



WASHINGTON COUNTY OREGON
RESOURCE
GUIDE



Washington County District Attorney's Office
Victim Services
150 N. First Avenue, #300 | Hillsboro, OR 97124

Emergency 911
Non-Emergency 503-629-0111

Date: _____

Incident Number: _____

Officer/Detective Name(s): _____

Victim Advocate Name: _____

My Notes: _____

This Resource Guide is a collaborative effort of several agencies in Washington County, Oregon. Resources listed in the guide occasionally change. Please call or visit the websites of any listed resources to confirm hours and availability of services. This guide is not intended to provide or be considered legal advice.

If you have questions about any of the resources or information contained in this guide, or are looking for additional resources, please contact the distributing agency.

Washington County Victim Assistance
503.846.8314

<p>Important Contact Numbers: Based on the type of case and the age of the offender, your case may be referred to the Washington County District Attorney's Office, the office of your local City Attorney, or the Washington County Juvenile Department. Victim assistance may be available at the location where your case is referred.</p> <p>Washington County District Attorney's Office 503.846.8671</p> <p>Washington County Juvenile Department 503.846.8861</p>

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VICTIM RIGHTS

Crime Victims' Rights in the criminal justice system apply to the victim of an offense as well as to the parent or legal guardian of a minor victim. Some rights are automatic. Others must be requested.

If your constitutional rights are not honored, you can assert a claim of violation of crime victims' rights. There are time limits for this right. For more information visit: www.doj.state.or.us/victims.

GENERAL RIGHTS

Your right to justice includes the right to a meaningful role in the criminal or juvenile justice process, to be treated with dignity and respect, to fair and impartial treatment, and to reasonable protection from the offender.

Many victims' rights are automatic although you may need to "tell" someone you want to receive them. Other rights you must specifically request. One way to do this is to contact your District Attorney's Office or Juvenile Department to request these rights. Your rights may be asserted in court by you, your attorney, or the District Attorney (at your request). *If you don't wish to speak at a hearing (when that right exists) you may have someone speak on your behalf.

AUTOMATIC RIGHTS

- To attend open court proceedings.
- To have a support person with you.
- To receive restitution for your crime related costs. You must provide documentation of your loss to the court.
- To get a copy of a transcript or recording of open court proceedings if one is already made. If you request one, you may be charged for the transcript or recording.
- To have your "personal identifiers" protected from an offender. These include your phone number, address, social security number, date of birth, bank account and credit card account numbers.

RIGHTS THAT MUST BE REQUESTED

- To limit copying or dissemination of information, images or recordings of a sexually explicit nature.
- To be notified of certain open court proceedings.
- To get certain criminal history information about the person charged or convicted.
- To have the person charged or convicted tested for HIV or other communicable diseases if the crime involved the transmission of bodily fluids.

FOLLOWING AN ARREST

AUTOMATIC RIGHTS

- To have the judge consider your safety at a release hearing.
- To refuse to speak to an attorney or private investigator for the defendant.
- To be notified about early disposition programs that may apply to your case.
- To have the prosecutor consider any of your recommendations about defendant diversion.

RIGHTS THAT MUST BE REQUESTED:

- To be notified of certain open court proceedings.
- To be notified in advance about the release hearing.
- To be consulted about the plea in a violent felony case.

IF YOUR CASE GOES TO COURT

AUTOMATIC RIGHTS

- To have the court take your schedule into account when setting trial dates or hearings that you are required to attend.
- If a pre-sentence investigation report is ordered in your case, you can include a statement in it.
- To know the outcome in your case.

RIGHTS THAT MUST BE REQUESTED

- To prevent "electronic recording," including video/audio & photography, of proceedings involving a sexual offense.
- To speak at a sentencing hearing or submit a statement in writing.

AFTER SENTENCING

AUTOMATIC RIGHTS

- To receive restitution for your crime-related costs.
- To speak at a hearing on a motion to set aside, vacate or dismiss a conviction.
- To be notified of and speak at sex offender registration determination hearings.
- To be notified of and speak at expunction hearings.
- For offenders found Guilty Except for Insanity (GEI) there may be additional victim services available from the Department of Justice – for more information call: 503-378-4284.

RIGHTS THAT MUST BE REQUESTED

In sex offense cases

- You have a right to not be contacted by the sex offender convicted in your case. For information about registered sex offenders call: Oregon State Police Sex Offender Information 503-934-1258.

OFFENDERS SENTENCED TO PRISON

To receive any notifications, provide your contact information directly to the Board of Parole and Post-Prison Supervision.

RIGHTS THAT MUST BE REQUESTED

- To be notified when the convicted person is released from prison.
- To receive 30-day notice about parole hearings in adult cases.
- For more information concerning victim services while an offender is in prison, contact: 888-749-8080.
- You may also receive automated notifications of releases from prison by registering with VINE (Victim Information and Notification Everyday). For more information contact: 877-674-8463 www.VINELINK.com.

OFFENDERS SENTENCED TO PROBATION

To receive any notifications, provide your contact information directly to the local county Department of Community Corrections/Probation Department.

RIGHTS THAT MUST BE REQUESTED

- To be notified of hearings where probation may be revoked.

If your case is appealed you may have other rights. For more information contact: Oregon Department of Justice Appellate Advocacy Program 503-378-428 Offenders Placed under the Jurisdiction of the Psychiatric Security Review Board (PSRB) (To receive any notifications, provide your contact information directly to the PSRB.)

AUTOMATIC RIGHTS

- To attend and speak at PSRB hearings.

RIGHTS THAT MUST BE REQUESTED

- To get certain information about the offender's (patient) case from the PSRB.
- To be notified of PSRB hearings.

OTHER INFORMATION

- If you are a victim of family, elder, sexual or disabled person abuse you can ask for a protective order.
- If you are a victim of stalking, you can go to the police or to court and ask for a stalking protective order.
- If you are a victim of sexual assault, a hospital must give you accurate information about and access to emergency contraception.
- If you are a victim of domestic violence, you may be able to get financial help from the Department of Human Services through their Oregon Temporary Assistance to Domestic Violence Survivors (TA/DVS) fund.
- If you are a victim of domestic violence, sexual assault, or stalking, you may be able to:
 - Take leave from work to attend court or medical or counseling appointments
 - End a rental agreement early
 - Get unemployment benefits
 - Have your locks changed
 - Get special arrangements for public housing
 - Set up a payment plan with the phone company
- Your immigration status should not affect your rights as a crime victim.
- Immigrant victims may have additional legal options.
- If you are the victim of a crime that involved physical injury or death, you may be able to get financial help for counseling, medical, or death related costs.



WHO'S IN CUSTODY?

Information if someone is currently lodged in the Washington County jail:

503.846.6826

www.co.washington.or.us/Sheriff/Jail/who-is-in-custody.cfm

MANDATORY ARREST

- In the state of Oregon, mandatory arrests must take place for domestic violence situations. As stated in the Oregon Revised Statutes (ORS 133.055), "The officer shall arrest and take into custody the assailant or alleged assailant if they find probable cause of a crime occurring between family members or intimate partners (current or former)."
- If someone is arrested for a crime of domestic violence is typically issued by the court between the person arrested and the alleged victim.

WHO PRESSES CHARGES IN A CRIMINAL CASE?

Many people believe that a victim has the power to "press charges" against the offender, or to later "drop the charges." However, all crimes are offenses against the community, not just the individual victim. Criminal complaints are prosecuted on behalf of the State of Oregon, not just the person(s) who called the police or were personally harmed by the offender's conduct. Only the prosecuting attorney can issue or dismiss charges. This takes the responsibility for deciding to prosecute the offender off the victim and puts it on the court, where it legally belongs. It also means that the offender or others cannot "pressure" the victim into dropping charges.

Although the decision to prosecute a case is ultimately up to the prosecuting attorney, the victim's opinion is important and may be taken into consideration by the prosecuting attorney when making their decisions regarding the case.

RELEASE AGREEMENTS

- When someone is released from jail, they sign a release agreement. The release agreement states what a person is allowed and not allowed to do. Having "no contact" with certain people may be a part of the release agreement.

- A release agreement with no contact is different from a protective/restraining order.
- Washington County Jail Release Office: 503.846.6362 | www.co.washington.or.us/sheriff/jail/arrestrelease.cfm.
- A judge must approve any requests to modify a Release Agreement.
- To request a modification of a release agreement, please go in person to Court Clerk window at the Washington County Law Enforcement Center located at 215 SW Adams Avenue, Hillsboro.

NO CONTACT ORDER

- A no contact order is typically in place from the time a defendant is booked into the jail and remains in place until a judge ends the no contact order or a case is resolved in court (dismissed, a plea agreement is reached, or by trial).
- If a person violates a no contact order by having any type of contact (in person, phone, electronic, or third party) with the person they are prohibited from contacting, they may be re-arrested and jailed.
- A no contact order can also be a probation or parole requirement. If someone on probation or parole violates a no contact order, they may be re-arrested and jailed.

A no contact order is different from a restraining order, elder/disabled person protective order, stalking protective order, sexual abuse protective order, or emergency protective order.

If you are a victim of crime and the offender is trying to contact you even though a no contact order is in place, please contact law enforcement.

COURT HEARINGS

As a case progresses through the criminal prosecution process, there are many types of hearings that can occur prior to sentencing as well as after the sentence and conviction of the defendant. These include hearings such as arraignment, pre-trial release, case management conferences, status hearings, trial, restitution hearings, and probation violation hearings. Victims are not required to attend hearings unless subpoenaed but they do have the right to attend any hearing and to make a Victim Impact Statement at the time of sentencing. Please contact a Victim Advocate for further information about attending court hearings and to inquire about court accompaniment.

