

WHAT IS DOMESTIC VIOLENCE?

Domestic Violence includes a variety of abusive behaviors or threats of abuse. It can be a combination of physical, sexual and/or verbal abuse. You have committed domestic violence when you physically harm, intimidate or cause fear in the person you cohabit with. The definition of cohabitation is a person 16 years or older, is or was a spouse, is or was living as a spouse, is related by blood or marriage, has one or more children in common or has resided in the same residence as the other party.

DIFFERENT TYPES OF ABUSE

Physical abuse:

Hitting, punching, shoving, kicking, biting, choking, slapping, shaking, pinching, using weapons and objects that can harm, restraining or threatening to cause harm to partner.

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.

Psychological abuse:

Name calling, threatening, criticizing, ridiculing, placing blame, intimidating, manipulating, accusing partner of an affair or controlling partner's actions or friendships.

CYCLE OF DOMESTIC VIOLENCE

Phase 1: Tension-building

You may feel irritable, easily upset, small things seem to get to you. Other may feel like they are walking on "egg shells" when they are around you.

Phase 2: Violence

The violence explodes. This may include verbal abuse, sexual abuse and/or physical abuse.

Phase 3: A Period of Remorse may follow

After the violence you may be sorry for what happened. You may ask for forgiveness and promise to change. Remember, that domestic violence will not go away by itself, there are program out there that can help.

PROTECTIVE ORDERS/NO CONTACT ORDERS

***No-Contact orders:** If you have just been released from jail you most likely have signed an agreement called a No-Contact order. When you sign this you are agreeing not to have any contact with the other party. You cannot call, threaten or harass the other party. You cannot enter the premises of the other party's residence or where they may be temporarily staying. This agreement is in effect until the close of the next court day.

***Ex-parte orders:** This is a temporary order of protection, restraining you from having **any contact** with the Petitioner. You cannot call, threaten, write or enter the residence of the Petitioner. You cannot contact them at their place of employment/school or church. There will be a court date written on the ex-parte order, letting you know the date and time of your court appearance. This order is effective until a hearing is held where both sides of the story will be heard.

***Protective orders:** This is a **court** order of protection restraining you from having any contact with the Petitioner. You cannot call, threaten, write to or enter the residence of the Petitioner. You cannot go to his/her place of employment/school or church. This order may provide the Petitioner with temporary custody of minor children, access to property and temporary relief of other civil matters.

- **It is a class "A" misdemeanor if you violate any of the orders listed above. Remember this order is against the Respondent, it is the Respondents responsibility to stay away from the Petitioner.**

Victim Impact Panel Class

Western Corrections 801 944-4000

COUNSELING SERVICES

Licensed Domestic Violence Treatment Programs

ACES

2970 South Main St..... 801 265-8000

Addiction & Psychological Services

1226 West South Jordan Parkway, #A- 801 302-1155

ARCH –Addiction Resource Center for Healing

9500 South 500 West, #209..... 801 598 3332

Asian Association of Utah

1588 South Major Street (50 E.) 801 467-6060

Changes, Counseling & Consultation

7370 South Creek Road, #102..... 801 542-7060

CLD3

352 South Denver St #360..... 801 521-4227

Clinical Consultants

8541 South Redwood Road, Bldg. A 801 233-8670

Comprehensive Psychological Services

1208 East 3300 South..... 801 483-1600

Cornerstone Counseling Center

660 South 200 East, #308..... 801 355-2846

England Counseling

3564 South 7200 West..... 801 250-2909

Family Abuse Center For Treatment

5691 South Redwood Road, #15 801 293-9123

Family Counseling Center

5250 South Commerce Dr. #250 801 261-3500

Froerer Counseling

11075 South State, #28 801 504-8444

Intermountain Specialized Abuse Treatment Center

3809 South West Temple, #1B 801 268-4454

Institute For Cognitive Therapy

111 East 5600 South, # 318..... 801 268-2887

Interface Psychological

508 East South Temple..... 801 328-8817

Jordan West Family Counseling

9263 South Redwood Road Bldg. 8..... 801 566-0749

Judicial Supervision Services

3038 Specialty Circle, Suite A..... 801 486-8143

Lifestone Group

7300 South 300 West, #101..... 801 984-1717

Mana Consultants

9176 South 300 West, #34..... 801 347-2539

Matt Larson

24 South 600 East, #6..... 801 521-0699

No Excuse for Abuse (N.E.F.A.)

