

Many times a violent incident occurs without warning leaving no time to prepare for a safe departure. This can be avoided by planning in advance to protect you and your child(ren) when your abuser becomes violent. The following safety plan is a guide to promote the protection of you and your family from additional domestic violence before and after a violent outburst.

SAFETY PLAN

Name: _____

The following may represent my plan for increasing my safety and preparing in advance for the possibility of violence. Although I do not have control over my abuser's behavior, I do have a choice about how to respond to him/her and how to best get my child(ren) and myself to safety.

A. SAFETY DURING A VIOLENT INCIDENT:

- _____ 1. I can make an extra copy of the house and car keys and keep them in a secret place, preferably outside of my home, so I can leave quickly.
- _____ 2. I can tell _____ and _____ about the violence and request they call the police if they hear suspicious noises coming from my house.
- _____ 3. I can teach my child(ren) how to use the telephone and contact the police (9-1-1).
- _____ 4. I will develop a code word with my child(ren) and friends so they can call for help.
- _____ 5. During an argument, I will try to avoid rooms with no outside door (i.e. bedroom or study) or those containing potential weapons (i.e. kitchen knives, guns, tools, etc.).
- _____ 6. I will teach my children to be safe by developing their own plan:
 - a. Stay in their bedroom or go behind a door that will lock during an argument;
 - b. Leave the house and go to a neighbor's or friend's house;
 - c. Call 9-1-1
 - d. Tell a relative
- _____ 7. I will call the police (9-1-1)
- _____ 8. If possible, I will get an automatic-dial phone that gives me one-button access to the police.
- _____ 9. If I have to leave I will go to _____ or _____.

B. BEING PREPARED TO LEAVE:

- _____ 1. I will save a little money every week and put it in a place that only I know about.
- _____ 2. I will leave money and an extra set of keys with _____.
- _____ 3. I can open my own savings account at _____ in order to increase my independence. I will make sure the bank statements are mailed somewhere else.
- _____ 4. The domestic violence shelter closest to my house is _____. I can seek shelter there 24 hours a day by calling _____.
- _____ 5. I can call and stay with _____ or _____ anytime of the day or night.
- _____ 6. The closest telephone to my house is located at _____. If it is a pay phone, I will always have change available in the house or hidden outside.
- _____ 7. I will sit down and review my safety plan every _____ months.
Review dates: (1)_____ (2)_____ (3)_____
- _____ 8. I will pack a change of clothes for my child(ren) and me and place them in a safe place (with friends, family or at work).
- _____ 9. I will organize my important papers together and put them in a place I can easily get to in case I need to leave quickly. When I leave I should take:
 - a. Birth Certificates
 - b. Green Card
 - c. Passports
 - d. Bank Books
 - e. Address Book
 - f. Identification
 - g. Medication
 - h. Vehicle Registration
 - i. Social Security Numbers
 - j. Medical/Immunization Records
 - k. Divorce/Separation Papers
 - l. Insurance Papers
 - m. Lease/Rental Agreement
 - n. Mortgage Papers/House Deed
 - o. Pictures, Jewelry, Special Items
 - p. Child(ren)'s favorite toys/blanket
- _____ 10. I will rehearse my escape plan and, if appropriate, practice it with my child(ren).

C. ONCE YOU HAVE LEFT

Leaving an abusive relationship is a very difficult step and one of courage and strength. This step can also be dangerous if you do not plan in advance to maintain safety for yourself and your child(ren). Many times abusers feel they have lost control of the relationship and will go to great lengths to restore this control, including retaliation. A careful plan is needed to promote safety and avoid another violent incident.

Check the item(s) that you want to work on or have completed.