OTHER LEGAL INFORMATION

WHAT IS A SUBPOENA?

A subpoena is an order issued by the court that requires you to appear at a certain place, date, and time to testify as a witness about a particular case. It is important to read the subpoena carefully. A subpoena will require that you remain at the place described until testimony is closed, unless the judge excuses you. If you do not appear as the subpoena orders, a judge may find you in contempt of court. Contempt of court may result in a jail term. The court may also order you to pay fees to the parties who may have been damaged by your failure to appear. The court may also issue a warrant for your arrest. Law enforcement may take you into custody and bring you to the place where your testimony is required. If it is impossible or extremely difficult for you to appear as required by the subpoena, call the party who issued the subpoena.

WHAT IS GRAND JURY?

A Grand Jury is a special kind of jury that hears evidence of criminal allegations. A Grand Jury reviews cases presented to them and determines if there is sufficient evidence to charge a defendant with a felony crime. Grand Jury is not as formal as other court hearings; it is held in a conference room and consists of seven jury members. Most victims will need to testify before the Grand Jury in felony cases. A judge is not present and usually the defendant does not testify. If the defendant were to testify, it would be at a time different from the victim and the other witnesses. Five of the seven grand jurors must vote to issue a "true bill" for the indictment of the crimes. Grand jurors do not vote to convict, and a true bill or return of an indictment does not mean that the defendant is guilty.

If the Grand Jury does not feel there is sufficient evidence that a crime has been committed, they issue a "no true bill" and a case does not proceed.

GRAND JURY RECORDATION PROTECTIVE ORDER

A victim's testimony at Grand Jury assists in determining whether the court can proceed with criminal charges against the defendant and what those charges will be. All grand jury testimony is recorded. If a victim has concerns about their safety because their recorded testimony will be released to the defense attorney, they should speak with a Victim Advocate who can assist in communicating these concerns to the prosecuting attorney. In some situations, the prosecuting attorney has the ability to seek a protective order that can restrict

part or all of the testimony from being shared with the defendant.

WHAT IS A VICTIM IMPACT STATEMENT?

It is important for the Court to know the impact a crime has had on its victims. Victim impact statements describe the emotional, physical, and financial impact that the victim and others have suffered as a direct result of the crime. It is an opportunity for the victim to communicate directly to the judge the effect of the crime and to convey their input and recommendations regarding the type of sentence they would like to see the Court impose on the defendant. Victim impact statements can be either written or oral statements. Please note, written victim impact statements may become public record and available to the defense.

WHAT IS RESTITUTION?

- Restitution is money that a criminal defendant is ordered to pay to a victim, based on the economic damages the victim suffered as a direct result of the crime. Under Oregon law, all victims of crime who experience a financial loss as a result of a crime have the right to request restitution.
- Restitution can be requested for economic damages incurred due to a charged criminal act. Some possible qualifying losses may include: unrecovered stolen property or damaged property; loss of wages; medical, dental, or rehabilitation costs; mental health counseling; certain home security costs; home and vehicle retrofits if the victim becomes disabled; future financial losses to surviving spouse; expenses for traveling to court or to receive medical care; funeral and memorial expenses; relocation costs; or other losses related to the crime, even if not specified in the police report.
- **The judge makes the final decision on what can and cannot be ordered as restitution.**

The criminal justice system and court process can be complex to navigate. There are numerous advocates available to answer questions and offer assistance and support.

SAFETY PLANNING

A safety plan is a personalized, practical plan that includes ways to remain safe while remaining in a relationship, while planning to leave, or after leaving.

A safety plan should be tailored to your unique situation and be adaptable to various circumstances in your life that could arise.

Having a safety plan laid out in advance can help you to protect yourself in stressful moments of crisis when your brain may not be functioning the same way as when you are calm.

Your safety plan may include the following areas:

- How to stay safer during a verbal or physical conflict
- A checklist of important items to pack when preparing to leave a relationship
- An agreement with neighbors and friends to call for help
- Safety planning for your kids
- Safety planning for your pets
- Tech and social media safety
- Strategies to stay safer at work and in public
- Knowing where you, your kids, and pets can go if you need to leave

When temporarily or permanently leaving a situation, please consider the important documents and items you may need to take for yourself, your children, and your pets.

It is important to consider which documents may be difficult to replace and what items may be irreplaceable.

Below is a helpful list to consider in your decision making:

- Driver's license/Identification cards
- Birth certificates
- Passports
- Social Security Cards
- Work permit/Green card/Visas
- Debit/Credit cards
- Cash, if possible
- Cell phones and chargers
- Technological devices-laptops, tablets
- Vehicle titles, registration, and insurance
- Protective order paperwork
- Lease/rental agreements and/or house titles
- Medical insurance cards and health records

- Marriage license/Divorce decree/Custody paperwork
- Medications
- Eyeglasses/contacts, hearing aids, other medically necessary assistive devices
- Keys - house, car, post office, workplace, safe deposit boxes
- Contact information for family/friends/neighbors/doctors/employers
- Irreplaceable sentimental items and pictures, valuable jewelry
- Basic necessities - clothing, hygiene items, diapers, snacks

Advocates are available to help you develop your own thorough safety plans, in each of the areas you need. You can meet with an advocate in person or speak with an advocate over the phone by calling a crisis or support line.

For assistance, please contact:

DVRC 24-Hour Crisis Line
503-469-8620 | www.dvrc-or.org/

Call to Safety 24-Hour Crisis Line
503.235.5333 | calltosafety.org/

National Domestic Violence Hotline:
1-800-799-7233 (SAFE) | www.thehotline.org/

National Network to End Domestic Violence
Tech Safety Survivor Toolkit: www.techsafety.org/resources-survivors

Safety Plan Notes:

MEDICAL

If you are a sexual assault or domestic violence victim, there may be funds to help you pay for your medical care (Oregon DOJ SAVE Fund).

There are nurses trained specifically for sexual assault and strangulation forensic exams at St. Vincent's hospital.

*If you have been strangled or otherwise had your breathing or blood circulation impeded, seek medical attention. Symptoms may be life-threatening, including swelling inside the throat, which can take up to 36 hours to develop.

PROVIDENCE ST. VINCENT MEDICAL CENTER

503.216.1234 | www.providence.org
9205 SW Barnes Road, Portland

KAISER PERMANENTE WESTSIDE MEDICAL CENTER

971.310.1000 | www.kaiserpermanente.org
2875 NW Stucki Avenue, Hillsboro

OHSU HEALTH (FORMERLY TUALITY HEALTHCARE)

503.681.1111 | www.tuality.org
335 SE 8th Avenue, Hillsboro

LEGACY MERIDIAN PARK MEDICAL CENTER

503.692.1212 | www.legacyhealth.org
19300 SW 65th Avenue, Tualatin

VIRGINIA GARCIA MEMORIAL HEALTH CENTER

503.601.7400 | www.virginiagarcia.org
2725 SW Cedar Hills Boulevard, Suite 200, Beaverton
226 SE 8th Avenue, Hillsboro
1151 N Adair Street, Cornelius

WASHINGTON COUNTY HAWTHORN WALK-IN CENTER

503.291.9111 (24-hour crisis line) | 503.846.4555
www.hawthornwalkincenter.com
5240 NE Elam Young Parkway, Hillsboro

- Addiction and mental health services

(OHP) OREGON HEALTH PLAN

800.699.9075 | www.oregon.gov/oha/hsd/ohp/pages/index.aspx

- OHP provides health care coverage for Oregonians from all walks of life, includes working families, children, pregnant women, single adults and seniors

GENERAL RESOURCES

(VINE) OREGON VINE (VICTIM INFORMATION AND NOTIFICATION EVERYDAY)

877.674.8463 | www.vinelink.com

- Notifications for victims, families, and community

members via email, text or phone regarding the release or change in custody status of an offender

(CVCP) OREGON DEPARTMENT OF JUSTICE CRIME VICTIMS' COMPENSATION PROGRAM

503.378.5348 | www.doj.state.or.us/crime-victims/victims-resources/victims-services/compensation-for-victims-of-crime/

- Assists victims of violent crime with expenses for mental health counseling; medical and hospital bills; eyeglasses, hearing aids, dentures, and other medically necessary devices; rehabilitation; loss of earnings; and funeral and other expenses related to homicide

(ACP) OREGON DEPARTMENT OF JUSTICE ADDRESS CONFIDENTIALITY

503.373.1323 | www.doj.state.or.us/crime-victims/victims-resources/victims-services/address-confidentiality-program-acp/

- Free and confidential mail forwarding service for survivors of domestic violence, sexual assault, trafficking, or stalking

OREGON DEPARTMENT OF JUSTICE BIAS RESPONSE HOTLINE

503.373.1323 | www.doj.state.or.us/crime-victims/victims-resources/victims-services/address-confidentiality-program-acp/

- Available to offer support, assistance, and more information for individuals who have been targeted with bias due to race, color, national origin, sexual orientation, gender identity, disability, or religion

(FJC) FAMILY JUSTICE CENTER OF WASHINGTON COUNTY

503.430.8300 | www.fjccwc.org

- Service providers and agencies in one location that offer wraparound holistic services to survivors of family and intimate partner violence
- The Domestic Violence Resource Center (DVRC) is located within the FJC, along with numerous other agencies that provide safety planning, legal services, counseling services, and assistance with food, housing, law enforcement reports, and childcare needs
- Remote court is available at the FJC for protective order hearings

(DVRC) DOMESTIC VIOLENCE RESOURCE CENTER

503.469.8620 (24/7 crisis line) | 503.640.5352 (office)
www.dvrc-or.org/

- Education, support, and empowerment for survivors and their children affected by intimate

