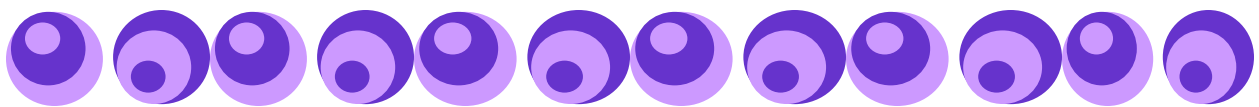

Family Violence and its Aftermath: Rebuilding Generations one Family at a Time



Presented as a follow up to:
**Keeping Infants and Toddlers Safe
(KITS): *Healing the Youngest Victims***

FOR FAMILIES AND PROFESSIONALS



Location:
Depelchin Children's Center
4950 Memorial Drive
Houston, Texas 77007

July 31, 2013

Sponsored by:



WHAT CAN I DO WHEN I KNOW SOMEONE WHO IS A VICTIM OF DOMESTIC VIOLENCE?

- Listen to the victim and believe them.
- Tell them they are not alone and that help is available.
- Let them know that without intervention, abuse often escalates in frequency and severity over time.
- Seek expert assistance. Suggesting that they merely return home places them and their children in real danger.
- Hold the abuser accountable. Don't minimize the abusive behavior. Support them in seeking specialized batterers counseling to help change their behavior. Continue to hold them accountable and to support and protect the victim even after they have begun a counseling program.
- If reconciliation is to occur, it can be considered only after the above steps have taken place.

Source: Harris County Domestic Violence Coordinating Council



RESOURCE GUIDE



Impact of Domestic Violence on Children/ Assessing the risk for Women	4
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The following information was compiled from a variety of sources. This information is intended to be used as a general set of guidelines. Every family has different circumstances and different needs, requiring individualized interventions.

Impact of Domestic Violence on Children

Emotional Effects

Terror at the threat
Anxiety about imminent abuse
Rage at both batterer and non-offending parent
Confusion
Helplessness
Withdrawn

Cognitive Effects

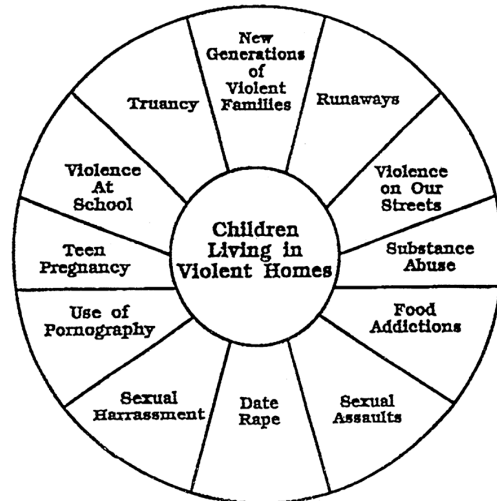
Violence might be "normalized"
Learn that adults are not to be trusted (because of broken promises or they are not believed)
Equate caring with abusive behaviors
Deceptive or indirect communication
Rigid views of sex roles (women are unvalued and men are aggressive)

Physical Effects

Depression
Delayed motor skills
Speech difficulties
Health problems
Suicidal

Behavioral Effects

Developmental delays
Learning in school delayed
Regressive behaviors
Aggressive acting out
Higher risk for criminal and/or addictive behaviors
Violence repeated later in life



(Source: Jackson, J. House of Ruth, Baltimore, MD)

Domestic Violence Assessment: Assessing Risk to the Woman Interviewing Women

Preparation and Considerations

Always interview the woman alone. Sometimes interviewing a battered woman separately from her batterer can be difficult, but be creative. If you are unable to talk with her alone, it is a sign of danger.

Build rapport.

