

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

STATE POLICE

Homer (607) 756-5604
Marathon (607) 849-3586

CORTLAND COUNTY SHERIFF
(607) 758-5599

LOCAL POLICE DEPARTMENTS

City of Cortland (607) 756-2811
Village of Homer (607) 749-2022
SUNY Cortland (607) 753-2112

MEDICAL SERVICES

For Emergencies, Call 911

GUTHRIE CORTLAND MEDICAL CENTER

Main number: (607) 756-3500
Emergency Room: (607) 756-3740 or
(607) 756-3741

SHELTER PROGRAM

YWCA AID TO VICTIMS OF VIOLENCE

Hotline (24/7): (607) 756-6363

Office: (607) 753-3639
Website: www.cortlandywca.org

DEPARTMENT OF SOCIAL SERVICES

DEPT. OF SOCIAL SERVICES (607) 753-5320
CHILD PROTECTIVE SERVICES (607) 753-5347
ADULT PROTECTIVE SERVICES (607) 753-5265

HOTLINES

Available 24 hours a day, 7 days a week

Local Hotlines

YWCA AID TO VICTIMS OF VIOLENCE

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Website: www.cortlandywca.org

MENTAL HEALTH CRISIS LINE (24/7):
(607) 756-3771

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

COUNSELING SERVICES

CORTLAND COUNTY MENTAL HEALTH
(607) 758-6100

FAMILY COUNSELING SERVICES
(607) 753-0234

LEGAL HELP

LEGAL AID SOCIETY OF MID-NY, INC.
221 S. Warren Street, Suite 310
Syracuse, NY 13202

Helpline: 1-877-777-6152 (toll-free)
Office: (607) 703-6600
Website: www.lasmny.org

CORTLAND COUNTY DISTRICT ATTORNEY
(607) 753-5008

CORTLAND COUNTY PUBLIC DEFENDER
(607) 753-5046

CORTLAND COUNTY PROBATION DEPT.
(607) 753-5019

EMERGENCY NEEDS (HOUSING, UTILITIES, FOOD, ETC.)

CATHOLIC CHARITIES: (607) 756-5992
COMMUNITY ACTION: (607) 753-6781
RED CROSS/DISASTER SERVICES: (607) 753-1182
CORTLAND 211 HELPLINE (24/7): Dial 211

LEGAL SYSTEM

Criminal Court:

CONTACT the police.

CALL YWCA Aid to Victims of Violence immediately after contacting the police.

FILE a formal complaint with a police officer. If you can, get a copy of the domestic incident report from the police.

SEEK the help of a YWCA advocate if you go to court.

SHOW UP in court when you are subpoenaed.

Family Court:

GO to Cortland County Family Court.

ASK for help from a YWCA advocate by calling their office.

FILE a petition in family court with the help of your advocate.

SHOW UP in court for all hearing dates. If you can't afford an attorney, ask the court to assign you a free lawyer.

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.



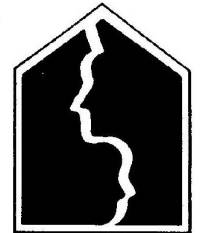
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This booklet was prepared for YWCA Aid to Victims of Violence by the Legal Aid Society of Mid-New York, Inc. to provide a directory of services and general legal information for victims of domestic violence, sexual assault, and stalking. For more information regarding this booklet, contact the Legal Aid Society of Mid-New York, Inc. at 120 Bleeker Street Utica, New York 13501 (315-793-7000).

CORTLAND 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 YWCA Aid to Victims of Violence. They can help you make 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 YWCA Aid to Victims of Violence 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. Call YWCA Aid to Victims of Violence for help.

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 to sign up for electronic alerts.