

2021

Beth Am Resource Guide for Incidents of Violence/Abuse/Trauma

If you are in immediate danger, call 9-1-1.

For immediate, anonymous, confidential help, 24/7, call the National Domestic Violence Hotline at **1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY).**

If you are being abused by your partner or someone else in your life, there is nothing you have done to cause the abuse. It is never your fault. Acts of abuse are solely the choice and responsibility of the abuser. You deserve to live with physical and emotional safety. It may seem impossible to escape your abuser, change your circumstances, or find the help you need, but it is possible. You know your situation best, so do what is safest for you. However, people are available and want to help you. This guide offers resources and tips to find that help and access it safely.

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Hotlines

- **Baltimore Crisis Response, Inc**
If you or someone you know is in crisis and needs immediate assistance, call our Crisis Hotline 24 hours a day 7 days a week
410-433-4255
MD Relay Dial 711
<https://bcresponse.org>
- **National Suicide Prevention Lifeline**
1-800-273-8255 (TALK)
www.suicidepreventionlifeline.org
- **The National Domestic Violence Hotline**
1-800-799-7233 (SAFE)
Text 'Start' to 88788
Chat live via website
www.ndvh.org
- **National Dating Abuse Helpline**
1-866-331-9474
www.loveisrespect.org
- **National Child Abuse Hotline/Childhelp**
1-800-4-A-CHILD (1-800-422-4453)
www.childhelp.org
- **National Center for Elder Abuse**
1-855-500-3537
www.aginginplace.org
- **National Sexual Assault Hotline**
1-800-656-4673 (HOPE)
www.rainn.org
- **Casa de Esperanza**
Linea de crisis 24-horas/24-hour crisis line
1-651-772-1611
www.casadeesperanza.org
- **House of Ruth Maryland**
24-hour Hotline: 410-889-RUTH (7884)
www.hruth.org

Tips for Getting Help from Law Enforcement

*Taken from National Coalition Against Domestic Violence

- Speak clearly and give your location.
- After the police arrive and they have secured the area and taken your information, get the names and badge numbers of the officers you talked to. If they have business cards, get those.
- Ask questions about what is going to happen next.
- If there was an arrest, ask if they will notify you when the defendant bonds out of jail. Get the jail phone number so you can find this out yourself too.
- If the defendant is at large, ask if they are they going to notify you when he is arrested.
- Ask if they can facilitate you going into a safehouse.
- Ask if there is an advocate from the police department who will follow up with you and offer services and referrals.
- Ask if you are you required to appear in court for the defendant's arraignment. Some jurisdictions with fast-track domestic violence protocols require that you be present.
- Write down all information given to you by the officers. Ask for copies of any pictures they take or any reports of the incident.

Shelters

- **House of Ruth Maryland**
2201 Argonne Drive
Baltimore, MD 21218
410-889-0840 – Administrative Office
410-464-8585 – Fax
www.hruth.org
24-hour Hotline: 410-889-RUTH (7884)
Línea en Español: (410) 889-7884 (Oprima 8)
 - “If you need to speak with someone now, please contact our 24-hour hotline at 410-889-7884 or you can “chat now” through our website, by clicking on the “Chat with us” box. We do not provide immediate responses to this contact form. If you are in immediate danger, please call 911.”
 - 84-bed shelter is a safe, supportive, temporary refuge for victims of *intimate partner violence* and their children who are in immediate danger or at risk of homicide.
- **Eldersafe Center**
301-816-5099
www.smithlifecommunities.org/care-services/eldersafe-care/
The ElderSAFE Center, the first program of its kind in the Washington, DC metropolitan area, provides safe temporary shelter, coordination and community referrals and works to increase public awareness and education about *elder abuse*.
- **Sexual Assault/Spouse Abuse Resource Center Maryland**
410-836-8430
www.sarc-maryland.org
Services to victims of *domestic violence, sexual violence, child abuse* and *stalking*. Services include: 24-hour helpline, counseling, crisis intervention, confidentially located safehouse, legal representation and advocacy, outreach, and education.
- **CHANA**
410-234-0030
www.chanabaltimore.org
Kosher safehouse, legal referrals and advocacy, safety planning, Beis Din advocacy, Rabbinic contact, immigration issues, childcare assistance, financial consultation and other supportive services. Jewish. Entrance to shelter isn't immediate.
- **CASA, Inc (Citizens Assisting and Sheltering the Abused)**
301-739-8975
www.casainc.org
Age limit for male children, 13. 24-Hour hotline; *domestic violence* counseling, crisis intervention, shelter. Rape crisis program. Legal advocacy. Abuser intervention Program. Children's program. Support groups.

- **Family Crisis Center of Baltimore County**
410-828-6390
www.familycrisiscenter.net/
Domestic Violence emergency shelter for women, men and children; transitional shelter; **case management** for persons living in their homes; batterers and victims groups

Reporting Abuse

- **Maryland Child Protective Services**

<https://dhs.maryland.gov/child-protective-services/>

Reports may be made anonymously

People who report suspected cases are protected by law

All MD citizens should report suspected abuse or neglect to the **local** department of social services or to a **local** law agency. (Local office listings available on the website)

****If you are a health care practitioner, educator, human service worker, or a law enforcement officer, you are required by law to report both orally and in writing any suspected *child abuse* or *neglect*.****

When making a report of suspected abuse, the following information is beneficial:

- The name and home address of the child and the parent or other individual responsible for the care of the child;
- The present location of the child;
- The age of the child (or approximate age);
- Names and ages of other children in the home;
- The nature and extent of injuries or sexual abuse or neglect of the child
- Any information relayed by the individual making the report of previous possible physical or sexual abuse or neglect.
- Information available to the individual reporting that might aid in establishing the cause of the injury or neglect;
- The identity of the individual or individuals responsible for abuse or neglect

The local Department of Social Services will screen the allegation to determine whether or not what you have reported meets the legal criteria for ***child abuse*** and ***neglect***. If the allegation does meet the criteria, the screener will determine whether the case will be assigned to a forensic investigative response or to an alternative response.