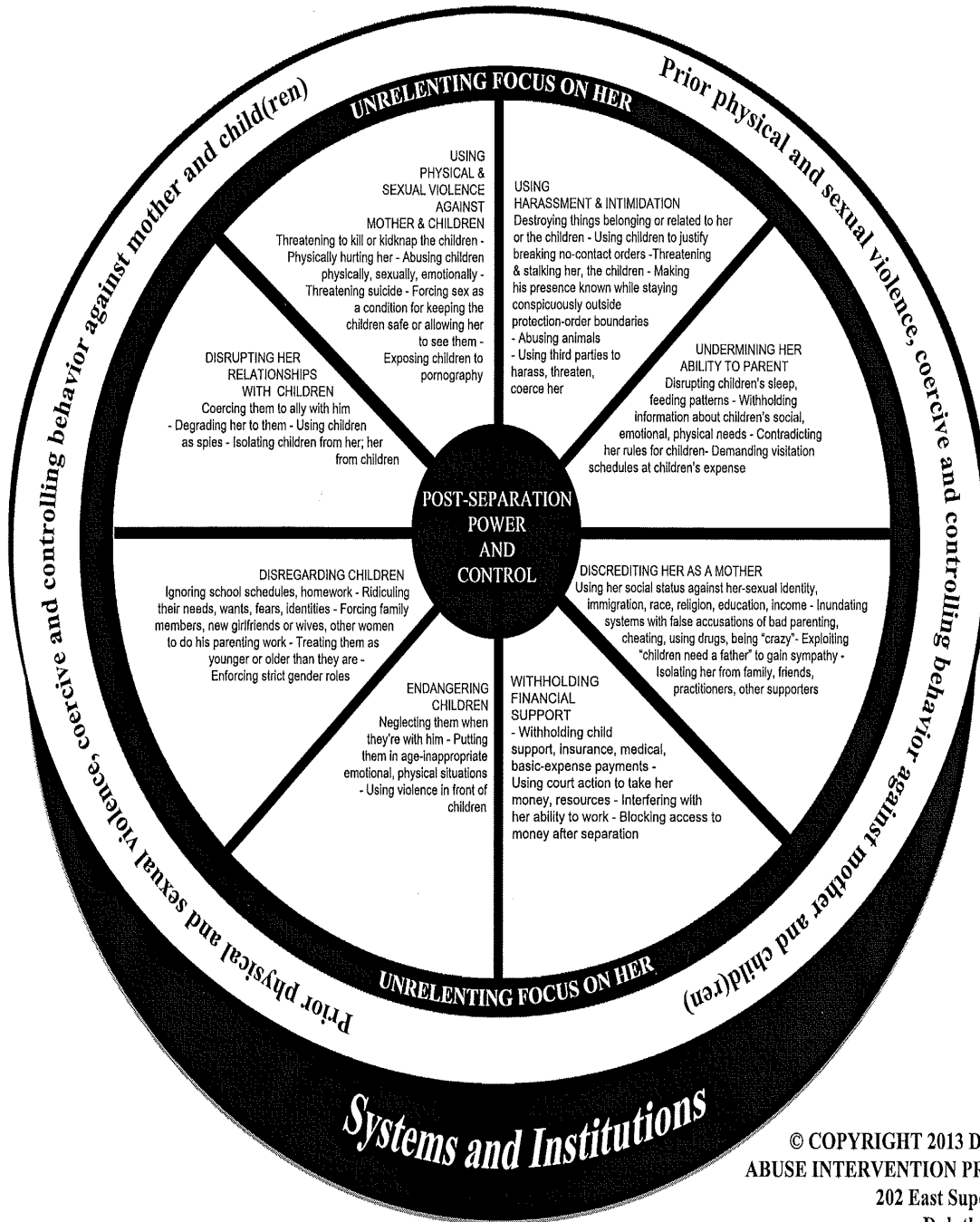
Assure her that you are concerned about her safety as well as her children's safety.

Assure her that you will not confront her batterer with information that she has provided to you, but explain the limits of confidentiality.

Her answers may lead her to start thinking about how to help herself and her children. The information may save her life.

(Sources: Onondaga County Child Protective Services & Domestic Violence Advocates Protocol Manual and Massachusetts Department of Social Services Domestic Violence Unit Manual)

Post Separation Power and Control Wheel



© COPYRIGHT 2013 DOMESTIC ABUSE INTERVENTION PROGRAMS
 202 East Superior Street
 Duluth, MN 55802
 218-722-2781
 www.theduluthmodel.org

ORDERS OF PROTECTION

TYPES OF ORDERS

- PROTECTIVE ORDER
- MAGISTRATE'S ORDER OF EMERGENCY PROTECTION (MOEP)
- TEMPORARY PROTECTIVE ORDER
- RESTRAINING ORDER or INJUNCTION
- NO CONTACT ORDER AS A CONDITION OF BOND IN A CRIMINAL CASE

PROTECTIVE ORDER

- Remains in effect for up to two years. Can request a permanent protective order when Respondent has 1) caused serious bodily injury to a protected person or a member of a protected person's family or 2) when the Respondent has been subject to two or more protective orders.
- Applicant must be related by blood or marriage to the Respondent; or have formerly lived with the Respondent; or be parents of a child; or have been in a dating relationship with the Respondent. A dating relationship includes people who have become victims of violence due to their relationship with a person who previously dated or was related by blood or marriage to the Respondent.
- Must either prove 1) family violence occurred AND is likely to occur again OR 2) that Respondent violated a previous protective order.
- If violated, a Respondent may be arrested and criminal charges filed.
- A concealed handgun license may be suspended for the duration of the order.
- Will likely be subject to an existing custody or visitation order.
- May also include children and pets.
- If in military, Staff Judge Advocate or Provost Marshall has to be notified of order.

How to Obtain a Protective Order:

**Harris County District Attorney's Office-
Family Criminal Law Division
1201 Franklin, 2nd Floor, Suite 2106
Houston, Texas 77002
(713) 755-5888**

**Aid to Victims of Domestic Abuse
(AVDA)
1001 Texas Avenue, Suite 600
Houston, Texas 77002
(713) 224-9911**

Source: Harris County District Attorney's Office, Criminal Law Division

MAGISTRATE'S ORDER OF EMERGENCY PROTECTION (MOEP)

- Remains in effect for up to 61 days (up to 91 days for Aggravated Assault with a Deadly Weapon or Serious Bodily Injury).
- Same relationship requirements as a protective order.
- A MOEP MAY be issued if criminal charges are filed for an offense defined as stalking, or an offense *involving* family violence.
- A MOEP SHALL be issued if the victim suffers serious bodily injury or a deadly weapon is used.
- If violated, a Respondent may be arrested and criminal charges filed.
- To the extent that a MOEP in conflict with another court order, the MOEP supersedes that order for the duration of the MOEP (i.e. custody/visitation order).
- A concealed handgun license may be suspended for the duration of the MOEP.

TEMPORARY PROTECTIVE ORDERS

- Effective for 20 days.
- Same prohibitions, except not enforceable until personally served.
- If violated, may file contempt of court with the court that issued the order or criminal charges, IF the Respondent has been served.

