

A Guide to Hope:

Domestic Violence Victim's Resource Manual

Updated August 2006

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The following resource is meant to increase the safety of domestic abuse victims and supply them with information to change their lives. In the majority of domestic abuse situations, women are the victims and men are the perpetrators, therefore this document will refer to the abuser as “he” and the victim as “she”. In addition, the word “victim” will be used instead of “survivor”, due to the law enforcement perspective, and the fact that some victims of domestic violence do not live through the abuse.

If you are experiencing abuse, understand that you do not deserve what is happening to you. There are options such as restraining orders, shelters, legal aid, counseling, and other forms of assistance that can help you change your life. Remember that everyone’s situation is unique to them, so what works to help one victim may not be the best choice for another. Consider the specifics of your life, and choose the information that will be most helpful in keeping you and your children safe. **Please keep this information in a place where an abuser is not likely to find it.**

HOTLINES

Begin creating a plan by contacting an advocate through one of the following resources. They can assist you in learning about your options and deciding the best course of action.

Portland Women’s Crisis Line	503-235-5333
(Toll Free)	1-888-235-5333
Volunteers of America Home Free	503-771-5503
National Domestic Violence Hotline	1-800-799-SAFE
Linea Unica	1-888-232-4448

SHELTERS

A domestic abuse shelter is a temporary place for women (with or without children) to stay when they are not safe at home. You do not necessarily have to be experiencing physical abuse to stay at one, but they are usually reserved for people who need a confidential location, and who have no other safe option. The following are important points to remember when considering use of the shelter system:

- When you stay in a confidential shelter, you cannot tell anyone the location of the building, or have visitors. This is to protect you as well as the other people staying there. Most shelters have rules that residents are required to follow, and if you do not follow them, you may be asked to leave. Understand that you will most likely be living in a community setting. This means you will have to share common areas like kitchens or bathrooms with other residents from various backgrounds. This can be a positive experience because you have the opportunity to connect with others in similar situations. It can also be a challenge, especially for children. Most shelters have children’s programs that can help make your stay easier.
- Shelters are often full, so try to call in advance of when you will need to come. Many shelters also have an age limit for male children. If you have a son over the age of 10, be sure to check if you can bring him with you. If you cannot, the shelter will help you make other arrangements, such as having him stay with a relative, or vouchering your family into a motel.
- Most shelters do not allow pets. Because animals can be the target of abuse, please check into having them stay with a friend or at a boarding kennel.
- Shelters usually do not have storage space for extra belongings such as furniture. Leave everything but the necessities, and put the rest in a storage facility or a friend/relative’s home. See page 5 for suggestions about important things to bring with you.
- Because they offer community living, most shelters cannot allow you or your children in with a disease that others can easily catch such as lice or chicken pox. If anyone in the family has such an illness, ask about the possibility of motel vouchering. Some shelters may also require proof of TB vaccinations. Ask about this, and be prepared in advance if needed.
- Be sure to tell the shelter if you have special needs, such as wheelchair access, so they can know in advance how to accommodate you.

- Your children may not have to change schools. Children in shelter are considered technically homeless, and most counties have programs in place to transport them to their original schools, so the disruption of their lives can be minimized. Keep in mind, however, that it may be safer for them to attend school elsewhere.

If you are seeking shelter in the Multnomah County area, you can call the Portland Women's Crisis Line at 503-235-5333 (1-888-235-5333 toll free). This is a 24 hour information/referral/crisis counseling service that can help you find shelter space at an appropriate location. If you are referred to a shelter with available bed space, you will need to contact that shelter directly. Local numbers and services are as follows: (* 24 hour crisis line)

MULTNOMAH COUNTY

Bradley-Angle House

Services for DV victims and their children
503-281-2442* or office 503-281-3540
Emergency shelter
Support groups
Transitional Housing
Middle and high school education programs
Support services for sexual assault survivors

Raphael House

Services for DV victims and their children
503-222-6222* or office 503-222-6507
Emergency shelter
Transitional housing
Long-term housing

Salvation Army West Women's & Children's Shelter

Services for single women and women with children
503-224-7718
emergency shelter
transitional housing
in-shelter children's program
CAPS

Volunteers of America Home Free

Services for victims of DV and their children
503- 771-5503
Emergency motel vouchering for people
otherwise not eligible for shelter
8am – 6pm
Support groups, including groups for children

