

Safety Plan & Larimer County DV/Victim's Resources

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Personalized Safety Plan

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 myself and my children to safety.

Safety During A Violent Incident

Victims cannot always avoid violent incidents. In order to increase safety, they may use a variety of strategies.

Use some or all of the following strategies:

- If I decide to leave, I will:

(Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?)

- I can keep my purse and car keys ready and put them (place)

in order to leave quickly.



● I can tell

[Empty text box for writing]

about the violence and request they call the police if they hear suspicious noises coming from my house.

● I can also tell

[Empty text box for writing]

about the violence and request they call the police if they hear suspicious noises coming from my house.

● I can teach my children how to use the telephone to contact the police and fire department.

● I will use

[Empty text box for writing]

as my code word with my children or my friends so they can call for help.



- If I have to leave my home, I will go

[Empty text box for response]

(Decide this even if you don't think there will be a next time.)

- If I cannot go to the location above, then I can go to

[Empty text box for response]

or

[Empty text box for response]

- I can also teach some of these strategies to some/all of my children.
- When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as

[Empty text box for response]

(Try to avoid arguments in the bathroom, garage, and kitchens, near weapons or in rooms without access to an outside door.)



- 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.

Personal Safety

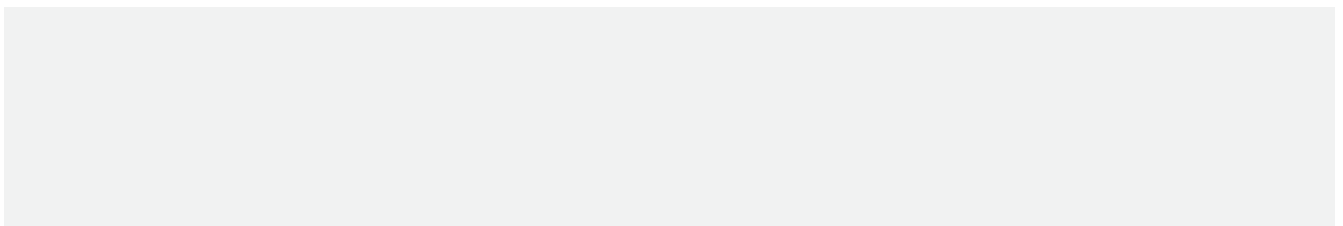
- Rent a post office box and remove your home address from personal checks, business cards, and mailing lists. File a change of address card with the post office to have all mail sent to your post office box.
- Get a driver's license with your new address, and do the same with other identification, credit, and membership cards.
- Register to vote with a private mailing address or file for confidential voter status.
- Get an unlisted telephone number with caller I.D.

Safety When Preparing To Leave

Victims frequently leave the residence they share with the abusive partner. Leaving must be done with a careful plan in order to increase safety. Abusers often strike back when they believe that a victim is leaving a relationship.

Use some or all of the following safety strategies:

- I will leave money and an extra set of keys with



so I can leave quickly.



- I will keep copies of important documents or keys at

- I will open a savings account by

to increase my independence.

- Other things I can do to increase my independence include:

- I will open a savings account by

to increase my independence.



- The domestic violence program's hotline number is

[Redacted area]

I can seek shelter by calling this hotline.

- I can keep change for phone calls on me at all times. I understand that if I use my telephone credit card, the following month the telephone bill will tell my abuser those numbers that I called after I left. To keep my telephone communications confidential, I must either use coins or I might get a friend to permit me to use their telephone credit card for a limited time when I first leave.

- I will check with

[Redacted area]

and

[Redacted area]

to see who would be able to let me stay with them or lend me some money.



- I can leave extra clothes with

[Empty text box for notes]

- I will sit down and review my safety plan every

[Empty text box for notes]

in order to plan the safe way to leave the residence.

- I will sit down and review my safety plan every

[Empty text box for notes]

(Domestic advocate or friend) has agreed to help me review the plan.

Safety In My Own Residence

There are many things that a victim can do to increase his or her safety in his or her own residence. It may be impossible to do everything at once, but safety measures can be added step by step.



- I can change the locks on my doors and windows as soon as possible.
- I can replace wooden doors with steel/metal doors
- I can install security systems including additional locks, window bars, poles to wedge against doors, electronic system, etc.
- I can purchase rope ladders to be used for escape from second floor windows.
- I can install smoke detectors and purchase fire extinguishers for each floor in my house/apartment.
- I can install an outside lighting system that lights up when a person is coming close to my house.
- 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.



- I will tell people who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform about pick-up permission include:

School

Day Care Staff

Babysitter

Sunday school teachers

Teachers

Others

- I can inform

Neighbor

Pastor

Friend

That my partner no longer resides with me and they should call the police if he/she is observed near my residence.



Safety With A Protection Order

Many abusers obey Protection Orders, but one can never be sure which violent partner(s) will obey and which will violate Protection Orders. I recognize that I may need to call the police and the courts to enforce my Protection Order.