- **Maryland Adult Protective Services**

<https://dhs.maryland.gov/office-of-adult-services/adult-protective-services/>

Reports may be made anonymously

People who report suspected cases are protected by law

All MD citizens should report suspected abuse or neglect to the **local** department of social services or to a **local** law agency. (Local office listings available on the website)

****Any banking institution (in the case of financial exploitation), health care practitioner, human service worker, or a law enforcement officer, you are required by law to report suspected *elder abuse*, exploitation, or *neglect*.****

The program serves people 18 and over who lack the physical or mental capacity to provide for their daily needs. The purpose is to prevent or remedy the ***abuse***, neglect, self-neglect, or exploitation of adults unable to protect their own interests and are at risk of immediate harm to their own person or to others. The program provides professional services to protect the health, safety, and welfare of endangered, vulnerable adults.

Social Services

- **Jewish Community Services**

410-466-9200

Jcsbalt.org

JCS offers a wide range of services, including counseling and therapy, addiction prevention, career coaching and employment assistance, services for older adults and caregivers, services for people with special needs, grief support programs and Big Brother Big Sister matches.

- **The Associated: Jewish Federation of Baltimore**

410-727-4828

Associated.org

101 West Mount Royal Avenue
Baltimore, MD 21201

- **Family Violence Program at Sinai Hospital**

410-601-8692

<https://www.lifebridgehealth.org/Main/FamilyViolenceProgram.aspx>

2401 W Belvedere Ave
Baltimore, MD 21215

Offers 24/7 Crisis response and medical advocacy for patients in Sinai Hospital, crisis intervention planning, court accompaniment and advocacy, **case management**, individual counseling, support groups, essential needs, self-defense classes, and staff education and training on domestic violence.

- **Northwest Hospital Domestic Violence Program (DOVE)**

410-496-7555

<https://www.lifebridgehealth.org/Northwest/NorthwestHospitalDomesticViolenceProgram.aspx>

5401 Old Court Road
Randallstown, MD 21133

Offers 24/7 Crisis response and medical advocacy for patients in Northwest Hospital, crisis intervention planning, court accompaniment and advocacy, **case management**, individual counseling, support groups, and essential needs.

- **Maryland Network Against Domestic Violence**

301-429-3601

www.mnadv.org

Offers resources for 24-hour hotlines, finding local **domestic violence** programs, legal options for survivors, information about prevention, and trainings.

- **AgeWell Baltimore**

410-500-5328

info@agewellbaltimore.org

AgeWell Baltimore provides resources, guidance and support to help you or your loved ones age with confidence and dignity. Whether for yourself, a family member or someone you care for, AgeWell Baltimore will help you navigate this stage of life.

Together we will stay connected, remain active, feel safe and secure and retain our independence. Our AgeWell Specialists will provide access to more than 40 of our coordinated services and programs.

- **CHAI: Comprehensive Housing Assistance, Inc**

410-500-5300

Chaibaltimore.org

5809 Park Heights Ave

Baltimore, MD 21215

Comprehensive Housing Assistance, Inc. is a community development organization that has been strengthening neighborhoods in northwest Baltimore for over 40 years through housing and community development, so residents of all ages can thrive. Offers aid and counseling to avoid eviction or foreclosure, home buyer workshops and on-on-one pre-purchase counseling, interest free second mortgage loans to qualified applicants, and services to help seniors age in place safely.

- **CHANA**

410-234-0030

www.chanabaltimore.org

Kosher safehouse, legal referrals and advocacy, safety planning, Beis Din advocacy, Rabbinic contact, immigration issues, childcare assistance, financial consultation and other supportive services like crisis intervention, legal advocacy, support groups, and prevention education.

- **National Coalition Against Domestic Violence Financial Education Webinar Series**

<https://ncadv.org/financial-education>

Co-presented by NCADV and the National Endowment for Financial Education (NEFE), we are excited to share a series of six sequential webinars on financial education for survivors of domestic violence and the advocates who serve them. The series is offered as a full curriculum, or webinars can be chosen a la carte for those seeking to increase their skill set on a specific topic. Each 90-minute webinar provides essential financial literacy skills: from basic money management skills, budgeting and setting financial goals to planning for retirement.

Counseling

- **Baltimore Crisis Response, Inc**
410-433-5175
<https://bcresponse.org/our-work/mobile-crisis-team.html>
Mobile Crisis Response Team
BCRI Mobile crisis teams include mental health professionals – psychiatrists, social workers, and nurses—who are dispatched to **any** Baltimore City location and provide immediate assessment, intervention, and treatment. If residential treatment is necessary, the team immediately transports the client to our residential facility.
- **House of Ruth Maryland Center for Family Safety & Support**
240-293-2301
www.hruth.org
Individual Counseling and Therapy & Group Counseling
Intimate Partner Violence Survivors Group
Children’s Counseling and Therapy
Hispanic Outreach & Counseling
Located in Brentwood, providing services for Prince George’s & Montgomery Counties
- **House of Ruth Maryland Center – East Baltimore Location**
410-889-0840
<http://www.hruth.org/>
Individual Services, Group Counseling and Children’s Counseling
- **Adelante Familia at House of Ruth Maryland**
410-732-2126
<https://hruth.org/get-help/adelante-familia/>
Individual Counseling and Therapy & Group Counseling
- **Jewish Community Services**
410-466-9200
<https://jcsbalt.org/>
JCS offers a wide range of services, including counseling and therapy, addiction prevention, career coaching and employment assistance, services for older adults and caregivers, services for people with special needs, grief support programs and Big Brother Big Sister matches.
- **Turn Around, Inc – Baltimore and Towson**
443-279-0379
www.turnaroundinc.org
Individual and group counseling for victims of **sexual assault** (rape, incest) and victims of **domestic violence** (battered women and their children). Legal services, community prevention programs; outreach; and batterers program.
- **Family Violence Program at Sinai Hospital**
410-601-8692
<https://www.lifebridgehealth.org/Main/FamilyViolenceProgram.aspx>
2401 W Belvedere Ave

Baltimore, MD 21215

Offers 24/7 Crisis response and medical advocacy for patients in Sinai Hospital, crisis intervention planning, court accompaniment and advocacy, *case management*, individual counseling, support groups, essential needs, self-defense classes, and staff education and training on *domestic violence*.