RESTRAINING ORDER or INJUNCTION

- Effective for time stated in order.
- Applicant must be plaintiff in civil case and order issued against Defendant.
- Filed by private attorney in conjunction with civil lawsuit.
- If violated, relief is sought in the court issuing the order on contempt. It is not a criminal offense to violate the Order or Injunction. However, if the Order or Injunction gives the person notice not to go to a certain place, he may be guilty of trespass.

NO CONTACT ORDER

- Effective for duration of criminal case.
- Applicant must be victim or witness in pending criminal case.
- Condition of Defendant's release on bond.
- If violated, relief is sought in the court issuing the order for bond revocation or contempt. Additionally, the Defendant may be charged with the crime of violating certain conditions of bond.

List of Referrals

Source: Harris County District Attorney's Office, Criminal Law Division

CRISIS NUMBERS

<i>Emergency</i> - Police, Sheriff's Dept., Ambulance	911	
Crisis Hotline (24 Hour)	713-HOT-LINE	Hotline
MHMRA – Mental Health Crisis Information (24 Hours)	713-970-7070 www.mhmraharris.org	Mental Health Crisis / Info / Ref
National Domestic Violence Hotline	1-800-799-SAFE www.ndvh.org	Hotline
United Way Information and Referral	211 www.211.org	Referrals to Services
Baytown Police Department – Domestic Violence Unit	281-425-1050 www.baytown.org/public/police	Report Offense / Req. Charges
Harris County Sheriff's Dept. - Domestic Violence Unit	713-967-5743 www.hcso.hctx.net	Report Offense / Req. Charges
Houston Police Dept. - Family Violence Unit	713-308-1100 www.houstontx.gov/police/fvu	Report Offense / Req. Charges
Pasadena Police - Domestic Violence Unit	713-477-1221 www.pasadenatexas.com/police	Report Offense / Req. Charges
Humble Victim Assistance Liaison - PD	281-446-7127 www.humblepolice.com/crimevictims	Report Offense / Req. Charges

COUNSELING/SUPPORT/SOCIAL SERVICE

Aid to Victims of Domestic Abuse (Batterer's Intervention & Prevention)	713-224-9911 www.avda-tx.org	Victim and Batterers' counseling
Alcoholics Anonymous Al-Anon	713-686-6300 www.aahouston.org 713-683-7227 www.houstonalanon.org	Alcohol Abuse / Support for Families
Asian American Family Services	713-339-3688 www.aafstexas.org	Bilingual/Bicultural Counseling and Support Services
Catholic Charities	713-526-4611 www.catholiccharities.org	Multi-Service Agency
* Bay Area Turning Point (Clear Lake Area)	281-286-2525 www.bayareaturningpoint.org	Multi-Service Agency
*		
Bering Support Network	713-526-1017 www.beringsupportnetwork.org	Gay / Lesbian Service
Boat People SOS	281-530-6888 www.bpsos.org	Immigrant/Vietnamese Services
* Casa Juan Diego (For Spanish Speakers)	713-869-7376 www.casajuandiego.org	Hispanic/Immigrant Services
Children's Assessment Center	713-986-3300 www.cachouston.org	Child Sexual Assault Investigation
Christian Community Service Center	713-871-9741 www.ccschouston.com	Multi-Service Agency
Community Family Centers	713-923-2316 www.communityfamilycenters.org	Child/Family Services
DAYA	713-981-7645 www.dayahouston.org	Crisis Services to South Asian Families

Depelchin Children's Center	713-730-2335 www.depelchin.org	Child/Family Services
Early Childhood Intervention	1-800-250-2246 www.dars.state.tx.us/ecis	Free Early Childhood Services
ESCAPE Family Resource Center	713-942-9500 www.learnparent.org	Child/Family Services
Family Services of Greater Houston	713-861-4849 www.familyservices.org	Child/Family Services
* Family Time / The Door (Humble)	281-446-2615 www.familytimeecc.org	Multi-Service Agency
* Fort Bend County Women's Center	281-342-4357 www.fortbendwomenscenter.org	Multi-Service Agency
Harris County Social Services	713-696-7900 www.csd.hctx.net	Em. Aid, Disabled, Indigent
Houston Area Urban League, Inc.	713-393-8700 www.haul.org	Multi-Service Agency
* Houston Area Women's Center	713-528-2121 www.hawc.org	Multi-Service Agency
Houston Council on Alcoholism and Drug Abuse	713-942-4100 www.council-houston.org	Alcohol / Drug Abuse
Interfaith Ministries for Greater Houston	713-522-3955 www.imgh.org	Multi-Service Agency
Jewish Family Services (S.W. Houston)	713-667-9336 www.jfshouston.org	Child/Family Services
Katy Christian Ministries	281-391-5261 www.ktcm.org	Multi-Service Agency
La Rosa/ The Rose	713-699-3974 www.larosafamilyservices.org	Domestic Violence
Mental Health Association Information and Referral	713-522-5161 www.mhahouston.org	Mental Health Referrals
* Montgomery County Women's Center	936-441-7273 www.mcwcthewoodlands.org	Multi-Service Agency
Montrose Counseling Center	713-529-0037 www.montrosecounselingcenter.org	Gay/Lesbian Services
National Alliance on Mental Illness (NAMI)	713-970-4419 www.nami.org www.namiwesthouston.org	Advocacy & Support Services
Neighborhood Centers, Inc.	713-667-9400 www.neighborhood-centers.org	Multi-Service Agency
Northwest Assistance Ministries	281-583-5600 www.namonline.org	Multi-Service Agency
* The Bridge (Pasadena)	713-473-2801 www.thebridgeovertroubledwater.org	Multi-Service Agency
Victim's Rights (District Attorney's Office)	713-755-6655 www.app.dao.hctx.net	TCVCF / Victims of Crime
* Wellsprings, Inc.	713-529-6559 www.homeaidhouston.org/wellsprings	Shelter
Wesley Community Center	713-223-8131 www.wesleyhousehouston.org	Multi-Service Agency