3690 South 500 West, #102..... 801 262-1519

Salt Lake County Dept. of Human Services

Criminal Justice Services Court & Treatment Services

145 East 1300 South, # 501..... 801 799-8400

Sandy Counseling Center

8184 South Highland Dr# C8. 801 944-1666

1515 West 2200 South, Suite B 801 944-1666

Sequoia Counseling Services

3378 South 900 East..... 801 463-7520

Valley Mental Health (Court referral)

443 South 600 East..... 801 538-2057

Valley Mental Health Masters Program (55 and up only)

4460 South Highland Drive 801 273-1085

PREPARED MEALS



Rescue Mission

463 South 400 West..... 801 355-1302
Breakfast: 6:15 a.m. Mon – Sat.
Dinner: daily following 7 p.m. chapel services

St. Vincent de Paul Center

437 West 200 South..... 801 363-7710
Lunch: 11:30 a.m. – 1 p.m., Mon. – Fri.
Brunch: 10 a.m. – 11 a.m., Sat.

Salvation Army

437 West 200 South..... 801 870-7021
Dinner: 5:30 p.m., daily

Good Samaritan Program

331 East South Temple..... 801 328-5633
Sack lunches: 9 a.m. – 8 p.m., daily

Salt Lake City Mission

500 West 200 South(behind Road Home)801 355-6310
Breakfast: 8 a.m. – 9 p.m., Mon. – Sat.

EMERGENCY FOOD

For a referral to a food pantry, financial assistance or how to apply for food stamps call the
211 Information & Referral Center.....211

LEGAL

Street Law Project: Free problem solving help with housing, landlord/tenant issues, small claims court, divorce/custody/child support, domestic violence issues, and Workforce Services benefits.....211

MEDICAL ASSISTANCE

Fourth Street Clinic..... 801 364-0058
Call for appointment

Utah Family Health Line 1-800-472-4716

Community Health Clinics

(Low cost medical treatment)

Central City..... 801 539-8634
Copperview 801 566-5494
Health Clinics of Utah..... 801 468-0354
Stephen D. Ratchiffe 801 328-5750
Oquirrhview 801 964-6214
Utah Family Health Line 1-800-472-4716

SUBSTANCE ABUSE TREATMENT

AA Meetings (24 hour number)..... 801 484-7871
Salt Lake County Substance Abuse Services
Assessment & Referral Unit..... 801 468-2009
Detox Center, Volunteers of America 801 363-9400
Information & Referral Center..... 211

EMERGENCY SHELTERS

Men's Shelter

210 South Rio Grande (440 West) 801 359-1739

Single Women's Shelter

210 South Rio Grande (440 West) 801 359-1807

Rescue Haven

Serves single women and women with children
1165 South State Street 801 521-5925

Rescue Mission

Serves men, check in at 6 p.m. (I.D. required)
463 South 400 West 801 355-1302

Other Options You Might Consider

Staying with family or friends
Hotel
Contacting church leader
Boarding House (see Yellow Pages)

DAY CENTER

Bishop Weigand Resource Center
235 South Rio Grande (440 West) 801 363-7710
(Showers, laundry, storage, haircuts, and referrals)

Rescue Mission
463 South 400 West 801 355-1302
(Day Room, open 7 day's a week from 8 a.m. – 6 p.m.
during inclement weather. Free checkroom where
transients can check their luggage.

RENTAL PROGRAM

Housing Outreach Rental Program

(Free rental listings, furniture assistance)
764 South 200 West 801 359-2444

EMPLOYMENT

Community Action Program

(Employment assistance and case management program)
764 South 200 West 801 359-2444

Department of Workforce Services,

Employment Center's..... 801 978-3333 or 211
Call the Information & Referral Center for location
See also: "Employment, Temporary" in Yellow Pages.

SALT LAKE AREA DOMESTIC VIOLENCE RESOURCE LIST

Prepared by:

The Domestic Violence LINKLine

A program of the Utah Domestic Violence Council

*Please check date before duplication – if more than six month old, call 1-800-897-LINK (5465) for a updated copy.

*02/10

CRISIS/INFORMATION LINES

Crisis/Suicide Prevention..... 801 261-1442

Domestic Violence LINKLine.....1-800-897-5465