

Domestic Violence



**Information
and
Resource Guide**

National Domestic Violence Hotline1-800-799-7233

Alcohol/Drug 24-hour Help Line855-495-2693

Crime Victims Compensation 1-800-762-3716

<http://www.lni.wa.gov/claimsins/crimevictims/default.asp>

For financial/medical restitution information.

WA VINE Protective Order

A free, 24-hour service for accessing information on your protection order and registering to be notified when your order has been served. **1-877-242-4055** or **www.registervpo.com**

Jail Information

WA VINE (Statewide Automated Victim Information & Notification)

www.vinelink.com1-877-846-3492

A free 24-hour service to determine if an offender is in custody and to sign up to be notified upon an offender’s change of custody status or release. Available in other languages.

King County Jail Inmate Lookup Service

<http://ingress.kingcounty.gov/inmatelookup>

To get inmate information online for King County jail

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Language Information

(English) If something in your relationship is bothering you and you want to speak to someone or get information in your language, call the Peace in the Home Helpline at 1-888-847-7205. The call is free and the program is for non-English speaking women. You can also visit the Multilingual Access Project (MAP) website at www.map-seattle.org.

**Peace in the Home Helpline for Non-English Speaking Women:
1-888-847-7205**

**Multilingual Access Project (MAP) Website:
www.map-seattle.org**

(Spanish) Si hay algo en su relación que la está molestando y desea hablar con alguien o recibir información en español, llame a la Línea de Ayuda Paz en el Hogar por el 1-888-847-7205. La llamada es gratis y el programa está destinado a mujeres que no hablan inglés. Si lo desea, también puede visitar la página Web del Proyecto de Acceso Multilingüe en www.map-seattle.org.

(Chinese) 如果你正受到家庭關係問題的困擾，或希望找人用中文交談或獲取資訊，請電家和求助熱綫 1-888-847-7205。此為免費電話並專門為不會講英語的婦女而設。你也可以訪問多語種服務專案網站 www.map-seattle.org

(Vietnamese) Nếu mối quan hệ của quý vị khiến quý vị cảm thấy khó chịu và muốn tâm sự với ai đó hay tìm hiểu thông tin bằng tiếng Việt, xin gọi Đường Dây Trợ Giúp Hoà Bình trong Gia Đình tại số 1-888-847-7205. Đây là số điện thoại gọi miễn phí và chương trình dành cho Các Phụ Nữ Không Nói Tiếng Anh. Quý vị cũng có thể tới trang web Multilingual Access Project (MAP) tại www.map-seattle.org.

(Thai) หากบางสิ่งบางอย่างในความสัมพันธ์ของคุณรบกวนจิตใจคุณ และคุณอยากจะคุยกับใครสักคน หรือรับข้อมูลเป็นภาษาไทย โปรดโทรหา Peace in the Home Helpline (สายช่วยเหลือเพื่อความสงบสุขในครอบครัว) ได้ที่ 1-888-847-7205 ซึ่งเป็นหมายเลขโทรศัพท์ และโครงการนี้เพื่อผู้หญิงที่ไม่สามารถสื่อสารเป็นภาษาอังกฤษได้

(Lao) ຖ້າວ່າ ມີບາງສິ່ງບາງຢ່າງໃນຄວາມສໍາພັນຂອງທ່ານລົບກວນທ່ານ ແລະທ່ານຕ້ອງການເວົ້າລົມກັບຜູ້ໃດຜູ້ໜຶ່ງຫຼື ຮັບຂໍ້ມູນເປັນພາສາລາວ, ຈຶ່ງໂທຫາ Peace in the Home Helpline (ສາຍຊ່ວຍເຫຼືອເພື່ອຄວາມສະຫງົບສຸກໃນຄອບຄົວ)

Neighborhood Legal Clinic Program

www.kcba.org/legalhelp/NLC/clients.aspx

Free 30 minute consultation with an attorney. Legal representation not offered. Available in several locations. Call for appointment, Monday - Thursday, 9 a.m. - noon.

Northwest Immigrant Rights Project 206-587-4009

www.nwirp.org

Provides immigration-related legal advice, information, representation and education to low-income Washington State residents.

Northwest Justice Project.....206-464-1519

www.nwjustice.org

Screens for eligibility for assistance with civil legal issues.

Provides a cross-cultural domestic violence legal clinic and some limited representation for low-income victims of domestic violence. *Accepts referrals from domestic violence advocates and social workers only – clients should not refer themselves.*

Protection Order Advocacy Program.....Kent 206-477-3758

Provides advocacy assistance with domestic violence protection order petitions and hearings in King County. Protection Order forms can also be found online at www.protectionorder.org or at www.courts.wa.gov

WashingtonLawHelp.org Website offering a guide to free civil legal services for low-income persons and seniors in WA, including protection from abuse, family law, housing and immigration. Available in 25 languages.

Crisis and Information Lines

24-hour Crisis Line206-461-3222/ 1-866-4CRISIS (27-4747)
www.crisisclinic.org TTY: 206-461-3219

Community Information Line.....211 / 206- 461-3200
www.crisisclinic.org 1-800-621-INFO (4636)
TTY: 206-461-3610

Domestic violence shelter availability, food banks and other information. Available in Spanish.