RESOURCES

partner violence through free advocacy, counseling, emergency shelter and transitional housing, and community outreach services

(DHS TA-DVS) DEPARTMENT OF HUMAN SERVICES TEMPORARY AID FOR DOMESTIC VIOLENCE SURVIVORS GRANT

503.693.4555 | www.oregon.gov/DHS/ABUSE/DOMESTIC/pages/tadvs.aspx

- This grant provides temporary financial assistance to support survivors with minor children in their care whose safety is at risk due to domestic violence, including relocation assistance; replacement of personal or household items left behind when leaving an unsafe situation; and purchasing items to help address and increase safety

(SARC) SEXUAL ASSAULT RESOURCE CENTER

503.640.5311 (24/7 support line) | 503.626.9100 (office) | www.sarcoregon.org

- Advocacy, counseling, case management, prevention and education services for survivors of sexual assault

SAFETY COMPASS

971.235.0021 (24/7 support line)
www.safetycompass.org

- Advocacy services for survivors of commercial sexual exploitation

WASHINGTON COUNTY ELDER SAFE PROGRAM

503.846.6048 | www.co.washington.or.us/Sheriff/OtherServices/elder-safe-program.cfm

- Through the Washington County Sheriff's Office, the Elder Safe program provides victims of crime aged 65 and older with emotional support, advocacy, protective orders, and additional resource referrals

WASHINGTON COUNTY HELP ME HOME

503.846.6048 | www.co.washington.or.us/Sheriff/OtherServices/help-me-home.cfm

- Voluntary enrollment program for adults and children who may become lost and have difficulty communicating vital information about themselves, to assist in more quickly reuniting the individual with their family or caregiver

WASHINGTON COUNTY PROJECT LIFE SAVER

503.846.6048 | www.co.washington.or.us/Sheriff/CrimePrevention/project-lifesaver.cfm

- Voluntary program for adults and children who frequently wander from caregivers providing participants with a tracking bracelet to more quickly aid in locating the individual

(ADRC) AGING AND DISABILITY AND RESOURCE CONNECTION OF OREGON

855.673.2372 | www.adrcforegon.org

- Connects seniors, people with disabilities, and their families and caregivers to local information and services

(DAVS) WASHINGTON COUNTY DISABILITY, AGING AND VETERAN SERVICES

855.673.2372 | www.co.washington.or.us/HHS/DAVS/

- Programs and services to maintain and enhance the quality of life to assure that basic needs are met for Washington County seniors, veterans, and people with disabilities

(CARES NORTHWEST) CHILD ABUSE RESPONSE AND EVALUATION SERVICES NORTHWEST

503.276.9000 | www.caresnw.org

- Collaborative, community-based medical program for the assessment, treatment, and prevention of child abuse and neglect

WASHINGTON COUNTY DISTRICT ATTORNEY'S OFFICE VICTIM ASSISTANCE PROGRAM

503.846.8314 | www.washingtoncountyda.org/protecting-victims

- Washington County DA's Office Victim Assistance program provides support for victims of crime as they move through the criminal justice process

CULTURALLY SPECIFIC AND FAITH BASED SERVICES

(IRCO) IMMIGRANT AND REFUGEE COMMUNITY ORGANIZATION

503.234.1541 | www.irc.org

- Supports the holistic needs of Oregon's immigrants, refugees and mainstream community members by providing more than 200 culturally and linguistically specific social services, from employment, vocational training and English language learning, to community development, early childhood and parenting education, youth academic support and gang prevention

BRADLEY ANGLE

503.232.1528 | www.bradleyangle.org

- Services for survivors of domestic violence with several specialized programs including: youth & family support, LGBTQ+ support, Healing Roots for Black and African American survivors and their families, housing assistance, economic empowerment, and HIV and intimate partner violence services

RESOURCES

RAPHAEL HOUSE

503.222.6507 | www.raphaelhouse.com

- Offers crisis intervention, emergency and transitional housing assistance, and a wide range of advocacy for domestic violence survivors with specialized programs for youth and families, LGBTQ+ survivors, and prevention and education for students and adults

(APANO) ASIAN PACIFIC AMERICAN NETWORK OF OREGON

971.340.4861 | www.apano.org/

- Unites and supports Asian and Pacific Islanders through advocacy, community organizing, advancement of equity, leadership development, and cultural work

(NAYA) NATIVE AMERICAN YOUTH AND FAMILY CENTER

503.288.8177 x219 | www.nayapdx.org

- Social service agency and community center that supports Native American youth and families through educational programs, economic development, crisis intervention, elder services, foster care support, housing stabilization, and ongoing support groups

ADELANTE MUJERES

503.992.0078 | www.adelantemujeres.org

- Offers Latina women and their families holistic programs and the tools to achieve self-determination in the areas of education, leadership training, and enterprise

PROYECTO UNICA - EL PROGRAMA HISPANO CATOLICO

503.221.4866 | www.elprograma.org/unica

- Provides culturally and linguistically specific support and advocacy to Latino survivors of domestic violence, sexual violence, and human trafficking including crisis intervention, safety planning, assistance with protective orders, support groups, mental health services, child and family services, and primary prevention programming

(ARMS) ABUSE RECOVERY MINISTRY & SERVICES

503.846.9284 or 866.262.9284

www.abuserecovery.org

- Christian faith-based, free, trauma-informed relationship abuse recovery groups for survivors of domestic violence; and batterer's intervention programs

(ROSS) RUSSIAN OREGON SOCIAL SERVICES

503.777.3437 or 503.381.7757 (24/7 crisis line)

www.emoregon.org/ross

- Serves Russian-speaking refugees and immigrants by providing domestic and sexual assault services; crisis intervention & safety planning; advocacy; assistance with protective orders, accessing low-cost/free legal services, emergency and transitional housing, financial help; free mental health counseling, and support groups

(AYCO) African Youth Community Organization

971.254.8916 | www.aycoworld.org/

- Support & services for immigrant & refugee communities with specialized programs focusing on youth and families, health and disability, and psycho-social needs

(LCSNW) LUTHERAN COMMUNITY SERVICES NORTHWEST

503.924.2448 | www.lcsnw.org/beaverton

- Counseling and advocacy services for survivors of domestic violence, sexual assault and child abuse offered in Arabic, English, Farsi, Dari, Spanish, and Russian. Specialized services for immigrants/refugees and crime victims

DISABILITY RIGHTS OREGON

503.243.2081 | www.droregon.org/

- Legal advocacy for people with disabilities through public education and outreach, information and referrals, legislative advocacy, direct client representation and class-action litigation

BRIDGES OREGON

971.202.1500 | www.bridgesoregon.org

- Advocacy, accompaniment, and interpreting services for crime victims who are deaf, deafblind, or hard of hearing or face other communication barriers

HOMEPLATE YOUTH SERVICES

494 E Main St, Hillsboro | 503.320.8965

www.homeplateyouth.org

- Drop-in center for homeless youth ages 16-24 providing meals, showers, hygiene supplies, to-go bags, entertainment, and referrals for additional support services

BASIC NEEDS

2-1-1 INFO

211 or 866.698.6155 | www.211info.org

- Connects people with health and social service organizations including information and referrals to programs for child care and parenting support, assistance with utilities, emergency management support, food, health, housing & shelter resources

(DHS) DEPARTMENT OF HUMAN SERVICES

www.one.oregon.gov

- Benefits and services from the State of Oregon for children, families in need of basics, older adults and people with disabilities, including but not limited to food stamps (SNAP), childcare, domestic violence support, adoption/foster care services, housing/employment support, reporting abuse, prevention and education

COMMUNITY ACTION

www.caowash.org

- Rent Assistance: 503.615.0770
- Utility Assistance: 503.615.0771
- Housing Assistance: 503.640.3263
- Head Start: 503.693.3262

WASHINGTON COUNTY COMMUNITY CONNECT

503.640.3263 | www.co.washington.or.us/Housing/EndHomelessness/community-connect.cfm

- Coordinated entry system that helps people experiencing homelessness or at imminent risk of homelessness to find housing resources

PROJECT HOMELESS CONNECT

855.588.7968 | www.phcwc.org/

- Assistance with medical needs, transportation, employment, housing, food stamps, and domestic violence resources

OREGON FOOD BANK

503.282.0555 | www.foodfinder.oregonfoodbank.org

- Provides food through partner pantries and food assistance sites in numerous locations throughout Washington County

(WIC) WOMEN, INFANTS & CHILDREN- WASHINGTON COUNTY

503.846.3555 | www.co.washington.or.us/HHS/WIC/

- Provides nutrition education, information on prenatal care, breastfeeding support, healthy food, health referrals and other services free of charge to families who qualify

RIDE TO CARE

503.416.3955 | www.ridetocare.healthcare

- Free transportation assistance available for those on the Oregon Health Plan to access medical appointments and care

OREGON TELEPHONE ASSISTANCE PROGRAM

800.848.4442 | www.rspf.org

- Provides discounted or free phone or broadband service to qualifying low-income households; relay operators; and assists with communication equipment

BONNIE L. HAYES SMALL ANIMAL SHELTER

503.846.7041 | www.co.washington.or.us/HHS/AnimalServices

- Care for lost/abandoned pets; pet adoptions; possible short-term pet foster care; microchipping and spay/neuter services

ADDITIONAL COUNSELING RESOURCES

NAMI WASHINGTON COUNTY

503.356.6835 | www.washconami.org

- Service organization dedicated to improving the quality of life for individuals and families impacted by mental illness through education, support and advocacy

(CVS) CENTER FOR COUNSELING AND VICTIM SERVICES

503.846.3020 | www.co.washington.or.us/CommunityCorrections/VictimServices

- CVS support victims of crime and the community by offering guidance and support services to those affected by crime and trauma