- **Northwest Hospital Domestic Violence Program (DOVE)**

410-496-7555

<https://www.lifebridgehealth.org/Northwest/NorthwestHospitalDomesticViolenceProgram.aspx>

5401 Old Court Road

Randallstown, MD 21133

Offers 24/7 Crisis response and medical advocacy for patients in Northwest Hospital, crisis intervention planning, court accompaniment and advocacy, *case management*, individual counseling, support groups, and essential needs.

- **Sexual Assault/Spouse Abuse Resource Center Maryland**

410-836-8430

www.sarc-maryland.org

Services to victims of *domestic violence*, *sexual violence*, *child abuse*, and *stalking*. Services include: 24-hour helpline, counseling, crisis intervention, confidentially located safehouse, legal representation and advocacy, outreach, and education.

- **The Naomi Center**

410-630-9064

www.thenaomicenter.org

The Naomi Center pairs adults, teens, and children with a trained and supervised Rehabilitation Counselor from the community to help reach life goals.

Abuse Intervention

- **House of Ruth Maryland Gateway Project**

443-569-0452

Gateway Project Victim Advocate

410-554-8498

Group Counselor

410-554-8479

<https://hruth.org/get-help/abuse-intervention-programs/>

The House of Ruth's Abuse Intervention Program aims to increase the safety of victims of *intimate partner violence* by holding batterers accountable and teaching non-violent, relationship skills. Those accepted into the program are required to attend a weekly 90-minute group session for a total of 28 weeks. Groups for men are co-facilitated by a male/female team and are conducted 4 days each week, morning, afternoon, and evening.

- **Lethality Assessment Program (a project of the Maryland Network Against Domestic Violence)**

301-429-3601

www.mnadv.org

The Lethality Assessment Program—Maryland Model (LAP) is an innovative, multi-pronged strategy to prevent **domestic violence** homicides. Law enforcement officers and other community professionals trained in the LAP use an evidence-based lethality assessment instrument to identify victims of **intimate partner violence** who are in highest danger of being killed by their **intimate partners**. Once a High-Danger victim has been identified, the first responder immediately connects the victim via a hotline call to the local **domestic violence** service program (DVSP) for emergency safety planning and enhanced service provision.

Mediation

- **Baltimore Mediation**
443-552-7854
baltimoremediation.com
office@baltimoremediation.com
728 Deepdene Road
Baltimore, MD 21210
- **Conflict Resolution Center of Baltimore County**
443-297-7987
crcbaltimorecounty.org
mediation@crcbaltimorecounty.org
PO Box 1134 Cockeysville, MD 21030
9700 Old Harford Road, Building #22
Parkville, MD 21234

Tips About Mediation

*Adapted from CRC Baltimore County

- Mediation offers participants the opportunity to work toward a peaceful conclusion that suits everyone involved. Participants meet with two professionally trained co-mediators to discuss their conflict in a safe and neutral setting so that they are able to come up with their own solutions, rather than allowing a third party to decide.
- Mediation is not always binding. However, if all participants wish for an agreement to be binding, they may reduce it to writing and sign it. The results agreement may be considered an enforceable contract. Nobody will be forced to sign any agreement resulting from mediation by mediators or Center staff. Participants may choose to sign when they are in agreement with the terms and wish to sign.
- You do not need to provide evidence to support your position.
- Mediation is a voluntary process, and you may choose to end it at any time.
- You may engage a lawyer if you choose, at any point in the process, but it is not a requirement. Mediation gives you the structured space to have a productive conversation, directly with the person you're in conflict with. More often than not, lawyers aren't needed. However, since you're in control of the process, you are free to decide if you need an attorney and as long as the person you're in conflict with agrees, an attorney is welcome to join you.

Legal Advice

Tips for Seeking Legal Assistance

*Taken from National Coalition Against Domestic Violence

Questions to ask before you hire an attorney

- Have you or any members of your firm ever represented my partner or anyone else associated with my partner?
- Do you handle divorce or custody cases?
- How many of these cases have you handled?
- How many of them were contested?
- How many of them went to trial?
- Did any of these cases involve an expert witness?
- How many were before the judge who will hear my case?
- What kind of decisions does this judge usually make?
- Have you ever appealed a case, and if so, what were the issue(s) appealed?
- How many of these appealed cases did you win? (Keep in mind that even an excellent attorney will lose a case.)

Questions to ask about attorney fees and costs

- What are your fees? What work do these fees cover? Is this an hourly fee or a flat fee for the entire case?
- Is there an additional charge for appearing in court?
- Do you ever charge less for people who do not have much money?
- Do you charge a retainer? How much? What does it cover? Do you refund all or part of the retainer if my case ends up being dropped or not taking much time? (Attorneys should be willing to refund any part of the retainer not spent.)
- Are there other expenses that I may have to pay? What are they and how much are they likely to be?
- Will you be the only person working on my case? What will other people do? How will I be charged for their work? Will I be charged for speaking to your secretary and or receptionist?
- Are there ways that I can assist you to keep down my costs?
- Will you send me a copy of letters, documents, and court papers that you file or receive regarding my case?
- Do you charge extra if the case gets more complicated or we have to go back to court?