Stalking Resources

The Stalking Resource Center Website

www.victimsofcrime.org/our-programs/stalking-resource-center/stalking-information
A program of the National Center for Victims of Crime that provides comprehensive information and resources on stalking

Coercive Control Website

www.cdar.uky.edu/coercivecontrol/index.html
Provides research-based tips & tools for victims of stalking, including the Stalking and Harassment Assessment & Risk Profile (SHARP)

King County Stalking Protection Order Website

www.stalkingpo.org
Intended for victims of stranger and acquaintance stalking, but offers helpful information on identifying stalking, assessing risk, safety considerations and planning for all victims of stalking

Legal Resources

Eastside Legal Assistance Program (ELAP)..... 425-747-7274

www.elap.org
Provides family law, self-help divorce and domestic violence clinics to low-income persons who qualify.

Domestic Violence & Family Law Legal Clinic 206-783-2848

www.newbegin.org/get-help/legal-clinic
Free one hour legal consultation. *Call for appointment screen, Wed. 1-3 pm only.*

King County Bar Association – Lawyer Referral and Information Service..... 206-267-7010

www.kcba.org
Evaluates need for legal assistance and refers to an attorney or appropriate community resource.

King County Family Law Facilitator..... Kent 206-477-2751

www.kingcounty.gov/courts/SuperiorCourt.aspx
Provides forms for filing a dissolution, legal separation, child support modification, family law motion, restraining order or contempt motion. Facilitators are not attorneys and cannot give legal advice. In Kent, 30 minute consultation with volunteer attorney on Fridays – appointment required.

Legal Voice..... 206-682-9552

www.legalvoice.org
Provides Self Help and Legal Education materials on Violence Against Women and family law matters.

Language Information

ທ່ານ ເລກໂທ 1-888-847-7205 ໂດຍບໍ່ເສຍຄ່າ ຈຳນວນໜຶ່ງ ກໍ່ແມ່ນສໍາລັບຜູ້ຍິງທ່ານເວົ້າພາສາອື່ນໆ ດັ່ງນັ້ນ. ທ່ານຍັງສາມາດໄປທ່ານເວັບໄຊ [Multilingual Access Project \(MAP\)](http://www.map-seattle.org) ໄດ້ທ່ານ ທີ່ www.map-seattle.org.

(Cambodian) ប្រសិនបើមានអ្នកដែលធ្វើការលាក់កម្រិត កងការទាក់ទងជាមួយប្រពន្ធ ឬមិត្តប្រុសស្រី ហើយចង់និយាយជាមួយអ្នកណាម្នាក់ ឬត្រូវការជំនួយ ក្នុងការស្វែងរកសេចក្តី [Peace in the Home Helpline](http://www.map-seattle.org) នៅលេខ ១-៨៨៨-៨៤៧-៧២០៥។ ទូរស័ព្ទនេះ មិនបាច់បង់ថ្លៃ ហើយកម្មវិធីគឺ សម្រាប់ស្ត្រីមិនចេះភាសាអង់គ្លេស។ អ្នកមើលទៅ [website Multilingual Access Project \(MAP\)](http://www.map-seattle.org) ដែលមានអាសយដ្ឋាន www.map-seattle.org។

(Tagalog) Kung mayroong gumugulo sa iyong isipan tungkol sa iyong relasyon at nais mong makipag-usap o kumuha ng impormasyon sa Tagalog, tumawag sa [Peace in the Home Helpline](http://www.map-seattle.org) para sa mga kababaihang hindi marunong mag-English sa numerong 1-888-847-7205 o bisitahin ang website ng [Multilingual Access Project \(MAP\)](http://www.map-seattle.org) na www.map-seattle.org.

(Japanese) もし相手との関係でうまくいかないことがあり、相談相手、または日本語での情報が欲しいと感じていらっしゃるなら、

[Peace in the Home Helpline](http://www.map-seattle.org) 1-888-847-7205 までお電話ください。この番号は英語を話さない女性を対象としており、通話料は無料です。

(Korean) 배우자와의 관계에 문제가 있어 상담이 필요하거나 한국어로 된 자료를 원하시면 다중언어 이용지원 (Multilingual Access Project, MAP) 홈페이지 www.map-seattle.org 로 방문 해 주십시오.

(Russian) Если в ваших отношениях сложилась ситуация, которая вас беспокоит, и вы хотите с кем-то поделиться или получить информацию на русском языке, позвоните на горячую линию «Мир в вашем доме» по телефону 1-888-847-7205. Этот звонок – бесплатный, а программа рассчитана на женщин, не владеющих английским языком. Вы можете также посетить веб-сайт многоязычного проекта MAP по адресу. www.map-seattle.org.

(Ukrainian) Якщо у ваших відносинах склалася ситуація, що вас непокоїть, і ви хотіли б з кимось поговорити або отримати інформацію українською мовою, зателефонуйте на гарячу лінію «Мир у вашій домівці» за номером 1-888-847-7205. Цей дзвінок є безкоштовним, а програма розрахована на жінок, які не володіють англійською.

Language Information

(Romanian) Dacă vă deranjează ceva în relația de cuplu și doriți să vorbiți cu cineva sau să obțineți informații în limba română, sunați la Peace in the Home Helpline la numărul de telefon

1-888-847-7205. Apelul este gratuit iar acest program este destinat femeilor care nu vorbesc limba engleză.