PACIFIC UNIVERSITY PSYCHOLOGY & COMPREHENSIVE HEALTH CLINIC

503.352.7333 | www.pacific.edu/about/community/healthcare-clinics/pacific-psychology-comprehensive-health-clinic

- Provides affordable and accessible outpatient assessment and therapy for children, adults, and families

LIFESTANCE HEALTH (FORMERLY WESTERN PSYCHOLOGICAL AND COUNSELING SERVICES)

www.westernpsych.com

- Provides outpatient mental health services (individual, family, and group therapy), as well as programs addressing substance use disorders, autism, Latinx culturally specific services, health psychology, and services within schools

LEGAL

OREGON LAW CENTER – HILLSBORO REGIONAL OFFICE (HRO)

503.640.4115 | www.oregonlawhelp.org/orgnaization/hillsboro-regional-office-oregon-law-center

HRO Family Law Hotline: 503.676.5400

HRO Tenant hotline: 503.755.1300

Public Benefits Hotline: 800.520.5292

- Free civil legal services including advice, self-help materials, referrals, and representation for low-income Oregonians

OREGON LAW HELP

www.oregonlawhelp.org

- Free legal information provided by Legal Aid Services of Oregon and Oregon Law Center

ST. ANDREW'S LEGAL CLINIC

503.648.1600 | www.salcgroup.org

- Serves low-income families with their family law needs, such as adoption, child custody, child support, divorce, domestic violence protection, guardianship, and spousal support

WASHINGTON COUNTY CIRCUIT COURT FAMILY LAW ASSISTANCE PROGRAM

145 NE 2nd Avenue, Room 112C, Hillsboro

Monday – Friday: 8:00 AM – 5:00 PM

Not available by phone

www.courts.oregon.gov/courts/washington/help/Pages/Facilitation.aspx

- Assists self-represented (pro se) parties involved in family law cases such as divorce, custody, separation, parenting time, or support by informing self-represented parties of court processes, court forms, reviewing documents, and providing information about legal services and other resources available in the community

(OCVLC) OREGON CRIME VICTIMS LAW CENTER

503.208.8160 | www.ocvlc.org

- Provides free legal services to crime victims in criminal proceedings (including post-conviction) for issues relating to crime victims' rights; and to survivors of domestic violence, sexual assault, dating violence, and stalking for contested protective order hearings, housing issues, and education system issues

(VRLC) VICTIM RIGHTS LAW CENTER

503.274.5477, extension 6 | www.victimrights.org

- Provides free legal assistance for sexual assault survivors related to privacy, safety, immigration, housing, education (K-12 and campus),

employment, financial stability, and criminal justice advocacy to help rebuild survivors' lives following sexual violence

OREGON STATE BAR LAWYER REFERRAL SERVICE AND MODEST MEANS PROGRAM

800.452.7636 | www.osbar.org/public/ris/

- The Lawyer Referral Service assists the public in finding the right lawyer, based on geographic area, area of law, language, and other specific needs
- The Modest Means Program helps moderate-income Oregonians find affordable legal assistance, in the areas of family law, criminal defense, foreclosure, and landlord/tenant matters



PROTECTIVE ORDERS

- A protective order is a civil or criminal order that restricts one person from contacting another
- The person requesting the protective order is called the petitioner and the other party is called the respondent
- A protective order can only be granted by a judge, in cases where qualifying criteria have been met
- There is no cost to petitioning for a protective order
- A protective order is different from a no contact order or release agreement

WHAT ARE THE DIFFERENT TYPES OF PROTECTIVE ORDERS?

(FAPA) RESTRAINING ORDER/FAMILY ABUSE PROTECTION ACT (ORS 107.700 - 107.735)

- FAPA is intended to provide protection from abuse by a family member (blood or marriage) or a current/former intimate partner.
- There must be at least one incident of abuse committed within the last 180 days, and the petitioner must be in imminent danger of further abuse.
- If granted by a judge, this order is in effect for one year and can be renewed annually.

(EPPDAPA) ELDERLY ABUSE AND PERSONS WITH DISABILITIES PREVENTION ACT (ORS 124.005-124.040)

- EPPDAPA is intended to provide abuse protection for people aged 65+ or people who are vulnerable due to a disability. There is no relationship qualification for this order.
- There must be at least one incident of abuse (physical, verbal, financial, or sexual) or neglect committed within the last 180 days.
- If granted by a judge, this order is in effect for one year and can be renewed annually.

(SPO) STALKING ORDER (ORS 30.866 CIVIL); (ORS 163.730-163.750 CIVIL AND CRIMINAL)

- SPO is intended to provide protection from being stalked. There is no relationship qualification for this order.
- There must be at least two unwanted contacts by the respondent in the last two years which intentionally, knowingly, or recklessly alarm or coerce the petitioner to fear for their personal safety.

- Can be filed by a police officer (citation) or petitioner, if granted by a judge is a lifetime order.

(SAPO) SEXUAL ABUSE PROTECTIVE ORDER (ORS 163.760 TO 163.777)

- SAPO is intended to provide protection from sexual abuse by someone who is not a family member or current/former intimate partner of the petitioner. Adults and minors can file.
- There must be at least one incident of abuse committed within the last 180 days, and the petitioner must be in imminent danger of further abuse.
- If granted by a judge, this order is in effect for one year and can be renewed annually.

(EPO) EMERGENCY PROTECTIVE ORDER (ORS 133.035)

- In situations where a domestic disturbance has taken place (and the incident meets the criteria for a mandatory arrest by a police officer) or a person is in immediate danger of abuse by a family or household member, a person may be eligible for a police officer to apply for an Emergency Protective Order on their behalf. Once it is signed by a judge, it is valid for 7 calendar days.

(ERPO) EXTREME RISK PROTECTION ORDER (ORS 163.732; 163.750)

- ERPO is a court order that prevents a person who is at risk of hurting themselves or others from having or getting deadly weapons, such as firearms.
- Requires respondent to surrender all deadly weapons and their concealed handgun license to a law enforcement agency, gun dealer, or someone else who can lawfully hold them within 24 hours.
- Police officers or family, household, or intimate partners of the person who is at risk can apply for the Extreme Risk Protection Order.
- If granted by a judge, this order is in effect for one year and can be renewed annually.

PROTECTIVE ORDERS

INFORMATION ABOUT FILING FOR A PROTECTIVE ORDER

- **Advocates are available at many agencies to assist you with questions and with the forms to file for a protection order. You can meet with an advocate in person or speak with an advocate by telephone. Advocates and court staff cannot give legal advice.**
- FAPA (Family Abuse Protection Act) petitions can be filed electronically or in-person. In-person filing is done with the assistance of an advocate or at the Washington County Circuit Court at 150 N. First Avenue, Hillsboro. FAPA is the only protection order that can be filed using the OJD Guide & File (interactive forms) system.
- Stalking protection orders are filed by the petitioner in person with the Civil Department at the Washington County Circuit Court at 150 N. First Avenue, Hillsboro. Stalking protection orders can also be filed by a law enforcement officer at the time a criminal citation is issued for stalking behaviors.
- Only law enforcement officers can issue an EPO (Emergency Protective Order).
- Please speak with the court staff or the advocate who assists you with filing the protection order regarding the location options for the hearing appearance.
- Any protection order case can be filed using the OJD eFile (File & Serve) system if the most current version of the court forms is used for filing.

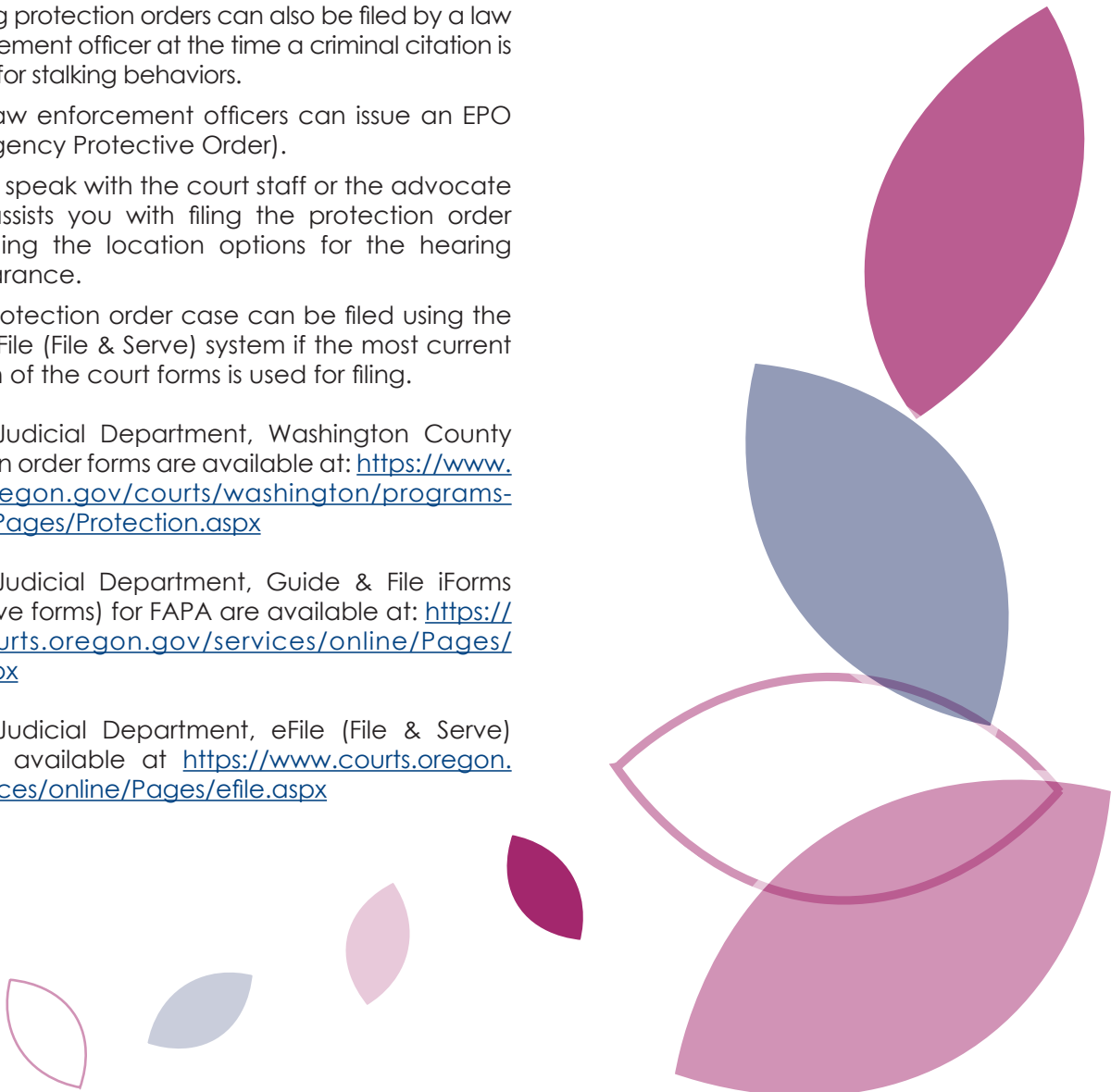
Oregon Judicial Department, Washington County protection order forms are available at: <https://www.courts.oregon.gov/courts/washington/programs-services/Pages/Protection.aspx>

