

# Options & Safety Planning for Domestic Violence Survivors



## You deserve to be treated with kindness and respect

### Local Resources

**The DOVE Program:**

410.496.7555 | Northwest Hospital | 5401 Old Court Road, Randallstown, MD 21133

**Baltimore County Domestic Violence & Sexual Assault**

Hotline: 410.828.6390 | 24/7 Response

**Women's Law Center**

410.321.8761 | 305 W Chesapeake Ave # 201, Towson, MD 21204

**TurnAround Inc. |**

Main Office: 410.377.8111 | 24/7 Sexual Assault Helpline: 443.279.0379

**Family Crisis Center**

Main Office: 410.285.4357 | Shelter: 410.285.7496

**House of Ruth Maryland**

Comprehensive Intimate Partner Violence Program for English & Spanish-Speaking Communities | 24/7 Hotline: 410.889.7884 | Linea de 24 Hora, oprima 8

**National Domestic Violence**

Hotline: 1.800.799.7233

### Types of Safety Planning

Safety Planning While Living with Abusive Partner	Safety Planning with Children	Emotional Safety Planning
<ul style="list-style-type: none"> <li>▪ Have a phone always readily available</li> <li>▪ Call 911 &amp; state your address first!</li> <li>▪ Create an escape plan</li> <li>▪ Identify partner's warning signs and triggers</li> <li>▪ Identify areas within the home with possible ways to escape and no access to weapons</li> <li>▪ Think of reasons to get out of the house on a regular basis</li> </ul>	<ul style="list-style-type: none"> <li>▪ Teach children how to access help (Dial 911 in emergencies)</li> <li>▪ Show children a safe place to go when things escalate</li> <li>▪ Identify or create a safe word so they know when to get help and who to call</li> <li>▪ Consider counseling for your children</li> <li>▪ If you are separated from your abuser...                             <ul style="list-style-type: none"> <li>○ Safe custody exchanges (e.g. in public places, police stations)</li> <li>○ Give kids a phone to take with them if possible</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Seek supportive people (family, friends, coworkers whom you trust)</li> <li>▪ Consider counseling for yourself</li> <li>▪ Contact DOVE or another domestic violence agency for support</li> <li>▪ Take care of yourself as best as you can:                             <ul style="list-style-type: none"> <li>○ Rest well when possible</li> <li>○ Exercise</li> <li>○ Eat well</li> </ul> </li> </ul>

### DOVE Can Help:

**24/7 response - Come to Northwest Hospital's Emergency Department if injured**

**Crisis Intervention-** creating a plan to stay safe, resources and referrals to other agencies, assistance with short term goal setting

**Case Management-** In person sessions for goal setting, safety planning, resources, education, and emotional support

**Counseling-** to process experiences and work on achieving goals

**Support Group-** A safe place to share personal experiences and the impact of domestic violence on one's life and to begin the healing process

**Call: 410.496.7555**

### Safety with Technology

- 1) Change all passwords & security questions to all online accounts
- 2) If you and your abusive partner are on the same phone plan, consider getting a new one
- 3) Tell friends and family not to post your info or pictures of you on social media

### Preparing to Leave

- Document and maintain evidence of physical abuse (pictures of injuries)
- Begin to set aside money or create a secret "rainy day fund" for leaving
- Journal/log abusive incidences. Write down the dates/times/locations
- Inform a trustworthy friend/family member/coworker about what you're going through
- Research local domestic violence resources and agencies that can help
- Pack and hide a 'Get Away' bag with personal items, toiletries and clothes

### When You Leave

- Take all forms of identification
  - Driver's license, Birth certificate and children's birth certificates, Social security cards, Financial information, Money and/or credit cards (in your name)
- Legal Documents
  - Protective order, Copies of any lease or rental agreements, or the deed to your home, Car registration and insurance papers, Health and life insurance papers, Work permits/green Card/visa, Passport
- If moving, consider address confidentiality program

### After You Leave

- Change your routes to work, school, friends, family ...
- At work, change your shifts, phone extension, work area and parking place, if possible
- Keep a certified copy of your Protective Order at all times. Give a copy to your employer.
- Ensure all GPS signals are turned off
- Change your locks if your abuser has a key

<https://www.myplanapp.org/home>