(Hindi) यदि आपके रिश्ते में कोई बात आपको परेशान कर रही है और आप किसी से बात करना चाहते हैं या हिंदी में जानकारी लेना चाहते हैं तो पीस इन दि होम हैल्पलाइन

(Peace in the Home Helpline) को 1-888-847-7205 पर कॉल करें। यह कॉल मुफ्त होती है और यह प्रोग्राम अंग्रेज़ी न बोलने वाली महिलाओं के लिए है। आप मल्टीलिंग्वुल एक्सेस प्रोजेक्ट (Multilingual Access Project (MAP)) की वेबसाइट www.map-seattle.org पर भी जा सकते हैं।

(Punjabi) ਜੇ ਤੁਹਾਡੇ ਰਿਸ਼ਤੇ ਵਿੱਚ ਕੋਈ ਗੱਲ ਤੁਹਾਨੂੰ ਪਰੇਸ਼ਾਨ ਕਰ ਰਹੀ ਹੈ ਅਤੇ ਤੁਸੀਂ ਕਿਸੇ ਨਾਲ ਗੱਲ ਕਰਨੀ ਚਾਹੁੰਦੇ ਹੋ ਜਾਂ ਪੰਜਾਬੀ ਵਿੱਚ ਜਾਣਕਾਰੀ ਲੈਣੀ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਮਲਟੀਲਿੰਗੁਅਲ ਐਕਸੇਸ ਪ੍ਰੋਜੈਕਟ (Multilingual Access Project (MAP)) ਦੀ ਵੈਬਸਾਈਟ www.map-seattle.org 'ਤੇ ਜਾਓ।

(Somali) Haddii aad wax dhibaato ka tirsanayso xidhiidh indinka dhexeeya adiga iyo qof kale, una baahantahy qof kale ood arrinta kala hadasho ama aad macluumaadka arrintan la xidhiidha ku hesho Af- Somali, waxaad soo wacdaa Hay'adda Gargaarka Nabadgelyada Guriga ee dumarka aan Af- Ingiriiska ku hadal (Peace in the Home Helpline for Non-English Speaking Women) 1-888-847-7205, ama booqo Shabakadda Internetka Barnaamijka Luqadaha Kala Duwan (Multilingual Access Project, MAP) www.map-seattle.org.

(Tigrigna) ኣብ ናይ ሓዳር ህይወት ርክብኩን፡ ዘሸግረኩን ጠባይት እንተደኣ ኣሎ ከይኑ እኖ፡ ምስ ካልእ ሰብ ብትግርኛ ክትዘራረብ፡ ወይ ድማ ሓበሬታ ክትረኽብ እንተደኣ ደሊኹን፤ ናብ ሰላም ኣብ ቤት ዝበሃል ኣገልግሎት ብስልኪ ቁጽሪ

1-888-847-7205 ደውላ። እዚ ብናጻ ዝድወል ቁጽሪ ክኸውን እንከሎ፡ እቲ ኣገልግሎት ድማ እንግሊዘኛ ቋንቋን ዘይዘረብ ደቂ ኣንስትዮ ዝወሃብ እዩ።

(Amharic) በትዳር ኑሮ ግንኙነትዎ፡ ችግር ካለብዎት፡ እና ከሌላ ሰውጋር በአማርኛ ለመነጋገር ወይም መረጃ ለማግኘት ከፈለጉ፡ የሰላም ቤት ወደ ተባብረው ኣገልግሎት በ 1-888-847-7205 ይደውሉ። የሚደወለው በነጻ ሲሆን፡ ኣገልግሎቱ ደግሞ እንግሊዘኛ ቋንቋ ለማይናገሩ ሴቶች የሚሰጥ ነው። እንዲሁም ደግሞ፡ የተለያዩ ቋንቋዎች የሚገኝበት ፕሮፕጀክት (MAP) በዚህ ድረ ገጽ ላይ ማየት ይችላሉ፡ www.map-seattle.org ።

(Arabic) إذا كان هناك شيئاً يضايقك في علاقتك ، وترغب في التحدث مع شخص ما ، أو في الحصول على معلومات باللغة العربية ،

www.map-seattle.org قومي بزيارة موقع الانترنت "برنامج الوصول المتعدد اللغات"

Child Protective Services 1-800-609-8764
www.dshs.wa.gov

Youth Eastside Services (YES)
serves East King County 425-747-4937
www.youtheastideservices.org

Individual and group counseling for teens who are victims of dating/ relationship violence or sexual assault. Individual, family and group counseling for youth experiencing problems at home, in school or in the community. Serves youth, ages 6 - 20.

Sexual Assault Resources

King County Sexual Assault Resource Center (KCSARC)..... 425-226-5062
www.kcsarc.org 1-800-888-99-VOICE (86423)

Information and support for victims of sexual assault, including confidential advocacy and a 24-hour crisis line available to answer medical, legal or other questions.

Harborview Abuse and Trauma Center – Center for Sexual Assault and Traumatic Stress..... 206-744-1600
www.hcsats.org

Medical care, crisis intervention, advocacy, counseling and support for sexually abused children and their families, rape victims and battered women.

EvergreenHealth Forensic Nursing Team
Kirkland Emergency Dept. 425-899-1711
Redmond Emergency Dept..... 425-899-1130
www.evergreenhealthcare.org

Forensic Nurse Examiners on-call 24/7 at Kirkland and Redmond Emergency Departments. Sexual Assault, Domestic Violence, Elder Abuse Specialized Medical Care, Referral and Support.

