

If you are in an abusive situation you MUST have a Safety Plan:

- Identify safe areas of the house where there are no weapons and there are ways to escape. If arguments occur, try to move to those areas. Don't run to where the children are, as your partner may hurt them as well.
- If violence is unavoidable, make yourself a small target. Dive into a corner and curl up into a ball with your face protected and arms around each side of your head, fingers entwined.
- If your life is in danger, call the police.
- Let trusted friends and neighbors know of your situation and develop a plan and visual signal for when you need help.
- Teach your children how to get help. Instruct them not to get involved in the violence between you and your partner. Plan a code word to signal to them that they should get help or leave the house. Tell your children that violence is never right, even when someone they love is being violent. Tell them that neither you, nor they, are at fault or are the cause of the violence, and that when anyone is being violent, it is important to stay safe.
- Practice how to get out safely. Practice with your children. Plan with your children and identify a safe place for them, like a room with a lock or a friend's house where they can go for help. Reassure them that their job is to stay safe, not to protect you.
- Plan for what you will do if your children tell your partner of your plan or if your partner otherwise finds out about your plan.

Safety Plan cont'd:

- Keep weapons like guns and knives locked away and as inaccessible as possible.
- Make a habit of backing the car into the driveway and keeping it fueled. Keep the driver's door unlocked and others locked — for a quick escape. Create several plausible reasons for leaving the house at different times of the day and night.
- Try not to wear scarves or long jewelry that could be used to strangle you.
- Keep any evidence of physical abuse, such as pictures of injuries. Keep a journal of all violent incidences, noting dates, events and threats made, if possible. Keep your journal in a safe place and easily accessible.
- If you are injured, go to a doctor or an emergency room and report what happened to you. Ask that they document your visit.
- Try to set money aside or ask friends or family members to hold money for you.
- Keep your picture ID, Social Security Card, birth certificate, and any medications needed for you and your children in an easy to get place and be sure to take them with you if you leave.

"There is no timestamp on trauma. There isn't a formula that you can insert yourself into to get from horror to healed. Be patient. Take up space. Let your journey be the balm."

Dawn Serra

 *Change Is Possible*
Family Violence Shelter

CHIPS

Mission: To provide shelter and services to victims of domestic violence that will enable them to begin and maintain a life free of violence

Serving: Carter, Greene, & Unicoi Counties

Change is Possible (CHIPS) Domestic Violence Shelter was founded in 1992. We assist all victims. We do not discriminate on the basis of race, sexual orientation, gender, gender identity or expression, religion, color, national origin, disability, age, or marital status. Whether it is a safe place to spend the night, counseling, or just someone to listen, CHIPS will be there to meet your needs.

Do NOT forget, there is help available...

- National Domestic Hotline, available 24/7, 365 days a year, no cost - 1-800-799-7233
- www.womenshealth.gov - information on safety plans and more
- Johnson City/Washington County Family Justice Center—M-F 8am-4pm, no appointment needed, all service free, (423) 722-3720 (see more information on the back page)
- CHIPS - Change Is Possible - a family violence shelter - 24-hour hotline (423) 388-8281 - email at chipsfvs@gmail.com (see more information above)



Serving Bristol TN/VA, Washington County VA,
& upper Sullivan County TN - (423) 652-9093
24-hour emergency hotline (423) 746-ABUSE
(2287)

Emotional abuse can be a major part of domestic violence. Emotional abuse usually involves an abuser constantly doing or saying things to shame, insult, tease, embarrass, belittle, or mentally hurt or isolate another person. You may feel you have to stay in an abusive relationship because of your family or community. You might try to change your behavior to keep from being abused, but that may not always work. You need to know that:

- **The abuse is NOT your fault**, no one deserves to be abused emotionally or in any other way.
- **Find Support**, talk to others you know will listen. If it is safe to do so, talk to family, friends, religious leaders, counselors, or other members of your community.
- **Get help**, contact Abuse Alternatives or any other service available.

Abuse Alternatives offers:

- **Emergency Shelter**: Temporary, emergency shelter and emotional support to survivors and their children who need safety from violence in the home
- **Batterer's Intervention Program**: Educational group offers help to adults who want to end violence/abuse toward their partners. Group participants focus on learning alternatives to violence and accepting responsibility for violent/abusive behavior. May be court-ordered or self-referred. Request Batterer's Intervention by calling (423) 652-9092
- **Victim Court Advocacy**: Trained and supervised victim advocates provide information, accompaniment, and advocacy at court proceedings for victims.



Johnson City/Washington County Family Justice Center

196 Montgomery St, Suite 10
Johnson City, TN 37604
(423) 722-3729 Mon-Fri 8am-4pm
No appointment needed - all services are free

The Family Justice Center provides services to help family violence and sexual violence victims and their families in Johnson City and Washington County. Services include: Advocacy, safety planning, orders of protection, civil-legal support, counseling, and support networks.

Who To Call:

Legal Aid of East TN (423) 928-8311
or (423) 722-3720
1st Judicial District Attorney General's Office
(423) 753-5020
General Sessions Court (State) ex traffic violations,
DUI, non-felony domestic violence
(423) 788-1425
General Sessions Court (Civil) ex general civil issues,
detainers and orders of protection
(423) 788-1481
Sexual Assault Center of East TN 24-hour hotline
1 (865) 522-7273

Shelter:

Safe Passage, Johnson City, 24-hour line
(423) 926-7233

Local Law Enforcement:

In case of emergency dial 911
Johnson City Police Department (423) 434-6125
Washington County Sheriff's Office (423) 744-1414



205 High Point Drive
Johnson City, TN 37601
Phone: 423.631.0731
www.highpointclinic.org



STOP

SEXUAL, DOMESTIC
& PERSONAL VIOLENCE

*Support, Encourage, Empower
the Scared, the Silent, the Abused*

Did you know...

- Every 98 seconds a person is sexually assaulted
- Every 8 minutes that victim is a child
- 1 out of every 6 women in America has been the victim of an attempted or completed rape
- 1 out of every 33 men in America has been the victim of an attempted or completed rape
- In America, 63,000 children are victims of sexual abuse every year
- On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines across America
- The presence of a gun in a domestic violence situation increases the risk of homicide by over 500%
- 19.3 million women and 5.1 million men in America have been victims of stalking
- Domestic victimization is correlated with higher rates of depression and suicide

There are
293,000
victims of sexual
violence every year
in the U.S.