Oregon Judicial Department, Guide & File iForms (interactive forms) for FAPA are available at: <https://www.courts.oregon.gov/services/online/Pages/iforms.aspx>

Oregon Judicial Department, eFile (File & Serve) system is available at <https://www.courts.oregon.gov/services/online/Pages/efile.aspx>

OTHER INFORMATION ABOUT PROTECTIVE ORDERS

- Keep a paper or electronic copy of your protective order with you at all times
- If you feel comfortable, inform family, friends, neighbors, employers, schools, and healthcare providers you have a protective order in effect and consider providing extra copies at relevant locations
- If the respondent violates the protective order, contact law enforcement immediately by calling 911 or non-emergency dispatch
- A violation of a protective order is a mandatory arrest



HOUSING RIGHTS

If you are a victim of domestic violence, sexual assault, or stalking you have the following rights:

- You can end your lease early to move to safety;
- You can ask your landlord to terminate the tenancy of the abuser without terminating your tenancy;
- You can change your locks for safety;
- Your landlord cannot treat you differently because you (or your children) have been a victim;
- You cannot be held responsible for property damage caused by an abuser during a domestic violence incident.

WORKPLACE RIGHTS FOR VICTIMS OF DOMESTIC VIOLENCE, STALKING, AND SEXUAL ASSAULT

It is unlawful for any Oregon employer to discriminate against a victim of domestic violence, sexual assault, or stalking. This means your employer cannot:

- Refuse to hire you solely because you are a victim
- Fire, threaten to fire, demote, suspend, reduce your hours, or retaliate against you because you are a victim
- Refuse to make reasonable safety accommodations for you (see below)

REASONABLE SAFETY ACCOMMODATIONS

A reasonable safety accommodation is a change in a workplace rule or job requirement that is intended to help keep you safe at work. Examples may include: a change in work schedule, change in work phone number, office placement, job duties, or transfer to a new location; someone to walk you to and from the parking lot; reasonable time off to get a restraining order, move, or attend counseling. The requested accommodation must be reasonable. An employer can refuse a request if it would create an "undue hardship" on them.

CERTIFICATION

If you request a safety accommodation, your employer can ask you for "certification" that you are a victim. Any information you give to your employer must be kept confidential. You can use any of the following documents to prove you are a victim: Restraining order or protective order, police report, Letter or other document from a counselor, attorney, pastor, domestic violence advocate, or health care provider stating that you are a victim.

UNDUE HARDSHIP

An employer does not have to grant a safety accommodation or time off if it would create an "undue hardship." Whether a request will be considered an undue hardship depends on the nature of the work you do, the cost of the request, and the size/resources of your employer. If your employer says your request creates an undue hardship, they have to work with you to try to find a more reasonable accommodation.

OREGON LAW CENTER AND LEGAL AID SERVICES OF OREGON:

www.oregonlawhelp.org/resource/housing-rights-for-domestic-violence-sexual-a?ref=DGYsv



DOMESTIC VIOLENCE

FACTS

1. Domestic violence happens in all kinds of families- rich poor, urban, suburban, or rural. It also happens in every part of the country, in every racial, religious and age group.
2. Alcohol and drugs do not cause domestic violence. Domestic violence is a choice. Many abusers will make sure they have alcohol or drugs on hand, in order to use them as an excuse for their actions. Abusers will also claim their actions resulted because they could not have the alcohol or drugs.
3. Domestic violence has nothing to do with anger. Anger is a tool abusers use to get what they want. We know abusers are actually very much in control because they can stop when someone knocks on the door or the phone rings; they often direct punches and kicks to parts of the body where the bruises are less likely to show; and they are not abusing everyone who makes them "angry", but wait until there are no witnesses to abuse the one they say they love.
4. Abusers usually escalate violent behaviors in frequency and intensity over time. It most likely won't just be a one time occurrence.
5. Domestic violence may lead to murder. Three-quarters of all women who are murdered are murdered by their husbands, ex-husbands or domestic partners.
6. Domestic violence costs the U.S. economy an estimated \$3 to \$5 billion annually in job absenteeism and another \$100 million annually in medical expenses.

Facts came from Center of Hope and Safety, Myths and Facts about Domestic Violence

<http://hopeandsafety.org/learn-more/domestic-violence-myths-facts>

DOMESTIC VIOLENCE IN THE CRIMINAL JUSTICE SYSTEM

DOMESTIC VIOLENCE PROSECUTION

The Washington County District Attorney's Office recognizes that violence among family members devastates victims, children, and the community at large. As a result, they aggressively prosecute all cases of physical and sexual violence among family members. Their primary concerns are safety and intervention for the victims and children who witness violence throughout the criminal process and afterwards. When defendants are sentenced to domestic violence crimes, part of their sentence

typically includes a period of probation where the defendant is required to seek counseling and have no contact with the victim.

DOMESTIC VIOLENCE DEFERRED SENTENCING PROGRAM (DVDS)

DVDS is an 18-month long program through the court that requires the abusive person (defendant) to complete domestic violence classes as well as any additional treatment as ordered by the judge. As part of the program, the defendant can have no contact with the victim, unless and until changed in writing by the probation department. Contact will only be considered after defendant completes 12 out of 51 DV classes. Upon successful completion of the program, the court will dismiss the charge(s). If the defendant violates conditions or fails to complete the program, they may be terminated from the program and sentenced for the crime to which the guilty plea was entered.

For more information, please call the Washington County DA's Office Victim Assistance Program at **503-846-8314**.

TYPES OF ABUSE

- **Emotional** - Targeted, repeated emotional abuse can severely affect the victim's sense of self and of reality. Emotional abuse includes hurtful behaviors, words, and actions designed to degrade, intimidate, manipulate, isolate, or humiliate.

Examples: Name calling, yelling, intimidating, threatening the victim or children, destroying property, blaming victim for abuser's "failures", threatening to spread lies to friends and family

- **Physical** - Physical abuse often begins with less violent actions and escalates as it continues. Often areas of the body that are less visible are targeted, such as abdomen, buttocks, breasts, scalp, etc. Abuse often starts or increases when the abuser and victim get married, or when a victim becomes pregnant.

Examples: pinching, blocking/restraining, hitting, holding down, biting, grabbing hair, denying medical treatment, access to food and bathroom, attempt or complete homicide, strangling

- **Sexual** - Abusers use sexual assault as a tool against their partner.

Examples: Degrading comments, withholding sex, rape, not sharing past sexual history, coercing prostitution, affairs and infidelity, forcing someone to watch and engage in pornography, forcing sexual contact with others

DOMESTIC VIOLENCE

- **Social** - It isolates the partner from others in the community, including extended family. The fewer social connections the partner has, the more control the abuser has.

Examples: Discouraging seeing friends, restricted access to keys or car, monitoring phone calls and emails, checking odometer

- **Spiritual abuse** - Often used by abusers to keep victims in the abusive relationship. Tactics—most often used by men against women—include using teachings and traditions to encourage, excuse, and justify male privilege and power over women.

Examples: Not allowing victim to practice their religion, forcing to switch religions, humiliation in front of religious community, forcing attendance to religious events

- **Financial** - Partners who are financially dependent on their abusers have fewer resources to leave

Examples: Not allowing victim to work, taking/hiding money, controlling all financial decisions, withholding debit and credit cards controlling all income, harassing at workplace, monitoring victim spending

- **Digital** - Occurs online and can be in private messages or emails, and also on public social media sites.

Examples: Controlling followers on social media, reading texts frequently, making sure they know all of victim's passwords and usernames, pressure to send explicit photos and videos, uses social media to monitor location

DOMESTIC VIOLENCE AND PREGNANCY

THE FACTS

- Pregnant and recently pregnant women are more likely to be victims of homicide than any other cause of death.
- A significant proportion of all female homicide victims are killed by their intimate partners.
- Domestic violence during pregnancy puts your life and the life of your baby at risk.
- Domestic violence is the number one cause of injury to women.
- Abusive partners do not stop their violence after the baby is born.
- Abusive partners do not become good fathers after the baby is born.