YWCA Sexual Violence Legal Services..... 206-832-3632
www.ywcaworks.org/programs/svls

Legal representation, consultation and hotline service for victims of sexual violence, age 11 or older.

groups, safety planning and legal advocacy. Staff is bilingual in Amharic, Arabic, Chinese (Mandarin and Cantonese), French, Ilocano, Lao, Oromo, Romanian, Russian, Somali, Thai, Tigrigna, Ukrainian, and Vietnamese.

Seattle Counseling Service..... 833-888-0061
www.seattlecounseling.org

Ongoing support groups and resources for lesbian, gay, bisexual and transgender communities who are currently in or have been in a violent intimate relationship. Staff is bilingual in Spanish.

Seattle Indian Health Board206-324-9360 ext.802
www.sihb.org

Support groups, advocacy services for Native American and Alaska Native victims of domestic violence.

United Indians of all Tribes – Youth & Family Services..... 206-285-4425
www.unitedindians.org/programs.html Domestic violence and sexual assault support services, individual and group counseling, referral and advocacy for families and individuals. Provided through the United Indians of all Tribes Foundation.

YWCA Downtown Emergency Shelter..... 206-461-4882
www.ywcaworks.org

Emergency shelter for single women and women with children. DV support groups with childcare.

Children/Youth Resources

Sound Mental Health Children’s Response Team206 302-2300 or 206-444-7909
South (with DAWN)..... 253-569-6773
East (with LifeWire)..... 425-746-1940
Seattle (with New Beginnings)206-522-9472

YWCA Children’s Domestic Violence Services
serves Seattle and King County425-226-1266
www.ywcaworks.org

Free 10-week program for children who have experienced domestic violence.

Step Up King County..... 206-477-2071
Individual and group counseling for youth, ages 13-17, who assault their parents. Also provides support groups for the parent/victim.

What Is Domestic Violence?

Some people mistakenly think of domestic violence as a “heated argument that gets out of hand” or when people “lose their temper” with each other in a relationship. Domestic violence is actually **NOT** about getting angry and losing control.... It is **NOT** mutual... and it is **NOT** typically just one incident.

Actually, Domestic Violence is a pattern of harmful, hurtful behaviors that one person in a relationship chooses to use on another in order to gain power and control. People who experience domestic violence can be married, dating, living together, ex-boyfriends or ex-girlfriends, have children in common, relatives by blood or marriage, gay, lesbian or heterosexual. Women, men and children of all ages, races, cultures and classes can be victims. Without intervention or help, domestic violence can get worse and can even be life-threatening.

Domestic violence or abuse can take many forms and is often criminal. It can happen all the time or once in a while. Some forms of domestic violence or abuse are:

Emotional or Verbal. Insults, blaming, put downs, name-calling, mind games, threats, making you feel humiliated, guilty, bad about yourself, shameful, “crazy.”

Controlling/Intimidating. Isolating you from family and friends; controlling your money; keeping you from getting a job or going to school; controlling or monitoring what you do and where you go; destroying your things; threatening to hurt or take your children or pets; displaying weapons.

Physical. Any hurtful, intimidating or offensive touching or contact. It can involve grabbing, pushing, kicking, shoving or hitting, and could escalate to more serious injuries or death.

Sexual. Degrading comments; unwanted touching; or harmful, forced sex.

In Washington State, it is a crime if your partner hurts you physically, forces you to have sex, threatens to hurt or kill you or your children, stalks or harasses you, or destroys your property. All forms of domestic violence are harmful and should be taken seriously.

The abuse is not your fault. Help is available.

How Do I Know It Is Abuse?

The following are some signs of abuse to be aware of in a relationship. Recognizing the signs could help you stay safe.

Someone who is abusive may:

- Act jealous or possessive and say it is out of love.
- Blame you for their behavior, saying “you’re making me do this to you.”
- Destroy or threaten to destroy your things.
- Threaten to hurt you, themselves, your family members, your friends, or your pets.
- Touch you in a way that hurts or scares you, or in any way that you do not want to be touched.
- Force sex or sexual acts in ways or at times that are not comfortable for you.
- Threaten to report you to immigration or to destroy your papers.
- Get angry unpredictably or in a way that scares you.
- Blame you, others, alcohol, stress, depression, etc., for their violent behavior.
- Belittle or make fun of your concerns and fears about your relationship.
- Threaten to “out” you to family, friends or work.
- Act differently in public than in private.
- Isolate you by making it difficult or impossible to be with your family or friends.
- Threaten to take your children and claim you won’t see them again.
- Make promises to change but does not follow through.

Some behaviors are especially dangerous:

- Threatening to kill you or themselves, especially if the abuser has access to weapons
- Strangling, choking
- Stalking
- Controlling most or all of your activities

Consejo Counseling and Referral Services.....206-461-4880
www.consejo-wa.org
Counseling, safety planning, support groups, legal/medical advocacy and transitional housing for Latino/Hispanic women who have been the victim of domestic violence. Staff is bilingual in Spanish.

DoVE Project
serves Vashon Island... .. 206-462-0911
www.vashondoveproject.org
Community and legal advocacy, support group for Vashon Island domestic violence survivors

Jewish Family Service Project DVORA206-461-3240
www.jfsseattle.org
Counseling, safety planning, legal advocacy and support groups for Jewish women with controlling or violent partners and their children. The staff is bilingual in Hebrew, Russian, Yiddish and Vietnamese.

Korean Women’s Association, We Are Family DV Program
serves South King County 1-253-535-4202
www.kwacares.org
Shelter and legal/community advocacy and support groups for Korean and other Asian-Pacific cultures.