- _____ 1. I will obtain an Order of Protection for my child(ren) and myself at _____ Court. Once I get the Order, I will keep a copy of it with me at all times, at my child(ren)'s school/day care, and place of employment or school.
- _____ 2. If possible, I can change locks and install metal/steel doors, a security system, smoke detectors, and an outdoor lighting system.
- _____ 3. I will inform _____ and _____ that my abuser no longer lives at my residence and ask them to call the police if she or he is observed near my home.
- _____ 4. I will provide a written list for my child(ren)'s school/day care/care-taker of the individuals who have my permission to pick up my child(ren).
- _____ 5. I can tell my co-worker, _____ about my situation and ask him or her to screen my calls.
- _____ 6. I can avoid social places, stores, banks and _____ that I have used while living with my abuser.
- _____ 7. If I feel down or upset and want to return to the abusive relationship, I can call _____ or _____ for support.

D. RESOURCES

Most importantly, if you are feeling down, upset, confused or are considering returning to the abusive relationship, call a local shelter or hotline number. They can help you talk about your feelings and safe options should you return.

The National Domestic Violence Hotline (24 Hours)

1-800-799-safe (7233)
1-800-787-3224 (TDD)

Arizona Coalition Against Domestic Violence Legal

Advocacy Hotline

1-800-782-6400
602-279-2900

Information and Referral

1-800-799-7739 (in the 602 area)
1-800-352-3792 (in the 520 area)

RESOURCES FOR MALE VICTIMS OF DOMESTIC VIOLENCE

EMPACT CRISIS (service men & women)
480.784.1514
800.784.2433

BATTERED MEN'S LINE (service men & women)
888.7HELPLINE
888.743.5754
www.dahmw.info

SAFE HORIZONS (service men & women)
800.621.4673

www.safe4all.org/resources

www.batteredmen.com

Domestic Violence Resource List

Domestic Violence – Abuse Crises Counseling and Services **Apoyo Psicológico para Tratar la Violencia Intrafamiliar Y Servicios**

Against Abuse-Crisis Hotline (Casa Grande) (520)836-0858

CAAFA (Community Alliance Against Family Abuse) (480)982-0205
(480)982-0196
(877)982-0196

Gila River Indian Community Tribal Social Services (520)562-3396

Horizon Human Services (Crisis Line) (520)836-2280

Horizon Human Services (Outpatient Services) (520)836-1688

Pinal County DV Coalition (520)466-7765

Pinal Hispanic Council/Centro De Unidad (520)723-7405

San Pedro Valley Behavioral Health Agency (520)896-9240

Superior Counseling Services of Supersition Mountain Mental Health (520)689-2457

Superstition Mountain Mental Health (480)983-0571

Domestic Violence – Shelters/Sate Houses (Casa De Asistencia) (24 hours)

Against Abuse Shelter (520)836-0858

Community Alliance Against Family Abuse Shelter (24 Hours) (480)982-0196
(877)982-0196

Adult Protective Services – Servicios de Protección para Mayores (Casa Grande) (520)836-2351

Statewide Resources

Arizona Child Abuse or Neglect Hotline (CPS) (888)SOS-CHILD
(888)767-2445

Arizona Coalition Against Domestic Violence Information & Legal Advocacy Hotline (800)782-6400
(602)279-2900

Adult Protective Services	(877)SOS-Adult (877)767-2385
Boys and Girls Town National Suicide & Crisis Hotline (24 Hours)	(800)448-3000 (800)448-1833
Community Information & Referral (24 hr. Social Service)	
Phoenix	(602)263-8856
Northern Arizona	(800)352-2792
Tucson	(520)881-1794
Southern Arizona	(800)362-3474
CONTACTS (Call Center/Open 24 hour, 7 Days-Availability of shelters in Maricopa County)	(800)799-7739
EMPACT (Sexual Assault Hotline)	(480)736-4949 (866)205-5229
Governor's Division for Women	(602)542-1773
National Domestic Violence Hotline	(800)799-SAFE (800)799-7233 TTY (800)787-7224
National Family Violence Hotline	(800)222-2000
National Sexual Assault Hotline – RAINN	(800)656-HOPE (800)656-4673
National Youth Crisis Hotline	(800)HIT-HOME (800)448-4663
Parents Anonymous of AZ (Crisis Hotline)	(800)352-0528
Southern Arizona Against Sexual Abuse (S.A. Hotline)	(520)327-7273 (800)400-1001 TTY (520)327-1721
Supreme Court Parent Assistance Hotline (Information on Parents' Legal Rights)	(800)732-8193
Victim Rights and Witness Assist Program – AZ State Attorney General	(602)542-4911 (800)458-4911