YWCA Yolanda House

Emergency shelter for single women and women w/ children
503-977-7930
Counseling

CLACKAMAS COUNTY

Clackamas Women's Services

Emergency shelter for single women and women w/ children
503-654-2288 or Outreach 503-722-2366
24-hour crisis line
Drop-in appointments with advocate
Support groups, including groups for children
Transitional housing

COLUMBIA COUNTY

Columbia County Women's Resource Center

Emergency shelter for single women and women w/ children
503-397-6161

WASHINGTON COUNTY

Domestic Violence Resource Center

503-640-5352
Restraining order advocacy program
Counseling for victims and children
Support groups
Monika's House emergency shelter/Crisis Line 503-469-8620

CLARK COUNTY, WASHINGTON

YWCA SafeChoice Shelter

Emergency shelter for single women and women with children 1-360-695-0501
Support groups
Legal Advocacy
Services for sexual assault survivors

SAFETY PLANNING

The following information is divided into three categories:

- Information for people **currently living** in a domestic abuse situation
- Information for people **planning to leave** a domestic abuse situation
- Information for people who **have already left** a domestic abuse situation

A special section is included about children.

Living in a Domestic Abuse Situation

If you have sought help with your abuse situation, you may have been encouraged to end the relationship, move out, or get a protective order. We do realize, however, that these steps are not always immediately possible for a variety of reasons. If you are currently living in an abusive situation, please consider the following suggestions to help increase your safety. Remember, you are the expert on your own life – please use your best judgment to stay safe by considering all possibilities, and preparing for a number of different outcomes.

- Be aware of patterns in the abuse you are experiencing, in order to foresee dangerous situations. For example, if you notice that your partner is often angry when returning from work or violent when drinking, take steps to remove yourself from that situation if at all possible.
- Consider where in your home most arguments take place. If you think a fight is going to happen no matter what, try to move out of dangerous areas such as the kitchen, where weapons like knives are easily at hand. Think about the layout of your home, and decide what your escape routes are. Which rooms you can lock yourself in with a phone, or what ground floor windows you could climb out of if you needed to? Try not to become cornered in an area from which you have no exit.
- If possible, carry a cell phone with you at all times, in your pocket or perhaps attached to a belt clip. This will increase your ability to call for help if the phone lines in your home have been disabled, or you are trapped in a room without a landline. If you do not have a cell phone, contact Portland Women's Crisis Line at 503-235-5333 to receive a free phone that only dials 911.
- Talk with trusted neighbors and/or landlord (if you have one) to discuss your situation. In the interest of your privacy, you do not have to tell them personal details of your relationship, simply ask them to call police if they see or hear signs of a struggle coming from your home. Many people believe that domestic incidents are "not their business". Let those around you know that you want them to become involved by calling 911, without giving their name if they prefer.
- Invent a code word to use with friends or family so they can call for help if you are unable to tell them what is happening at a particular moment.
- Be aware of your partner's access to dangerous weapons, such as guns. Even if your partner hasn't threatened you with such a weapon, do not ignore the possibility.
- Consider where you would go if you had to leave your home for a few hours (a coffee shop, a mall, etc.) or a few days (a friend's house or motel). Know the domestic abuse resources available to you in your area. Having a plan can make emergency choices less stressful. (Keep an extra set of keys and some money in a hidden place for this purpose)

A word about staying safe: Studies show that at least 50% of domestic violence situations may involve physical fighting by both parties. Many times, the aggressor (abuser) begins the struggle, and the victim responds in self-defense. In other cases, a pattern of violence may become so common in the couple's life that either partner can begin a physical fight because it has become so normal for them. Some people may use violence because they believe there is no one who can help them, and fighting back seems like their only option. If this sounds like you, realize that fighting back does not make you an abuser. An abuser uses violence to gain power and control over another person, or to "punish" another person, not to defend themselves. If you are in such a situation, call one of the hotlines listed in the beginning of this packet, or seek assistance from someone you trust such as a friend, family member or church leader. It is a natural instinct to defend one's self, and to respond when you think you are being threatened, however, people involved in such situations need to consider several factors:

First, some abusers may set up fights on purpose, in which they know the victim will respond physically. This gives them the excuse (in their own minds) to react with greater violence. Beware of these traps.

Secondly, many victims are physically smaller than their partners, so in a situation where both people are fighting, the smaller person will usually be more injured. You have the right to defend yourself, but try your best to stop a potential fight before it becomes dangerous.

