

## YOU DO NOT DESERVE TO BE ABUSED.

### If you are being abused:

Find a safe place. Stay with family, friends, or at a shelter. Use this directory to help you find any services you need.

Remember, you are not alone!

### If you have an emergency:

Dial 911

Available 24 hours a day, 7 days a week.

### If you are injured:

Go to a hospital emergency room or your doctor and tell them what happened to you.

## POLICE

*For Emergencies, Call 911*

## MEDICAL SERVICES

*For Emergencies, Call 911*

WYNN HOSPITAL  
(315) 917-WYNN (9966)

ROME HEALTH HOSPITAL  
(315) 338-7000 (main number)  
(315) 338-7035 (emergency room)

## ADVOCACY PROGRAMS

***Safety for you and your children is your right. If you are confused and need to find help, call:***

YWCA DOMESTIC & SEXUAL VIOLENCE CRISIS SERVICES  
(315) 797-7740 (24-hour hotline—call or text)  
Website: [www.ywcamv.org](http://www.ywcamv.org)

## ONEIDA COUNTY DEPT. OF SOCIAL SERVICES

TEMPORARY ASSISTANCE  
(315) 798-5804 (Utica)  
(315) 356-2800 (Rome)  
*Check the “domestic violence” box on your application, and tell your worker*

CHILD ABUSE AND NEGLECT  
1-800-342-3720

ADULT PROTECTIVE SERVICES  
(315) 798-5968 (8:30 am-4:30 pm, M-F)

## HOTLINES

*Available 24 hours a day, 7 days a week*

### Local Hotlines

YWCA DOMESTIC & SEXUAL VIOLENCE CRISIS SERVICES  
(315) 797-7740 call or text

MOBILE CRISIS ASSESSMENT TEAM (MCAT)  
(315) 732-6228

### New York State Hotlines

DOMESTIC VIOLENCE 1-800-942-6906

CHILD ABUSE 1-800-342-3720  
1-800-638-5163 (TDD)

### National Hotlines

DOMESTIC VIOLENCE 1-800-799-7233  
1-800-787-3224 (TDD)

## LEGAL ASSISTANCE

LEGAL AID SOCIETY OF MID-NEW YORK, INC.  
120 Bleecker Street, Utica, NY 13501  
Helpline: 1-877-777-6152 (toll-free)  
Website: [www.lasmny.org](http://www.lasmny.org)

PUBLIC DEFENDER’S OFFICE  
(CIVIL DIVISION)  
(315) 266-6100

ONEIDA COUNTY DISTRICT  
ATTORNEY’S OFFICE  
(315) 798-5766

## ONEIDA COUNTY COUNSELING & SUPPORT

YWCA DOMESTIC & SEXUAL VIOLENCE CRISIS SERVICES

Emergency:  
(315) 797-7740 (24/7—call or text)  
Non-emergency:  
(315) 732-2159

MOBILE CRISIS ASSESSMENT TEAM (MCAT) (315) 732-6228

MID-YORK 211 HELPLINE Dial 211

CATHOLIC CHARITIES  
(Utica/Rome) (315) 724-2158

## SUICIDE HOTLINE:

Call or text 988 or  
Chat at [988lifeline.org](http://988lifeline.org)

COMMUNITY HEALTH AND BEHAVIORAL SERVICES (CHBS)  
(315) 798-8868

CENTER FOR FAMILY LIFE AND RECOVERY  
(315) 733-1709

NEIGHBORHOOD CENTER

(315) 272-2700 (Utica)  
(315) 272-2730 (Rome)

SAMARITAN COUNSELING  
(315) 724-5173

HELIO HEALTH (SUBSTANCE ABUSE HOTLINE)  
(315) 471-1564 (24/7)

ADDICTION STABILIZATION CENTER  
(315) 735-1645 ext. 2162 or 2188

## LEGAL SYSTEM

### Criminal Court:

**CALL** YWCA Domestic Violence Sexual Violence Services immediately after contacting the police, at (315) 797-7740.

**FILE** a formal complaint with a police officer. Get a copy of the domestic incident report from the police.

**ASK** for help from a YWCA advocate if you are in court.

**SHOW UP** in court when you are subpoenaed.

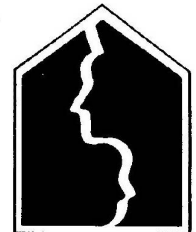
### Family Court:

**GO** to Oneida County Family Court. A YWCA advocate can help you fill out your petition.

**FILE** a petition in Family Court with help from your YWCA advocate.

**SHOW UP** for all your court dates.

## ONEIDA COUNTY SERVICE DIRECTORY



**Q: What should I do if I am hit or threatened?**

**A:** In an emergency, call 911.

**Q: How can I stay safe?**

**A:** Safety first! If you decide to leave the abuser, call the YWCA at (315) 797-7740 for help making a plan to do so safely. You and your children may be able to go to a DV shelter. If you have pets, some shelters will also help you find a safe place for your pets to stay.