RESOURCES IN PINAL COUNTY

REPORTING CHILD ABUSE OR NEGLECT:

CHILD PROTECTIVE SERVICES
888.SOS.CHILD (888.767.2445)

**NATIONAL DOMESTIC VIOLENCE
CRISIS HOTLINE:** 800.799.7233
(SAFE)

LEGAL ASSISTANCE

Southern Arizona Legal Aid, Inc.
Casa Grande, AZ
520.316.8076

Pinal County Sheriff's Office
Florence, AZ
www.co.pinal.az.us
520.866.5111

**Community Alliance Against Family
Abuse (CAAFa)**
Apache Junction, AZ
www.caafaaz.org
480.982.0205

Corazon Behavioral Health Services
Casa Grande, AZ
520.836.4278

**Gila River Indian Community – Tribal
Social Services**
Sacaton, AZ
www.gric.us
520.562.3396

Helping Associates, Inc.
Casa Grande, AZ
520.836.1029
Alcohol and drug abuse, marital counseling

**Horizon Human Services (Formerly
BHACA)**
www.horizonhumanservices.org
Casa Grande, AZ
520.836.1688
866.495.6735 (24 hr. crisis hotline)
Anger management, alcohol and drug abuse

House of Refuge East
Mesa, AZ
www.HREast.org
480.988.9242

**Pinal County Attorney Victim Services
Division**
Florence, AZ
520.866.6813

Pinal County Family Advocacy Center
Eloy, AZ
520.866.7501

I. COUNSELING-ABUSE, DIVORCE, FAMILY, INDIVIDUAL, MARRIAGE:

Against Abuse Inc.
Casa Grande, AZ
520.836.1239
520.836.0858 (24 hr. crisis hotline)
Anger Management

**Arizona Treatment Institute of Casa
Grande, Arizona**
Casa Grande, AZ
520.836.9788

**Bureau of Indian Affairs (BIA), San
Carlos Agency**
San Carlos, AZ
928.475.2321

Casa Grande Counseling Services
Casa Grande, AZ
520.836.0440

RESOURCES IN PINAL COUNTY

Pinal County Family Services of the Conciliation Court

Coolidge, AZ
520.866.7349

Pinal Hispanic Council

Coolidge, AZ
520.723.5462

Eloy, AZ
520.466.7765

Save the Family Foundation of Arizona

Mesa, AZ
www.savethefamily.org
480.898.0228

Superstition Mountain Mental Health Center-SMMHC

Apache Junction, AZ
480.983.0571 (Outpatient Unit)

Kearney, AZ
520.689.2457 24 Hrs.

Superior, AZ
520.689.2457

San Pedro Valley
Oracle, AZ
520.896.9240

Areas served: Catalina, Mammoth, Oracle, San Manuel

Triple R Behavioral Health, Inc.

www.trbh.org
Apache Junction: 480.288.0850
Mesa: 480.835.0343

II. PARENTING SKILLS CLASSES:

Coolidge Family Resource Center

Coolidge, AZ
520.723.4711

Parenting Skills Program

Tempe, AZ
480.967.6895 ext 102

Pinal County Public Health

Casa Grande, AZ
520.866.7360

Pinal County Juvenile Court

Florence, AZ
520.866.7065

Pinal Parent Project

University of Arizona
Casa Grande, AZ
520.836.5221

III. EDUCATION

Arizona Project ChalleNGe

Queen Creek, AZ

www.azpc.org

480-988-4100

Military based education program in residence for high school students.

Gila River Indian Community – Tribal Social Services

Sacaton, AZ

www.gric.us

520.562.3396

Teaches students language, history, culture and customs, in addition to advanced education.

