

CHECKLIST– WHAT YOU NEED TO TAKE WHEN YOU LEAVE

Here are some helpful items gather when you are planning to leave. If possible keep these items in a safe place until you are ready to leave.

IDENTIFICATION

- Drivers license
- Birth certificates
- Social security cards
- Welfare identification
- work permits/green card/Visa
- Photo identification or passports

FINACIAL

- Cash
- Credit Card or ATM card
- Checkbook or Bankbook

LEGAL PAPERS

- Protection Order
- Lease or house deed
- Car registration and insurance papers
- Medical and school records
- Health insurance papers and medical cards
- Marriage certificate
- Divorce and custody papers

OTHER ITEMS:

- House and car keys
- Medication
- Address book
- Toiletries/diapers/change of clothes

Resources

Shelters (with counseling and support services)

City and County of Denver

- | | |
|--------------------|--------------|
| SafeHouse Denver * | 303-318-9989 |
| Brandon House * | 303-620-9190 |

Metro Denver Area

- | | |
|-------------------------------------|--------------|
| Alternative to Family Violence* | 303-289-4441 |
| Women in Crisis (Douglas County)* | 303-688-8484 |
| Women in Crisis (Jefferson County)* | 303-420-6752 |
| Boulder County SafeHouse* | 303-444-2424 |

Counseling and Support Groups (non-shelter)

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|--|--------------|
| Colorado Anti-Violence Program * (LGBTQ) | 303-852-5094 |
| Denver Center For Crime Victims* | 303-894-8000 |
| Domestic Violence Initiative (Victims w/disabilities) | 303-839-5510 |
| Servicios Del La Raza | 303-458-5851 |
| Asian/Pacific Center for Human Development * | 303-393-0304 |

Criminal Justice Resources

- | | |
|--|----------------|
| City Attorney-Victim Specialists | 720-913-8020 |
| District Attorney-Victim Advocates | 720-913-9008 |
| Victims Compensation | 720-913-9253 |
| VINE– (Victim Notification and Information Everyday) | 1-888-263-8463 |

Please feel free to contact the Victim Assistance Unit if you need any support or assistance.

720-913-6035

Office Hours are:

Weekdays 8:00 am – 5:00 pm

Weekends and Holidays 7:00 am - 3:00 pm

Office is Open 365 days a year

A Guide for Victims of Domestic Violence



Victim Assistance Unit

**Denver Police Department
1331 Cherokee Street
Denver, Colorado 80204
720-913-6035**



A Guide for Victim's of Domestic Violence

What is Domestic Violence?

- A pattern of abuse or coercive behavior used to control an intimate partner.
- Domestic Violence can occur in all ages ranges, religions, cultures, races, genders and those who identify as LGBTQ.

Domestic violence can be:

- Physical abuse
- Sexual abuse
- Psychological/emotional abuse
- Verbal abuse

Dynamics Of Domestic Violence

- Abusers have a need to exercise power and control over their partners
- Abusers will use whatever works to maintain control including: threats against children and/or pets.
- When one thing stops working, they often will switch to another method to continue the cycle.
- Methods of control include: intimidation, isolation, withholding money or other financial resources, threats, physical/sexual abuse and stalking.

CYCLE OF VIOLENCE

PHASE I: TENSION BUILDING STAGE

- The Abuser is frustrated and becomes increasingly tense, jealous and verbally abusive.
- Tension mounts between the couple.
- The victim denies fear, anger and any history of violence.
- The victim may accept blame for any problems and may attempt to keep the peace.

PHASE II: ACUTE BATTERING STAGE

- Tension increases until it reaches an explosive episode.
- The violence is most severe at this time.
- At this point the victim's main concern is to survive the abuse.
- Escape feels impossible. The victim often stays calm, hoping to "wait out the storm."
- The victim may side with the abuser and not cooperate with the people there to help.

PHASE III: HEARTS AND FLOWERS STAGE

- The abuser is sorry and often very loving and kind.
- The abuser may promises to change and promises it won't happen again.
- The abuser is afraid the victim may leave and attempts to make them feel guilt about breaking up the family.
- Victim wants to believe abuse will stop.

As time goes on the "hearts and flowers" stage grows shorter until it eventually ceases, leaving the other phases to repeat.

Safety Planning

The decision to stay or leave your relationship is a difficult one. Whatever you decide, it is important to have a safety plan. Here are some suggestions to assist you.

Safety During an Explosive Incident

- During an argument, try to stay away from rooms with weapons.
- Tell a neighbors and family to call police if they see or hear anything violent.
- Plan where you can go if you have to leave.
- Have a bag packed and keep it at a friend or relatives home

Safety When Preparing to Leave

- Start saving money or open a separate savings account and/or credit card.
- Get your own post office box.
- Leave money, keys, copies of important documents, extra medication and clothes with someone you trust.
- Determine where you will stay.

Safety When You Leave

- Call the police to help you leave.
- Get medical help and document injuries.
- Make a police report .