***CHECKLIST* - WHAT YOU NEED TO TAKE WHEN YOU LEAVE:**

**IDENTIFICATION**

\_\_ Driver's license

\_\_ Children's birth certificates

\_\_ Your birth certificate

\_\_ Social security card

\_\_ Medical insurance identification

**FINANCIAL**

\_\_ Money and/or credit cards

\_\_ Bank books

\_\_ Checkbooks

**LEGAL PAPERS**

\_\_ YOUR RELIEF FROM ABUSE ORDER

\_\_ Divorce papers

\_\_ Custody papers

\_\_ Lease, rental agreement, house deed

\_\_ Car registration & insurance

\_\_ Health & life insurance papers

\_\_ Medical records for you & children

\_\_ Work permits/Green card/VISA

\_\_ Passport

**OTHER**

\_\_ House & car keys

\_\_ Medications

\_\_ Address book

\_\_ Phone card

\_\_ Pictures of you, children & the abuser

\_\_ Children's small toys

\_\_ Toiletries/diapers

\_\_ Change of clothes for you & children

\_\_ Small saleable items

\_\_ Jewelry

### IMPORTANT NUMBERS

**24 HOUR EMERGENCY SERVICES**

Statewide line to local domestic violence programs - **1-800-ABUSE 95 (228-7395)**

Statewide line to reach court staff after business hours, at night, and on weekends and holidays - 1-800-540-9990

211 – shelter, emergency svcs

**LAW ENFORCEMENT AGENCIES**

Vermont State Police - 524-5993

St. Albans City Police - 524-2166

Swanton Police - 868-4100

Franklin County Sheriff - 524-2121

Grand Isle Sherriff – 372-4482

**MEDICAL**

911

Northwest Medical Center - 524-5911

AMCARE Ambulance - 524-1244

NCSS Crisis – 524-6554

**LEGAL ASSISTANCE**

Help with cases in Family Court :

 Vermont Legal Aid - 1-800-747-5022

Help during criminal cases in District Court:

Victim Assistance Program - 1-800-750-1213

**OTHER AVAILABLE SERVICES**

State’s Attorney/Victim Advocate - 524-7920

Community Action - 527-7392

Food Shelf - 524-4749

DCF Family Services – 527-7741

Economic Services – 1-800-479-6151

Franklin County Family and District Court - 524-7973

Franklin County Superior Court – 524-3863

Northwest Unit for Special Investigations-524-7961

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#  PERSONAL

# SAFETY

# PLAN

 ***YOU HAVE A RIGHT***

 ***TO BE SAFE!***

PO Box 72

 St. Albans, VT 05478-0072

Business: (802) 524-8538

Hotline: (802) 524-6575

FAX: (802) 524-8539

E-mail: voices@cvoeo.org

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Voices Against Violence/Laurie’s House is

 a program of CVOEO and a Franklin Grand Isle United Way partner organization

**SAFETY DURING AN EXPLOSIVE INCIDENT**

A. If an argument is unavoidable, try to have it where you can most easily exit. Try to stay away from bathroom, kitchen, bedroom or where weapons may be available.

B. Practice how to get out of your home safely. Identify which doors, windows or stairwell would be best.

C. Have a packed bag ready & keep it at a relative or friend's home.

D. Identify neighbors you can tell about the violence. Ask them to call the police if they hear a disturbance at your home.

E. Choose a code word to use with your children, family, friends & neighbors when you need the police.

F. Decide & plan for where you will go if you have to leave — even if you don't think right now that you'll need to.

G. Use your own instincts & judgment. If the situation is very dangerous, consider giving the abuser what they want to calm them. You have the right to protect yourself until you are out of danger.

H. **Always remember: YOU DON'T**

 **DESERVE TO BE HIT OR**

 **THREATENED!**

**SAFETY WHEN PREPARING TO LEAVE**

A. Open a savings account &/or credit card in your own name to establish or increase your independence. Think of other ways you can increase your independence.

B. Leave money, an extra set of keys, copies of important documents, extra medicines & clothes with someone you trust so you can leave quickly.

C. Determine who would let you stay with them or lend you some money.

D. Keep the number of your local domestic violence program close at hand & keep some change or a calling card on you at all time for emergency phone calls.

E. Review your safety plan as often as possible to plan the safest way to leave. REMEMBER: LEAVING CAN BE THE MOST DANGEROUS TIME.

**SAFETY IN YOUR OWN HOME**

A. Change the locks on your doors as soon as possible. Buy additional locks & safety devices to secure your windows.

B. Discuss a safety plan with your children.

C. Tell your children's school, daycare, etc., who is allowed to pick up the children.

D. Tell neighbors & landlord if your partner no longer lives with you & that they should call the police if they see them near your home.

**SAFETY WITH AN ABUSE ORDER**

A. Keep your order on you at all times. Give a copy to a trusted neighbor or relative.

B. Call the police if the abuser breaks the order.

C. Think of alternative ways to stay safe if the police cannot come right away.

D. Tell family, friends, neighbors & health care providers that you have an abuse order in effect.

**SAFETY ON THE JOB & IN PUBLIC**

A. Choose who at work you will tell about the violence. Include office/building security. Provide a picture of your abuser.

B. Arrange to have an answering machine, caller ID or trusted friend

 or relative screen your calls if possible.

1. Devise a safety plan for leaving work.

 Have someone escort you to transportation

 and wait with you until you leave. If

 possible, use a variety of routes to go

 home.

1. Think about what to do if something

 happens while you're going home.

## YOUR SAFETY & EMOTIONAL HEALTH

A. If you're thinking about returning to the abuser, discuss an alternative plan with someone you trust.

 B. If you have to communicate with your abuser, choose the safest way to do so.

C. Have positive thoughts about yourself

 and be clear with others about your needs. Read books, articles & poems to help you feel stronger.

D. Decide who you can talk to freely and openly to give you the support you need.

1. Attend a support group for at least

 a few weeks to gain support from others.