to explain the incident.
- Minimize the impact this had on you.
- Pushing yourself to “get over it”.
- Comparing your feelings or reactions to others.

IS YOUR RELATIONSHIP BASED ON EQUALITY?



DOMESTIC ABUSE INTERVENTION PROJECT

202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.duluth-model.org

IS YOUR RELATIONSHIP BASED ON POWER AND CONTROL?

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill a threat of future violent attacks and allow the abuser to take control of the woman's life and circumstances.

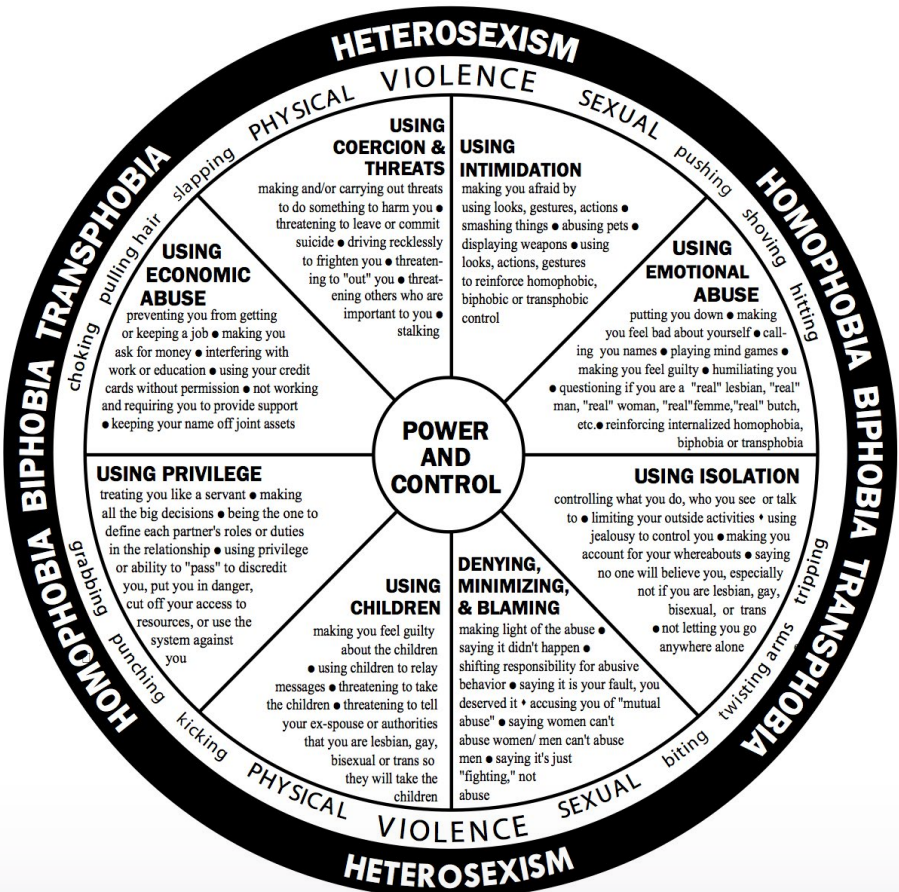
The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.



LGBTQ RELATIONSHIP VIOLENCE

Abusive partners in LGBTQ relationships use all the same tactics to gain power and control as abusive partners in heterosexual relationships — physical, sexual or emotional abuse, financial control, isolation and more.

But abusive partners in LGBTQ relationships also reinforce their tactics that maintain **power and control** with societal factors that compound the complexity a survivor faces in leaving or getting safe in an LGBTQ relationship.



PROTECTION ORDER INFORMATION

Project Safeguard offers services to victims of domestic violence and their children, free of charge.

A **Protective Order Clinic** is held at the Courthouse in Brighton (1100 Judicial Center Dr.), Monday through Thursday, 8 a.m.-4:30 p.m. and Friday, 8 a.m.-12 p.m. in room 151 on the 1st floor.

The purpose of this clinic is to provide domestic violence victims with extensive information on the process and what occurs at permanent protective order hearings. This clinic was created to assist victims of domestic violence in representing themselves at their hearings.

To file a protective order, you need to have all paperwork filled out and filed with the county court clerk by 8:15 a.m. or 1:15 p.m. Hearings are held at 11 a.m. and 3 p.m., Monday through Friday. The clinics are free of charge, but please call 303-637-7761 before attending.

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Project Safeguard also provides victims of domestic violence with phone crisis intervention and other individual advocacy to assist with the many aspects involved in domestic violence.