- Will you require that I have paid everything that I owe you before you will go to court with me or finish my case? (Many attorneys do this. They may also refuse to return your original papers or copies of your file, and in some states, this may be legal. Therefore, you should insist on getting a copy of any paper filed with the court or given or received from another party or otherwise relevant to your case. Be sure to keep all of them in a safe place, in case you ever need them.
- Are you willing to work out a payment plan with me?
- Will you put our agreement about fees and work you will perform in writing?

Questions to ask about cases involving domestic violence

- How much experience have you had with cases involving **domestic violence**? Which party did you represent (the victim, the abuser, or the children)?
- Do you generally believe women who tell you that they have been battered?
- Do you go to court with women wanting to obtain **orders of protection** against their abusers?
- How sympathetic to battered women are the judges who will hear my case?
- What are the laws of this state regarding which parent should be given custody when one parent has abused the other parent? Does the judge(s) who will probably hear my case follow these laws? What do they usually recommend?
- What do you think about mediation in cases where there has been **domestic violence**?
- Does the expert witness likely to be involved understand the need to protect battered women and children?
- What kind of custody and visitation arrangements do they usually recommend in cases involving **domestic violence**?
- Do the judges usually follow their recommendations?
- Do you have a working relationship with the local battered women's program? If so, which one(s)?
- Do you have a working relationship with any batterer intervention program? If so, which one(s)?
- How helpful is the prosecutor's office in handling **domestic violence** cases?

Questions to ask about contested custody cases

- Do you usually believe mothers who tell you that their children's father has **physically** or **sexually abused** them?

- How do you handle cases where parental alienation syndrome is alleged? (This is a popular theory that blames mothers for turning their children's affection against the father, most often in cases where the father has abused the mother or the children. The American Psychiatric Association has not validated this claim.)
 - How do the custody evaluators that you work with feel about cases where the father has **abused** the children? Do they usually believe a mother's statements about the abuse? What kind of custody and visitation recommendations do they usually make?
 - How does the judge who will probably decide my case feel about cases where there is **child abuse** by the father? Do they believe the mother who has made reports about the **child abuse** and or **sexual abuse**?
 - Will someone be appointed for the children, and how will that person about father's **child** and or **sexual abuse**?
 - Will it matter if the child protective agency has substantiated the **abuse**? Will it matter if the father was convicted or pled guilty to the **abuse** in a criminal case? What do you do to protect children in cases when you know that their father is abusing them? Are you willing to stand up for my case, even if it angers the judge?
 - If none of the **abuse** allegations have been reported yet, what do you recommend about whether to report it now, and how to keep my children safe?
-
- **Marjorie Cook Domestic Violence Legal Clinic at the House of Ruth Maryland:**
House of Ruth Maryland Domestic Violence Legal Clinic Toll-Free Legal Hotline: 1-888-880-7884
House of Ruth Maryland Domestic Violence Legal Clinic Main Office: 410-554-8463
<https://hruth.org/get-help/legal-services/>
House of Ruth Maryland's Marjorie Cook Domestic Violence Legal Clinic helps more than 2,000 victims of **domestic violence** obtain **protective orders, peace orders**, divorce decrees, custody of their children and child support for **free** each year. We currently staff 17 attorneys plus paralegals and administrative staff throughout 6 offices in Maryland, including courthouse locations in Baltimore City, Hyattsville, Upper Marlboro, Silver Spring and Montgomery County. To keep pace with the demand, more than 100 pro bono attorneys throughout Maryland have been trained and given technical support to prepare them for providing legal representation to battered women across the state. Please call for more information on House of Ruth Maryland legal services and victims' legal rights.
 - **Maryland Legal Aid**
<https://www.mdlab.org/contact-us/>

Maryland Legal Aid provides a full range of free civil legal services to financially eligible individuals. Our legal work helps to protect peoples' basic needs and human rights.

- Baltimore City Office:
 - Local Phone Number: 410-951-7777
 - Toll Free Phone Number: 1-800-999-8904
 - Telephone Intake: 410-951-7750
 - Toll Free Telephone Intake: 1-866-635-2948
 - Administrative/Domestic Fax: 410-951-7769
 - Housing/Consumer Fax: 410-951-7768
 - 500 E. Lexington ST.
 - Baltimore, MD 21202
- Baltimore County Office:
 - Local Phone Number: 410-427-1800
 - Toll Free Phone Number: 1-877-878-5920
 - Fax: 1-410-296-4837
 - 215 Washington Ave., STE. 305
 - Towson, MD 21204
- **Maryland State Board of Victims' Services**
410-697-9338
<http://goccp.maryland.gov/victims/board-of-victim-services/>
Serve victims and witnesses of crime (all types). Provide court accompaniment; crisis intervention; information & referrals for survivors of **domestic violence**, **sexual assault**, sexual **child abuse** and homicide.
- **District Courts**
 - Baltimore City District Court: 410-235-6370
 - Hyattsville District Court: 301-358-3761
 - Upper Marlboro District & Circuit Court: 240-206-6440
 - Montgomery County Circuit Court: 240-777-9077
 - Montgomery County Family Justice Center: 240-773-0453
 - Silver Spring District Court: 301-830-8097
- **Battered Women's Justice Project**
1-800-903-0111
www.bwjp.org
- **Legal Momentum**
1-212-925-6635
www.legalmomentum.org
- **Womenslaw.org**
www.womenslaw.org
- **National Clearinghouse for the Defense of Battered Women**
1-800-903-0111 x 3
www.ncdbw.org

- Legal Network for Gender Equity
nwlc.org/join-the-legal-network/
- Domestic Violence Legal Empowerment and Appeals Project
www.dvleap.org

RESOURCES FOR VICTIMS AND SURVIVORS OF DOMESTIC VIOLENCE / NATIONAL CRISIS ORGANIZATIONS AND ASSISTANCE:

