

# Reaching Out

INTIMATE PARTNER VIOLENCE  
RESOURCES • INFORMATION • SAFETY



# Reaching Out

Dear Reader,

*This booklet is named "Reaching Out" for two reasons.*

- *First, we are reaching out to you. If Intimate Partner Violence (also called Domestic Violence) is impacting you in any way, whether you are a victim, survivor, friend, family member, co-worker, or person causing harm, we want to help.*
- *Second, we want to encourage you to reach out for help and support. Intimate Partner Violence can make you feel alone, scared, frustrated, confused, angry, and hopeless. Whether you need confidential advice, support at 2 AM, free emergency shelter, free or low-cost legal help, or want to report a crime or find a hotline for someone who is being abusive, there are agencies that can help and provide support, without judgment. This booklet will tell you how to reach those services.*

*If you use this information today, tomorrow, a year from now or simply choose to pass it on, know that help is available.*

*Eve Sheedy*

*EXECUTIVE DIRECTOR  
LOS ANGELES COUNTY DOMESTIC VIOLENCE COUNCIL*



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## WHERE TO TURN FOR HELP

If you or someone you know is in danger right now,  
**CALL 911**

### Should I call a hotline?

Hotlines are available 24-hours a day, seven days a week, and are almost always confidential.

- Individuals can call to talk to someone, discuss what options are available and get referrals to supportive services.
- Friends, family, and coworkers can also call for advice about reaching out to people experiencing Intimate Partner Violence (IPV) and can get referrals to supportive services.

### What kind of help is available?

While not all agencies provide all types of services\*, agencies may provide:

- Legal services, including help with protective orders and immigration issues
- Temporary confidential emergency shelter for people experiencing IPV and their children
- Transportation to shelters, when needed
- Counseling
- Referrals to medical, financial, child care, and employment services
- Children's programs
- Temporary shelter for pets or referral to places that will care for your pets
- Referrals to substance abuse services

\* Most services are free

## HOTLINES

### **Los Angeles County Domestic Violence Hotline**

(800) 978-3600



This hotline will connect you to an agency that provides safe and supportive services at no cost. This hotline is available 24/7 and it confidentially connects you to a service provider.

### **National Domestic Violence Hotline**

(800) 799-SAFE (7233)

(800) 787-3224 (TTY)

<https://www.thehotline.org/>



This hotline is available to people experiencing IPV, their friends and family, and people who are (or feel they are in danger of) causing harm to their partner. This hotline can connect callers to local resources. It is available 24/7, and it is confidential.

### **Love Is Respect (24/7)**

(866) 331-9474

(866) 331-8453 (TTY)

<https://www.loveisrespect.org/> or Text LOVEIS to 22522 (texting may incur a fee depending on your wireless plan)



This resource is designed to educate and empower young people to prevent and end abusive relationships. This hotline is available 24/7.

## ADDITIONAL PUBLIC RESOURCES

### **211 Los Angeles County Information Call Center (24/7)**

Dial 2-1-1

<https://www.211la.org/>

211 LA is the main source for information and referrals for health and human services in LA County.



### **Los Angeles County Elder Abuse Hotline (24/7)**

(877) 477-3646 (877-4-R-SENIORS)

<http://da.lacounty.gov/seniors>

If an elder or dependent adult is being abused or is in immediate danger of being abused, call 911. In other circumstances, you can report elder or dependent adult abuse by calling the Elder Abuse Hotline.



### **Bureau of Victims Services, Los Angeles County District Attorney's Office**

(800) 380-3811

<http://da.lacounty.gov/victims>

Provides essential services to crime victims in Los Angeles County, including crisis intervention, emergency assistance, counseling referrals, court escort and orientation, restitution assistance, and case status notification.



### **Victim Information and Notification Everyday (VINE)**

(877) 411-5588

(866) 847-1298 (TTY)

<https://www.vinelink.com/>

If the person who harmed you, or someone you know has been taken into the Los Angeles County Jail system, you may register with VINE and you will be notified when the person is released, transferred, or moved within the jail system.