Domestic violence can happen to anyone: women of all ages, races, religions, educational backgrounds,

income levels, and in every part of the county. You are not alone and it is not your fault.

If you are a victim of domestic violence and are pregnant, you and your baby are at high risk of injury or murder.

No matter what form of domestic violence your abusive partner has chosen to use against you, he is affecting the emotional and physical welfare of yourself and your baby. It is also important to note that after the baby is born your abusive partner is not going to stop abusing you or your newborn. Abusive partners do not magically become good fathers after the baby is born. In fact, domestic violence is the number one predictor of child abuse.

PHYSICAL EFFECTS OF VIOLENCE DURING PREGNANCY (From the American Medical Association)

- Insufficient weight gain
- Vaginal/Cervical/Kidney infections
- Vaginal bleeding
- Abdominal trauma
- Hemorrhage
- Increase of chronic illness
- Complications during labor
- Delayed prenatal care
- Miscarriage
- Low birth weight
- Ruptured membranes
- Separation of the placenta
- Uterine infection
- Fetal bruising, fractures, and blood clots

OTHER RISKS

(More specifically to mother)

- Stress
- Depression
- Alcohol and drug abuse
- Physical injuries
- Suicide
- Murder

Center for Hope and Safety, Domestic Violence and Pregnancy

<http://hopeandsafety.org/learn-more/domestic-violence-and-pregnancy/>

DOMESTIC VIOLENCE

EFFECTS OF DOMESTIC VIOLENCE ON CHILDREN

Children are exposed to or experience domestic violence in many ways. They may hear one parent/caregiver threaten the other, observe a parent who is out of control or reckless with anger, see one parent assault the other, or live with the aftermath of a violent assault. Many children are affected by hearing threats to the safety of their caregiver, regardless of whether it results in physical injury.

Children who live with domestic violence are also at increased risk to become direct victims of child abuse. In short, domestic violence poses a serious threat to children's emotional, psychological, and physical well-being, particularly if the violence is chronic. Be honest with your children about what is happening. Studies show that most children are aware of the violence in the home. Respecting their knowledge will increase their trust in you.

EFFECTS

Not all children exposed to violence are affected equally or in the same ways. For many children, their reactions to domestic violence are similar to children's reactions to other traumatic stressors.

SHORT-TERM EFFECTS OF DOMESTIC VIOLENCE ON CHILDREN

- Generalized anxiety
- Sleeplessness
- Nightmares
- Difficulty concentrating
- High activity levels
- Increased aggression
- Increased anxiety about being separated from a parent
- Intense worry about their safety or the safety of a parent

LONG-TERM EFFECTS OF DOMESTIC VIOLENCE ON CHILDREN

- Physical health problems
- Behavior problems in adolescence (e.g., juvenile delinquency, alcohol, substance abuse)
- Emotional difficulties in adulthood (e.g., depression, anxiety disorders, PTSD)

Exposure to domestic violence has also been linked to poor school performance. Children who grow up with domestic violence may have impaired ability to concentrate; difficulty in completing school work;

and lower scores on measures of verbal, motor, and social skills. In addition to these physical, behavioral, psychological, and cognitive effects, children who have been exposed to domestic violence often learn destructive lessons about the use of violence and power in relationships.

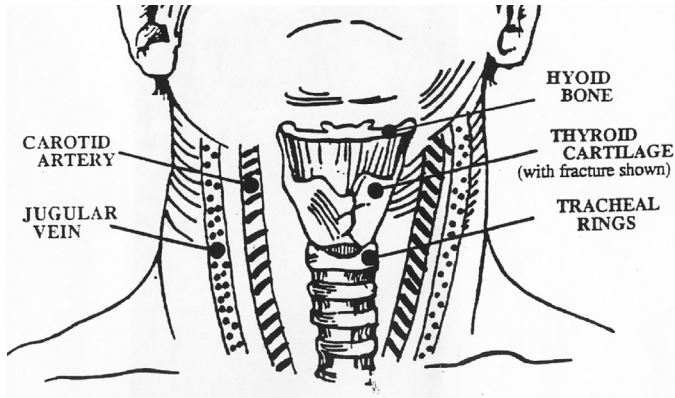
Children may learn that it is acceptable to exert control or relieve stress by using violence, or that violence is in some way linked to expressions of intimacy and affection. These lessons can have a powerful negative effect on children in social situations and relationships throughout childhood and in later life.



STRANGULATION

STRANGULATION

Strangulation—or choking—is one of the most lethal forms of domestic violence. Strangulation can cause unconsciousness within seconds and death within minutes. Abusers can use their hands, arms, legs, or any cords, belts, or other objects, on the victim's neck or throat to strangle them. Pressure can be applied to the chest, preventing someone from breathing. This stops blood flow to the brain and keeps the victim from being able to breathe.



- When an abuser gets to the point of strangling—or choking—someone, they are showing that they have the intent and ability to kill.
- Strangulation is extremely dangerous and considered the best predictor of future homicide—murder—of victims of domestic violence.

Effects of strangulation—including brain damage, difficulty breathing, and dizziness, miscarriage if you are pregnant, and even death—can set in hours or days after the incident. While symptoms may occur, many people have no visible signs after strangulation. Because of this, we strongly encourage anyone who has possibly been a victim of strangulation to seek medical treatment immediately. Crime Victim's Compensation may be available to help assist you in this. Even if you feel okay, your life could depend on it.

MONITOR AND LOG YOUR SIGNS OF STRANGULATION

Keep a record of any injuries you experienced from being strangled, including changes of the injuries over time after the assault.

DATE AND TIME	VISIBLE SIGNS	DID YOU TAKE A PHOTO? (YES OR NO)	WHAT ELSE DID YOU FEEL OR EXPERIENCE?

SIGNS AND SYMPTOMS OF STRANGULATION

NEUROLOGICAL

- Loss of memory
- Loss of consciousness
- Behavioral changes
- Loss of sensation
- Extremity weakness
- Difficulty speaking
- Fainting
- Urination
- Defecation
- Vomiting
- Dizziness
- Headaches

SCALP

- Petechiae
- Bald spots (*from hair being pulled*)
- Bump to the head (*from blunt force trauma or falling to the ground*)

EYES & EYELIDS

- Petechiae to eyeball
- Petechiae to eyelid
- Bloody red eyeball(s)
- Vision changes
- Droopy eyelid

EARS

- Ringing in ears
- Petechiae on earlobe(s)
- Bruising behind the ear
- Bleeding in the ear

FACE

- Petechiae (*tiny red spots-slightly red or florid*)
- Scratch marks
- Facial drooping
- Swelling

MOUTH

- Bruising
- Swollen tongue
- Swollen lips
- Cuts/abrasions
- Internal Petechiae

CHEST

- Chest pain
- Redness
- Scratch marks
- Bruising
- Abrasions

NECK

- Redness
- Scratch marks
- Finger nail impressions
- Bruising (*thumb or fingers*)
- Swelling
- Ligature Marks

VOICE & THROAT CHANGES

- Raspy or hoarse voice
- Unable to speak
- Trouble swallowing
- Painful to swallow
- Clearing the throat
- Coughing
- Nausea
- Drooling
- Sore throat
- Stridor

BREATHING CHANGES

- Difficulty breathing
- Respiratory distress
- Unable to breathe

STALKING

Stalking is a course of conduct directed at a specific person that would cause a reasonable person to feel fear. Stalking behaviors, by definition, are repeated and unwanted in nature.

THINGS STALKERS MAY DO:

- Repeatedly contact you, including phone calls, hang-ups, letters, text messages and emails.
- Drive by or show up at your home, school, work, or places you often go.
- Follow you.
- Send unwanted gifts.
- Damage your home, car, or other property.
- Monitor your phone calls, texts, or computer use.
- Track you using technology such as hidden cameras or global positioning systems (GPS).
- Learn information about you using public records, online search services, hiring investigators, searching your garbage, and contacting friends, family, neighbors, or co-workers.
- Threaten to cause harm to you, your family, or pets.
- Any other actions that intend to control, track, or cause you fear.
- Increasing/escalating stalking behaviors in intensity or frequency.

CONSIDER:

- Trust your instincts – if you feel you are unsafe, you may actually be in danger.
- Don't communicate with the stalker or respond to attempts to contact you.

- Keep a log of the stalking, including date/time, locations, and description of incidents.
- Keep texts, e-mails, voicemails, and letters/notes.
- Photograph any property damaged, or physical injuries caused by the stalker.
- Ask witnesses to write down their observations and keep contact information for witnesses.
- Develop a safety plan including changing your daily routine, arranging an alternative place to stay, having a friend or relative accompany you, and changing account passwords.
- Share information about the stalker with people you trust.
- Contact law enforcement.

STALKING MAY CAUSE YOU TO:

- Feel fear of what the stalker will do.
- Feel anxious, irritable, impatient, or on edge.
- Feel stressed, including having trouble concentrating, sleeping, or remembering things.
- Feel vulnerable, unsafe, and not know who to trust.
- Feel depressed, hopeless, overwhelmed, tearful, or angry.
- Feel confused, frustrated, or isolated because other people do not understand why you are afraid.

STALKING INCIDENT LOG

Date and Time	Location	Description of Incident	Did You Take Photos? (Yes or No)	Witness Information	Police Contact? (Officer Name, Police Report Number)

SEXUAL ASSAULT

Sexual violence happens in every community and affects people of all genders and ages. Sexual violence is any type of unwanted sexual contact. This includes words and actions of a sexual nature against a person's will and without their consent. A person may use force, threats, manipulation, or coercion to commit sexual violence.