- **National Center for Victims of Crime**
1-202-467-8700
www.victimsofcrime.org
- **National Human Trafficking Resource Center/Polaris Project**
Call: 1-888-373-7888 | Text: HELP to BeFree (233733)
www.polarisproject.org
- **National Network for Immigrant and Refugee Rights**
1-510-465-1984
www.nnirr.org
- **National Coalition for the Homeless**
1-202-737-6444
www.nationalhomeless.org
- **National Resource Center on Domestic Violence**
1-800-537-2238
www.nrcdv.org and www.vawnet.org
- **Futures Without Violence: The National Health Resource Center on Domestic Violence**
1-888-792-2873
www.futureswithoutviolence.org
- **National Center on Domestic Violence, Trauma & Mental Health**
1-312-726-7020 ext. 2011
www.nationalcenterdvtraumamh.org
- **National Coalition Against Domestic Violence**
<https://ncadv.org>
- **National Runaway Safeline**
1-800-RUNAWAY or 1-800-786-2929
www.1800runaway.org
- **National Center on Domestic Violence in the Jewish Community**
202-857-1300
www.jwi.org/national-center
- **Maryland Network Against Domestic Violence**
301-429-3601
www.mnadv.org
- **CHILDREN**
 - **Childhelp USA/National Child Abuse Hotline**
1-800-422-4453
www.childhelpusa.org
 - **Children's Defense Fund**
202-628-8787
www.childrensdefense.org

- **Child Welfare League of America**
202-638-2952
www.cwla.org
- **National Council on Juvenile and Family Court Judges**
Child Protection and Custody/Resource Center on Domestic Violence
1-800-527-3233
www.ncjfcj.org
- **Center for Judicial Excellence**
info@centerforjudicialexcellence.org
www.centerforjudicialexcellence.org
- **TEENS**
 - **Love is respect**
Hotline: 1-866-331-9474
www.loveisrespect.org
 - **Break the Cycle**
202-824-0707
www.breakthecycle.org
- **DIFFERENTLY ABLED**
 - **Domestic Violence Initiative**
(303) 839-5510/ (877) 839-5510
www.dviforwomen.org
 - **Deaf Abused Women's Network (DAWN)**
Email: Hotline@deafdawn.org
VP: 202-559-5366
www.deafdawn.org
- **WOMEN OF COLOR**
 - **Women of Color Network**
1-800-537-2238
www.wocninc.org
 - **INCITE! Women of Color Against Violence**
incite.natl@gmail.com
www.incite-national.org
- **LATINA/LATINO**
 - **Casa de Esperanza**
Linea de crisis 24-horas/24-hour crisis line
1-651-772-1611
www.casadeesperanza.org
 - **National Latin@ Network for Healthy Families and Communities**
1-651-646-5553
www.nationallatinonetwork.org
- **IMMIGRANT**
 - **The National Immigrant Women's Advocacy Project**
(202) 274-4457
<http://www.niwap.org/>

- **INDIGENOUS WOMEN**
 - **National Indigenous Women’s Resource Center**
855-649-7299
www.niwrc.org
- **ASIAN/PACIFIC ISLANDER**
 - **Asian and Pacific Islander Institute on Domestic Violence**
1-415-954-9988
www.apiidv.org
 - **Committee Against Anti-Asian Violence (CAA AV)**
1-212- 473-6485
www.caaav.org
 - **Manavi**
1-732-435-1414
www.manavi.org
- **AFRICAN-AMERICAN**
 - **The Black Church and Domestic Violence Institute**
1-770-909-0715
www.bcdvi.org
- **LESBIAN, BI-SEXUAL, GAY, TRANSGENDER, GENDER NON-CONFORMING**
 - **The Audre Lorde Project**
1-178-596-0342
www.alp.org
 - **LAMBDA GLBT Community Services**
1-206-350-4283
<http://www.qrd.org/qrd/www/orgs/avproject/main.htm>
 - **National Gay and Lesbian Task Force**
1-202-393-5177
<http://www.thetaskforce.org/>
 - **Northwest Network of Bisexual, Trans, Lesbian & Gay Survivors of Abuse**
1-206-568-7777
www.nwnetwork.org
 - **Trans Lifeline**
877-565-8860
www.translifeline.org
- **ABUSE IN LATER LIFE**
 - **National Clearinghouse on Abuse in Later Life**
1-608-255-0539
www.ncall.us
 - **National Center for Elder Abuse**
1-855-500-3537
www.aginginplace.org
- **MEN**

- **National Organization for Men Against Sexism (NOMAS)**
1-720-466-3882
www.nomas.org
- **A Call to Men**
1-917-922-6738
www.acalltomen.org
- **Men Stopping Violence**
1-866-717-9317
www.menstoppingviolence.org

Personalized Safety Plan

*From National Coalition Against Domestic Violence

Although you can't control an abuser's use of violence, you can plan how you will respond to future abusive or violent incidents, prepare for the possibility of an incident happening, and plan how get to safety. It is your decision if and when you tell others that you have being abused, or that you are still at risk. Friends, family, and coworkers can help with your safety plan if they are aware of the situation and want to help.

Ask yourself the following questions:

1. When I have to talk to the abuser, I can _____.
2. When I talk on the phone with the abuser, I can _____.
3. I can make up a "code word" for my family, co-workers, friends and counselor so they know when to call for help for me. My code word is _____.
4. When I feel a fight coming on, I will try to move to a place that is lowest risk for getting hurt, such as _____ (at work), _____ (at home) or _____ (in public).
5. I can tell my family, co-workers, boss, counselor or a friend about my situation. I feel safe telling _____.
6. I can screen my calls, texts, emails, and visitors. I have the right to not receive harassing phone calls, texts or emails. I can ask friends, family members or co-workers to help me screen my contacts. I can ask these people for help: _____.
7. I can call any of the following people for assistance or support if necessary and ask them to call the police if they see the abuser harassing me.

