

## **Crisis Intervention Services Offers:**

- 24 Hour Toll Free Crisis Line  
1-877-864-9688
- Support Groups
- Emergency Safe House
- Family Violence Protection Order assistance
- Stalking 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 videos 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.

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

We believe that violence is a societal problem, a learned behavior, and with intervention and education, 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.

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*This pamphlet is sponsored in part by the Office of the Attorney General: Division of Victim Services.*

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

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



**Toll Free 24-Hour Crisis Line**  
**1-877-864-9688**

Cody Office  
1220 13th St.  
Cody, WY  
307-272-4754

Powell Office\*  
335 N. Gilbert Street  
Powell, WY  
307-754-7959  
Fax: 307-754-4448

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\*Powell office is ADA accessible 

**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/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 the victim from getting or keeping a job
- Making the victim ask for money
- Give the victim an allowance
- Taking the victim's money
- Not letting the victim 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 challenges that victims of domestic violence face.**

**Crisis Intervention Services listens and provides unconditional support to victims.**

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

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*After awhile 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 with the grief of a child.*

*And you learn to build your roads on today because tomorrow's ground is too uncertain for plans, after awhile 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