GENERAL SHELTERS / HOUSING

Housing and Urban Development (HUD)	713-653-3274 www.hud.gov	Housing Information
Housing Authority - City of Houston	713-260-0710 www.housingforhouston.com	Housing Information

Houston Apartment Association	713-595-0300, option 4 http://www.haaonline.org/	Tenants Rights Information
S.E.A.R.C.H.	713-529-4598 www.searchhomeless.org	Shelter Ref. / Day Shelter
* Salvation Army	713-650-6530 www.salvationarmyhouston.org	Shelter
* Star of Hope (For Women and Families)	713-222-2220 www.sohmisson.org	Shelter

* Shelters Available

EMPLOYMENT-EDUCATION-JOB TRAINING

Career and Recovery Resources	713-754-7000 www.careerandrecovery.org	Job Training / Referrals
Houston Community College	713-869-5021 www.hccs.org	Education
Houston READ Commission (Literacy Project)	713-228-1800 www.houread.org	Literacy
North Harris County Community College System	281-591-3500 www.lonestar.edu	Education
San Jacinto Community College	281-476-1813 www.sjcd.edu	Education/Information
The Work Source	713-658-0966 www.texasworksource.com	Job Referrals / Training

(Many agencies listed under Counseling/Support/Social Service Agencies offer job training and/or job referrals.)

HEALTH CARE AND BASIC SERVICES

City of Houston Health and Human Services Department	713-794-9320 www.houstontx.gov/health	Emergency Aid
Texas Health and Human Services Commission	https://www.yourtexasbenefits.com/wps/portal	Medical Care
WIC Appointments	713-794-9090 www.houstontx.gov/health/WIC	Women/Infant/Children Aid
De Madres a Madres (From Mothers to Mothers)	713-223-2432 www.demadres.org	Aid / Counseling For Mothers
Harris County Hospital District Eligibility Hotline (Gold Card)	713-746-6600 www.hchdonline.com	Medical Care
Medicare/Medicaid	1-800-442-2620 www.medicare.gov	Medical Care
Children's Health Insurance (CHIP) Application Line	1-877-543-7669 www.chipmedicaid.org	Medical Care - Children
Social Security	1-800-772-1213 www.ssa.gov	Long Term Assistance
TANF(AFDC)/Food Stamps	713-691-0033 aspe.hhs.gov/hsp/abbrev/afdc-tanf.htm	Food Stamps/Financial Aid

LEGAL ASSISTANCE

Aid to Victims of Domestic Abuse (AVDA)	713-224-9911 www.avda-tx.org	Protective Order, Divorce, Child Custody
Associated Catholic Charities	713-526-4611 www.catholiccharities.org	Immigration Legal Issues
Attorney General's Office	1-800-621-0508 www.oag.state.tx.us	Sr. Citizen Legal Issues
Attorney General's Office	1-800-252-8014 www.oag.state.tx.us	Child Support / Est. Custody
Boat People SOS	281-530-6888 www.bpsos.org	Immigration Legal Issues
Dispute Resolution Center / Family	713-755-8274	Referrals / Mediations

Mediation Program	www.co.harris.tx.us/DRC	
Lone Star Legal Aid	713-652-0077 www.lonestarlegal.org	Legal Aid
Harris County District Attorney's Office - FCLD	713-755-5888 www.app.dao.hctx.net	Protective Orders
Harris County Domestic Relations Office	713-755-6757 www.app.dao.hctx.net	Child Support / Enforce Visit.
Houston Lawyer Referral Service	713-237-9429 www.hlrs.org	Referrals
Houston Volunteer Lawyers	713-228-0732 www.hvlp.org	Legal Aid
South Texas College of Law Legal Clinic	713-652-0009 www.stcl.edu	Legal Aid
Tahirih Justice Center	713-250-2175 www.tahirih.org	Immigration Legal assistance
University of Houston Law Center Legal Aid Clinic	713-743-2094 www.law.uh.edu/clinic	Legal Aid / Immigration
Victim Assistance Centre - SAFE Program	713-755-5625 www.victimassistancecentre.com	Supervised Visitation
YMCA International	713-339-9015 www.internationalymca.org	Immigration Issues

TO REPORT ABUSE

Abuse Hotline (TX Dept. of Protective & Regulatory Services)	1-800-252-5400 www.hc-ps.org	Adult, Children, and Disabled
Society to Prevent Cruelty To Animals (SPCA)	713-869-7722 www.houstonspca.org	Animal Cruelty / Neglect

