What is Domestic Violence?
Domestic Violence is a pattern of coercive control that one person exercises over another in order to get their way. Abuse is a behavior that compels another person to behave in ways that they do not freely choose, which arouses fear, and is emotionally or physically harmful.

- Has your intimate partner ever pushed, slapped, hit or hurt you in some way?
- Has your intimate partner ever hurt or threatened you?
- Has your intimate partner ever forced you to do something you did not want to?
- Is there anything that goes on at home that makes you feel afraid?
- Does your intimate partner prevent you from eating or sleeping, or endanger your health in other ways?
- Has your intimate partner ever hurt your pets or destroyed your clothing, objects in your home, or something you especially cared about?
- Has your intimate partner taken the children without permission, threatened to never let them see you again, or otherwise harmed them?

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Safety Planning
Emergency Contact: ______________________________
Telephone Number: ______________________________

Safety When Abusive Partner Is Home
Stay out of rooms with no exit
Avoid rooms that may have weapons
Select a code that alerts friends and children to call police
Leave a suitcase and checklist items with a friend
Stay near a phone

When Abusive Partner Has Moved
- Obtain an Order of Protection (page 5 and 6)
- Change locks on doors and windows
- Insert a peephole in the door
- Screen calls and block your number for outgoing calls
- Get a 911 cell phone
- Notify your landlord and neighbors of the situation and ask that they call 911 if they see the abusive partner around the house

Safety at Work
- Notify your employer of the situation
- Give a photo of the abuser and a copy of the protection order to security, receptionist, front desk staff
- Screen your calls
- Have an escort to your car or the bus
- Carry a noisemaker/personal alarm
- Keep a 911 cell phone in your car

Protecting Children
- Plan and rehearse an escape route with your children
- If it is safe teach them a code word to call 911
- Notify school personnel who the children can be released to
- Give a copy of the protective order and a photo of the abusive partner to the school
- Warn school personnel not to give out your personal information

When Preparing to Leave
Identification
- Driver’s license
- Children’s birth certificates
- Your birth certificate
- Social Security Cards
- Welfare Identification
- Medical Insurance Cards
- Money
- Cash and Bank Cards
- Credit Cards
• Savings Account information
• Checkbook

Legal Documents
• Lease/Rental Agreement or Deed to House/Property
• Car Registration and Insurance Papers
• Health and Life Insurance
• Medical Records for you and your children
• School and Shot Records
• Work Permits/Green Cards/Visas
• Passport
• Divorce Papers
• Custody Papers

Other Items
• Keys to House, Car and Safety Deposit Box
• Medications
• Jewelry
• Address Book
• Phone Card
• Pictures of You, Your Children and the Abusive Partner
• Children’s small toys
• Toiletries/Diapers
• Clothing
• Pets

Things to Do When Preparing to Leave
• Open a bank account in your name
• Get a Post Office Box
• Keep a copy of your Order of Protection with you at all times
• Keep emergency phone numbers and 911 cell phone with you

Power and Control in Domestic Violence
The Power & Control Diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman’s life and circumstances.

*Isolation*: Controlling what s/he does, who s/he sees and talks to, what s/he reads, and where s/he goes. Limiting outside involvement. Using jealousy to justify actions.

*Minimizing, Denying, and Blaming*: Making light of the abuse and not taking his/her concerns about it seriously. Saying the abuse didn’t happen. Shifting responsibility for abusive behavior. Saying s/he caused it.

*Using Children*: Making him/her feel guilty about the children. Using the children to relay messages. Using visitation to harass him/her. Threatening to take the children away.

*Economic Abuse*: Preventing him/her from getting or keeping a job. Making him/her ask for money or giving an allowance. Taking his/her money. Not letting him/her know about or have access to family income.

*Male Privilege*: Treating him/her like a servant; making all the big decisions, acting like the “master of the castle,” being the one to define men’s and women’s roles.

*Coercion and Threats*: Making/carrying out threats to do something to hurt him/her. Threatening to leave, commit suicide, or report him/her to welfare. Making him/her drop charges or do illegal things.


*Developed by:*
*Domestic Abuse Intervention Project*

**Address Confidentiality Program**
The Arizona Address Confidentiality Program (ACP) is a program that helps victims of domestic violence, sexual offenses, and/or stalking from being located by the perpetrator through public records. The program provides a substitute address and confidential mail forwarding services to individual and families across Arizona. To find out more information about the ACP and qualification requirements.
Stalking
Stalking is a very serious crime in Arizona. The crime of stalking takes place when an individual intentionally and knowingly behaves in a manner toward another person that can cause them fear for their personal safety or that of their immediate family. Examples of stalking include:

- Following a victim, showing up wherever you are.
- Repeated calls, including hang ups.
- Damage to home, car or other property.
- Receiving unwanted gifts, letters, cards or emails.
- Monitor your calls and computer use.
- Use of technology like hidden cameras to track you.

