

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.**

COUNSELING SERVICES

Licensed Domestic Violence Treatment Programs

ACES

3808 South West Temple..... 265-8000

Addiction & Psychological Services

1226 West South Jordan Parkway, #A-B..... 302-1155

Asian Association of Utah

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

Changes, Counseling & Consultation

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

Comprehensive Psychological Services

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

Cornerstone Counseling Center

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

Family Abuse Center For Treatment

5691 South Redwood Road, #15..... 293-9123

Family First

525 East 4500 South, #F200 747-2300

Froerer Counseling

11075 South State, #28..... 573-1567

FrontLine Services Inc.

9287 South Redwood Road, 1st Floor..... 746-3077

Intermountain Specialized Abuse Treatment Center

3809 South West Temple, #1B 268-4454

Institute For Cognitive Therapy

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

Interface Psychological

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

Jordan West Family Counseling

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

Matt Larson

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

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

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

Pioneer Youth Services

3030 South Main 474-2500

Positive Adjustment

2995 South West Temple, #A 466-4484

Pride Counseling

231 East 400 South, #208..... 595-0666

Professional Services Corp.

4667 South Holiday Blvd., #2..... 277-8025

Salt Lake County Dept. of Human Services

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

Sandy Counseling Center

8184 South Highland Dr. 944-1666

1325 West 2200 South, Suite B 944-1666

Sequoia Counseling Services

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

Valley Mental Health (Court referral)

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

Valley Mental Health Masters Program (55 and up only)

4460 South Highland Drive 273-1085

PREPARED MEALS



Rescue Mission

463 South 400 West..... 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..... 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..... 870-7021
 Dinner: 5:30 p.m., daily

Good Samaritan Program

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

Salt Lake City Mission

500 West 200 South (behind Road Home)... 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..... 364-0058
 Call for appointment

Utah Family Health Line 1-800-472-4716

Community Health Clinics

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

SUBSTANCE ABUSE TREATMENT

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

EMERGENCY SHELTERS

Men’s Shelter

210 South Rio Grande (440 West) 359-1739

Single Women’s Shelter

210 South Rio Grande (440 West) 359-1807

Rescue Haven

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

Rescue Mission

Serves men, check in at 6 p.m. (I.D. required)
 463 South 400 West 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) 363-7710
 (Showers, laundry, storage, haircuts, and referrals)

Rescue Mission
 463 South 400 West 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 359-2444

EMPLOYMENT

Community Action Program
 (Employment assistance and case management program)
 764 South 200 West 359-2444

Department of Workforce Services, Employment Center’s.....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 Information Line
 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.

*6/07

CRISIS/INFORMATION LINES

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

Domestic Violence Info. Line.....1-800-897-5465