OTHER SERVICES

Consumer Credit Counseling Service	713-923-2227 www.cccsintl.org	Financial Counseling
Harris County Community Supervision (Probation)	713-755-2700 www.hctx.net/csod	Probation Information
Harris County District Clerk's Office - Public Service Dept.	713-755-5770 www.cclerk.hctx.net	Copy of Divorce or Other Doc.
Harris County Information	713-755-5000 www.co.harris.tx.us	County Information
Harris County Jail	713-755-5300 www.harriscojail.com	Jail Inmate Information
Metro Information Line	713-635-4000 www.ridemetro.org	Transportation
RAD (Rape Aggression Defense)- Free class for women through the Harris County Sherriff's Office	713-759-9454 http://hcsa.afenat.com/fieldoperationscommand/patrolsupportservices/communityservices/crimprevention/	Rape Aggression Defense
SPCA Petsafe Program	713-869-7722 ext. 186 www.houstonspca.org	Shelter for pets while in DV shelter
Texas Board of Pardons and Paroles	713-644-0583 www.tdcj.state.tx.us/bpp	Information
Texas Department of Corrections (Victims Assistance Program)	1-800-848-4284 www.tdcj.state.tx.us/victim/victim-home.htm	TDC Inmate Information
VINE (Victim Info & Notification Everyday)	1-877-894-8463 www.texasvine.com	Register to get Inmate Info.

PERSONALIZED SAFETY PLANS

The following steps represent my plan for increasing my safety and preparing in advance for the possibility of further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him/her and how to best get my children and myself to safety.

Safety During A Violent Incident

1. If I decide to leave, I will _____.
(Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would I use?)
2. I can keep my purse and car keys ready and put them (place) _____ in order to leave quickly
3. I can tell _____ about the violence and request they call the police if they hear suspicious noises coming from my house.
4. I can teach my children how to use the telephone to contact the police and the fire department.
(Be careful about placing responsibility on children.)
5. I will use _____ as my code word with my children or my family and friends so they can call for help.
6. If I have to leave my home, I will go _____

(Decide this even if I don't think there will be a next time.)
If I cannot go to the location above then I can go to _____ or _____
_____.
7. I can also teach some of these strategies to some/all of my children.
8. When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as _____.
(Try to avoid arguments in the bathroom, garage, kitchens, near weapons, or in rooms without access to an outside door.)
9. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger.

Safety When Preparing To Leave

1. I will leave/place these items at _____ or with _____
_____ so that if we have to leave in a hurry I can grab them quickly.
 Money Extra keys (car/house) Extra set of clothing (for yourself and your children)
 Important documents and items (or copies of same available) ie Bank account numbers, Birth certificates, Social Security numbers, Driver's license, List of Important telephone numbers, Important financial records (title to car/rent receipts), and Prescription information
2. I will keep open an individual savings account by (date) _____, to increase my independence.

3. I can keep change or a prepaid phone card for phone calls on me at all times. (I understand that if I use my calling card/credit card, the following month the telephone bill will tell my batterer those numbers that I called after I left)
4. I will check with _____ and _____ to see who would be able to let me stay with them or lend me some money.
5. I will sit down and review my safety plan every _____. (No less than 6 weeks) in order to plan the safest way to leave the residence.
 _____ (Caseworker/Friend) has agreed to help me review this plan.

Safety In My Own Residence

Safety measures I can use include: changing the locks on my doors and windows, replacing wooden doors with steel/metal doors, installing security systems, purchasing rope ladders to be used for escape from second floor windows, and installing an outside lighting system that lights up when a person is coming close to my house.

1. I will teach my children how to use the telephone to make a collect call to me and to _____ (friend/minister/other) in the event that my partner takes the children.
2. I will tell people who take care of my children (school, day care staff, baby-sitter, Sunday school teacher) which people have permission to pick up my children and that my partner is not permitted to do so. (Some will require a court order.)
3. I can inform _____ (neighbor), _____ (pastor),
 and _____ (friend) that my partner no longer resides with me and they should call the police if he/she is observed near my residence.

Safety That Includes A Protective Order

I will provide copies of my Protective Order to police/sheriff's departments in the community where I work, in those communities where I usually visit family or friends, and in the community where I live. I recognize that I may need to ask the police and the courts to enforce your Protective Order.

1. I will keep my Protective Order (probation orders or other such legal documents) _____.
(Always keep it on or near my person. If I change purses, that is the first thing that should go in.)
2. The telephone number for the district clerk and local law enforcement agency is _____.
(The District Clerk should contact all law enforcement agencies in my area. I should follow up and check to see if they need a certified copy of the order for enforcement.)
3. I will inform my employer, my minister, my closest friend, _____, and _____ that I have a Protective Order in effect. (Maybe give them copies, too.)

Safety On The Job & In Public

Each battered woman must decide if and when she will tell other that her partner has battered her and that she may be at continued risk. I can use a different bank; grocery stores and shopping malls to conduct business and shop at hours that are different than those when residing with my batterer are helpful. I will always remember

1. I can inform my boss, the security supervisor, and _____, at work of my situation.
2. I can ask _____ to help screen my telephone calls at work.
3. When leaving work, I can _____.
4. When driving home, if problems occur, I can _____.
5. If I use public transit, I can _____.

Safety & Emotional Health

The experience of being battered and verbally degraded by partners is usually exhausting and emotionally draining. The process of building a new live for myself takes MUCH COURAGE AND INCREDIBLE ENERGY.