## **Safe at Home**

(877) 322-5227

(916) 651-1304 (TTY/TDD)

<https://www.sos.ca.gov/registries/safe-home/>



Provides victims of IPV, stalking, sexual assault and human trafficking with a substitute mailing address to help prevent them from being located at their residential address.

## **California Victim Compensation & Government Claims Board**

(800) 777-9229

(800) 735-2929 (TTY)

<https://victims.ca.gov>



Provides compensation for victims of violent crime who are injured or threatened with injury. Some types of crime-related expenses that may be covered are income loss, relocation, mental health services, and home or vehicle modifications for victims who have become disabled.

## **Los Angeles County District Attorney's Office**

(213) 974-3512

<http://da.lacounty.gov/>



Prosecutes all felony crimes in the County and misdemeanor crimes in certain cities and unincorporated areas, including family violence crimes.

## **Los Angeles City Attorney's Office**

(213) 978-8100 (Main number, can be used to reach branch offices)

(213) 202-5400 (Family Violence Unit)

<https://www.lacityattorney.org/domestic-violence>



Prosecutes all misdemeanor crimes in the City of Los Angeles, including family violence crimes.

# WHAT IS INTIMATE PARTNER VIOLENCE?

People use violence and abuse in intimate partner relationships to gain power and control over their partner. Sometimes people confuse intimate partner violence (IPV) with rage or uncontrolled anger. IPV is a cycle or pattern of repeated behaviors used to get power and control over a partner.

CONDUCT	EXAMPLES
Threats and Intimidation	<ul style="list-style-type: none"><li>• Threatening to harm a partner, their children, family members and/or pets</li><li>• Using physical size and strength or weapons to intimidate</li><li>• Reckless driving designed to threaten or scare the partner</li><li>• Threatening to call authorities to deport the partner or their children</li></ul>
Harassment	<ul style="list-style-type: none"><li>• Embarrassing or threatening the partner in public or on social media</li><li>• Monitoring and keeping tabs on the partner's movements and contacts</li><li>• Constant and repeated contact after being told to stop</li><li>• Unwanted contact with the partner's friends, family members or job</li></ul>
Economic Control	<ul style="list-style-type: none"><li>• Refusing to work or stopping financial support</li><li>• Limiting or denying access to shared income, resources or assets</li><li>• Interfering with or sabotaging the partner's work or education</li><li>• Damaging or destroying the partner's credit score</li></ul>



Violent and abusive behavior can take many forms; below is a table that explains many kinds of IPV. Not all the listed types of abuse are crimes, but if you feel that you or someone you know is in danger of harm or is being threatened with harm, call 911.

CONDUCT	EXAMPLES
Destruction of Property	<ul style="list-style-type: none"> <li>• Damaging furniture, personal belongings or cars</li> <li>• Punching or kicking holes in walls/doors</li> <li>• Damaging or hiding adaptive equipment/medication for partners with disabilities or medical conditions</li> </ul>
Sexual Violence	<ul style="list-style-type: none"> <li>• Rape or demanding sexual acts from an unwilling partner</li> <li>• Reproductive coercion (controlling pregnancy, forced unprotected sex, interfering with birth control methods)</li> </ul>
Physical Abuse	<ul style="list-style-type: none"> <li>• Hitting or slapping, pushing, punching or kicking</li> <li>• Strangulation/choking</li> <li>• Over-medicating or under-medicating partners</li> <li>• Preventing access to accommodations for partners with disabilities or medical conditions</li> </ul>
Isolation	<ul style="list-style-type: none"> <li>• Stopping partner from seeing friends and relatives</li> <li>• Moving away from friends and family</li> </ul>
Verbal Abuse	<ul style="list-style-type: none"> <li>• Constant criticism and embarrassing remarks</li> <li>• Name-calling, yelling, swearing/cursing</li> <li>• Gaslighting (making a partner question their own sanity)</li> </ul>

## IT COULD HAPPEN TO ANYONE

When abuse is occurring in your relationship, you may feel like you are the only one it is happening to. The reality is that Intimate Partner Violence happens in all communities and can happen to anyone: regardless of your gender identity, race, ethnicity, age, sexual orientation, income, or appearance.

