

Take Action To Stop Abuse

Take the First Step: Tell someone: a friend, a co-worker, the police, a victim advocate or a confidential abuse hotline.

Utah Confidential Link Line: 800-897-5465

Have a Safety Plan.

- * Pack a bag and leave it with a friend or family member you can trust.
- * Plan an escape route and practice it in case you need to leave quickly.
- * Plan where you will go to be safe.
- * Keep an emergency list of phone numbers hidden including the local domestic violence shelter.
- * Document abuse even if you don't feel comfortable reporting it to police.
- * Have a bank account in only your name.
- * Consider talking to a Victim Advocate about protective order options and other options to keep you safe.
- * Call police for assistance before returning home for anything.
- * Safety plan and use a code word with your children to go for help.
- * Get support from local victim assistance program.

CASE NUMBER:

RESPONDING OFFICER:

Resource List

SHELTER

(Available 24 hrs a day)

Your Community Connection (Weber Co.).....(801)394-9456

YCC 24/7 Crisis Line(801) 392-7273

Safe Harbor Crisis Center (Davis Co.)..... (801) 444-9161

New Hope Crisis Center (Box Elder).....(801)734-2233

VICTIM ADVOCATE PROGRAMS

(Assistance for Victims of Violent Crimes)

YCC Victim Advocate Program.....(801)392-7273

Roy City Victim Advocates.....(801)774-1008

Ogden Justice Court Victim Advocate.....(801)629-8593

Weber Co. Attorney Victim
of Crime Assistance Program.....(801)399-8377

Hill AFB Victim Advocates.....(385)209-1811

Weber State University
Safe@Weber Advocacy Services.....(801)626-6090

COUNSELING SERVICES

(Licensed Domestic Violence Treatment Programs)

Office of Licensing
Department of Human Service.....(801)538-4242
Website: www.hslic.utah.gov

Utah Confidential Domestic Violence
Information LINK LINE.....(800)897-5465
Website: www.udvc.org

Utah 211.....call 211 or visit www.uw.org/211/resources

LEGAL

Utah Legal Services.....Ogden.....(801)394-9431
(Protective Orders, Divorce, Child Custody, etc)

2nd District Court (Weber County)
2525 Grant Ave, Ogden.....(801)395-1079

SEXUAL ASSAULT / RAPE

YCC Rape Crisis Line.....(801)392-7273

Rape / Sexual Assault Crisis Line.....(888)421-1100

Utah Coalition Against Sexual Assault.....(866)878-2272

Weber State University
Safe@Weber Advocacy Services.....(801)626-6090

OTHER ABUSE RELATED RESOURCES

Child Protective Services Hotline.....(855)323-3237

Weber/Morgan Childrens Justice Center.....(801)778-6261

Adult Protective Services Hotline.....(800)371-7897

Utah Office for Victim of Crime
(Financial compensation for victims of crime).....(800)621-7444

Victim Information and Notification Everyday
(VINE).....(877)884-8463



Domestic Violence Resources

Crisis and Information Lines

Weber County non emergency dispatch.....(801)395-8221

YCC 24hr Crisis Line.....(801)392-7273

UT Domestic Violence LINK line.....(800)897-LINK (5465)

National Domestic Violence Line.....(800)-799-7233

Information and Referral in Utah dial.....211

EMERGENCY 911

Visit our website: www.dvcoalition.org

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What is Domestic Violence?

Domestic Violence includes a variety of abusive behaviors and/or threats of abuse. It can be a combination of physical, sexual, and/or psychological abuse.

Types of Abuse

Physical abuse:

Hitting, punching, shoving, kicking, biting, choking, slapping, shaking, pinching, using weapons and objects, restraining or threatening to hurt another person.

Verbal or nonverbal abuse: (Emotional) Name calling, threatening, criticizing, ridiculing, placing blame, intimidation, manipulating, accusing partner of an affair or controlling partner's actions or friendships.

Sexual Abuse:

Acting violently or physically causing pain while having sex, forcing unwanted sex, forcing sex after a violent action, raping or using objects to cause harm during sex.

Stalking or cyberstalking:

Following, monitors, photographs, watching, threatens, appears or approaches, sends unwanted materials, uses the internet, text message or other electronic means to commit act directly or indirectly.

Economic/financial abuse:

Control over another persons access to economic resources, limiting someone's capacity to support him/herself and forcing him/her to depend on them financially

THIS LIST DOES NOT INCLUDE EVERYTHING THAT MIGHT HAPPEN. PLEASE SPEAK TO AN ADVOCATE IF YOU NEED HELP

Protective Order Information

A protective order is a court order designed to give victims of domestic violence protection by ordering the abusive partner to Not have contact, threaten or enter onto the property where the victim is residing or working.

You do not need an attorney and there is no cost to obtain any of these orders.

Where you can obtain a protective orders:

(A Victim Advocate can assist you with the paperwork, call and schedule an appointment)

Your Community Connection

YCC Victim Assistance Program

2261 Adams Ave, Ogden 801-392-7273

2nd District Court

2525 Grant Ave, Ogden..... 801-395-1079

<http://www.utcourts.gov/resources/forms/protectorder/forms.html>

There are criminal penalties if the respondent (abusive partner or party) violates any of the above orders. Contact the police to report the violations.

Cycle of Abuse

Phase 1 Tension Building:

Is a time of minor conflicts when threats of violence may increase. This phase may last a few hours to many months.

Phase 2 Violent Episode:

The violence erupts as the abusive partner throws objects, hits, slaps, kicks, strangles, abuses their partner sexually, or uses weapons. Once the attack starts, there's little the victim can do to stop it. There generally are no witnesses.

Phase 3 Honeymoon:

(Period of Remorse may follow abuse)
The abusive partner may feel sorry for what happened. They may ask for forgiveness and promise to change. Domestic violence will not go away by itself, there are programs that can help.

Three phases repeat over and over. Domestic violence is a pattern of abuse in an intimate relationship that escalates over time.

For resources in your area contact:

Utah Domestic Violence LINKLine

1-800-897-LINK(5465)

This is free and confidential. Available 24 hours a day, 7 days a week.

"VINE" Victim Information Now Everyday

1-877-UT4-VINE (877-884-8463)

Information and Referral..... Dial 211

(Employment, financial aid, food banks, etc.)