Friend: _____

Relative: _____

Co-worker: _____

Counselor: _____

Shelter: _____

Other: _____

8. When leaving work, I can _____.

9. When walking, riding, or driving home, if problems occur, I
can _____.

10. I can attend a victim's/survivor's support group with the Domestic Violence
program, like _____.

11. Contact Information I Need To Have:

Police Department: _____

Domestic Violence Program: _____

Sexual Assault Program: _____

Attorney: _____

Counselor: _____

Spiritual Support/Clergy: _____

Probation Officer: _____

Other: _____

Safety Plan Friends and Family

*From National Coalition Against Domestic Violence

SAFETY PLAN FOR A FRIEND, RELATIVE, OR CO-WORKER WHO IS BEING ABUSED BY AN INTIMATE PARTNER

*This plan is based in part on research findings. Since the overwhelming majority of victims are female we have written this safety plan as if the woman is the victim and the abuser a male. **However, victims and perpetrators can be of any gender, and domestic violence occurs in same-sex relationships.***

Remember: You Are There for Her

1. Don't judge the victim (you are not in her situation).
2. Avoid telling the victim that she needs to leave (she already knows that she needs to leave but she does not feel she can); instead discuss a safety plan.
3. Don't tell her that the abuser is a jerk, that you never liked him, etc. (That might drive her away or make her feel she has to defend him.)
4. Become the victim's confidante. Listen to everything she tells you. (You could be a good witness later by backing up her story.)
5. Assure her you will keep what she tells you confidential. (This will help you gain her trust so she will be more likely to call you if she finds herself in a very serious situation, e.g., trying to escape.)
6. Ask her what the situation is like for her. (Her abuser may: physically abuse her; make rules that are forever changing; punish her for breaking his rules; criticize her; humiliate her; prevent her from seeing friends or family, or from going to school, work or her place of worship; accuse her of lying or being unfaithful; force her to do things she does not want to do or that make her uncomfortable; monitor what she does; monitor how much money she spends, make her beg for

money or demand to see every receipt; destroy the things she cares about; spy on her; blame her for his misdeeds; insult her, call her names or spit on her; tell her friends, family or neighbors nasty things about her; threaten to hurt or kill her, the children or those she loves (including pets), or to kill himself; threaten to abduct (kid- nap) the children, get custody of the children, and/or threaten that she will never see her children again; threaten to put her in a mental hospital; falsely accuse her of drinking or using drugs; or force her to do illegal things.)

7. Let her know that:
 1. You are afraid for her safety.
 2. You are afraid for the safety of her children.
 3. This is not her fault; no one deserves to be abused.
 4. Even if her abuser apologizes, it does not mean he will stop abusing her.
 5. Alcohol does not cause abuse; many alcoholics never abuse, and most abusive alcoholics who stop drinking continue to abuse.
 6. There is a good chance the abuse will only get worse.
 7. She is not alone; you will be there to help her, or to help her find others who can help her (be realistic). Pick a code word for her to use to have you call the police (or pick up her children from school).
8. Let her know that abusers usually snoop on their victims to learn what they are doing and who is supporting them. He may well check her car to see how many miles she has driven, and/ or check her phone or computer for messages and contacts. With today's electronic security he may even have bugged her phone, computer, or put GPS on her car so that he will know everywhere she goes. (See Resources.)
9. Let her know that her abuser will most likely try to isolate her from anyone who is supportive of her (including her children, and even you) by driving her and her supporters away from each other. Common tactics are to disparage one (or both) to the other, to make it very difficult for her to see supporters, and, if all else fails,

threaten her or those supporting her. Tell her if you know he is doing such things. (Be aware that he may be talking to your friends and family, or even snooping on you to find out what you are doing to support her.)

10. Let her know that women who are abused by their male partners are three times as likely to get infected with HIV, and that her risk is much higher if her abuser is engaging in risky activity or causing her to engage in risky activity. She may want to get tested for HIV, and get treated if she tests positive.
11. If it is safe for you to do so (and nobody in your household will tell her abuser), offer to let her store some emergency things in your home in case she (and, ideally, her children) need to leave quickly. These should include information about her abuser's driver's license, car registration and workplace address (often needed to get or register an order of protection), and his and her financial data (like credit cards, bank accounts, insurance policies), her emergency and important phone numbers, prescription information (and even an emergency supply of medications), and her children's immunization records. It should also include information about any firearms he has. (For safety plans, see No. 18, and Resources at the end.)
12. If she has children:
 1. Let her know that most people who abuse their partners are not good parents, that most of them physically or sexually abuse the children, and that, if nothing else, they are poor role models for the children, and they often become worse as the children grow older.
 2. Let her know that you know it is hard for the children to be in this situation, and that children are much more harmed by living in a home with domestic violence than they are by divorce or separation.
 3. Let her know that, unless she has court permission to relocate, she may lose custody if she flees with the children to another state. She should

work with domestic violence advocates or a lawyer if she plans to leave with the children.

4. Let her know that if she leaves with- out one or more of her children and wants custody of them or to protect them, she should talk to a lawyer or domestic violence advocate about getting an order of protection and/ or custody order, and the sooner she does this the better.
 5. She, you or somebody should tell the children that abuse is wrong.
 6. She, you or somebody should teach the children that they should never get in the middle when one parent is abusing the other, that they should go somewhere where they will be safe and, if they can do so safely, call the police.
 7. She, you or somebody should teach the children how to call the police for help, how to give their name, the address where they are calling from, and a brief explanation of why help is needed (e.g., daddy is beating up mommy). They should know that dialing 911 on a cell phone may not get the local police.
13. If she does not have children, let her know that:
1. It is easier to get out of a bad relationship when there are no children, and that abusers control their women through the children;
 2. Abusive men often sabotage their female partners' use of birth control to get them pregnant;
 3. Having children almost always makes abusers more possessive and abusive.
14. Encourage the victim to document everything that happened, including an accurate account of how she was injured. Suggest that she get medical treatment.
15. If she has injuries, ask her if you can take pictures of them to keep at your home or other safe place. (Assure her it is to document the injuries when she is ready to call the police or go to court. Date the pictures and keep them with notes about

when, where and how she got the injuries. She may need several copies or enough pictures to use to get an order of protection, if criminal charges are brought, and to use in a divorce and/or custody case.)