The last reason to avoid mutual physical fighting is in regard to the law. According to Oregon's Mandatory Arrest law, police must arrest in cases which involve family or household members, when they have a good reason to believe that abuse has occurred or that one person has placed the other in fear of immediate serious physical injury. Abuse is defined as:

- attempting to cause or intentionally, knowingly or recklessly causing physical injury or serious physical injury;
- intentionally attempting to place another in fear of imminent serious bodily injury; and/or
- causing another to engage in involuntary sexual relations by force or threat of force.

(Mandatory Arrest information courtesy of Multnomah County Domestic Violence Coordinator's website)

Under this law, victims can be arrested if their partner shows physical injury, even if those injuries happened in self-defense. This is also a situation in which some abusers set up their victims on purpose, creating circumstances where the victim will be taken to jail. Be aware of this possibility in making your decisions.

What Happens if Someone is Arrested?

When people are arrested in Multnomah County, they go to a place at the jail called Booking. From there, they may be released within a few hours by posting money as security to guarantee their appearance at future court hearings after they are released. Sometimes this is called "bailing out." If the jail is full, and someone has committed a relatively minor offense and does not have a serious criminal record, they could also be released. If they are not released, they will have to wait there to see a judge the next business day. At that point, if the District Attorney's office has not filed criminal charges, they might be released later that day. You can call the District Attorney's office (before 11am on the day after arrest) at 503-988-3873 or 503-988-3162 to ask about criminal charges. If the District Attorney's office has filed charges, the arrested person will enter a plea to the judge (guilty or not guilty). They may hire an attorney, or have a public defender assigned to them. After making the plea, they may be released and given a date to return for trial. They also may not be released and must then stay in jail, at which point their lawyer can call for a release hearing and try to get them out before trial. If your abuser is arrested, you may call 503-988-3689 to find out what has happened to him. You may also request that they contact you before he is released so you will be aware of when he is out. You can also use the automated VINE (Victim Information and Notification Everyday) telephone line to find out his status and register to be automatically notified of his release. The number for VINE is 1-877-OR-4-VINE (1-877-674-8463). VINE is also available online at www.vinelink.com

Planning to Leave a Domestic Abuse Situation

If you are planning to leave an abusive relationship, please keep in mind that this is often the most dangerous time for a victim. Many times the abuser realizes he is losing control over the situation, and can respond by increasing violent behaviors. Please consult with a domestic violence advocate to create a plan that reduces the danger to you and your children. Make sure your plan includes the following:

- Decide in advance where you will go when you leave, because lack of stable housing is one reason why victims may return to a dangerous relationship. Do not choose a place that will be obvious to your partner – this may put you or other people at risk. If you have no where else to go that you believe will be safe, use the shelter system. (See section on shelters for more information)
- Have a bag ready for when you leave. Store it in a place where the abuser cannot find it, such as at a friend's home. Try to include as many of the following items as possible:

- Extra clothing (for you and your children)
 - ID/Driver's License
 - Family passports/visas/green cards
 - Family birth certificates/Social Security cards
 - Money /credit cards
 - Bank books
 - Extra house and car keys
 - Medications
 - Address book
 - Photographs (ones that you want to keep safe, and ones of the abuser to show shelter staff/neighbors/co-workers who to watch out for)
 - Immunization records
 - DHS ID/EBT card
 - School records
 - Marriage certificates/Divorce papers
 - Children's special toys (to make them feel more comfortable)
 - Insurance documents
 - Current unpaid bills
 - House deed or Rental agreement
- Consider in advance of leaving how you will increase your independence and support yourself, to reduce the chance that you will have to return out of economic necessity. Try to establish solid employment if needed, or save up enough money to carry yourself through the transition. Learn English if necessary, and take steps such as opening bank accounts in your own name. This will make it easier to begin a new life free from abuse.
 - Keep important phone numbers and some cash on you at all times, in case you must leave without your emergency bag or purse.
 - Choose a time to leave when the abuser is not at home. This will get you out the door safely, and buy you some time before he knows you have gone.
 - Keep in mind that police are available to do what is called a "stand-by". This means that they will come to the home and stand guard for a given period of time while you retrieve your belongings. This is usually safer than doing it alone, or possibly endangering someone else by asking them to do it, or to accompany you.
 - If you would like to stay in the home, and force your abuser to move out, it may be possible through a restraining order. Please see the following section.

After You Have Left a Domestic Abuse Situation

This information is for people who have left an abusive situation, but may still have reason to fear for their safety. It can also be helpful for people who are experiencing a stalking situation.