*Every person experiencing Intimate Partner Violence deserves help and support.*

## INTIMATE PARTNER VIOLENCE

In the United States, while 1 in 3 men and women have experienced contact sexual violence\*, physical violence, and/or stalking by an intimate partner in their lifetime<sup>1</sup>,

1 in 4 WOMEN



and

1 in 10 MEN



## are IMPACTED by Intimate Partner Violence

Examples of impacts include being fearful, concerned for safety, needing medical care, help from law enforcement, having missed work or school, needing housing or victim advocate services, etc.

54 %



of

## TRANSGENDER

individuals have experienced intimate partner violence.<sup>2</sup>



26%

of

## GAY



44%

of

## LESBIAN

individuals have experienced physical violence, rape and/or stalking by an intimate partner in their lifetime<sup>1</sup>

\*Contact sexual violence includes rape, being made to penetrate someone else, sexual coercion, and/or unwanted sexual contact.

## ABUSE IN LGBTQI+ RELATIONSHIPS



In addition to the types of abuse listed in the previous pages, abusive partners in some LGBTQI+ (lesbian, gay, bisexual, transgender, queer, questioning, intersex, and additional identities) relationships may use additional power and control tactics. Examples of these include:



- “Outing” or threatening to “out” the partner’s sexual orientation and/or gender identity to family, employers or others



- Telling the partner that they “deserve” the abuse because of their gender identity and/or sexual orientation



- Saying that the abuse is “mutual” or consensual, including when there is a law enforcement response



For additional information, visit <https://www.thehotline.org/is-this-abuse/lgbt-abuse/>



## SAFETY MEASURES

If you are living with a person who is abusing you, whether or not you want to leave the relationship, it is a good idea to contact a domestic violence agency to help you create a safety plan. In addition, here are some things you can do that can help protect you and your children.



**Memorize the numbers of friends and family members** (or make sure they are saved in your phone) so you can call in an emergency. If your children are old enough, teach them important phone numbers, including when and how to dial 911.



**Stay in touch** with friends and get to know your neighbors. People may exert control in a relationship by limiting their partner's access to their support network, including their friends, neighbors, and family. Try not to cut yourself off from people - even if you feel like you want to be left alone.



**Open your own bank account**, if you can, or have money available to you if you need it in a hurry.



## SAFETY



**Keep this booklet** where the person hurting you won't find it, but where you can get it when needed.



**Create a code word** with friends and family to signal them when you need help.

**Create an escape plan** for you and your children to use in the case of an emergency. Contact a domestic violence agency by calling the **Los Angeles County Domestic Violence Hotline at (800) 978-3600** for assistance.

## BE PREPARED



Here is a list of information and items you may need for safety and/or if you decide to leave. Keep all information in a safe place. Think about saving the information/copies of documents on a USB memory stick (flash drive) that you can protect with a password.

**Note:** Domestic Violence agencies have staff available to help you **develop a safety plan**, whether you choose to leave the relationship or not. Call a hotline listed on page 3 of this booklet for referrals to agencies that can help.

### 1. Important phone numbers:

- Police: 911 and your local police department
- Los Angeles County Domestic Violence Hotline: (800) 978-3600
- An attorney (if you know one)

## **2. Contact information for friends or family members**

## **3. Telephone numbers and addresses of places you can go to if you must leave in a hurry**

## **4. Give copies of the items below to someone you trust for safekeeping (You may not have all of these documents. Collect whatever you can):**

- Driver's License/ID
- Birth certificate(s)
- Social security card(s)
- Children's school information
- Health insurance/Medi-Cal cards
- Life insurance policies
- Bank account information
- Public benefit identification (WIC, SNAP, SSI, GR, etc.)
- Divorce papers/custody papers
- Passport/green card/work permit/visa
- Children's passport(s) or green card(s)
- Lease, rental agreement, or house deed
- Car registration/insurance
- Copies of restraining orders already served