To conserve my emotional energy and resources and to avoid hard emotional times, I can try to use "I can ..." statement with myself and to be assertive with others. I can also do some of the following:

1. If I feel down and ready to return to a potentially abusive situation, I can _____
_____.
2. When I have to communicate with my partner in person or by telephone, I can _____
_____.
3. I can tell myself – “ _____ ” – whenever I feel other are trying to control me.
4. I can read _____ to help me feel stronger.
5. I can call _____, _____, and _____ as other resources to be of support to me.
6. Other things I can do to help me feel stronger are _____, _____
_____, and _____.
7. I can take care of myself by _____.
8. I can attend workshops and supports groups at _____ or
_____ to gain support and strengthen my relationships with other people.

(Source: Harris County Domestic Violence Coordinating Council)

¿Estan seguros usted y su familia?

¿Conoce usted las señales de la violencia doméstica de alta riesgo?



Estas son algunas de las señales de la violencia doméstica de alta riesgo:

En alguna ocasion, su pareja:

- ¿Le ha agredido mientras estaba embarazada?
- ¿Le ha dejado notas espantosas / amenazantes?
- ¿Le ha espantado con un arma?
- ¿Le ha perseguido o vigilado?
- ¿Le ha forzado a tener relaciones sexuales?
- ¿Ha amenazado con lastimar a sus hijos?

Su pareja:

- ¿Utiliza la violencia, las amenazas, o las intimidaciones?
- ¿Tiene un arma de fuego?
- ¿Piensa que lo está dejando por otra persona?

Si usted está pensando en dejar su pareja abusiva y ha habido una violencia doméstica en el pasado, puede correr un riesgo más ahora que nunca.

Tenga un plan de seguridad y sepa cómo quedarse segura.

¿Sabía usted que solo el observar la violencia les puede hacer daño a los niños? Si sus hijos han observado la violencia doméstica, ellos también necesitan un ayuda.

Póngase en contacto con el **Depelechin Children's Center** para un ayuda y una consejería: **713-730-2335**



Las Señales de un Abusador/a:

- | | | | |
|---|-----------------------------------|--|--|
| → Utiliza la violencia para conseguir lo que el/ella quiere | → Celoso/a | → Dominante | → Esperanzas no Realísticas |
| → Aisla su pareja | → Utiliza el abuso verbal | → Culpa a los demás por sus problemas y sus sentimientos | → Ultrasensible / Se Ofende fácilmente |
| → Cruel con los animals o los niños | → Acosa / Persigue a su Ex-Pareja | → Utiliza la fuerza durante el sexo | → Manipulativo/a |
| → Papeles Rígidos del Género | → Utiliza las Amenazas | → Comportamiento de doble carácter | → Quiebra o Pega los Objetos |



Se usted mira estas señales y quiere un ayuda, favor de llamar a **La Línea Telefónica Nacional de la Violencia Doméstica** (National Domestic Violence Hotline) Ellos le pueden proveer apoyo, información, planes de seguridad, y referencias:

1-800-799-7233

2004 – Harris County District Attorney's Office – Family Criminal Law Division – 1201 Franklin #600, Houston, Texas 77002 713-755-5888

LEVANTANDO LOS CARGOS CRIMINALES

Si usted desea levantar cargos criminales para una **ofensa de la violencia familiar**, debería de ponerse en contacto con la agencia policiaca que corresponde al área donde ocurrió el delito. Póngase en contacto con la agencia policiaca listada en seguida para investigar el caso y, en casos adecuados, levantar cargos. Estas son unas agencias locales, pero hay más en el Condado de Harris:

Departamento de la Policia de Baytown 3200 N. Main Street, Baytown, Texas 77521 281-425-1050 o 281-425-1051	Alguaciles del Condado de Harris Póngase en contacto con el Alguacil que responde a su área y pide hablar con el Diputado que se encarga de los casos de la violencia domestica Número Principal del Condado de Harris: 713-755-5000
Departamento del Sheriff del Condado de Harris 601 Lockwood, Houston, Texas 77011 713-967-5743	Departamento de la Policia de Houston Oficina Principal: 1200 Travis, Cuarto 1101; Houston, Texas 77002 713-308-1100
Departamento de la Policia de Humble 310 Bender, Humble, Texas 77338 281-446-7127	Departamento de la Policia de Pasadena 1114 Jeff Ginn Memorial Drive, 2º Piso Pasadena, Texas 77506 713-477-1221

SOLICITANDO UNA ORDEN DE PROTECCIÓN

Si usted desea solicitar **una orden de protección**¹, o si quiere levantar una queja tocante a la bigamia, la falta de mantenimiento criminal, el encubrir a un niño desertor, o la interferencia de la custodia de los niños (rapto por uno de los padres), comuníquese con:

Harris County District Attorney's Office
 Family Criminal Law Division
 1201 Franklin con San Jacinto, 2º Piso, Cuarto 2160
 Houston, Texas 77002
 713-755-5888

Horas de entrevistar: desde las 8 a.m. hasta las 3 p.m., de lunes a viernes; no se hacen citas.