King County Crisis Line1-800-244-5767
Northwest Network.....206-568-7777
www.nwnetwork.org TTY/msg: 206-517-9670
Counseling, support groups, safety planning and legal advocacy for lesbian, bisexual, gay and trans people who are currently in or have left a physically and/or emotionally abusive relationship.

Project Be Free 425-324-5030
www.project-be-free.com 1-888-909-9098
Provides crisis response to individuals affected by domestic violence. Mental health professionals connect survivors & abusers with organizations within the community. Advocacy, mentor ship, youth programs, family support groups, mother support & training are provided.

Refugee Women’s Alliance (ReWA).....206-721-0243
www.rewa.org
A multi-service center including domestic violence advocacy services for refugee and immigrant women. Services include counseling, support

Abused Deaf Women's

Advocacy Services (ADWAS)..... TTY 1-888-236-1355
www.adwas.org *If you do not have a TTY, dial 711 relay service.

Services to victims of domestic violence who are deaf, deaf/blind, or hard of hearing. Services include safe homes, 24-hour crisis line, safety planning, therapy, support groups, legal/medical/child advocacy.

Asian Counseling and Referral Services 206-695-7500
www.acrs.org

Counseling and social services provided for Asian Americans and Pacific Islanders. Staff is bilingual in a variety of languages. Sliding scale fees.

API Chaya 1-877 922-4292 or 206-325-0325
www.apichaya.org

Comprehensive culturally relevant services for Asians and Pacific Islander communities concerning domestic violence, sexual assault and human trafficking. Staff is bilingual in Tagalog, Vietnamese, Korean, Gujarati, Hindi, Punjabi, Urdu, and Japanese.

Broadview Emergency Shelter 206-299-2500
www.solid-ground.org

Semi-confidential shelter and transitional housing for women with children. Safety planning, legal advocacy, support groups, transitional housing, for victims of domestic violence.

Chinese Information & Services Center..... 206-624-5633
www.cisc-seattle.org

A multi-service center including advocacy, safety planning and counseling for domestic violence victims and their children. The staff is bilingual in Cambodian, Chinese (Mandarin and Cantonese), Fujianese, Taiwanese, and Tioshanese.

Does Domestic Violence Impact My Children?

Children who live with violence in their homes are affected, even if they do not see it (e.g., they are in bed or in another room) or appear to be just fine. Each child may react differently to the violence at home. Here are some common reactions:

Emotional: Children often feel guilty for not being able to stop the violence. They may be confused by their feelings for each parent. They may be scared, anxious, nervous, embarrassed, angry, depressed or even feel suicidal about what is happening.

Physical: Children may experience stomach aches, headaches, or other symptoms as a result of emotional stress.

Behavioral: Some children may act out aggressively, imitate what they see and hear, have trouble sleeping, or wet the bed. Others may become withdrawn or try to take care of the family. Many children get into fights at school, have trouble concentrating, get poor grades, abuse drugs and alcohol, or run away.

While they are at higher risk, not all children who witness domestic violence develop long-term problems, or grow up to be abusive or abused. Counseling and support services can help children and are available through community agencies (see the Resources section at the end of this Guide).

“You can help your child by talking to them about what is happening and listening to them.”

You can help your child by talking to them about what is happening and listening to them. Avoiding the discussion or pretending that the violence didn't happen could make your child feel even more scared and confused. It is important to let them know that the violence is not okay and not their fault. Let them know you love them and that you know this is scary for them. Assure them that you are ready to talk more about it if they want to. Be sure to include them in your safety planning.

What Can I Do To Be Safe?

Planning for your safety and your children's safety is critical. **It may be helpful to discuss a safety plan with a Domestic Violence Victim Advocate.** Advocates are available for ongoing support and help at community-based agencies (see "Support Services for Victims" in the Resources section of this Guide) and in many law enforcement and prosecution agencies. Planning for safety may include the following:

PLANNING AHEAD

- Recognize the signs of abuse.
- Plan how to get out of the house and how to call 911 during an incident of abuse.
- Develop a plan with your children. Teach them how to call 911 if you can't.
- Have a safe place to go where the abuser can't find or get to you.
- Talk to an advocate at a community agency (see "Support Services for Domestic Violence Victims" on page 17).
- Make several copies of important papers and hide them or give them to someone you trust.
- Have important phone numbers available.
- Pack and hide important items in an overnight bag for you and your children (i.e., clothes, papers, medication).
- Put aside money and spare keys.
- Consider getting a Domestic Violence Protection Order.
- Use a safer computer that can't be monitored by the abuser.

DURING AN INCIDENT

- **Call for help (911)!**
When calling from a cell phone, say your location first.
- Get out if you can. Bring important items listed on the left.
- Avoid the kitchen, bathroom, garage, and rooms with only one exit.

IN YOUR HOUSE

- Change locks, secure doors and windows, change passwords on accounts.
- Arrange to have someone stay with you.
- Change your phone number.
- Notify trusted friends, family and neighbors.

AT THE WORKPLACE, SCHOOL, AND PUBLIC PLACES

- Inform your work, daycare, school, trusted family, friends and neighbors. Give them copies of Protection/No Contact Orders.
- Change your daily routine.
- Plan ahead for unexpected contact with the abuser.