## **5. Consider getting these items together and hide them in a safe place or give them to someone you trust:**

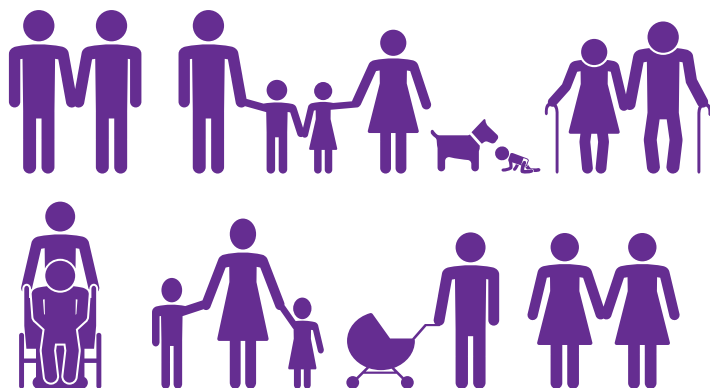
- An extra set of car keys
- Some extra money and medications
- An extra change of clothes for you and your children

## FAMILIES IMPACTED BY IPV

Intimate Partner Violence presents a danger not just for the person targeted but also for immediate family members, including children. Just witnessing IPV puts children at risk for long-term, negative, social, physical and mental health outcomes. Children exposed to IPV may be at greater risk of:

- 1. Physical Health Problems** – chronic diseases such as diabetes, obesity, and heart disease
- 2. Mental Health Problems** – anxiety, depression, alcohol and drug use
- 3. Social Problems** – difficulty making friends, fighting with family and friends, bullying peers, experiencing violence and abuse and/or being violent or abusive in their own intimate relationships, legal and criminal problems.

If you are a parent experiencing IPV, it can be difficult to know how to protect your child. Seek help by calling one of the hotlines listed on page 3.





## INTERVENTION PROGRAMS



People who are abusive or threaten to cause harm to their intimate partners may be of any gender identity, race, ethnicity, age, sexual orientation, income, or appearance.

Violence, including forms of abuse using power and control such as IPV, are learned behaviors (sometimes experienced in childhood) that can be replaced with non-violent coping skills and healing. Programs called **Batterer's Intervention Programs** (BIPs) are available for people who are causing harm, or at risk of causing harm to their partners. The Los Angeles County Probation Department oversees BIPs and maintains a list of approved programs throughout the County.

You can contact the Probation Department at (866) 931-2222 or <https://probation.lacounty.gov/>.

People who are (or feel they are at risk of) causing harm to their partner can call the **National Domestic Violence Hotline at (800) 799-SAFE** for help. Teens who are (or feel they are at risk of) causing harm to their partner can call **Love is Respect at (866) 331-9474**.



## DRUG AND ALCOHOL USE

The intersection between alcohol and drug use and IPV is complex. Data indicates that many people experience both IPV and substance use or abuse.<sup>3</sup>

Drug and alcohol abuse, also known as Substance Use Disorder, is a medical condition that impacts brain functioning and can cause harmful and self-destructive behavior. Substance use is often used as a way to cope or “numb” the effects of trauma and fear experienced as a result of IPV. Drugs and alcohol can also be used as an abusive tactic to exercise power and control over partners. Examples of these tactics include:

- Forced drug/alcohol use
- Sabotaging recovery efforts or efforts to reduce use
- Preventing access to treatment
- Forcing a victim into withdrawal from drugs/alcohol
- Threatening to disclose a victim's drug use to law enforcement or child protective agencies

When relationships are impacted by both violence and drug and alcohol use, it is critical to get help in both areas.

### **LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH, SUBSTANCE ABUSE PREVENTION AND CONTROL**

No-cost, no fee substance use disorder treatment and recovery services are available for youth and adults living in Los Angeles County who are enrolled in, or are eligible for, Medi-Cal, My Health LA, and other County-funded programs.