- Look at your home in terms of safety. For example, make sure all door and window locks are working properly, and keep them locked at all times. Consider installing deadbolts on doors that lead to the outside. Change the locks if your abuser has a key (if you rent, your landlord is required by law to do this). Keep all bushes and hedges around the home trimmed so an abuser/attacker will not have easy hiding places. Install or replace outside lighting if it doesn't work or isn't bright enough. You may want to get motion detector lights. Make sure all smoke detectors are working and have fresh batteries. If you have a sliding glass door, place a broomstick or other stick in the track to keep it from being wedged open. Consider getting a home security alarm or a dog.
- Tell neighbors and landlord that your abuser/stalker is not allowed on the premises, and ask them to call 911 if they see him or notice signs of a struggle coming from the home. Provide photos of him if needed.
- Think about ways to stay safe when you are not at home. For example, if you should see your abuser in a public place, avoid making contact. If you believe you are in danger, notify a security guard, police officer, or store manager and ask them to call the police. Carry a charged cell phone and keep it turned on at all times, to insure your ability to call for help. Portland Women's Crisis Line provides free 911-only cell phones and pre-paid cell phones with limited air time are available at many stores. Try not to go out

alone, as there is safety in numbers. Ask friends and co-workers to walk you to your car, or wait for public transportation with you. If you absolutely must meet with the abuser, do so only in a public place, and tell someone where you are going and when you will return.

- Let your boss and co-workers know that you may be in danger. Provide them with photos of the abuser/stalker and ask them to call 911 if they see him on the property. Ask them to screen your calls so the abuser cannot get through.
- Consider creating a code word or a signal with friends/family/neighbors to let them know you are in trouble if you cannot directly say so.
- Consider getting a P.O. Box for your mail. Call all utilities (such as phone, electricity, and water) to ask that no one be able to make changes to your accounts or get your personal information. If you get a new phone number, ask that it be unlisted, and use tools such as Caller ID, Call Block, and Call Trace. Be aware that the abuser may try to abuse you financially by failing to make payments on bills, or by removing money from joint accounts.
- Tell friends that know you and the abuser both not to give the abuser any information about you at all.
- Names and social security numbers can be legally changed to protect you and your children. Contact a local domestic violence agency to request information about this process.
- Be aware of internet tools that an abuser/stalker may use to track or spy on you. Change email and other computer passwords.
- If you think that you are being followed while in your car, test it out. (For example, make 3 lefts in a row). If you still believe you are being followed, drive to a police or fire station or another public place where you can call for help.
- Consider getting a Protection Order from the court (also known as an injunction). This can be either a Restraining Order (RO) or a Stalking Order (SO). See the following information:

A **Restraining Order (RO)** is a court document signed by a judge that can do a number of things including order your abuser to stay away from you, your home, your job, and your children. Family Abuse Prevention ROs can be applied for at your local courthouse. In Multnomah County, that is at 1021 SW 4th Ave. Room 211. They are free, do not require a lawyer to apply for, and are usually in place quickly. To be eligible for an RO, a person who has been abused or threatened must have had one of the following relationships with the abuser:

- ✓ Current or former spouse;
- ✓ Related by blood, marriage, or adoption;
- ✓ Living together now or in the past, in a sexually intimate relationship;
- ✓ Had a sexually intimate relationship in the past two years;
- ✓ Unmarried parents of a minor child; or
- ✓ A minor who has been involved in a sexually intimate relationship with the respondent who is 18 or older

The person applying for the RO (called the petitioner) must have been the victim of abuse or threats of abuse within the past 180 days and must be in danger of further abuse. It is possible to get an RO for abuse or threats that happened more than 180 days ago, if the abuser (the respondent) has been out of town or in jail. Lesbians, gay men, trans-gendered or bisexual men and women may be granted an RO in Oregon. (Information courtesy of the Multnomah County Domestic Violence Coordinator's Office)

At the Multnomah County Courthouse, advocates are available on-site to help you fill out paperwork (VOA Restraining Order Program 503-771-5503). Applications for restraining orders must be turned in by 12:45pm on the day you wish to see the judge. The papers then go to the judge, who will ask you some brief questions. He or she will then determine if the petition is to be accepted. (This entire process usually takes 2-3 hours, and childcare is available for children ages 6wks. to 5yrs.) If it is accepted, the respondent must be located and served with the order. It cannot be enforced until they have been served. They have the right to contest that order, and if they do, you will have to attend a hearing. Advocates are available to attend the hearing with you. If you need legal representation, please see the Legal Aid section of this packet. If the respondent does not contest, or is denied at the hearing, the restraining order will be in effect for 1 year. You can request the opportunity to renew the order at the end of one year if there is still reason for you to fear for your safety. You must renew it before one year from the day a judge signed the temporary order. If the restraining order is upheld, you should keep a copy on you at all times, and call 911 if the respondent violates the

order. In a non-emergency situation, call (503)823-3333 to make a police report (in Multnomah County.) Restraining orders are enforceable in every state. Inviting the respondent onto your property does not invalidate the RO or prohibit the police from arresting the respondent. Only a judge can dismiss, change, or vacate (take back) an RO.

