

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.

SAFE DWELLING

Available 24 hours a day, 7 days a week.

Lewis County Opportunities, Inc.

Victim Services Department

(Safe Dwelling, Hotline, Order of Protection Petitions, Advocacy, Counseling & Support)

HOTLINE: (315) 376-4357 (HELP)

** Collect Calls Accepted**

OFFICE: (315) 376-8202 ext. 4

WEBSITE: www.lewiscountypportunities.com

POLICE

For Emergencies, Call 911

Lewis County Sheriff (315) 376-3511

New York State Police

Lowville (315) 376-6513

Carthage (315) 493-3190

Local Police Departments:

Lowville Village Police (315) 376-6511

Carthage Police Station (315) 493-1141

MEDICAL SERVICES

For Emergencies, Call 911

LEWIS COUNTY GENERAL HOSPITAL

Main Number (315) 376-5200

Emergency Room (315) 376-5252

SAMARITAN MEDICAL CENTER (315) 785-4000

CARTHAGE AREA HOSPITAL (315) 493-1000

HOTLINES

Local Hotlines

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THRIVE

(315) 376-5450 (after hours, call (315) 405-0696 and ask for the on-call crisis worker)

SUICIDE HOTLINE Dial 988

Lewis County Department of Social Services

(315) 376-5400 (after hours, call the Sheriff's Department at 376-3511 and ask for the on-call DSS worker)

Samaritan Counseling

Crisis Line (24/7)

(315) 785-4516

CNY 211 Community Helpline Dial 211

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)

ADVOCACY PROGRAMS

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

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OFFICE: (315) 376-8202 ext. 4

WEBSITE: www.lewiscountypportunities.com

District Attorney's Office (315) 376-5390

Public Defender's Office (315) 376-7543

Lewis County Family Court (315) 570-2440

Legal Aid Society of Mid-New York, Inc.

120 Bleecker St., Utica NY 13501 OR

215 Washington St., Suite 202, Watertown NY 13601

LEWIS COUNTY COUNSELING & SUPPORT

Lewis County Opportunities, Inc.

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Housing Assistance Program

(315) 376-8202 ext. 3

Family Services Department

(315) 376-8202 ext. 1

Crime Victims Compensation

(315) 376-8202 ext. 4

Catholic Charities (Jefferson & Lewis Counties)

Thrive (315) 788-4330

Mountain Mental Health (315) 376-5450

Mountain View Prevention Services (315) 942-4252

Alcohol & Drug Treatment (315) 376-2321

Samaritan Counseling Center

Crisis Line (24/7) (315) 785-4516

Mental Health Treatment (315) 779-5060

Alcohol & Drug Treatment (315) 779-5074

LEWIS COUNTY SOCIAL SERVICES

DOMESTIC VIOLENCE LIAISON (315) 376-5400

CHILD PROTECTIVE SERVICES (315) 376-5400

ADULT PROTECTIVE SERVICES (315) 376-5400

LEGAL SYSTEM

Criminal Court:

CONTACT the police.

CALL Victim Services Department, Lewis County Opportunities, Inc. at (315) 376-8202 ext. 4 after contacting police.

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

ASK for help from a Victim Services Department advocate at (315) 376-8202 ext. 4 if you go to court.

SHOW UP in court when you are subpoenaed.

Family Court:

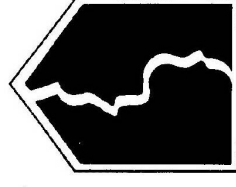
GO to Lewis County Family Court, or call the court clerk at (315) 570-2440.

ASK the court clerk for help from a Victim Services Department advocate.

FILE a petition in Family Court with the help of your advocate.

SHOW UP for all your court dates. If you can't afford a lawyer, ask the court to assign you one.

LEWIS 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 Victim Services Hotline at (315) 376-4357 (HELP) 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 your local DV program at (315) 376-4357 (HELP), or ask for help from the DV advocate at the courthouse.

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 does 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.

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.