If you feel you are a victim of stalking, please call law enforcement (911) if you are in any immediate danger. Explain why the stalker’s actions are causing you fear. Keeping a record or log of each contact with the stalker can be very helpful.

Stalking Log
*Use this log below to document the stalking incidences you experience to help in reporting to law enforcement.

Date: _____________    Time:  ________________
Location:__________________________________________________
Description: __________________________________________________________
__________________________________________________________
________________________________________________________________________
Witness(es):________________________________________________
Law Enforcement Agency_____________________________________
Police Report # _______________________________________  
Officer Badge # _______________________________________

Date: _____________    Time:  __________________
Location:___________________________________________________
Description: __________________________________________________________
________________________________________________________
Witness(es):________________________________________________
Law Enforcement Agency_____________________________________
Police Report # _______________________________________  
Officer Badge # _______________________________________

Date: _____________    Time:  __________________
Location:___________________________________________________
Description: __________________________________________________________
________________________________________________________
Restraining Orders
Order of Protection
This type of court order is intended to prevent acts of domestic violence. An Order of Protection can be requested if:
• Married or Divorced
• Living together now or in the past
• Family member
• Have had child together, or one of the parties is pregnant
• Dating or were dating
There is **no fee** to file an order of protection, or to serve the order.

Injunction Against Harassment
This type of court order prohibits a person from harassing another person or business. This type of order can be requested if:
• Neighbor
• Co-worker
• Stranger
A waiver may be requested if the requesting party cannot afford fees associated with Injunction against Harassment.

All Restraining Orders
• Plaintiff/Victim can complete the application to request an order by going to AZPOINT.azcourts.gov. This is a user-friendly website that can be access via mobile phone or any internet capable device.
• You will need to create an account using a safe email address. If you do not have a safe email address you can create one for free using Yahoo Mail, Gmail, Hotmail or other free email portal.
• Your AZPOINT Login ID: ____________________________
• Your AZPOINT Login Password: ____________________________
• Your application will be saved in the AZPOINT Cloud for 90 days before you will need to see a judge or start a new application.
• You will be notified via this email address regarding the status of your order being served or if the defendant is contesting the order.

Jail and Court Information
What happens when a person is arrested?
After arrest, the person is transported and booked into the Pima County Jail. The law requires that the person appear before a judge within 24-hours of the arrest. This initial appearance can occur within just a few hours depending on the time of day the person was arrested. At the initial appearance, the judge will:
• Inform the arrestee of the charges;
• Set the arrestee’s conditions of release and appoint counsel if necessary; and
• Decide if the arrestee should be held in jail, released after posting a bond, released on their own recognizance, or released to a third party such as Pretrial Services.

A victim has the right to express to the court their feelings, concerns and opinions about the arrestee’s release. The victim can attend the Initial Appearance and tell the judge if the victim would like the defendant held or released from custody. At that time, the victim may share any concerns about security and safety. The victim may also request that the arrestee have no contact with them or their family, and not be permitted to come to the victim’s residence or workplace. A Pima County Attorney will be present at the initial appearance and will be available to assist. Pretrial Services will make every effort to contact you prior to the initial appearance to ask for input regarding the defendant’s release. If you have not been contacted within two hours of the hearing you are encouraged to contact Pretrial Services at (520) 351-8282. If a victim would like to be notified if the defendant is released from jail, they must contact Inmate Records at (520) 351-8200 (24-hour phone line.)

Initial appearances are held two times each day:
• At 9:00 a.m. Initial Appearances are held at the Pima County Jail Complex located at 1801 S Mission
• At 8:00 p.m. Initial Appearances are held at the Pima County Jail Complex located at 1801 S Mission

Usually, those defendants arrested between the hours of 7:30 p.m. and 7:30a.m. attend the 9a.m. court session. Those arrested between the hours of 7:30 a.m. and 7:30 p.m. usually attend the 8p.m. session. There may be times when the defendant is seen earlier or later, dependent upon the individual circumstances of the arrest.

Juvenile Cases
All Juvenile Cases are handled at the Pima County Juvenile Court Center located at 2225 E. Ajo Way. If the defendant is a juvenile and has been physically arrested (not cited and released) the victim may attend the Juvenile Detention Hearing:
• Monday through Friday, Juvenile Detention hearings are held at 2:30 p.m. The victim may call (520) 724-2991 between 8 a.m. and 5 p.m., and ask to speak to a Victim Advocate to give input about release.
• On weekends, Juvenile Detention Hearings are held at 10 a.m. Call (520) 724-2003 to give input.

