

## Checklist

### What You Need To Take With You If You Leave:

#### Identification:

- Driver's license
- Children's birth certificates
- Your birth certificate
- Social security cards
- Welfare identification
- The abusers Social Security number and date of birth(child support enforcement)

#### Financial:

- Money & credit cards
- Bank books
- Checkbooks

#### Legal Papers:

- Family Violence Protection Order
- Lease, rental agreement, house deed
- Car registration & insurance papers
- Health & like insurance records
- Medical records for you & your children
- School records
- Divorce papers/Marriage Certificate
- Custody papers

#### Other:

- House & car keys
- Medications
- Address book
- Phone card
- Pictures of you, children & abuser
- Toiletries & diapers
- Change of clothes for you & children
- Jewelry
- Small saleable objects

### Other Suggested Measures:

- Stash money
- Hide keys (outside)
- Gather & hide documents
- Packed suitcase (or one drawer with things)
- Contact relatives (for possible future help)
- Check out jobs, housing, etc.
- Talk to neighbors
- Fingerprint children/obtain dental records
- Get own mail drop (P.O. Box)
- New child care facility (that abuser is unaware of)

Abusers who are extremely domineering and controlling frequently keep or destroy documentation (birth certificates, immunization records) as part of their control of the family, thus preventing seriously delaying the family's receiving welfare benefits or housing assistance.

#### Resources:

In an emergency ..... 911  
Crisis Intervention Services

**(toll free) 1-877-864-9688**

#### Police/Sheriff's Department

Cody ..... 527-8700  
Powell ..... 754-2212

#### County Attorney/Victim Witness

Cody ..... 527-8660  
Powell ..... 754-8860

#### Department of Family Services

Cody ..... 587-6246  
Powell ..... 754-2245

#### Northwest Family Planning..... 527-5174

West Park Hospital..... 527-7501

Powell Hospital..... 754-2267

#### Park County Mental Health

Cody ..... 587-2197  
Powell..... 754-3448

## Crisis

## Intervention

## Services

# Making A Plan...

Stopping the Cycle of Abuse

1220 13<sup>TH</sup> STREET  
CODY, WYOMING  
OFFICE: 587-3545

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

335 N. GILBERT STREET  
POWELL, WYOMING  
OFFICE: 754-7959

POWELL OFFICE IS HANDICAP ACCESSIBLE



## Safety during a violent incident:

If an argument seems unavoidable, try to have it in a room or area that has access to an exit and not in the bathroom, kitchen, or anywhere near weapons. Keep at least 3 feet away when in a heated conversation.

Practice how to get out of your home safely. Identify which doors, windows, elevator, or stairwell would be best.

Have a packed bag ready and keep it in an undisclosed but accessible place in order to leave quickly.

Identify a neighbor you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.

Devise a code word to use with your children, family, friends, and neighbors when you need the police.

Decide and plan where you will go if you have to leave home (even if you don't think you will need to leave home).

Use your own instincts and judgment. If the situation is very dangerous, consider giving the abuser what he wants to calm him down. You have the right to protect yourself until you are out of danger. Don't lecture, preach, put down, belittle, blame, threaten or argue with the abuser when they are angry. You may feel better, but the situation will be worse.

Don't fight back or throw the first punch. This leads to more violence.

If the abuser "gets in your face" yelling, close your eyes and don't respond.

Don't lose your temper and thereby destroy yourself. It will only be turned around against you.

Always remember – You don't deserve to be hit or threatened!

## Safety when preparing to leave:

Open a savings account in your own name to establish or increase your independence. Think of other ways in which you can increase your independence.

Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust so you can leave quickly.

Determine who would be able to let you stay with them or lend you some money.

Keep the safe house phone number close at hand and keep some change or a calling card on you at all times for emergency phone calls.

Review your safety plan as often as possible in order to plan the safest way to leave your batterer.

Don't cover up the consequences of their rage and anger.

Remember, leaving your abuser is the most dangerous time.

## Safety in your own home:

Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.

Tell your children's school, day care, etc., who has permission to pick up your children and who doesn't have permission.

Discuss a safety plan with your children when you are not with them.

Inform your neighbors and landlord that the offender no longer lives with you and that they should call the police if they see the abuser near your home.

## Your safety & emotional health:

If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.

When possible, call someone you can speak with and discuss your anger and hurt. The longer you wait, the more resentful you will become.

Don't allow your insecurity, anxiety, helplessness or powerlessness to compel you to do for the abuser what they must do for themselves.

If you have to communicate with the abuser, determine the safest way to do so.

Don't allow the abuser to blame you – let their anger be their own.

Have positive thoughts about yourself and be assertive with others about your needs.

Read books or articles to help you feel stronger.

Decide who you can call to talk to freely and openly to give you the support you need.

Plan to attend support group for at least one month to gain support from others and learn more about yourself and the relationship.