## Substance Use Disorder Treatment Services available include:

- Outpatient Treatment – less intensive community-based treatment services
- Intensive Outpatient Treatment – more intensive community-based treatment services
- Medications for Addiction Treatment – FDA-approved medications used in combination with behavior therapy
- Withdrawal Management – also known as detoxification
- Residential Treatment – short term live-in facility where treatment services are provided
- Recovery Support Services – services provided after treatment is completed to support recovery
- Recovery Bridge Housing – provides temporary housing linked to treatment (similar to sober living)

To find out more, call the **Substance Abuse Service Helpline (SASH) toll free, 24 hours a day, 7 days a week at (844) 804-7500**, where a team of qualified agents are available to help you learn about your options and find a provider who can meet your specific needs.

You can also find a substance use disorder treatment provider by using the online resource directory available at

<http://sapccis.ph.lacounty.gov/sbat/>.



If you or someone you care about has a problem with alcohol or drugs, it is important that you know: treatment works, and recovery is possible.

## ADDITIONAL INFORMATION

The following information is provided as a guide only. Please consult an attorney to determine how, when, and if these rights and services apply to your situation. Domestic violence agencies can either assist you with legal help or refer you to someone who can provide help for free or at low cost.

### IMMIGRATION

An undocumented person experiencing IPV may face other issues that make it hard to access help and may suffer additional forms of abuse.

The following services are available to individuals experiencing IPV in California, even if undocumented:

- Police assistance
- Restraining orders from a court
- Custody and support for children
- Services from shelters and other IPV programs
- Emergency medical care
- US citizen children can receive public benefits; and
- Abusers can be criminally prosecuted

### OTHER LAWS RELATING TO IPV

Talk to an attorney to see if any of the following options apply or are available to you. A domestic violence agency can provide legal help or refer you to someone who can provide you with legal help.

#### **Housing**

A California housing law allows a tenant to end their lease before it expires if they (or member of their household) have experienced intimate partner violence, sexual assault, stalking, elder abuse or human trafficking.

(Cal.Civ.Code § 1946.7(a)) (Certain documents and requirements apply.)

### **Free copy of police report**

California Family Code 6228 - State and local law enforcement agencies shall provide, upon request and without charging a fee, one copy of all incident report face sheets, one copy of all incident reports, or both, to a victim or their representative (as defined).

## **RESTRAINING ORDERS AND OTHER LEGAL OPTIONS**

There are many different types of restraining and protective orders in California. Some kinds of orders are available through the police and some kinds of orders require you to go to the Superior Court.

Restraining and protective orders are court orders. They tell the restrained person what they can or cannot do. This might include how close someone can come to you, whether they can call or contact you and your children, move-out orders, child custody and visitation orders, orders regarding property or pets and more. There are also restraining orders that require a person to give up their firearms and ammunition and prevent them from buying more.

Talk to an attorney to see if any of these orders are available to you. A domestic violence agency can provide legal help or refer you to someone who can provide you with legal help.

## LEARN MORE ABOUT INTIMATE PARTNER VIOLENCE



### **California Partnership to End Domestic Violence**

(916) 444-7163

[www.cpedv.org](http://www.cpedv.org)



### **National Coalition Against Domestic Violence**

(303) 839-1852

[www.ncadv.org](http://www.ncadv.org)

### **Sources:**

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- 3 Rivera, E. A., Phillips, H., Warshaw, C., Lyon, E., Bland, P. J., Kaewken, O. (2015). An applied research paper on the relationship between intimate partner violence and substance use. Chicago, IL: National Center on Domestic Violence, Trauma & Mental Health.

*Reaching Out for Safety and Support*



# Reaching Out

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## SPECIAL THANKS TO:

- The Los Angeles County Commission for Women
- Public and private agencies who support those impacted by Intimate Partner Violence

## TO REQUEST COPIES OF THIS HANDBOOK, PLEASE CONTACT:

Los Angeles County Department of Public Health  
Domestic Violence Council

(213) 974-2799

[dvc@ph.lacounty.gov](mailto:dvc@ph.lacounty.gov)  
<http://publichealth.lacounty.gov/dvcouncil/>