Jail/Court Directory
Tucson City Court (520) 791-4971
103 E. Alameda

City Prosecutors Office (520)791-4104
103 E. Alameda, 5th Floor

South Tucson Prosecutor’s Office (520) 729-2424
City Victim Assistance (520) 791-5483
103 E. Alameda, 5th Floor

TPD Victim Notification engage.tucsonpolice.org/case_status
Pima County Justice Court  (520) 724-3171
240 Stone

Pima County Superior Court  (520) 724-3210
110 W Congress

Pima County Attorney’s Office (520) 724-5600
32 N. Stone

Pima County Jail  (520) 351-8311

Pre-Trial Services  (520) 724-3310

**Domestic Violence Services**

*Shelters and Safe Houses*
- Elder Shelter DV  (520) 566-1919
- Emerge! Center Against Domestic Abuse  (520) 795-4266 or 1-888-428-0101
- Emerge! Linea de Español  (520) 573-3637
- SAAF LGBT Hotline  1-800-553-9387
- Komckud Ki: — Tohono O’Odham Nation (safe house)  1-866-666-4889
- Genesis House (Green Valley/Sahuarita)  (520) 648-3589

*Domestic Violence Advocacy*
- National DV Hotline  1-800-799-SAFE
- Emerge! Center Against Domestic Abuse  (520) 881-7201
- Emerge! Linea de Español  (520) 573-3637
- DMAFB Family Advocacy  (520) 228-2104
- Casa Community Services (Green Valley)  (520) 344-8890
- Pima County Attorney’s Office Victim Service Division  (520) 724-5525
- Tucson Indian Center  (520) 884-7131
- Tohono O’Odham Nation, Prosecutor’s Office  (520) 303-4590
- SAAF LGBT Hotline  1-800-553-9387
- Administration of Resources & Choices Elder Abuse  (520) 623-9383
- Community Outreach for the Deaf  (520) 792-1906

*Immigrant Services*
- Pima County Bar Association  (520) 623-4625
- Southern Arizona Legal Aid  (520) 623-8258
- Mexican Consulate  (520) 882-5595
- Jewish Family & Children’s Services of Southern AZ  (520) 795-0300
- Lutheran Social Ministry of the Southwest  (520) 748-2300

*Counseling/ Mental Health*
- Arizona Children’s Association  (520) 622-7611
- Catholic Social Services  (520) 623-0344
- Center for Life Skills Development  (520) 229-6220
- AVIVA Children’s Services  (520) 327-6779
- Community Partnership of Southern Arizona  (520) 325-3069
Elder Shelter & Later Life DV Services
(520) 566-1919
Espererero Family Center
(520) 326-8424
Our Family Center
(520) 323-1708
Our Family Center (24 Hour)
(520) 323-1708
Help on Call
(520) 323-9373
Jewish Family and Children’s Services
(520) 795-0300
La Frontera
(520) 838-3804
Las Familias
(520) 327-7122
Oasis Center
(520) 626-2051
U of A Counseling Services
(520) 621-3334
Reflection Family Services, Inc.
(520) 795-0981
Southern Arizona Center Against Sexual Assault
(520) 327-7273
Southern Arizona Child Advocacy Center
(520) 724-6600
Southern Arizona Mental Health Center (24 hour)
(520) 617-0043
Su Voz Vale/ Your Voice Counts
(520) 327-1171
Tu Nidito (grief counseling)
(520) 322-9155
SAAF Anti-Violence Project (24 hour)
(520) 624-1779
YWCA Women’s Counseling Network
(520) 884-7810 ext. 109

Domestic Violence Services

Legal Assistance
Southern Arizona Legal Aid
(520) 623-9465
Lawyer Referral
(520) 623-4625
Emerge! Ctr. Against DV Violence
(520) 795-4266
Emerge! Linea de Espanol
(520) 573-3637
Pima Council on Aging Legal Clinic
(520) 790-7262
Mexican Consulate
(520) 882-5595
AZ Coalition to End Sexual & Domestic Violence Legal Hotline (8:30-5 Mon-Fri)
1-800-782-6400

Public Health Nursing
Public Health Nurses can help with a myriad of concerns including safety, pregnancy, community services, immunizations, parenting, family planning, communicable diseases, child care information, crisis intervention, and general health.

