

Local Resources

Police, Fire and Emergency Medical Services911

211 of San Luis Obispo.....211
(General Referrals)

SLO Hotline.....(805) 783-0607
(Transitions-Mental Health)

Victim Information & Notification
Everyday (VINE).....(877) 411-5588
www.vinelink.com

National Domestic Violence
Hotline.....1-800-799-7233
www.thehotline.org

Women's Shelter Program
of San Luis Obispo.....(805) 781-6400
www.wspslo.org
(intimate partner violence programs)

RISE.....(805) 226-5400
Toll Free.....855-886-RISE (7473)
www.riseslo.org
(sexual assault & intimate partner
violence programs)

Department of
Social Services.....(805) 781-1600

County Child Welfare
Services.....(805) 781-1700

County Community
Mental Health.....(805) 781-4700

Superior
Court.....(805) 781-5143

Family Court Facilitator.....(805) 546-3769

Christopher G. Money Victim Witness Assistance Center



Intimate Partner Violence

Dan Dow
District Attorney
San Luis Obispo County

What is intimate partner violence?

A pattern of coercive behavior used to gain power and control over an intimate partner. Violence can occur between: spouses, ex-spouses or ex-partners, boyfriends and girlfriends (dating violence), and same sex relationships. Intimate partner violence results in physical injury, psychological and emotional trauma, and sometimes death. Survivors and experts report that over time the abuse occurs more often and becomes more violent. Intimate partner violence affects individuals in every community, regardless of age, economic status, race, sexual orientation, religion, nationality, and / or educational background.

Safety plan

Call an Intimate Partner Violence Hotline or shelter for emotional support, safety planning, and information regarding other resources. In a place only known to you keep the following: a spare set of car keys, money, items for children or pets, a 3 day supply of needed medications, copies of any important personal papers (restraining order, birth certificates, social security cards, address book, bank books, credit cards...), a spare prepaid cell phone with your contacts.

Understanding Power & Control

The following behaviors can help you understand the overall pattern of abuse and violence. These behaviors are used by a batterer to establish and maintain control over his or her partner.

Intimidation	Frightening you by using looks, gestures and actions, abusing pets, displaying weapons.
Emotional Abuse	Putting you down, name calling, making you think you're crazy, making you feel guilty.
Isolation	Controlling what you do, who you see and talk to, what you read, and where you go, limits outside involvement.
Coercion & Threats	Threatening to leave you, to commit suicide, report you to welfare or immigration, making you "drop charges".
Using Children	Making you feel guilty about the children, using the children to relay messages, threats to take or harm children.
Economic Abuse	Preventing you from getting or keeping a job, making you ask for money.
Minimizing, Denying	Making light of the abuse and not taking concerns about it seriously.
Using Social Media	Tracking location or communications through cell phones, posting threats online.

Children who witness violence

Witnessing violence between parents or caretakers is the strongest risk factor for transmitting violent behavior from one generation to the next. Boys who witness intimate partner violence are twice as likely to abuse their own partners and children when they become adults. 30% to 60% of perpetrators of intimate partner violence also abuse children in the household.

If you are being abused

Seek Help

Contact an intimate partner violence program or the Victim Witness Assistance Center for resources and referrals.

Know That You Are Not Alone

Join a support group at one of the programs listed on the back of this brochure.

Be Safe

Safety plan with an advocate or trusted family member. Many intimate partner violence programs have basic safety plans on their websites for you to use as a guide.

Call 211

For referrals and resources near you and help with temporary safe housing.

Report The Abuse to Law Enforcement

Ask for an emergency protective order (EPO). Understand that it is against the law for one partner to injure their partner or ex-partner.

Financial assistance

If you are ready to leave and need financial assistance, contact the Department of Social Services. You may be eligible for CalWorks, CalFresh, and medical benefits. You and your children may also qualify for victim compensation through the state, which can pay for medical expenses, mental health counseling, relocation, and/or lost wages directly related to the crime.

If you call law enforcement

Try to be calm. Inform the officer of all your injuries and the details of the incident to the best of your abilities. Make sure a report is written and that photos are taken of any visible injuries. If bruises or injuries appear after the report was written, contact the reporting law enforcement agency and request that a supplemental report be written and additional photos taken at that time.

If charges are filed

Please understand, it is not your decision whether charges will or will not be filed. The District Attorney's Office will review the reports submitted by law enforcement and file charges against the offender, if there is sufficient evidence. If the offender is arrested and is in jail, you can request to be notified of the offenders release through Victim Information & Notification Everyday (VINE).

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Types of restraining orders

Restraining orders will establish the following: The abuser may not hit, molest, annoy, stalk, telephone or disturb your peace in any way. The abuser can be ordered to stay away from you, your home, work, family, and possibly children and pets.

Criminal Restraining Orders

Emergency Protective Order (EPO)

- Issued after an incident at the request of law enforcement.
- Protected party must be in immediate and present danger of risk of abuse or abduction.
- Valid for 5 court days or 7 calendar days, whichever is first.

Criminal Protective Order (CPO)

- Issued by a judge at the arraignment once a criminal case has been filed.
- Protects victims and witnesses.

Types of CPO's

- No Contact/Stay-away Order.
- "NO MATH" or "Peaceful Contact" orders.
 - Judge can issue a CPO even if victim is not present in court or does not want a protection order.
 - Can include temporary custody of the children.
 - Unable to renew after expiration.

Civil Restraining Orders

Domestic Violence Restraining Order (DVRO)

- DVRO's are granted in stages and issued in Family Court.
 - The first stage is the Temporary Restraining Order, issued after filing.
 - The second stage is the "Permanent" Restraining Order, it is issued by a judge during the Family Court Hearing.
- *Filing a DVRO with Family Court*
 - Call your local intimate partner violence program or the Family Law Facilitator for assistance. (recommended)
 - Do it yourself by picking up the forms and following the instructions from the Superior Court Clerk's Office.
 - Hire a paralegal or lawyer.

Final thought

It's not your fault. Know that the responsibility for any assault lies with the batterer. Everyone has the right to be free from threats and violence. In San Luis Obispo County there are many agencies who will assist you in taking the first steps toward protecting yourself and your children.

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