REFERENCIAS A LOS SERVICIOS LEGALES

Si usted desea levantar un divorcio, una orden de protección, un caso de mantenimiento (child support), un caso de la custodia, o si tiene necesidad de otra ayuda legal, llame a las agencias listadas en seguida para preguntar acerca de sus servicios:

Ayuda para las Víctimas del Abuso Doméstico / AVDA (Aid to Victims of Domestic Abuse)	713-224-9911
<i>(Divorcios y divorcios con orden de protección)</i>	
Oficina del Procurador General del Estado / Attorney General's Office	1-800-252-8014
<i>(Para establecer o hacer cumplir con el mantenimiento de los niños)</i>	
Centro para Resolver las Disputas / Dispute Resolution Center	713-755-8274
<i>(Mediación gratis / referencias legales)</i>	
Oficina de Relaciones Domésticas / Harris County Domestic Relations Office	713-755-6757
<i>(Tocante el mantenimiento de los niños y las visitas)</i>	
Servicio de Referencias a los Abogados de Houston / Houston Lawyer Referral Service	713-237-9429
<i>(Referencias a los abogados particulares)</i>	
Los Abogados Voluntarios de Houston / Houston Volunteer Lawyers	713-228-0732
<i>(Servicios legales generales gratis, incluso los divorcios)</i>	
La Fundación de Ayuda Legal "Lone Star" / Lone Star Legal Aid Foundation	713-652-0077
<i>(Servicios legales generales gratis)</i>	
Clínica de Ayuda Legal de la Universidad de Houston / U of H Law Center Legal Aid Clinic	713-743-2094
<i>(Servicios legales generales gratis)</i>	
Centro de Asistencia a las Víctimas / Victim Assistance Centre	713-755-5625
<i>(El programa SAFE para las visitas supervisadas y localidades para el intercambio de los niños)</i>	

Usted y sus hijos merecen la seguridad.
 No es culpa de usted que la hayan abusado.
 Usted no ha hecho nada para merecer que la lastiman.
 Hay ayuda.
 Usted y sus hijos pueden estar seguros y vivir en paz.



REFERENCIAS A LOS REFUGIOS Y OTROS SERVICIOS SOCIALES

Intervención en la Crisis / Crisis Intervention of Houston - Línea telefónica de Crisis de 24 horas	713-228-1505
<i>(Para referencias a los refugios de emergencia y los servicios sociales)</i>	
Centro para Mujeres del Area de Houston / Houston Area Women's Center - Línea de Crisis de 24 horas	713-528-2121
Asociación de la Salud Mental Informes y Referencias / Mental Health Association Information and Referral	713-522-5161
Línea Telefónica Nacional del Abuso Doméstico / National Domestic Abuse Hotline - 24 horas	1-800-799-7233
Para hacer reporte del abuso de un niño, un anciano, o un incapacitado / Child & Adult Protective Services	1-800-252-5400
La Vía Unida / United Way - Línea de Ayuda (24 horas)	211

¹ Nota: Si usted ya ha solicitado un divorcio, la Oficina del Fiscal no puede levantar una orden de protección de su parte hasta que su divorcio se ha finalizado; pero usted puede pedir que el abogado que le representa para el divorcio levante una orden de protección.

PLANES DE SEGURIDAD PERSONALIZADOS

Los siguientes pasos representan mi plan para incrementar mi seguridad y prepararme por adelantado para la posibilidad de violencia futura. Aunque no tengo control sobre la violencia de mi pareja, Puedo elegir como responder y como resguardar mi seguridad y la de mis niños de la mejor manera.

Seguridad Durante Un Incidente Violento

1. Si decido irme, Yo _____.
(Practique como salirse con seguridad. ¿Que puertas, ventanas, elevadores, escaleras, o escapes de fuego usaría?)
2. Puedo tener mi bolsa y llaves listas y ponerlas en (lugar) _____ para salir rápido
3. Puedo decirle a _____ sobre la violencia y pedirles que llamen a la policía si oyen ruidos sospechosos venir de mi casa.
4. Puedo enseñarles a mis hijos como usar el teléfono para contactar a la policía y a los bomberos.
(Tenga cuidado al darle responsabilidades a un niño.)
5. Usaré _____ como mi palabra clave con mis hijos o mi familia y amigos para que busquen ayuda.
6. Si tengo que salir de casa, me voy a _____

(Decida esto aunque piense que no habra una proxima vez.)
Si no puedo ir a ese lugar entonces puedo ir a _____ o _____
7. También puedo enseñarles algunas de estas estrategias a algunos/todos mis hijos.
8. Cuando crea que vamos a tener una discusión, trataré de moverme a un lugar que sea bajo de riesgo, como _____.
(Trate de evitar discusiones en el baño, garage, cocina, cerca de armas, o en cuartos sin acceso a una puerta hacia fuera.)
9. Usaré mi juicio e intuición. Si la situación es muy seria, Le puedo dar a mi pareja lo que quiera para calmarla. Tengo que protegerme hasta que esté fuera de peligro.

Seguridad Cuando Se Prepare Para Irse

1. Voy a dejar/poner estas cosas en _____ o con _____
_____ para que si tengo que salir de prisa las pueda tomar rapidamente.
 ÍDinero ÍLlaves extra (carro/casa) ÍExtra cambio de ropa (para usted y sus hijos)
 ÍObjetos y documentos importantes (o copias) ie Números de cuenta de banco, Certificados de nacimiento, Números de Seguro Social, Licencia, Lista de teléfonos importantes, papeles financieros importantes (titulo del carro/ recibos de la renta) e información de prescripciones médicas
2. Mantendré abierta una cuenta de ahorros individual para (fecha) _____, para aumentar mi independencia.

3. Puedo guardar cambio o una tarjeta telefónica prepagada para llamar a cualquier hora. (entiendo que si uso mi tarjeta de llamadas/credito, el recibo de teléfono del siguiente mes le dirá a mi abusador que números llamé después de irme)
4. Voy a checar con _____ y _____ para ver que podría dejarme quedar o prestarme dinero.
5. Me voy a sentar a revisar mi plan de seguridad cada _____. (No menos de 6 semanas) para planear la forma más segura de salir de la residencia.