Another type of RO is also available for elderly people or people with disabilities. If you need more information about this type of RO including who is eligible, call the Multnomah County Courthouse at 503-988-3022 or the VOA Restraining Order Program, 503-771-5503.

Stalking orders can be issued if there has been more than one unwanted contact that would put a reasonable person in fear of his or her safety. There does not need to have been verbal threats of injury or a prior assault. Stalking Orders can be useful in situations where no sexual relationship (only a dating relationship) or no relationship at all has occurred. In Multnomah County, you must request a stalking order at the courthouse (1021 SW 4th Ave. Room 211). Most stalking orders have no expiration date, and are in force until vacated by the Court.

The benefit of a protection order is that you are no longer alone in your request to not be harassed or abused. You now have the backing of law enforcement and the courts, and many abusers will take that more seriously, as they are at risk for arrest and/or jail time. Please keep in mind, however, that although a protection order is a powerful tool, it is really only a piece of paper. Therefore all safety precautions should still be followed, and it should not give you a false sense of security.

What About My Children?

Children can be particularly at risk in domestic abuse situations because they have no control over their environments and lack the understanding of relationships that adults have. Even if they are not the direct target of the abuse, they are at risk in a variety of ways. As a parent, it is your responsibility to keep your child safe, yet no one wants to frighten or dismay an already concerned child by discussing adult issues in their presence. Since your children probably already have a sense of what is happening in the home, talk with them about what they have seen or heard. Encourage them to tell you about their feelings and make a safety plan together just as you would in case of any emergency, like a house fire. Children feel less afraid when they know what to do in a particular situation, and are prepared for a number of possibilities. The following are some suggestions for keeping them safe:

- Children should know to “stay out of the fight” should violence occur in the home. Talk about choosing a special hiding place such as in a closet or under a bed. Decide where the best escape routes are in your home, and which neighbors they could go to for help.
- Teach kids how to call 911 in an emergency, and make sure they know their home address in case they have to use a cell phone.
- Children should not answer the door or telephone unless they are old enough to understand that certain people should not be allowed in or given information.
- Tell your child’s school or daycare provider exactly who has permission to visit the kids or pick them up. If you have an order of protection, provide them with a copy. Make them aware of the danger in your situation.

Studies have shown that children, even unborn babies, can be affected by witnessing domestic violence. To say that a child has witnessed abuse can mean that they saw it, heard it from another room, or simply saw the after-effects such as broken furniture or a bruise on mom’s face. Even if they aren’t around when the abuse occurs, children are sensitive to tension in the home, and can often sense the stress of their parents. They may become sad or angry about the situation and act out in a variety of ways. They may also feel that the problems are their fault, and carry around guilt for the family’s situation. If your child has been affected by domestic abuse, please contact the following resources to arrange counseling and other services:

Volunteers of America Home Free (Linda Arata)	503-802-0491
Portland Children’s Intervention Project (Lisa Chin)	503-280-1388

Dougy Center (specializes in working with children who have witnessed homicide)
503-775-5683

Counseling

People who have been victims of domestic abuse (physical or mental) often have lasting emotional issues surrounding what they have been through. It is often helpful to talk to a professional about these feelings and become educated on the dynamics of abuse, in order to heal from past experiences and avoid future abusive relationships. Several local resources offer domestic violence support groups, which are gatherings of women led by a facilitator, who learn about abuse and process what has happened to them. Most of these groups are free, and many offer childcare. If you are interested in attending a group, you can call the Portland Women's Crisis Line (503-235-5333), or one of the following numbers:

Bradley Angle House	503-232-7805	Spanish language groups
Volunteers of America Home Free	503-771-5503	El Programa Hispano Project Unica
Clackamas Women's Services	503-654-2807	503-669-8350
Domestic Violence Resource Center	503-640-5352	