The following are some steps I can take to help the enforcement of my Protection Order:

- I will keep my Protection Order

(Location, Always keep it on or near your person. If you change purses, the Order is the first thing that should go in.)

- I will give my Protection Order to police departments in the community where I work, in those communities where I usually visit family or friends, and in the community where I live.
- There is a state registry of Protection Orders that all police departments can call to confirm a Protection Order. I can check to make sure that my Order is in the registry by calling my local law enforcement agency.
- I can call the local domestic violence program if I have some problem with my Protection Order.



- I will inform my employer, my minister, my closest friend and

[Redacted area]

and

[Redacted area]

that I have a Protection Order in effect.

- If my partner destroys my Protection Order, I can call the police and report a violation, contact my attorney, call my advocate and/or advise the court of the violation.
- If the police do not help, I can contact my advocate or attorney and will file a complaint with the chief of the police department.

Safety On The Job And In Public

Each victim must decide if and when she will tell others that his or her partner has battered him or her and that s/he may be at continued risk. Friends, family, and coworkers can help to protect him or her. Each victim should consider carefully which people to invite to help secure his or her safety.



I can do one or all of the following:

- I can inform my boss, the security supervisor, and

[Empty text box for response]

at work of my situation.

- I can ask

[Empty text box for response]

to help screen my telephone calls at work

- When leaving work, I can

[Empty text box for response]

- When driving home, if problems occur, I can

[Empty text box for response]



- If I use public transit, I can

- Make a plan to escape should your abuser enter your workplace.
- Ask a co-worker or your supervisor to call you or a family member if you do not show up at work by a certain time without prior notice.

I can use different grocery stores and shopping malls to conduct my business and shop at hours that are different than those when residing with my abuser.

I can use a different bank and take care of my banking at hours different from those I used when residing with my abuser.

I can also:

Safety On The Job And In Public

Most people in this culture use alcohol. They may use mood-altering drugs. Much of this use is legal and some is not. The legal outcomes of using illegal drugs can be very difficult on a victim, may hurt his or her relationship with her children and put her at a disadvantage in further legal actions with his or her abuser. Therefore, victims should carefully consider the social cost of the use of illegal drugs. But beyond this, the use of any alcohol or other drugs can



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- If drug or alcohol use has occurred in my relationship with the battering partner, I can enhance my safety by some or all of the following:

- If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.

- I can also



- If my partner is using, I can

- I might also

- To safeguard my children, I might

and

Safety And My Emotional Health

The experience of being battered and verbally degraded by abusers is usually exhausting and emotionally draining. The process of building a new life for myself takes much courage and incredible energy.



To conserve my emotional energy and resources and to avoid hard, emotional times, I can do some of the following:

- If I feel down and ready to return to a potentially abusive situation, I can

- When I have to communicate with my partner in person or by telephone, I can

- I can try to use "I can..." statements with myself and to be assertive with other people.

- I can tell myself

- whenever I feel others are trying to control or abuse me.

- I can read to help me feel stronger.



- I can call

[Empty text box for writing]

and

[Empty text box for writing]

to help me as other resources to be of support to me.

- Other things I can do to help me feel stronger are

[Empty text box for writing]

and

[Empty text box for writing]

- I can attend workshops and support groups at the domestic violence program or

[Empty text box for writing]

and

[Empty text box for writing]

to gain support and strengthen by relationships with other people.



Items To Take When Leaving

When victims leave partners, it is important to take certain items with them. Beyond this, victims sometimes give an extra copy of papers and an extra set of clothing to a friend just in case they have to leave quickly.

Items with asterisks on the following list are the most important to take. If there is time, the other items might be taken or stored outside the home.

These items might best be placed in one location, so that if I have to leave in a hurry, I can gather them quickly.

When I leave, I should take:

*Identification for myself	Bank books
*Birth certificates	Insurance papers
*Social Security cards (write down his number)	Small saleable objects
*School and health records	Welfare Identification
* Money	Work permits
*Checkbook, ATM card	Green card
*Credit cards	Passport(s)
*Keys- house/car/office	Divorce papers
*Driver's license and registration	Address book
* Medications	Pictures
*Copies of police reports	Jewelry
Medical records for all family members	Children's favorite toys or blankets
Lease/rental agreement, house deed	Items of special sentimental value
Mortgage payment book	



Phone Numbers I Need To Know:

Police department - Home:

Police department - School:

Police department - Work:

Battered Women's Program:

Work number:

Supervisor's number:

Minister:

Other:

Other:

Other:

Other:

Name:

Date:

Review dates:



Larimer County Numbers:

The Larimer County Sheriff's Office Victim Response Team (VRT) was established in 1994 to provide services for victims. The Victim Response Team provides assistance to victims 24 hours, 7 days a week, 365 days a year. In addition to the support provided victims, one of the main goals of the victim response team is to inform victims of the legal rights afforded them under title 24 in the Colorado Statutes. The Victim Response Team assures that victims are aware of their legal rights by providing and explaining a victim rights pamphlet.