Forms of sexual violence include:

- Rape or sexual assault
- Child sexual assault and incest
- Sexual assault by a person's spouse or partner
- Unwanted sexual contact/touching
- Sexual harassment
- Sexual exploitation and trafficking
- Exposing one's genitals or naked body to other(s) without consent
- Masturbating in public
- Watching someone engage in private acts without their knowledge or permission
- Nonconsensual image sharing

There is a social context that surrounds sexual violence. Social norms that condone violence, use power over others, traditional constructs of masculinity, the subjugation of women, and silence about violence and abuse contribute to the occurrence of sexual violence. Oppression in all of its forms is among the root causes of sexual violence. Sexual violence is preventable through collaborations of community members at multiple levels of society—in our homes, neighborhoods, schools, faith settings, and workplaces. We all play a role in preventing sexual violence and establishing norms of respect, safety, equality, and helping others.

WHAT IS CONSENT?

- Consent must be freely given and informed, and a person can change their mind at any time.
- Consent is more than a yes or no. It is a dialogue about desires, needs, and level of comfort with different sexual interactions.

FACTS

- Victims of sexual violence include people of all ages, races, genders, and religions — with and without disabilities.
- Victims often know the person who sexually assaulted them.
- Victims are never at fault.
- Rape is often not reported or convicted.

- A person may choose not to report to law enforcement or tell anyone about a victimization they experienced for many reasons. Some of the most common include:
 - a fear of not being believed
 - being afraid of retaliation
 - shame or fear of being blamed
 - pressure from others
 - distrust towards law enforcement
 - a desire to protect the attacker for other reasons

(Information from: <https://www.nsvrc.org/about-sexual-assault>)



WHAT IS ELDER ABUSE?

- Elder abuse is any mistreatment or neglect of someone age 65 and older by a family member, caregiver, or other person in a relationship involving trust. This can include:
- Illegally taking, or misuse or concealment of funds, property, or other assets.
- Physical or sexual abuse.
- Psychological or emotional abuse.
- Neglect, including refusal or failure to provide food, shelter, healthcare, or protection.
- Abandonment or desertion by those responsible for care/custody.

WHAT IS CHILD ABUSE?

Any intentional harm or mistreatment to a child under 18 years old is considered child abuse. Child abuse takes many forms, which often occur at the same time.

- **Physical abuse.** Physical child abuse occurs when a child is purposely physically injured or put at risk of harm by another person.
- **Sexual abuse.** Sexual child abuse is any sexual activity with a child, such as fondling, oral-genital contact, intercourse, exploitation or exposure to child pornography.
- **Emotional abuse.** Emotional child abuse means injuring a child's self-esteem or emotional well-being. It includes verbal and emotional assault — such as continually belittling or berating a child — as well as isolating, ignoring or rejecting a child.
- **Medical abuse.** Medical child abuse occurs when someone gives false information about illness in a child that requires medical attention, putting the child at risk of injury and unnecessary medical care.
- **Neglect.** Child neglect is failure to provide adequate food, shelter, affection, supervision, education, or dental or medical care.

In many cases, child abuse is done by someone the child knows and trusts — often a parent or other relative. If you suspect child abuse, report the abuse to the proper authorities.

(Information from: <https://www.mayoclinic.org/diseases-conditions/child-abuse/symptoms-causes/>)

The National Child Traumatic Stress Network:
<https://www.nctsn.org/what-is-child-trauma/trauma-types/intimate-partner-violence>

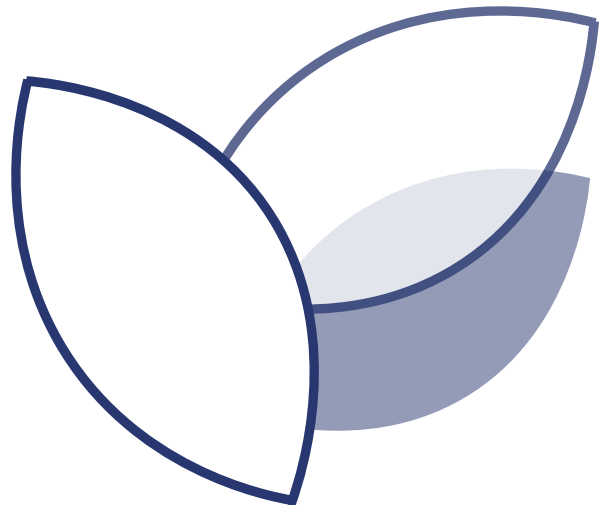
WHAT IS ABUSE OF A PERSON WITH DISABILITIES?

- Abuse can take many forms, ranging from overt physical and/or sexual assaults to bullying and emotional abuse that are more difficult to prove but whittle away at a person's dignity and sense of worth.
- People with disabilities experience the same forms of physical violence, sexual abuse and molestation and neglect as the general population. However, they experience these abuses at much higher rates. People with disabilities are also more likely to experience several less common forms of abuse. For example, it is not uncommon for an abuser to manipulate medications or to withhold access to assistive equipment and technology, including communications devices, in order to control behavior.
- In many cases, the victim knows their attacker. The majority of abusers are family members, relatives, caregivers, neighbors, classmates, educators or staff members assigned to support the person with disabilities.

(Information from: <https://disabilityjustice.org/justice-denied/abuse-and-exploitation/>)

REPORTING ABUSE

If you suspect abuse or neglect of a child, elderly person or person with disabilities, reports can be made by contacting **1-855-503-SAFE (7233)**. Please be ready to provide identifying information and the whereabouts of the individual if known.



TRAUMA

A traumatic experience is an event, or a series of events, that is perceived and experienced as a threat to one's safety or stability. Such an event can cause physical, emotional, social and/or cognitive reactions. After experiencing a traumatic situation, you may go through a wide range of responses. People react uniquely to trauma. The response you are experiencing is your own unique reaction to an abnormal event.

People are usually surprised that reactions to trauma can last longer than they expected. It may take a while to fully recover or heal, or to feel like yourself again. The support of family, friends, and other community members helps with this process. Some people also find that individual, group, or family counseling can be helpful.

POTENTIAL IMMEDIATE REACTIONS:

- Shock, numbness
- Confusion, disorientation
- Fear
- Anger
- Anxiety, worry, irritability
- Grief, sadness, feelings of loss
- Heightened perceptions
- Intrusive thoughts and images
- Fatigue, muscle tension
- Self-blame, guilt
- Shame, embarrassment
- Courage, determination
- Optimism
- Inspiration to act/work for positive change
- Gratitude
- Alertness, increased energy
- Increased faith or loss of faith
- Social withdrawal or greater need for connectedness

CONTINUING REACTIONS MAY INCLUDE

- Being easily startled by noises or unexpected touch
- Nightmares and flashbacks
- Attempts to avoid anything associated with the trauma
- Feelings of detachment
- Hyper-alertness or hyper-vigilance, jumpiness
- Emotional numbing or restricted range of feelings
- Diminished interest in everyday activities
- Feelings of helplessness or panic, feeling out of control
- Irritability and restlessness
- Difficulty concentrating or remembering things
- Difficulty trusting and/or feelings of betrayal
- Outbursts of anger or rage, emotional mood swings
- Aches and pains - headaches, backaches, stomachaches

- Constipation or diarrhea
- Sudden sweating and/or heart palpitations (fluttering)
- Changes in sleep patterns and/or interest in sex
- Panic attacks, anxiety, or depression
- Inability to concentrate
- Conflict with others
- Lack of motivation

HOW CHILDREN REACT TO TRAUMA

When a child feels intensely threatened by an event he or she is involved in or witnesses, we call that event a trauma.

Child traumatic stress (CTS) is a psychological reaction that some children have to a traumatic experience.

There are numerous kinds of traumas, such as:

- Automobile accidents
- Serious injuries
- Acts of violence
- Terrorism
- Physical or sexual abuse
- Medical procedures
- The unexpected death of a loved one
- Life-threatening natural disasters

Children who suffer from CTS have developed reactions to trauma that linger and affect their daily lives long after the traumatic event has ended.

These children may experience:

- Intense and ongoing emotional upset
- Depression
- Anxiety
- Behavioral changes
- Difficulties at school
- Problems maintaining relationships
- Difficulty eating and sleeping
- Aches and pains
- Withdrawal
- Substance abuse, dangerous behaviors, or unhealthy sexual activity among older children

Not every child experiences CTS after a trauma. All children are different, and many children are able to adapt to and overcome difficult events and situations.

TRAUMATIC STRESS AND YOUNG CHILDREN

Think of what it is like for young children to be in traumatic situations.

- Young children can feel totally helpless and passive.

TRAUMA

- Young children can cry for help or desperately wish for someone to intervene.
- Young children can feel deeply threatened by separation from parents or caretakers.
- Young children become particularly upset when they hear cries of distress from a parent or caretaker.
- Young children rely on a protective shield provided by adults and older siblings who can judge the seriousness of danger and ensure their safety and welfare.
- Young children often don't recognize a traumatic danger until it happens—for example, in a near drowning, an attack by a dog, or an accidental scalding.
- Young children can be the target of physical and sexual abuse by the very people they rely on for their protection and safety.
- Young children can witness violence within the family or be left helpless after a parent or caretaker is injured, as might occur in a serious automobile accident.

It is extremely difficult for very young children to experience the failure of being protected by adults when something traumatic happens.