Resources

General Domestic Violence Information:

- Washington State Coalition Against Domestic Violence
www.wscadv.org
- Coalition Ending Gender-based Violence www.endgv.org
- King County Domestic Violence Information
www.kingcounty.gov/domesticviolence
- Multi-Lingual Access Project: www.map-seattle.org
(for information in other languages)

Support Services for Domestic Violence Victims

New Beginnings

serves Seattle, North King County.....206-522-9472
www.newbegin.org

24-hour crisis line, **confidential emergency shelter**, safety planning, legal advocacy, transitional housing and support groups for victims of domestic violence and their children. All services are free.

LifeWire (DV Hope Line)

serves East King County425-746-1940
www.lifewire.org or 1-800-827-8840

24-hour crisis line, **confidential emergency shelter**, safety planning, legal advocacy, transitional housing and support groups for victims of domestic violence and their children. All services are free.

Domestic Abuse Women's Network (DAWN)

serves South King County.....425-656-7867
www.dawnonline.org

24-hour crisis line, **confidential emergency shelter**, safety planning, legal advocacy, transitional housing and support groups for victims of domestic violence and their children. All services are free.

YWCA Seattle/King County

Domestic Violence Specialized Services425-264-1400 ext. 4
www.ywcaworks.org

Support groups, advocacy-based counseling, safety planning, legal advocacy and transitional housing. Services are free and confidential. Shelter provided through YWCA's Anita Vista Program.

More Information on Victims' Rights

RCW 10.99.030 (7):

"IF YOU ARE THE VICTIM OF DOMESTIC VIOLENCE, you may ask the city or county prosecuting attorney to file a criminal complaint. You also have the right to file a petition in Superior, District or Municipal court requesting an order for protection from domestic abuse, which could include any of the following:

- (a) an order restraining your abuser from further acts of abuse;
- (b) an order directing your abuser to leave your household;
- (c) an order preventing your abuser from entering a residence, school, business or place of employment;
- (d) an order awarding you or the other parent custody of, or visitation with, your minor children in your custody;
- (e) an order restraining your abuser from contacting, molesting or interfering with minor children in your custody."

The forms you need to obtain a Protection Order are available in any Municipal, District or Superior court or at the King County Prosecuting Attorney's Protection Order Advocacy Program (see pages 12-13).

Information about shelters and other domestic violence services, including 24 hr. crisis lines, are listed in the Resources section (pages 17-24) as well as the front inside cover of this guide.

RCW 59.18.575: Victim Protection in Rental Housing

Victims of domestic violence, sexual assault or stalking may terminate their rental agreements. In order to terminate a rental agreement, the tenant must:

- a) be a victim of domestic violence, sexual assault or stalking (or have a household member who is a victim of the above crimes);
- b) have a valid order for protection or have reported the violence to a qualified third party (e.g. police), and that third party has provided the victim with a written, signed record of the report; and
- c) the request to terminate must be made within 90 days of the violent incident.

RCW 49.76.030:

Domestic Violence Leave – Victims and Family Members

An employee may take reasonable leave from work to:

- 1) Seek legal assistance or remedies for the employee or employee's family members including preparing for, or participating in, any civil or criminal legal proceeding related to domestic violence, sexual assault, or stalking;
- 2) Seek treatment for physical or mental injuries caused by domestic violence, sexual assault, or stalking, either for the employee or family members;
- 3) Obtain, or assist a family member in obtaining, services from a domestic violence shelter, rape crisis center, or other social services program for relief from domestic violence, sexual assault, or stalking;
- 4) Obtain, or assist a family member in obtaining, mental health counseling related to an incident of domestic violence, sexual assault, or stalking; or
- 5) Participate in safety planning, relocate, or take other actions to increase the safety of the employee or the employee's family members from future domestic violence, sexual assault or stalking.

Now That the Police Have Responded... What Happens Next?

If the responding police officer believes a crime was committed, the officer will give a copy of the police report to the City or County Prosecutor for review. The prosecutor will decide whether to file criminal charges. As a victim of domestic violence, you can ask the City or County Prosecuting Attorney to file a criminal complaint (see RCW 10.99.030(7)).*

The State of Washington has a mandatory arrest law related to domestic violence incidents that outlines when the police must make an arrest. If arrested, the suspect is usually held without bail until the first court appearance (usually 24-48 hours). **You can give input at any hearing where bail or release is being considered.** See "Jail Information" on p.24 to sign up to be notified of the suspect's release.

Who might contact me?

Domestic Violence Victim Advocate in the Criminal Justice System

In the criminal justice system, the Domestic Violence Victim Advocate is a professional who works within a prosecutor's office or police department to support and inform you through criminal proceedings. The advocate can provide information to you about your case, domestic violence, and safety options, as well as referrals to community advocacy programs and other services. The advocate can also provide your input to the prosecutor regarding safety concerns, No Contact Orders and other issues. It is important to keep the advocate and the prosecutor informed of your current address and phone number so they can update you on what is happening with your case.

Detective

The police report may be given to a detective for review. The detective may want to follow up with you in order to complete the investigation. The detective may send the completed investigation to the prosecutor's office for review.

Prosecutor

The prosecutor is the attorney for the City or County, and decides whether charges will be filed. The prosecutor considers all available evidence when deciding whether charges will be filed, and may need to talk to you before making a decision.

*If the officer decides not to arrest or to initiate a criminal proceeding by citation or otherwise, you have the right as a victim of domestic violence to initiate a criminal proceeding (see RCW 10.99.030(6)(a) and CrRLJ 2.1(5)(C) for more information).