The Victim Response Team also responds and provides assistance in situations including suicide, unattended deaths, family problems, floods, fires, missing persons, death notifications, and critical incidents.

Services Provided Can Include:

- On-scene assistance
- Emotional Support
- Referrals to local resources
- Crime Victim Compensation (CVC) provides financial assistance to eligible crime victims to lessen the financial burden placed upon them as a result of a crime.
- Assistance with bond hearings



Contact Information

Address: 2501 Midpoint Drive, Fort Collins, CO 80525

Website: www.larimer.gov/sheriff/investigations/victim-response-team

Email: sheriff-victims-response@co.larimer.co.us

Phone: (970) 498-5149

Other local law enforcement agencies:

- **City of Fort Collins Police Department:** www.fcgov.com/police, Non-Emergency Number: (970) 419-3273
- **City of Loveland Police Department:** www.lovgov.org/services/police, Non-Emergency Number: (970) 667-2151
- **Colorado State Patrol:** csp.colorado.gov/services-we-provide/victim-rights, Non-Emergency Number: (303) 239-4501

Local Agencies

Crossroads Safehouse (Fort Collins)

Offers free emergency safe housing, advocacy, legal assistance, rapid rehousing, crisis intervention, and education. They have a secure safehouse where food, clothing, and support is provided for residents.

Website: <https://www.crossroadssafehouse.org/>

Hotline & Info: (970) 482-3502



Alternatives To Violence (Loveland)

Alternatives to Violence provides free safe emergency shelter, 24-hr crisis intervention and advocacy, court advocates, community resource referrals, limited transitional housing and housing referrals, support groups, educational programs. All these services are free for victims of domestic violence, sexual assault and human trafficking.

Website: <http://www.alternativestoviolence.org/>

Main Line: (970) 669-5150

SAVA Sexual Assault Victim Assistance (Fort Collins/Loveland/Greeley)

Provides support for survivors of sexual violence and their families, including community based advocacy services, individual and group therapy (ages 3+) and prevention education programming.

Website: <https://savacenter.org/>

Crisis Line: (970) 472-4200

Childsafe

Provide comprehensive treatment to victims of child abuse (primarily sexual abuse), and their non-offending family members, and adult survivors of childhood abuse. Also provide group therapy, neurofeedback, and parenting classes. No family is turned away due to lack of financial resources.

Website: <https://www.childsafecolorado.org/>

Main Line: (970) 472-4133



Connections (Fort Collins)

Connections links clients with behavioral health resources in Larimer County, while providing answers, options, and support along the way. For both the adult team and CAYAC (Child, Adolescent and Young Adult Connections), clients will speak with a behavioral health provider for assessment/screening and emotional support, free of charge. Connections adult services' offers walk-in and call-in services. (We are currently not seeing clients on a walk-in basis due to the COVID-19 pandemic). Low cost, short term, in-house services are available dependent upon staff availability. Services are strictly confidential.

Website: www.healthdistrict.org/services/connections-adult-services

Adult Services: (970) 221-5551

Child, Adolescent, and Young Adult: (970) 221-3308

Summitstone Health Partners (All of Larimer County)

They are The community mental health partner for residents of Larimer County. SummitStone's mission is to provide unsurpassed behavioral prevention, intervention and treatment services in order to transform lives through recovery, renewal and respect.

Website: www.summitstonehealth.org/

Main Line: (970) 494-4200 x4

Crisis Line: 844.493.8255 (TALK)

Text TALK to 38255



Colorado Legal Services

Provides high quality, civil legal services for low-income persons and seniors (age 60 and over). CLS prioritizes victims of domestic violence in their family law cases.

Applications taken online at <https://www.coloradolegalservices.org> or by phone at 970-493-2891 ext. 261

Justice Center, Court Resource Center

The center is part of a Colorado Judicial Branch program to assist the growing number of people who are not represented by attorneys in issues such as divorce and family matters, evictions and small claims disputes. Cannot provide any legal advice but can assist with court process and procedure.

- Open Monday, Wednesday, and Friday from 8:00 to 4:00
- 201 Laporte Avenue, First floor, Fort Collins, CO 80521
- 08SelfHelp@judicial.state.co.us
- 970-494-3500. Press 5 to speak with a clerk and ask to be transferred

Rocky Mountain Victim Law Center

Rocky Mountain Victim Law Center (RMVLC) is a Colorado nonprofit law firm providing free legal services to victims of crime in Colorado through our Victim Rights Legal Services, Legal Information Network of Colorado, and Title IX programs. RMVLC elevates victims' voices, champions victims' rights, and transforms the systems impacting them.

- 899 Logan Street #512, Denver. CO 80203
- Website: www.rmvictimlaw.org
- (303) 295-2001