RESOURCES IN PINAL COUNTY

Lutheran Social Ministry of the Southwest

Mesa, AZ
www.lsmsaz.org

480.325.4901

Several divisions – senior service, communication and family service, disaster, multi cultural etc.

Roots & Wings, Inc.

www.rootsandwingscoaching.org

480.488.9292

Workshops, seminars & instruction on parenting, career development, retirement, grand parenting etc

Gila River Indian Community – Tribal Social Services

Sacaton, AZ

www.gric.us

520.562.3396

Horizon Human Services, Inc.

Casa Grande AZ

www.horizonhumanservices.org

520.836.1688

866.495.6735 (24 hr. crisis hotline)

House of Refuge East

Mesa, AZ

www.HREast.org

480.988.9242

My Sister's Place

Chandler, AZ 85224

480-821-1024 (24 Hrs)

Save the Family Foundation of Arizona

Mesa, AZ

www.savethefamily.org

480.898.0228

IV. SHELTERS

Against Abuse Inc.

Casa Grande, AZ

520.836.1239

520.836.0858 (24 hr. crisis hotline)

La Casita de Paz 520.836.0858

(24 hr. Domestic Violence Shelter)

Autumn House/ A New Leaf

Mesa, AZ 85211

480.835.5817

480.835.5555 (24 hr. crisis hotline)

Child Crisis Center – East Valley, Inc.

Mesa, AZ

www.childcrisis.org

480.969.2308

Community Alliance Against Family Abuse (CAFA)

Apache Junction, AZ

www.caafaaz.org

480.982.0205

Empact – Suicide Prevention Center

www.empact-spc.com

480.784.1514

Suicide Crisis Line: 480.784.1500 or
800.SUICIDE (800.784.2433)

Sexual Assault 480.736.4949 or
800.656.HOPE (800.656.4673)

RESOURCES IN PINAL COUNTY

V. Supervised Visitation Assessment

Provider List:

Pinal County:

Superstition Mountain Mental Health Center

P. O. Box 3160
Apache Junction, AZ 85217-3160
480.671.4501 ext. 119
Contact: Roni Peterson

Pinal Hispanic Council

Eloy: 517 N. Main St
Eloy, AZ 85231
520.466.7765
Contact: Ralph Varela

Coolidge: 556 S. Arizona Blvd.
Coolidge, AZ 85228
520.723.5462
Contact: Ralph Varela

Maricopa County:

Diane G. Vigil, M.A.

7500 E. McDonald Suite 400
Scottsdale, AZ 85250
480.946.0801

Family Resources

Tempe, AZ
480.921.3711
Contact: William Bradley

Family Service Agency

Phoenix, AZ
602.863.1862
Contact: Barbara

Parenting Skills Program

2131 E. Broadway Rd., #15
Tempe, AZ 85252
480.967.6895 ext 102

Rachin Clinical Services

10640 N. 28th Dr. Bldg. C207, Suite 7
Phoenix, AZ 85029
602.942.3132
Contact: Joe Rachin

Sun Valley Professionals

Mesa, AZ
480.644.9037
Contact: Dr. Joseph Parham

VI. Private Custody Evaluations List:

Pinal County:

Dr. Carlos Vega

1298 Avenida Grande
Casa Grande, AZ 85222
520.836.1835

Maricopa County:

Dr. Michael Bayless

3620 N. 3rd St., Ste. 200
Phoenix, AZ 85012
(602)230-7373

Dr. Paulette Selmi

761 E. University, Ste. G
Mesa, AZ 85203
(480)844-0223

Dr. Brian Yee

7220 N. 16th St., Bldg. K
Phoenix, AZ 85020
(602)943-0447

Dr. Faren Akins

7702 E. Doubletree Ranch Rd.
Ste. 300
Scottsdale, AZ 85258
(480)946-6828

RESOURCES IN PINAL COUNTY

Dr. David M. McPhee, PH.D., A.B.P.P

Well Being Systems

8160 N. Hayden Rd., #J-112

Scottsdale, AZ 85254

(602)905-8755