North Office
3550 N. First Ave., Suite 300
(520) 724-2880
South Office
175 W. Irvington
(520) 724-7777
East Office
6920 E. Broadway, Suite “G”
(520) 751-9086
Green Valley Office
601 N. La Canada
(520) 648-1626
Ajo Office
120 Estrella
(520) 387-5611

Low Income Medical
El Rio Health Center
839 W Congress
(520) 670-3909
Planned Parenthood
2255 N Wyatt Dr
(520) 408-7526
St. Elizabeth’s of Hungary
140 W Speedway #100
(520) 628-7871
Kids Care (AHCCCS)
(602) 417-4000
### Community Resources

#### Community Shelters

**Women and Children**

- Casa De Los Niño's (children under 9) (520) 624-5600
- Center for Juvenile Alternatives (teens 12-17) (520) 670-9040
- New Beginnings (24 hours) (520) 323-1708 ext. 103
- Reunion House (teens 12-17) (520) 323-1708 ext. 146
- Salvation Army Hospitality House (24 hours) (520) 622-5411

**Men**

- Church on the Street (520) 312-0967
- Gospel Rescue Mission (24 hours) (520) 740-1501
- Primavera Shelter (520) 623-4300
- Salvation Army Hospitality House (24 hours) (520) 622-5411
- Traveler’s Aid (520) 505-4152

#### Rent/Mortgage/Utilities

*All telephone numbers listed below are 520 area code.

- AZ Housing & Prevention Services (rent, mortgage, utilities) 498-4613
- Chicanos Por la Causa (employment, mortgage, rent, utilities) 882-0018
- Project P.P.E.P (rent, utilities) 622-3553
- Marana Healthcare Center (utilities) 682-4111
- Northwest Interfaith (rent, utilities, door locks, prescriptions) 297-6049
- Pima County Emergency Assistance (rent, utilities-County) 243-6688
- Salvation Army (rent, utilities, food boxes) 294-5224
- St. Vincent de Paul Society (or contact local Catholic parish) 622-2822
- Tucson Indian Center (rent, utilities for Native Americans) 884-7131
- Tucson Urban League (rent, utilities-city residents only) 791-9522
- City of Tucson Housing Programs 791-5262
- Wings of Freedom Transitional and Permanent Housing 881-2663

#### Public Assistance

**Parenting Education**

The resources listed below can offer assistance to parents who are facing challenging situations with their children. The offer support, counseling, and education.

- Department of Child Safety (Family Support Services) (520) 505-3464
- Parent Aid (weekly in-home visits) (520) 798-3304
- Parent Connection (parenting classes, playgroups, support groups) (520) 321-1500

**Childcare Resources**

- Child Care Resource & Referral (520) 325-5778
- Parent’s Anonymous (520) 319-1040

**Financial Assistance**

- Arizona Department of Economic Security (DES)
Financial Assistance Hotline 855-432-7587
https://des.az.gov
(DES has multiple offices in Pima County, must call to find out which office to go to based on your location)
City of Tucson Housing Programs (520) 791-5262
Social Security Tucson Office 88 W 38th St #100 800-772-1213
Crime Victim Compensation (520) 724-5525
(counseling, lost wages, funeral expenses, medical bills)

Food/ Diapers
*All telephone numbers listed below are 520 area code.

AFL-CIO Services (food boxes, utility service for union members) 751-9672
Catholic Social Services 623-0344
Hands of Hope (diapers, maternity clothes, prenatal care) 622-5774
Greater Littletow Resource Group (Food-County residence) 574-2263
Giving Tree Outreach Program 320-5437
New Life Resource Center (diapers, maternity clothes) 889-8225
Lutheran Social Ministries (food boxes, diapers) 748-2300
Pima County Community Services Department 724-7650
Reachout (diapers, Formula, baby items) 321-4300
Community Foodbank of So AZ 622-0525
Women’s Pregnancy Center (diapers) 325-6041

Resources for Older Adults
Adult Protective Services (24 hours) (520) 872-9000
Senior Resource Network (520) 623-9383
Administration of Resources and Choices (520) 327-8250
Elder Shelter (520) 566-1919
Pima County Reverse Mortgage Program (520) 327-8250
Elder Abuse Support Services (520) 327-2665
Pima Council on Aging (Advocacy, Omsbudsman, etc.) (520) 790-7262

Assistance with Pets
Hermitage Cat Shelter (520) 571-7839
Safe Haven Animal Shelter (520) 327-6088
Animal League of Green Valley (520) 625-3170

Public Assistance
Offender Services

Arizona Center for Mind/Body Therapy (520) 721-2464
Aztec Counseling Services (520) 297-1923
Cactus Counseling Associates (520) 798-3659
Casa Paloma (520) 882-0820
Center for Life Skills Development (520) 229-6220
Counseling and Consulting Services (520) 882-0090
Our Family Center (520) 323-1708
Fuerza Y Esperanza Counseling Services (520) 295-0999
Marana Health Center (520) 682-4111
Next Step Counseling (520) 747-0405
Portable Practical Education Preparation (520) 792-5704
Primavera Center (job assistance) (520) 623-5111
Reflection Family Services (520) 795-0981
Ronstadt and Richeson Counseling (520) 917-0149

Notes Section