Now That the Police Have Responded... *What Happens Next? continued*

Defense Attorney

The suspect has the right to be represented by an attorney. This person is called the defense attorney. The defense attorney might attempt to contact you to discuss what happened. You have the right to have a prosecutor, advocate or a support person with you whenever a defense attorney or his/her investigator wishes to discuss the case with you.

To request this, call your advocate or the prosecutor.

Will charges be filed?

The prosecutor may or may not file charges against the suspect. If the prosecutor does not file charges, you will be informed of this decision.

While your input is important, only the prosecutor decides whether or not to file charges. If charges are not filed and you feel you need protection, you can file a petition for a Domestic Violence Protection Order if you choose (see pages 12-13).

If charges are filed...

Once charged with a crime, the suspect is then called the Defendant. After charges are filed, an Arraignment hearing is held. The Defendant is informed of the charges and enters a plea of guilty or not guilty. The Judge may decide to set bail (monetary amount), or allow the Defendant to be released. While it is not required, you can attend the Arraignment hearing to ask the Judge to consider your opinion on bail. Your advocate can help you do this. **If you have concerns about release, contact your advocate.**

What is a No Contact Order?

If the suspect is arrested for or charged with a domestic violence-related crime, a No Contact Order may be issued to prohibit them from contacting you. When issuing a No Contact Order, the Judge considers the input of the prosecutor and the victim, safety issues, and the Defendant's criminal history, as well as history of abuse. **The judge may issue a No Contact Order whether or not you request one. Contact your advocate to discuss your wishes.**

If a No Contact Order is issued:

- You will be sent a copy. If you are unsure whether a No Contact Order was issued, or you have not received your copy, please contact your advocate or the prosecutor.
- Under certain circumstances, the Defendant will be prohibited from having firearms, other dangerous weapon or concealed pistol license, and will be required to surrender all firearms or declare there are no firearms to surrender.
- Violation of a No Contact Order is a separate crime. It is the Defendant's responsibility to abide by the No Contact Order. Even if you invite contact, the Defendant could be arrested and charged with additional crimes. To report a violation, call 911 immediately.

Rights of Child Victims and Witnesses

(RCW 7.69A.030)

In addition to the rights that have been provided for all crime victims and witnesses, Washington law requires reasonable efforts be made to ensure the following rights for child victims and witnesses under the age of eighteen:

- 1 With respect to child victims of violent or sex crimes or child abuse, to receive a written statement of the rights of child victims as listed in RCW 7.69A.030 as well as local crime victim/witness program information, if such a program exists;
- 2 To have all proceedings explained in language easily understood by the child;
- 3 With respect to child victims of sex or violent crimes or child abuse, to have a crime victim advocate or any other support person present at any prosecutorial or defense interviews for emotional support;
- 4 To not have the names, addresses, or photographs of the child victim or witness disclosed to any agency outside the criminal justice system without permission;
- 5 Whenever possible, to be provided a secure waiting area during court proceedings and to have an advocate or support person stay with the child prior to and during any court proceedings;
- 6 To allow an advocate to make recommendations to the prosecuting attorney about the child's ability to cooperate with prosecution and the potential effect of the proceedings on the child;
- 7 To allow an advocate to inform the court about the child's ability to understand the nature of the proceedings;
- 8 To be provided information and referrals to social service agencies to assist the child and/or the child's family with the emotional impact of the crime and the legal proceedings;
- 9 To allow an advocate to be present in court to provide emotional support to the child during testimony;
- 10 To inform the court as to the need to have other supportive persons present during the child's testimony;
- 11 To allow law enforcement agencies to enlist the services of other professional personnel such as child protection services, victim advocates or prosecutorial staff trained to interview child victims.

Rights of Crime Victims and Witnesses

(RCW 7.69.030)

If you are a crime victim, a survivor of a crime victim or a witness to a crime, the State of Washington provides that reasonable efforts be made to ensure you the following rights:

- 1 With respect to victims of violent or sex crimes, to receive a written statement of the rights of crime victims listed in RCW 7.69.030 upon reporting a crime, as well as local crime victim/witness program information if such a program exists;
- 2 To be informed of the final outcome of the case;
- 3 To be notified of changes in court dates for which you have been subpoenaed;
- 4 To receive available protection from harm and threats of harm arising out of cooperation with law enforcement and prosecution efforts;
- 5 To receive any witness fees to which you are entitled;
- 6 Whenever practical, to have a secure waiting area during court proceedings;
- 7 To have any stolen or other personal property used as evidence returned to you as soon as possible after completion of the case;
- 8 To have someone intervene with your employer if necessary when you are required to be in court;
- 9 To have access to immediate medical assistance. With regard to victims of domestic violence, sexual assault or stalking (or their family members), to be allowed reasonable leave from employment to take care of legal issues, receive medical treatment or obtain other necessary services.
- 10 With respect to victims of violent and sex crimes, to have a crime victim advocate or support person present at any prosecutorial or defense interviews, or related judicial proceedings, for emotional support;
- 11 To be present in court during trial or after your testimony has been given and no further testimony is required;
- 12 To be informed of the date, time, and location of the trial, and the sentencing hearing for felony cases if requested;
- 13 To submit a victim impact statement or report to the court;
- 14 To present a statement, personally or by representation, at the sentencing hearing for felony convictions;
- 15 To have restitution ordered by the court in all felony cases, if appropriate; and
- 16 To present a statement at any hearing regarding an application for pardon or commutation of sentence.

