

## Crisis Intervention Services Offers:

- 24 Hour Toll Free Crisis Line  
**1-877-864-9688**
- Support Groups
- Emergency Safe House
- Family Violence Protection Order Assistance
- Emotional Support  
CIS advocates meet with victims individually and support them through their healing processes and provide support and advocacy during court hearings, law enforcement investigations and rape evidentiary exams.
- Library  
Books and videotapes on a wide variety of subjects including: rape, battering, incest, codependency and eating issues. Free brochures are available on teen dating violence, sexual assault, and domestic violence.
- Prevention/Education Programs  
Upon request, CIS staff will present information on abuse to community groups and schools.
- Crisis Intervention Training  
CIS hosts a forty-hour training that covers a wide variety of topics. It is open to the general public as well as potential volunteers.

*After a while you learn the subtle  
difference between holding  
a hand and chaining a soul,  
And you learn that love doesn't  
mean leaning and company  
doesn't mean security.  
And you begin to learn that  
kisses aren't contracts and  
presents aren't promises,  
And you begin to accept your  
defeats with your head up  
and your eyes open,  
With the grace of an adult  
and not the grief of a child.  
And you learn to build your roads  
on today because tomorrow's  
ground is too uncertain for plans,  
After a while you learn that  
even sunshine can burn  
if you get too much.  
So plant your own garden and  
decorate your own soul instead  
of waiting for someone  
to bring you flowers.*

### *An Anonymous Survivor*


The information contained within this brochure is provided by Crisis Intervention Services for educational and informational purposes only. It is not a substitute for professional legal advice. If you have legal questions, please consult an attorney.

CIS is available to all people without regard to race, color, sex, national origin, religion, political beliefs, sexual preference, ability or disability

# Crisis Intervention Services

1220 13<sup>th</sup> Street  
Cody, Wyoming 82414  
Office: 587-3545

**TOLL FREE CRISIS LINE:  
1-877-864-9688**

335 N. Gilbert Street  
Powell, Wyoming 82435  
Office: 754-7959  
Powell office is handicap accessible 



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General: Division of Victim  
Services

**Domestic Violence is a system of power and control over an intimate partner. Domestic violence includes any and all forms of abuse: physical, sexual, verbal and emotional. The motivation is always to control another person's thoughts and behavior.**

**Common tactics used are:**

➤ **Using Coercion and Threats**

- Making and/or carrying out threats to do something harmful
- Threatening to leave, to commit suicide
- Making the victim drop charges
- Making the victim do illegal things

➤ **Using Intimidation**

- Making the victim afraid by using looks, actions or gestures
- Smashing things, destroying the victim's property
- Abusing pets
- Displaying weapons

➤ **Using emotional abuse**

- Putting the victims down
- Making the victim feel bad about themselves
- Calling names
- Making the victim think they're crazy
- Playing mind games
- Using humiliation
- Using guilt

➤ **Using Isolation**

- Controlling what they do, who they see and talk to, what they read and where they go
- Limiting their outside involvement
- Using jealousy to justify actions

➤ **Minimizing, denying and blaming**

- Making light of the abuse and not taking concerns about it seriously
- Saying the abuse didn't happen
- Shifting responsibility for abusive behavior to the victim
- Saying the victim caused it

➤ **Using children**

- Making the victim feel guilty about the children
- Using the children to relay messages
- Using visitation to harass the victim
- Threatening to take the children away

➤ **Using economic abuse**

- Preventing them from getting or keeping a job
- Making them ask for money
- Giving them an allowance
- Taking their money
- Not letting them know about or have access to family income

**Why Victims Stay:**

- Fear of the unknown
- Feeling hopeless, depressed or shamed
- Economic dependence
- Fear of greater physical danger to themselves and their children
- Fear of losing custody of children
- Lack of alternative housing
- Lack of job skills and fear of not being able to find a job
- Lack of emotional support from family or friends
- Lack of familiarity with the legal system
- Fear of retaliation
- Fear of loneliness
- Guilt about failure of relationship
- Hope that the abuse will change

Crisis Intervention Services recognizes the many needs of victims of domestic violence. Victims need someone who will listen and understand. Violent and controlling behavior is not acceptable.

Crisis Intervention Services is a non-profit organization helping people cope with problems of domestic violence and sexual assault. CIS is working to attain a violence-free life for people in the Park County community.

CIS is available to all people without regard to race, color, sex, national origin, religion, political beliefs, sexual preference, ability or disability.



We believe all people have a right to a life free of physical violence, sexual assault, verbal/emotional abuse and restriction of personal liberty.

We believe that violence is a societal problem, a learned behavior, and with intervention, the cycle of violence can be broken.

We believe in the worth, dignity and uniqueness of the individual and we support these values through education, personal growth, self-reliance and self-determination.