Population Specific Domestic Violence Services

Addiction Recovery

Alcohol and Drug Helpline 1-800-923-HELP

Sexual Minorities

Bradley Angle House 503-232-7805 x3

Sex Industry Workers (current or former)

Lifeworks New Options Program 503-234-3400

Spanish Speaking

El Programa Hispano Project Unica 503-669-8350
La Linea de Crisis Para la Mujer 503-232-4448

Asian

IRCO Refugee & Immigrant Family Strengthening Program 503-235-9396
SAWERA (South Asian) 503-778-7386

Russian

Russian Oregon Social Services 503-777-3437

Native American

Native American Family Healing Circle 503-288-8177
Oregon Legal Services Native American Program 503-223-9483

Middle Eastern

MEWERC (Middle East) 503-778-8333

African American

Self-Enhancement Inc. Domestic Violence Services 503-249-1721

Elderly/Disabled

Multnomah County Aging and Disability Services Helpline
503-988-3646
Elders in Action Ombudsman 503-823-5293

Teens

Harry's Mother Crisis Line 503-233-8111
Insights Teen Parent Program 503-239-6996

Other

IRCO Refugee and Immigrant Family Services
503-234-1541
Lutheran Family Services (Multi-Cultural Counseling)
503-231-7480
Hope for families (Christian) 503-661-4444 x356

Legal Aid

If you need help with domestic abuse related legal issues such as housing, contestment of a restraining order, divorce or child custody, please contact the following resources. You may be eligible for low or no cost representation. (Eligibility for some services may depend on your income)

Multnomah County Legal Aid	503-224-4086
Domestic Violence Legal Advice Line (Tuesdays & Thursdays 1-4pm)	503-299-6101
Lewis and Clark Legal Clinic	503-768-6500
St.Andrew's Legal Clinic	503-281-1500
Oregon State Bar Modest Means Program	1-800-452-7636
Multnomah County Family Court Self-Help Center	503-988-4003

Other Resources

TA-DVS (Temporary Assistance to Domestic Violence Survivors) is a financial assistance grant given to people in danger from past, current, or threatened future domestic violence. The award gives victims up to \$1200 (in addition to any other benefits received from the state) to be used toward anything that would help promote their safety. For example, the grant can be used to help pay for rent or mortgage, moving costs, food, medical care, clothing, or a variety of other needs. In order to qualify, victims must be Oregon residents, have children that live with them 51% of the time or be pregnant, and apply at a DHS office. (Applications can also be made by phone or in writing). Please contact your local DHS office for more information.

CVCP (Crime Victims Compensation Program) is a government fund to pay back abused people for costs they had relating to the abuse they experienced. For example, if domestic abuse caused you to have to pay for medical bills, counseling, transportation, childcare, funeral costs, etc. you may be eligible to get some of that money back. Each state controls its own program, and in order to be eligible, the crime must have occurred in the state you are requesting reimbursement from. In Oregon, you can contact the Oregon Crime Victim's Compensation Fund at 503-378-5348 to get more information and request an application.

Unemployment Benefits may be available for victims of domestic abuse, sexual assault, or stalking if they were forced to leave a job for safety reasons. If you quit your job because you reasonably believed that you or your children were at risk of further harm if you continued to work there, you may be eligible. Call the Public Benefits Hotline at 1-800-520-5292 for more information.

DVERT (Domestic Violence Enhanced Response Team) is a group of community partners who get together to pay special attention to abuse cases that are at high-risk for homicide. Members include representatives from local domestic violence agencies, the police, the District Attorney's office, Legal Aid services, parole and probation, and the Department of Human Services. These team members meet often to discuss how they can work together to help victims of abuse stay safe by offering a number of different services. If you think that DVERT could help you, please contact the Domestic Violence Reduction Unit at 503-823-0090.

Multnomah County Parole and Probation Domestic Violence Unit may be able to assist you if your abuser is under formal supervision (on parole or probation). Parole and Probation officers can help in a variety of ways from holding batterers accountable to securing victim assistance funds. Call your abuser's parole/probation officer (P.O.) directly, or call 503-988-5056 to find out who that officer is.

WomenStrength is an introductory class designed to empower women with basic assertiveness and self-defense skills. Many people who take the course are survivors of domestic or sexual abuse. Participants learn to evaluate risks, identify their strengths, and explore new options for defending themselves against person to person violence. Activities focus on learning and practicing verbal and physical strategies. Class includes discussions on personal safety with strangers, acquaintances, and intimate partners. For more information call 503-823-0260.