Whether you decide to stay or leave, you need a “safety plan.” It could save your life! Call the DV program for help. Update your safety plan every time your situation changes.

**Q: What is an order of protection?**

**A:** It is a court order signed by a judge. The order prohibits the abuser from threatening, abusing, or acting violently towards you. It may also require the abuser to stay away from you, your children, your home, your pets and your job.

**Q: What court do I go to?**

**A:** There are 3 different courts where you can get an order of protection:

- criminal court
- family court
- supreme court (in a divorce case)

Filing for an order of protection is free.

**Q: Do I have to be physically hurt?**

**A:** No. If someone is threatening you or your children by words or actions, you can ask for an order of protection.

**Q: Who can get orders of protection?**

**A:** People of any gender have equal rights to get an order of protection.

You may also ask for the order to include your children, or other family members related by blood or marriage.

**Q: How do I get a criminal court order of protection?**

**A:** Call the police and make a police report. Tell the police you want to press charges, and that you want an order of protection from criminal court.

**Q: How do I get a family court order of protection?**

**A:** You can go to family court if:

- you are (or were) married to the abuser OR
- you have a child together OR
- you are related to the abuser by blood or marriage OR
- you have an intimate relationship with the abuser (this includes same-sex relationships) OR
- you are related by blood or marriage to a party who has an intimate relationship

The first step is to fill out a petition and file it with the family court clerk in your county. Call the YWCA at (315) 797-7740, or ask for help from the DV advocate at the courthouse.

Bring your ID. In your petition, write down what the abuser did. Be specific! If possible, include dates and times when the abuse happened. Write down what you want the judge to do to protect you and your children.

**Q: What if I’m in court for a divorce?**

**A:** You can ask for an order of protection in supreme court, as part of your divorce case. Talk to your divorce lawyer.

**Q: If I’m in danger, can I get an order of protection right away?**

**A:** A judge can give you a temporary order of protection. To get one, you may

need to go in front of the judge when you file your petition.

**Q: What else can an order of protection do?**

**A:** An order of protection can also order the abuser not to speak to you in person, by phone, mail, text, or e-mail. If you live with the abuser, it can order the abuser to leave the home. It may even order the abuser to turn over any firearms to the sheriff’s department. A family court or supreme court order may also give you temporary custody of your children. If you want permanent custody, you must file a custody petition with the court.

NOTE: The order does not give you ownership of your home, or any property you co-own with the abuser.

**Q: How long does an order of protection last?**

**A:** A criminal court order typically lasts 6 months to 1 year, but can last up to 5 years (or even longer, in extreme cases). If you have a “temporary” order, it will expire on a certain date, unless you ask the court to extend it.

A family court order typically lasts 1 to 2 years, but can last up to 5 years. Before it expires, you can ask for an extension, for good cause. If it has expired, you can file a new petition if there are more incidents. If you don’t want the order anymore, you must go back to court and ask to drop it.

**Q: What should I do with my order of protection?**

**A:** Make copies. Keep a copy at home, at work, in your car, and with a trusted relative or friend. If the order covers your children, make sure their school and daycare have a copy. Include a picture of the abuser with each copy, if you can.

**Q: Do I have to wait until I’m physically hurt to file for a violation?**

**A:** No! If the abuser does anything to violate the order, you can call the police and ask to press charges for the violation. For a family court order, you can seek to press criminal charges or file a violation petition in family court (or both).

**Q: What happens when the abuser is found in violation?**

**A:** If the abuser violates a family court order, they could go to jail for up to 6 months or be fined. If the abuser violates a criminal court order, they could go to jail for up to 1 year. If this isn’t the first time the abuser has violated a criminal court order (or if you were physically hurt, or your property was damaged) the abuser could even go to state prison. You can find out when the abuser is getting out of jail by calling VINE-NY at 1-888-846-3469. Visit [www.Vinelink.com](http://www.Vinelink.com) to sign up for electronic alerts.

#### **Safety Tips**

- Always carry a cell phone. Put 911 and the police on speed dial.
- Change your locks, and always keep your home and car doors locked.
- Change up your routine, and try not to go out alone (especially at night).
- Keep an emergency box with a trusted relative or friend. Include ID, copies of important documents, clothes, an extra set of keys, credit cards, money, etc.
- Give your co-workers, neighbors and friends a “code word” and a special signal that means “call the police.”
- Get a security system and outdoor lights.
- Check out personal safety apps for your phone and other devices.
- Practice cyber-safety! Change your passwords often. Check the privacy settings on your devices and social media accounts. If you think the abuser is tracking your phone, call tech support about having it checked for spyware.
- Install smoke & CO2 detectors at home.
- Make a complete “safety plan” with your local DV program and update it often.