16. Document all the dates and times that you see injuries on the victim, even if she denies he caused her injuries. The victim may have gone to the hospital but did not tell you or was too ashamed to tell you.
17. If the abuser has destroyed or damaged household property, with her permission, have the police, you or somebody else take pictures of the damage. Store the pictures in a safe place with the date, time and description of what each picture shows so she can use them in court if she wants.
18. Tell the victim about her local domestic program and give her its phone number or that the National Domestic Violence Hotline (1-800-799-7233) for help in developing a safety plan and obtaining information about emergency shelter/relocation, restraining orders and advocacy programs in or out of her area.
19. Be aware that clergy vary, and while some clergy are really helpful in cases of domestic violence, many others are not. The local domestic violence program is likely to know who will be helpful if the victim wants to talk to a member of the clergy.
20. If the victim is going to leave her abuser, tell her not to tell her abuser or anyone who might tell him in advance.
21. Offer her a safe place, if this is realistic, or help her find one.
22. If the victim leaves the relationship, do not disclose her location, especially to mutual friends or family members of the abuser. (Her safety is paramount.)
23. If the victim is suicidal this is an indication of just how desperate she feels; she needs help (ideally without letting her abuser know).

Tips About Peace Orders/Protective Orders

*Adapted from Maryland Courts

<https://www.courts.state.md.us/legalhelp/domesticviolence>

1. **What is a peace order?**

It's a court order that requires another person to stay away and refrain from contacting you.

2. **Is it the same as a protective order?**

They are similar. The difference: Protective orders apply if you are in a family-like or sexual relationship or if **sexual assault** has occurred; peace orders apply to all other relationships. Think neighbor, stranger, co-worker. If your relationship qualifies for a protective order, you may NOT seek a peace order.

3. **Can I get a peace order?**

You may ask the court for a peace order if you have been subjected to **abuse**, harassment, **stalking**, trespass, or malicious destruction of property. Other grounds include misuse of telephone or electronic communication, revenge porn, and visual surveillance. Remember, if your relationship with the other person is family-like or sexual, you should get a protective order instead of a peace order.

4. **How do I get a peace order?**

Start by completing a **Petition for Peace Order, or form DC-PO-001**. You must also complete a **Peace Order Addendum (CC-DC-PO-001A)** and a **Peace Order Supplement (DC-PO-1S)**. Find the forms online or ask a court clerk or commissioner for blank forms. If courts are open, file your papers with the clerk in a District Court. Do not go to a circuit court. If courts are closed, find a District Court Commissioner's office and submit your papers there. The Commissioner's office is open 24 hours a day. If courts are open, you MUST file your petition there.

5. **Is there a deadline?**

You must file your petition within 30 days of the act you describe on the form.

6. **How long is a final peace order in effect?**

Up to six (6) months. The court may extend it for up to six (6) additional months.

7. **What happens after I file my petition?**

If you filed your petition with a commissioner when court is closed, you will have an immediate interim hearing where you will explain the events and behaviors that you believe were abusive. If the commissioner finds that your relationship qualifies and the **abuse** occurred, they will issue an interim protective order which lasts about two days. Your papers will include a date and time for a temporary hearing in court. At this hearing, you explain what happened to a judge. If you filed your petition during court hours with a clerk of the court, this will be your first immediate hearing. If a judge

determines your relationship qualifies and **abuse** occurred, they will issue a temporary order which lasts for seven days, unless the court extends it.

Keep in contact with the court as it schedules your final hearing. Both individuals may be at this formal hearing and offer testimony and evidence.

8. What are the safeguards in a peace order?

Orders granted at the beginning of your case (interim or temporary orders) can order the other person to:

- stop abusing, threatening, or harassing you;
- have no contact with you;
- stay away from your home, work, or school.

Orders granted at the end of your case (final peace orders) may have those safeguards listed above, plus the following additional provisions:

- counseling;
- mediation;
- fees and court costs paid for by the Respondent.

1. What is a protective order?

It's a court order that says one person must refrain from doing certain acts against another person. It's Maryland's version of a restraining order or stay-away order.

2. Can I get a protective order?

You must have a certain type of relationship with the other person to be eligible for a protective order. Your relationship qualifies if you:

- are married, divorced, or currently separated;
- are related by marriage, blood or adoption (this includes stepparents and stepchildren if they have lived with you for at least 90 days in the past year);
- have lived together in a sexual relationship for at least 90 days in the past year;
- are the parents of a child together;
- have had a sexual relationship with each other in the past year;
- are a vulnerable adult;
- were raped or **sexually assaulted** by the other person (including attempts) in the past six months.

3. What if my relationship doesn't qualify for a protective order?

A peace order is another way the court can protect you. Any relationship that does NOT qualify for a protective order is eligible for a peace order. Those relationships include neighbors, strangers, or someone with whom you have a non-sexual dating relationship.

4. **What is an abusive act?**

Before the court can grant a final protective order, you must prove that the other person committed an act of abuse. Acts of **abuse** include:

- assault;
- an act that places a person in fear of imminent serious bodily harm;
- an act that causes serious bodily harm;
- rape or **sexual offense**, or attempted rape or sexual offense;
- **stalking**;
- false imprisonment;
- revenge porn.