- Young children may become passive and quiet, easily alarmed, and less secure about being provided with protection.
- Their minds may stay on a central action, like being hit or seeing someone fall to the floor.
- Young children may have simple thoughts about protection, for example, "Daddy hit mommy, mommy call police."
- Young children can become more generally fearful, especially in regard to separations and new situations.
- In circumstances of abuse by a parent or caretaker, the young child may act confused as to where to find protection and where there is threat.
- A child may respond to very general reminders of a trauma, like the color red or the sounds of another child crying.

TRAUMATIC STRESS AND SCHOOL-AGED CHILDREN

School-age children start to face additional dangers, with more ability to judge the seriousness of a threat and to think about protective actions.

- School-age children usually do not see themselves as able to counter a serious danger directly, but they imagine actions they wish they could take, like those of their comic strip heroes.

- In traumatic situations when there is violence against family members, they can feel like failures for not having done something helpful.
- School-age children may also feel very ashamed or guilty.

They may be without their parents when something traumatic happens, either on their own or with friends at school or in the neighborhood. Sexual molestation occurs at the highest rate among this age group.

The reactions of school-age children after a trauma include a wide range of intrusive images and thoughts.

School-age children think about lots of frightening moments during their traumatic experiences. They also go over what could have stopped them from happening and what could have made them turn out differently.

School-age children respond to very concrete reminders about the trauma, such as:

- Someone with the same hairstyle as an abuser
- The monkey bars on a playground where a child got shot
- A feeling of being alone inside like they had when one parent attacked the other

They are likely to develop intense specific new fears that link back to the original danger. They can easily have fears of recurrence that result in their avoiding even enjoyable things they would like to do.

- More than any other group, school-age children may go back and forth between shy or withdrawn behavior and unusually aggressive behavior.
- School-age children can have thoughts of revenge that they cannot resolve.
- Normal sleep patterns can be easily disturbed. They can move around restlessly in their sleep, vocalize, and wake up tired.
- Their lack of restful sleep can interfere with their daytime concentration and attention.
- It can then be more difficult for them to study because they remain on alert for things happening around them.

TRAUMA

TRAUMATIC STRESS AND ADOLESCENTS

With the help of their friends, adolescents begin a shift toward more actively judging and addressing dangers on their own. This is a developing skill, and lots of things can go wrong along the way. With independence, adolescents can be in more situations that can turn from danger to trauma. They could:

- Be drivers or passengers in car accidents
- Be victims of rape, dating violence, and criminal assault
- Be present during school or community violence
- Experience the loss of friends under traumatic circumstances

During traumatic situations, adolescents make decisions about whether and how to intervene, and about using violence to counter violence. They can feel guilty, sometimes thinking their actions made matters worse.

Adolescents are learning to handle intense physical and emotional reactions in order to take action in the face of danger. They are also learning more about human motivation and intent and struggle over issues of irresponsibility, malevolence, and human accountability.

Adolescents are particularly challenged by reactions that persist after traumatic experiences.

- Adolescents can easily interpret many of these reactions as being regressive or childlike.
- Adolescents may interpret their reactions as signs of “going crazy,” of being weak, or of being different from everyone else.
- Adolescents may be embarrassed by bouts of fear and exaggerated physiological responses.
- Adolescents may harbor the belief that they are unique in their pain and suffering.

The effects of fear can quickly get in the way of recent learning. For example, a child may start wetting the bed again or go back to baby-talk. Because a child’s brain does not yet have the ability to quiet down fears, the preschool child may have very strong startle reactions, night terrors, and aggressive outbursts.

These reactions may result in a sense of personal isolation. In their post-trauma thoughts, adolescents think about behavior and choices that go back to well before a traumatic situation. They are also very sensitive to the failure of family, school, or community to protect them or carry out justice. Afterward they may turn even more to peers to judge risks and to take protective action. They may be especially “grossed out” or fascinated by grotesque injury or death and remain very focused on their own scars that serve as daily trauma reminders.

While younger children may use play, adolescents may respond to their experience through dangerous reenactment behavior, that is, by reacting with too much “protective” aggression for a situation at hand. Their behavior in response to reminders can go to either of two extremes: reckless behavior that endangers themselves and others, or extreme avoidant behavior that can derail their adolescent years.

The avoidant life of an adolescent may go unnoticed.

- Adolescents try to get rid of post-trauma emotions and physical responses through the use of alcohol and drugs.
- Their sleep disturbance can remain hidden in late night studying, television watching, and partying.
- It is a dangerous mix when adolescent thoughts of revenge are added to their usual feelings of invulnerability.

THE NATIONAL CHILD TRAUMATIC STRESS NETWORK

http://nctsn.org/sites/default/files/assets/pdfs/understanding_child_traumatic_stress_brochure_9-29-05.pdf



SELF-CARE AND COPING

SELF-CARE

Self-care is an act of loving and taking care of yourself – in mind, body and spirit. Self-care is particularly important after experiencing trauma, and there are many ways to start the process of restoring balance in your life. Because each person is unique, there is no correct way to take care of yourself and only you know what is best for you. Even though it may seem difficult, try to do one small thing each day for yourself.

Here are some suggestions to consider as you move forward:

- Take it one moment, one hour, and one day at a time
- Take a long hot shower or bath
- Take time to breathe and breathe deeply
- Keep a journal, just for yourself or to share with others
- Spend time with those around you who are supportive
- Listen to your favorite music
- Relax using exercises like yoga, stretching, massage
- Spend time on hobbies, sports, reading
- Pray and/or meditate
- Do something creative
- Hug those you love
- Snuggle your pet(s)
- Take a walk in nature
- Read a good book or a magazine
- Watch your favorite movie
- Pick or buy flowers for your home
- Participate in a support group
- Seek counseling

HEALTHY COPING STRATEGIES:

- Eat a healthy and well balanced diet
- Drink plenty of water
- Maintain your regular sleep routine
- Exercise – walking, jogging, yoga, swimming, bicycling
- Use relaxation methods – breathing exercises, guided imagery
- Take breaks

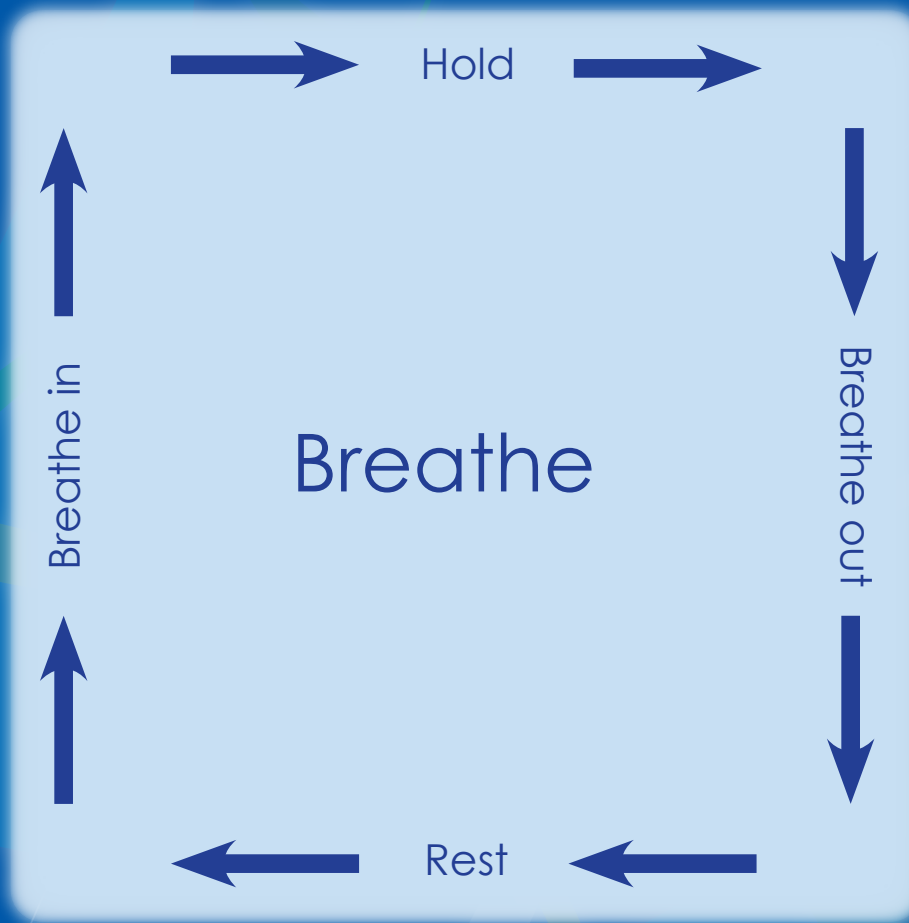
UNHEALTHY COPING STRATEGIES:

- Using excess alcohol or drugs
- Over-using stimulants like caffeine, sugar or nicotine
- Isolating from family and friends
- Overeating or not eating
- Blaming others
- Excessive consumption of electronics/screens

POSITIVE COPING STRATEGIES FOR FAMILIES

- Maintain your normal schedule
- Healthy eating and sleeping routines
- Spend time doing enjoyable activities together-go on a walk together, play games, watch a favorite movie or read books
- Talk with children when they initiate conversations about what happened and listen to their concerns
- Seek counseling, if needed





24-HOUR CRISIS/SUPPORT LINES

Washington County Mental Health Crisis Line: 503.291.9111

(DVRC) Domestic Violence Resource Center: 503.469.8620

(SARC) Sexual Assault Resource Center: 503.640.5311

Call to Safety (domestic violence/sexual assault): 503.235.5333

Linea UNICA (domestic and sexual violence) SPANISH: 503.232.4448

National Suicide Prevention Line: 800-273-8255

Military/Veteran Crisis Line: 800.273.8255

The Trevor Project (LGBTQ+): 866.488.7386

Youth Line (teen-to-teen, 4pm-10pm): 877.968.8491