_____ (Trabajadora de casos/Amiga) está de acuerdo en ayudarme a revisar este plan.

Seguridad En Mi Residencia

Las medidas de seguridad que puedo usar incluyen: cambiar las cerraduras de puertas y ventanas, reemplazar las puertas de madera con puertas de metal, instalar sistemas de seguridad, comprar escaleras de lazo que puedan usarse para escapar por las ventanas del segundo piso, e instalar afuera un sistema de alumbrado automático que se prenda cuando alguien se acerca.

1. Le enseñaré a mis hijos como usar el teléfono para llamarme por cobrar o llamar a _____ (amiga/ministro/otro) ien caso de que mi pareja se los lleve.
2. Le diré a la gente que cuida a mis hijos (escuela, guardería, niñera, maestra de escuela dominical) que personas tienen permiso de recoger a mis hijos y que mi preja no lo tiene. (Algunos requieren una orden de la corte.)
3. Puedo informar a _____ (vecino), _____ (pastor), y _____ (amiga) que mi pareja ya no vive conmigo y que deben llamar a la policía si lo (la) observan cerca de mi residencia.

Seguridad Que Incluye Una Orden de Protección

Le daré copias de mi Orden de Protección a la policía/departamento del alguacil en la comunidad donde trabajo, en las comunidades donde usualmente visito a mi familia o amigos y en la comunidad donde vivo. Reconozco que puedo necesitar pedirle a la policía y a las cortes que ejecuten la Orden de Protección.

1. Mantendré mi Orden de Protección (orden de probatoria u otros documentos legales) en _____. (Siempre tenerla cerca de mí. Si cambio de bolsa, es lo primero que debo meter.)
2. El teléfono del secretario del condado y de la policía local es _____. (El Secretario de Distrito debe contactar a las agencias de la ley in my area. Yo debo checar para ver si necesitan una copia certificada de la orden para ponerla en vigor.)
3. Informaré a mi empleador, mi ministro, mi amiga mas cercana, _____, y _____ que tengo una Orden de Protección en efecto. (Tal vez darles copias.)

Seguridad en el Trabajo & En Público

Cada mujer maltratada debe decidir si y cuando le dirá a otros que su pareja la ha maltratado y que puede estar en riesgo continuo. Puedo usar un banco diferente; y hacer mis compras en centros comerciales y tiendas distintas y con otros horarios que no sean los que usaba cuando residía con mi maltratador. Siempre recordaré

1. Puedo informarle a mi jefe, al supervisor de seguridad, y a _____, en el trabajo sobre mi situación.
2. Puedo pedirle a _____ que me ayude a controlar mis llamadas telefónicas al trabajo.
3. Al salir del trabajo, puedo _____.
4. Al manejar a casa, si ocurren problemas, puedo _____.
5. Si uso transporte público, puedo _____.

Seguridad & Salud Emocional

La experiencia de ser maltratada y degradada verbalmente por la pareja es usualmente agotadora y emocionalmente desgastante. El proceso de construir una nueva vida para mí requiere de MUCHO VALOR Y UNA ENERGIA INCREIBLE.

Para conservar mi energía emocional y recursos y para evitar tiempos difíciles en cuanto a lo emocional, puedo tratar de usar declaraciones con “Yo puedo ...” conmigo misma y ser asertiva con otros. También puedo hacer lo siguiente:

1. Si me siento decaída y lista para regresar a una situación potencialmente abusiva, puedo _____
_____.
2. Cuando tenga que comunicarme con mi pareja en persona o por teléfono, puedo _____
_____.
3. Me puedo decir a mí misma – “_____” – cada vez que sienta que otros están tratando de controlarme.
4. Puedo leer _____ para ayudarme a sentir más fuerte.
5. Puedo llamar _____, _____, y _____ como otras fuentes de apoyo.
6. Otras cosas que puedo hacer para sentirme más fuerte son _____, _____, y _____.
7. Puedo cuidarme a mí misma haciendo _____.
8. Puedo asistir a talleres y grupos de ayuda en _____ o _____
_____ Para ganar apoyo y fortalecer mis relaciones con otra gente.

(Source: Harris County Domestic Violence Coordinating Council)

Resources for Further Information

WEBSITES

Children's Defense Fund

www.childrensdefense.org

Child Witness to Violence Project

www.childwitnessstoviolence.org

Futures Without Violence

www.futureswithoutviolence.org

For more information on the Family Intervention Court/ Infant Toddler Court in Harris County, as well as presentation materials for Keeping Infants and Toddlers Safe (KITS), please visit:

<http://www.justex.net/Courts/Drug/DrugCourts.aspx>

National Center on Domestic and Sexual Violence

www.ncdsv.org

National Council of Juvenile and Family Court Judges

[Www.ncjfcj.org](http://www.ncjfcj.org)

National Resource Center on Domestic Violence

www.nrcdv.org

National Sexual Violence Resource Center

www.nsvrc.org

Rape, Abuse and Incest National Network

www.rainn.org

The Battered Women's Justice Project

www.bwjp.org

The "Greenbook" Federal Initiative

www.thegreenbook.info

The Link Research Project: Understanding the Link Between Child Maltreatment and Woman Battering

www.mincava.umn.edu/link

Texas Council on Family Violence

www.tcfv.org

Violence Against Women Online Resources

www.vaw.umn.edu