

Helpful Numbers

CHECKLIST – WHAT YOU NEED TO TAKE WHEN YOU LEAVE:

- Identification
- Driver's license, car title & registration
- Children's birth certificate(s)
- Money
- Protective Order
- Lease, rental agreement, house deed
- Bank books
- Checkbooks
- Insurance papers
- House & car keys
- Medications
- Small objects you can sell
- Address book
- Pictures
- Medical Records for all family members
- Social Security Card
- Welfare Identification
- School records
- Work permits
- Green card/immigration papers
- Passport
- Divorce papers
- Jewelry
- Children's small toys
- Pets (if you can)

Emergency Shelter

Women's Crisis Center of NEA: (870) 933-9449
Salvation Army: 9870) 932-4674

For An Order of Protection

Craighead Co. Circuit Clerk: (870) 933-4530
Women's Crisis Center of NEA: (870) 933-9449

Legal

Legal Aid of Arkansas: (870) 972-9224

Law Enforcement

Jonesboro Police Dept.: 911 or (870) 935-5553
Craighead Co. Sheriff's Dept.: 911 or (870) 933-4550
ASU Police Dept.: 911 or (870) 972-2093

Health

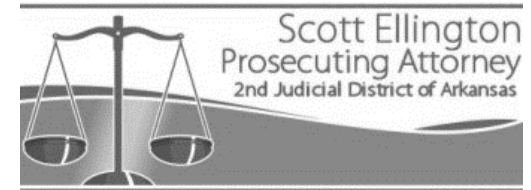
Mid-South Health Systems: (870) 972-4000
NEA Baptist Hospital: (870) 936-1000
St. Bernards: (870) 972-4100
NEA Regional Recovery Center: (870) 932-0228
St. Bernards Behavioral: (870) 932-2800

TO FILE MISDEMEANOR CHARGES

The victim must follow through after a police report is made in order to press misdemeanor charges if the suspect was not arrested. You may file charges by contacting the District Clerk's office in the jurisdiction in which the crime occurred.

How to Develop A Domestic Violence Safety Plan

CRAIGHEAD COUNTY
PROSECUTING ATTORNEY'S
OFFICE
VICTIM/WITNESS ASSISTANCE
DIVISION



Craighead County Courthouse Annex
511 Union Street, Suite 342
Jonesboro, AR 72401
870-972-4779

SAFETY DURING AN EXPLOSIVE INCIDENT

If an argument seems unavoidable, try to have it in a room or area that has access to an exit and not in the bathroom, kitchen, or anywhere near weapons.

Practice how to get out of your home safely. Identify which doors, windows, elevators or stairs would be best.

Have a packed bag ready and keep it in a secret but accessible place in order to leave quickly.

Identify a neighbor you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.

Devise a code word to use with your children, family, friends and neighbors when you need the police.

Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).

If the situation is very dangerous, use your own instincts and judgments to keep yourself safe. Call the police as soon as it is safe to do so (you have the ability to obtain a protective order at your local court during business hours).

Always remember – YOU HAVE THE RIGHT NOT TO BE ABUSED IN YOUR RELATIONSHIP – PHYSICALLY, EMOTIONALLY OR SEXUALLY!

SAFETY WHEN PREPARING TO LEAVE

Determine who would let you stay with them or lend you some money.

Always try to take your children with you or make arrangements to leave them with someone safe.

Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust.

Open a savings account in your own name to start to establish or increase your independence.

Keep the shelter numbers close at hand and keep change or a calling card with you at all times.

Review your safety plan with a domestic violence advocate in order to plan the safest way to leave

your abuser. REMEMBER—LEAVING YOUR ABUSER CAN BE THE MOST DANGEROUS TIME.

SAFETY IN YOUR HOME

Inform your neighbors and landlord that your partner no longer lives with you and that they should call the police if they see your abuser near your home.

Rehearse a safety plan with your children for when you are not with them.

Inform your children's school or daycare about who has permission to pick up your children (give them a copy of your protective order).

Change/add locks on your doors and windows as soon as possible. Add a peephole and increase outdoor lighting if possible. Try to obtain a portable or cellular phone.

Change your telephone number.

SAFETY WITH A PROTECTIVE ORDER

Keep your protective order with you at all times. Leave extra copies at work, with a friend, in your car, etc.

Call the police if your partner breaks the protective order.

Think of alternative ways to keep safe if the police do not respond right away.

Inform family, friends and neighbors that you have a protective order in effect.

Try to avoid places in the community where your abuser may frequent.

SAFETY ON THE JOB AND PUBLIC

Decide who at work you will inform of your situation. This should include office or building security (provide a picture of your abuser if possible).

Arrange to have someone screen your telephone calls if possible.

Devise a safety plan for when you leave work. Have someone escort you to your car, bus or train. Use a variety of routes to go home if possible. Think about what you would do if something happened while going home.

YOUR SAFETY AND EMOTIONAL HEALTH

If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.

If you have to communicate with your partner, determine the safest way to do so.

Have positive thoughts about yourself and be assertive with others about your needs.

Plan to attend a support group for at least two weeks to gain support from others and learn more about yourself and the relationship.

Decide whom you can call freely and openly to give you the support you need.

Read books, articles and poetry to help you feel stronger.

IF YOU ARE A TEEN IN A VIOLENT DATING RELATIONSHIP

If things in your relationship don't feel right to you, talk about it with someone you trust.

Decide which friend, teacher, relative or police officer you can go to in an emergency.

Remember – YOU SHOULD NEVER HAVE TO FEEL AFRAID IN YOUR RELATIONSHIP.

NO MEANS NO!

Talk with a Victim/Witness Coordinator in our office to learn more about domestic violence and your options.