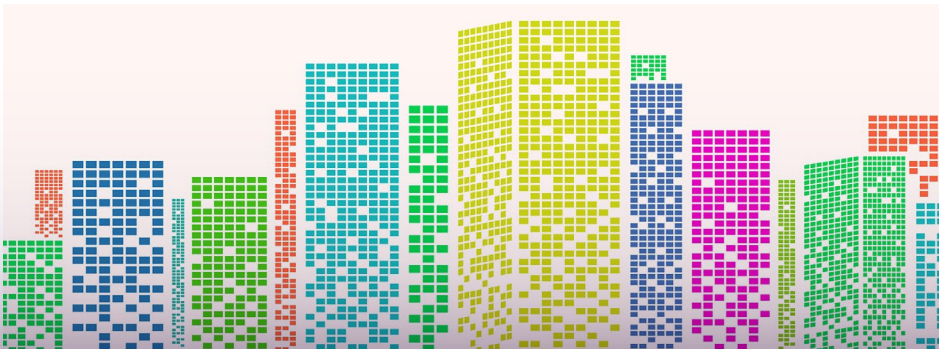
If you have any questions, need further clarification or want to schedule an appointment please call:

Adams County Office	303 637-7761
Arapahoe County Office	303-799-3977
Broomfield County Office	720-887-2179
Denver County Office	720-865-9159

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Adams County Justice Center – Trial Support Center
1100 Judicial Center Dr. Brighton, CO 80601

** The Victim/Witness District Attorney Office is located on the second Floor, Room 205, 303-659-7735*



IF YOU PLAN TO LEAVE, OR HAVE LEFT THE ABUSIVE RELATIONSHIP, KEEP IN MIND:

- You have the right to be treated with dignity and respect.
- You have the right to live in an environment free from physical, verbal and emotional abuse.
- Please remember you are not alone! There are a lot of resources and support available to you and your children.
- Call your local police department and ask for a “civil standby” if you need to get papers or belongings out of the residence you shared with the abuser. It is not safe to go alone.
- Keep the doors of your home & car locked at all times. Make sure you know who is at the door before you open it and teach your children to do the same.
- Replace wooden doors with steel or metal doors. Install security systems if possible. Install a motion sensitive lighting system.
- Alert neighbors, and request that they call the police if they feel you may be in danger.
- Please remember Caller ID is immediately accessible. You can set settings on your smart phone to block your number, or call your cell phone provider to assist you.
- Be very cautious with your phone number and address. Make sure anyone you give this information to understands the safety/security concerns, and will keep the information confidential. Make sure your children understand this as well. Ask your Advocate about the Address Confidentiality Program (ACP).
- ALL cell phones can immediately reach 9-1-1 without activation!

IF THE ABUSER LEAVES THE HOME:

- Change your locks and phone number.
- Change your work hours and route taken to work and route to school for the children.
- Inform friends, neighbors and employers if you have a restraining order in effect.
- Give copies of the restraining order to employers, neighbors and schools along with a picture of the offender.
- Call law enforcement to enforce the order.
- You are not alone, this is a difficult time, there are resources, ask your advocate for help.

IMPORTANT PHONE NUMBERS AND RESOURCES

Please remember that YOU and YOUR CHILDREN'S safety are the first and only priorities!

EMERGENCY SHELTERS AND ASSISTANCE

The Center for Trauma & Resilience traumahealth.org	(English) (Spanish)	303-894-8000 303-718-8289
Gateway Domestic Violence Services (Arapahoe County) gatewayshelter.org		303-343-1851
SafeHouse Alliance for NonViolence (Boulder)		303-444-2424
SafeHouse Denver safehouse-denver.org		303-318-9988
The Crisis Center (Douglas County) twcfoc.org		303-688-8484
Roots of Courage (Jefferson County) thefamilytree.org		303-420-6752
Violence Free Colorado violencefreecolorado.org		1-800-799-SAFE (7233)
The National Domestic Violence Hotline thehotline.org		
Alternatives to Violence (Loveland, Larimer County) alternativestoviolence.org		970-880-1000

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OTHER IMPORTANT PHONE NUMBERS

Police	9-1-1
Adams County Social Services	303-287-8831
Project Safeguard <i>(Legal Advocacy Services - NOT a crisis line)</i>	303-637-7761
Thornton Victim Services Unit <i>(Normal business hours - NOT a crisis line)</i>	720-977-5172
Northglenn Victim Services Unit <i>(Normal business hours - NOT a crisis line)</i>	303-450-8759



THORNTON/NORTHGLENN VICTIM SERVICES

720-977-5172