

HOW TO OBTAIN A RESTRAINING ORDER

You may apply for a restraining order at the Multnomah County Court House Room 211, which is located at 1021 SW 4th Ave in Portland. The paper work **must be completed** by 12:45 pm Monday through Friday.

- To obtain the order you must have had an intimate relationship with the person you are seeking the order against
- You must have photo identification
- You must have been the victim of abuse within the last 180 days
- You will need to have a description of the abuser and a location where the Restraining Order can be served
- If you have children, you must be prepared to tell the court how you will provide for visitation
- If you do not have legal custody you will need to obtain it – the restraining order is not a permanent solution to custody issues.
- You will need to make a commitment to calling the police and following through with prosecution if there are any violations of the restraining order
- A restraining order is in effect for one year from the time the person is served

- If you believe your situation is changed, you **may ask** the court to modify the conditions of the restraining order

IMPORTANT PHONE NUMBERS

PORTLAND POLICE

Emergency

911

Domestic Violence Reduction Unit

(503) 823-0090

WomenStrength Self Defense Training

(503) 823-0260

Multnomah County

District Attorney

Victims Assistance Program

(503) 988-3222

Portland Women's

Crisis Line

(503) 235-5333

THINKING ABOUT SAFETY

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VICTIMS' ASSISTANCE PROGRAM

1021 SW 4th Ave., Room 804
Portland, OR 97204

503-988-3222
TTY/TDD 503-988-3302

<http://www.mcda.us/va>

SAFETY AT HOME

When the abuser is there:

- ✓ Stay out of rooms with no exit
- ✓ Stay out of rooms that may have weapons
- ✓ Select a code word that alerts friends and children to call the police
- ✓ Leave a suitcase and checklist items with a friend

When the abuser has moved out:

- ✓ Obtain a restraining order
- ✓ Change the locks on doors and windows
- ✓ Install a peephole in the door
- ✓ Change telephone number, screen calls
- ✓ Install or increase outside lighting
- ✓ Consider getting a dog
- ✓ Inform landlord or neighbor of the situation
- ✓ Instruct them to call the police if the abuser is seen around the residence

SAFETY AT WORK

What to do:

- ✓ Alert your employer
- ✓ Show security a picture of the abuser and a copy of your restraining order
- ✓ Screen your calls
- ✓ Have an escort to your car or bus
- ✓ Vary your route home
- ✓ Consider a cell phone
- ✓ Carry a noisemaker or personal alarm

PROTECTING YOUR CHILDREN

- ❖ Plan and rehearse an escape route with your children
- ❖ If it is safe, teach them a code word to call 911
- ❖ Teach children how to use a public phone
- ❖ Tell school personnel to whom children may be released
- ❖ Give school personnel a photo of the abuser
- ❖ Warn school personnel not to divulge your address and phone number

GETTING OUT QUICK LIST

Keep this information with you:

- ❖ Identification – driver's license and birth certificates
- ❖ Money – ATM card, credit cards, checkbooks
- ❖ Legal papers – restraining order, medical records
- ❖ Important personal items – keys, medicine

CHECKLIST FOR PREPARING TO LEAVE

- ◆ Identification
- ◆ All birth certificates
- ◆ Social Security Card
- ◆ Welfare Identification

- ◆ Medical cards/records for everyone
- ◆ Money, ATM/credit cards, check books
- ◆ Savings account books
- ◆ Lease, rental agreement or deed
- ◆ Car registration, proof of insurance
- ◆ School/immunization records
- ◆ Work permits/green card/visa
- ◆ Passports
- ◆ Divorce/Custody papers
- ◆ Keys to house, car, safety deposit boxes
- ◆ Address book/Phone card
- ◆ Pictures
- ◆ Small toys for children
- ◆ Toiletries/diapers/medications
- ◆ Clothing

TO DO

- Open a savings account in your name
- Get your own post office box so you can receive mail and checks
- Plan with whom you will stay and /or who would be able to lend you money during a crisis
- Contact your Victim Advocate, the women's crisis line or any shelter for help with safety planning and information about community services that could assist you. Keep these phone numbers with you
- If you need financial assistance to escape domestic violence, contact your local AFS office