Now That the Police Have Responded...

What Happens Next? continued

What about Firearms?

- If guns or firearms are in your home and you do not feel safe, you can ask the police to take the guns for safekeeping.
- If a No Contact Order is issued, in many circumstances an Order to Surrender Firearms is issued as well. This order requires that the Defendant turn in all firearms to the police or someone the Court approves, or file an order declaring there are no firearms to surrender (see RCW 9.41.800)
- The Defendant can be charged with an additional crime if s/he obtains or possesses firearms while a No Contact Order and/or Order to Surrender Firearms is in place.
- Possessing firearms and other dangerous weapons can also be prohibited if subject to other orders, such as a protection order (see pp. 12-13). Additional crimes can be charged if these orders are not followed.
- In situations where firearms were removed by or surrendered to the police, you can request that the police notify you when the firearms are about to be returned. Police will hold onto the firearms for 72 hours from the time of notification. You will need to provide a case or incident number to the police (see RCW 9.41.340-.345).

Will there be a trial?

After charges are filed, the defense attorney and prosecutor discuss whether to take the case to trial or to agree upon another way to resolve the case. The advocate or prosecutor can keep you informed of these discussions.

Many cases are resolved without a trial. If your case is set for trial, it may not occur right away. Keep in contact with your advocate and prosecutor during this time so they can update you on what may be happening. You may receive a subpoena, which is a legal document ordering attendance in court. It lists a name and telephone number you can call for more information about time and location. Failure to appear can result in legal action.

What happens if the defendant pleads guilty or is found guilty?

If the Defendant pleads guilty or is found guilty, the Defendant will be sentenced. **You have the right to be present and to be heard at the sentencing hearing.** Your wishes and concerns are important to the prosecutor and the Judge. Your advocate can help you with any statement you may want to make at the sentencing hearing about how the crime has impacted you and what you would like to see happen.

Some common sentencing options in domestic violence cases are: domestic violence batterer's intervention or an individualized treatment plan, probation, alcohol or drug counseling, restitution for medical expenses or damaged property, jail time, no possession of firearms, community service, parenting classes, fines and a No Contact Order.

What Can A Domestic Violence Protection Order Do?

As a Victim of Domestic Violence, you have the right to file a petition requesting a Domestic Violence Protection Order in any Municipal, District or Superior Court in the county in which you reside (see RCW 10.99.030 (7)). There does not have to be an arrest, police report or criminal charge to request a Domestic Violence Protection Order.

A Domestic Violence Protection Order can:

- Prohibit the respondent, the abusive person, from harassing and/or contacting the petitioner, the person seeking protection. The respondent may be ordered to have no contact with the petitioner including in person, by mail, by telephone, or through third parties.
- Exclude the respondent from petitioner's residence (even if shared), school, business, or place of employment, or from coming to the school or daycare of minor children.
- Restrain the respondent from cyberstalking or keeping under physical or electronic surveillance.
- Award temporary custody of minor children to one parent, establish temporary visitation, and restrain one parent from interfering with custody.
- If certain conditions are met, prohibit the Respondent from obtaining or possessing any firearms, other dangerous weapons, or concealed pistol licenses; and require the Respondent to turn in any such firearms and weapons as stated in an Order to Surrender Weapons (filed separately). Any violation of this prohibition can result in criminal charges.
- Order the respondent to participate in treatment or counseling.
- Prohibit the respondent from removing the children from the State.
- Restrain the respondent from committing further acts of abuse.

Who Can Be Protected:

- Spouse or former spouse
- Persons having a child in common
- Adult persons related by blood or marriage
- Adult persons who presently reside or used to reside together
- Persons 13 years and older who have or have had a dating relationship with someone 16 yrs or older (Note: someone under 16 yrs must seek relief by parent or guardian)
- Persons who have a biological or legal parent-child relationship

Please note: A Domestic Violence Protection Order is not considered enforceable until it has been personally served on the respondent.

A Domestic Violence Protection Order cannot:

- Order child support
- Order maintenance income
- Assign property to either party
- Establish permanent child custody or "ownership" of family home
- Guarantee your safety. An Order for Protection works best if it is part of a comprehensive personal safety plan.

Process for Filing:

The forms you need to obtain a Domestic Violence Protection Order are available in any Municipal, District or Superior Court, or online at:

www.courts.wa.gov or **www.protectionorder.org**.

A Protection Order Advocate can help you file a Temporary Order for Protection at the locations below. A Temporary Order is in place for 14 days, at which time the court holds a "full order hearing." The respondent (the abusive person) may respond to your allegations by appearing at the full order hearing. At this hearing, the court hears from you and the respondent, and decides whether to extend the order for a year, or longer in some cases. **You must attend this full order hearing to continue the Domestic Violence Protection Order beyond the initial 14-day temporary period.**

There is no cost to file a Domestic Violence Protection Order

Protection Order Advocates are available to help you at the following courts:

King County Maleng Regional Justice Center

Room 2B · 401 Fourth Ave N · Kent, WA 98032

206-477-3758 *email: paopoapmrjc@kingcounty.gov

protectionorder@kingcounty.gov,

LegalAtoms.com/domestic-violence

WA VINE Protective Order

A free, 24-hour service for accessing information on your protection order and registering to be notified when your order has been served. **1-877-242-4055** or **www.registervpo.com**