5. **Which forms do I need for a protective order?**

File a **Petition for Protection from Domestic Violence, or form CC-DC-DV-001**. Attach a form called the **Addendum-Description of Respondent, or form CC-DC-DV-001A**. Law enforcement uses this Addendum when serving paperwork on the other person. Find the forms online. Or, ask a court clerk or court commissioner for forms

6. **Where do I file my completed forms?**

File your papers in a courthouse when they are open. If you have a current custody or divorce case with the other person, consider filing in the same courthouse where that case was heard. Courts are open from 8:30 a.m. to 4:30 p.m. most weekdays. If courts are closed, find a District Court Commissioner's Office. Keep in mind that office **ONLY** accepts protective order petitions when courts are closed.

7. **What happens after I file my petition with the court or commissioner?**

If you filed your petition with a commissioner when court is closed, you will have an immediate interim hearing where you will explain the events and behaviors that you believe were abusive. If the commissioner finds that your relationship qualifies and the **abuse** occurred, they will issue an interim protective order which lasts about two days. Your papers will include a date and time for a temporary hearing in court. At this hearing, you explain what happened to a judge. If you filed your petition during court hours with a clerk of the court, this will be your first immediate hearing. If a judge determines your relationship qualifies and **abuse** occurred, they will issue a temporary order which lasts for seven days, unless the court extends it.

Keep in contact with the court as it schedules your final hearing. Both individuals may be at this formal hearing and offer testimony and evidence.

8. **What are the safeguards in a protective order?**

Orders granted at the beginning of your case (interim or temporary orders) provide short-term safeguards for a few days or weeks. The court can order the other person to:

- stop abusing, threatening, or harassing you;
- have no contact with you;

- stay away from your home, work, or school;
- leave your home (if you are married OR if your name is on the lease or deed).

Your order might also address temporary child custody, possession of a pet, safeguards at child-care providers, and possession of firearms.

Orders granted at the end of your case (final protective orders) provide safeguards for up to a year. The court can order those safeguards listed above, plus the following additional provisions:

- use and possession of a jointly owned vehicle (your name must be on the title);
- counseling for **domestic violence** or substance abuse;
- a temporary child access or visitation schedule;
- emergency family maintenance or financial support. You qualify if you and the other person are married or if you have custody of children.

9. **How do I enforce, modify, or extend my protective order?**

It's a crime to violate certain conditions of a protective order, such as contacting, harassing, or abusing someone. File criminal charges at a commissioner's office or call police, who may arrest someone who violates an order. If found guilty, they face up to 90 days in jail and up to \$1,000 in fines.

Another option when someone disobeys a court order is called contempt. File for contempt if a Respondent violates ANY provision of the protective order. Submit a **Petition for Contempt (Violation of Protective Order) or form CC-DC-DV-007** and ask for a hearing. There is no specific penalty if the court finds someone in contempt, but a judge may order whatever is necessary to enforce a protective order. This may include jail time.

As long as a protective order hasn't expired, you can ask the court to modify or change it. That includes asking to rescind or extend it. **Complete a Petition to Modify/Rescind/Extend (form CC-DC-DV-006)**. The clerk will notify the Respondent and schedule a hearing within 30 days. There are specific rules about notification and extending a protective order. Consider talking with a lawyer.

Glossary of Important Terms

Abuse:

- **Emotional Abuse:** Behaviors that harm a person's self-worth and emotional well-being. Examples include name calling, shaming, rejection, withholding love, and threatening. (CDC)
- **Financial Abuse:** Illegal, unauthorized, or improper use of a person's money, benefits, belongings, property, or assets for the benefit of someone other than the individual. (CDC)
- **Neglect:** Failure to meet basic physical and emotional needs. Examples include housing, food, clothing, education, and access to medical care. (CDC)
- **Physical Abuse:** Intentional use of physical force that can result in injury. Examples include hitting, kicking, shaking, and other shows of force. (CDC)
- **Psychological Aggression:** Use of verbal and non-verbal communication to harm another person mentally or emotionally and/or exert control over the other person. (CDC)
- **Sexual Abuse/Assault/Violence:** Pressuring or forcing someone to engage in unwanted sexual acts. Examples include fondling, penetration, and exposing someone to other sexual activities, including non-physical activities like sexting. (CDC)
- **Stalking:** Repeated, unwanted attention and/or contact that causes fear or concern for one's own safety or for the safety of someone close to the victim. Examples include unwanted calls, emails and/or other electronic communications, approaching a victim or showing up unwanted at a victim's location, leaving strange or threatening items for a victim to find, and watching or tracking a victim. (CDC)

Adverse Childhood Experiences: Potentially traumatic events that occur between the ages of birth-17 years, including experiencing violence, abuse or neglect, witnessing violence in the home or community, or growing up in

an environment that undermines a child's sense of safety and stability (for example a home with substance use problems). (CDC)

Case Management: Collaborative process of assessment, planning, facilitation, coordination, and advocacy for options and services to meet an individual's and/or family's comprehensive needs to promote safety and wellness. (Case Management Society of America)

Child Abuse (See also Abuse): Includes all types of abuse and neglect against a person under the age of 18 by a parent, caregiver, or another person in a custodial role (including a religious leader, coach, or teacher) that results in harm, the potential for harm, or the threat of harm to a child. (CDC)

Domestic Violence: Violence or other abuse in a cohabitation or family situation. Often used as a synonym to intimate partner violence but is a broader category that includes violence or abuse against all members living within a household including children, adults, and elder adults.

Elder Abuse (See also Abuse): Intentional act or failure to act that causes or creates a risk of harm to a person over the age of 60 at the hands of a caregiver or person the elder adult trusts. Includes all types of abuse and neglect. (CDC)

Intimate Partner: Current and former spouses, dating partners, and romantic relationships.

Intimate Partner Violence (See also Abuse): Any type of abuse or aggression that occurs in a romantic relationship. (CDC)

Peace Order: Civil order by a judge that orders one person to refrain from specific acts against another person including abuse, harassment, and/or contact. (Maryland Courts)

Protection Order: Civil order by a judge that orders one person to refrain from specific acts against another person with whom they have a familial or sexual relationship including abuse, harassment, and/or contact. (Maryland Courts)