

SAFETY PLANNING

Identify A Safe Area in Your House

- Install inside locks on a door.
- Plan barricades.
- Choose a room with a window.
- Teach your children how to call 911.
- Remove weapons from the home.
- If you feel an abusive episode is inevitable, move towards your safe area. Stay away from the kitchen (where knives are kept) and stay out of rooms with no windows for escape, like the bathroom.

Find A Safe Shelter and Know How You Will Get to It

- Make transportation arrangements with a friend or family member.
- Call ahead to notify them of your situation.
- Call Casa de Esperanza; they may be able to provide transportation.

Document the Abuse

- Keep a journal (make sure it is hidden).
- Get photos taken of damage to yourself/property.
- Get medical attention and have them document the abuse, keep copies of the hospital/counseling bills.
- Show the injuries to a friend.
- Make copies of bills for damage to property.

Keep Identification/Important Papers

- Drivers License
- Social Security Cards (yours and your children's)
- Birth certificates, immunization records
- Immigration Papers
- Rent receipts or mortgage papers
- Prescriptions
- Car title and registration
- Tax records
- Address book

Have Money and Keys

- Start hiding some cash for yourself, save pay-stubs.

Pack a Suitcase

- Hide a suitcase in the car, under a bed, at church, in the garage or in a public locker.

When You Leave

- Try to leave while your abuser is not home, or ask the police for help.
- Try to take your children with you, but if you can't, do not assume you will lose custody because of abandonment.

HELPFUL RESOURCES

Colusa County District Attorney's Office

(530) 458-0545

Victim Witness Program

(530) 458-0449

Colusa County Superior Court/Family Law

(530) 458-5149

Colusa County Sheriff's Department

(530) 458-0200

Colusa County Police Department

(530) 458-7777

Williams Police Department

(530) 473-2661

Child Protective Services

(530) 458-0280

Adult Protective Services

(530) 458-0280

Casa de Esperanza Shelter

(530) 674-2040

Rape Crisis Intervention

(530) 891-1331

Important Things to Remember:

YOU ARE NOT TO BLAME.
YOU DID NOT CAUSE THE ABUSE.
YOU ARE NOT ALONE.
HELP IS AVAILABLE.

In California, Domestic Violence is a crime.

Criminal code section 273.5 requires criminal penalties including jail or prison and participation in a 52 week batterer's treatment program.

To meet the criteria for arrest under 273.5 the partners must be married, living together, or have a child in common and the victim must have visible injuries.

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DISTRICT ATTORNEY'S OFFICE

County of Colusa

MATTHEW R. BEAUCHAMP
DISTRICT ATTORNEY

Domestic Violence



VICTIM WITNESS PROGRAM

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COLUSA, CALIFORNIA 95932

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What is Domestic Violence?

Domestic violence is a pattern of behaviors where one partner tries to maintain control of the other through the use of physical force, intimidation and threats. The abuse can take many different forms:

Physical: Kicking, punching, shoving, slapping, pushing, burning, biting, strangling or kicking.

Sexual: Forced or pressured sexual acts, criticizing his/her body parts and rape (even if married).

Emotional: Excessive jealousy, crazy making, mind games, isolation from friends and family, making the victim feel worthless and threats.

Verbal: Name calling and put-downs.

Spiritual: Attacking the victim's spiritual or religious beliefs or misquoting scripture to justify abuse.

Financial: Controlling the victim's economic status and basic needs, withholding money and prohibiting the victim to work.

Destructive Acts: Destruction of victim's property, vandalism and harming or killing pets.

Homophobic: Threatening to "out" the victim's sexual orientation.

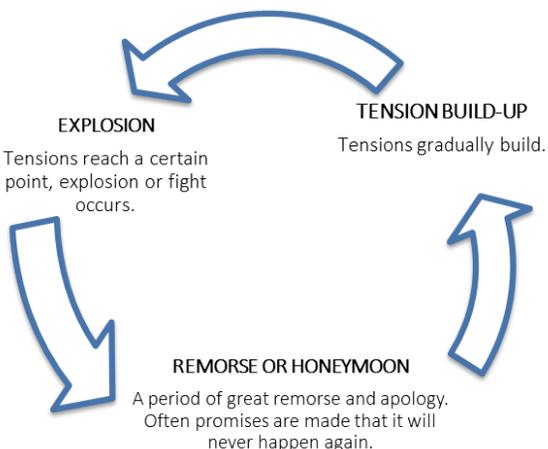
Immigration: Using fear of deportation.

Domestic Violence is about power and control over another person. It is not a problem with anger. Abusers can act charming, loving and attentive...when they want to. Drinking, drugs, genetics, the victim's behavior or stress does not cause domestic violence. It is a learned behavior.

Domestic Violence happens in all races, religions and socio-economic groups.

An abusive relationship is not abusive at all times. It follows a three-phase cycle known as:

THE CYCLE OF VIOLENCE



Understanding Why Victims Stay

- Victims fear they will be beaten more severely if they try to leave, abusers often threaten to find and kill or harm the victim and their families.
- Victim depends on the batterer for economic security, food, shelter, immigration status, or other necessities.
- Victims believe they will have no one to talk to, who understands or believes them.
- Victims believe their children need two parents, and do not want to raise them alone.
- The abuser has threatened to commit suicide if the victim leaves.
- The victim is ashamed of the situation and believes that others will think negatively of them.
- They fear deportation.
- They fear being "outed".
- They believe they can save the abuser and help them change.

Victims often leave their abusers an average of 5 to 7 times before they are able to leave permanently. Only the victim can decide what is best for them and their children. Never tell a victim "Just leave him/her". The victim must develop a safety plan. They will know when it will be the best time to leave.

Domestic Violence Restraining Order

A domestic violence restraining order is a protective order issued under the Domestic Violence Prevention Act. A person is eligible for a restraining order, which can last up to three years, if they had a relationship with their abuser that fits one of the following categories:

- **Relative**
- **Relative by Marriage**
- **Dating**
- **Living Together**
- **Children in Common**

A victim can obtain an order which prevents the abuser from contacting the abused party by any means including physical contact, physical violence, threats, third party contacts, telephone calls and harassment. The victim can also protect members of their household and immediate family from abuse by adding them to the order. The victim can also obtain child custody and child support orders with the order.

Forms can be picked up from the Colusa County Superior Court (547 Market Street), Family Law Facilitator's Office. (530) 458-0602

Timeline for Restraining Order

1. Submission of paperwork to Colusa Superior Court.
2. Judge signs or returns rejected paperwork with an explanation.
3. Get proof of service from Sheriff's Office or person doing the service (at least 5 days before hearing).
4. Submit proof of service to court.
5. At your hearing request a permanent restraining order.
6. The court will provide you with five certified copies of your Restraining order after hearing.

**If children are involved the court may order mediation which will be followed by a second hearing and possible additional hearings.*