

Maryland residents:

CASA, Inc.

www.casainc.org

24 hr hotline: 301-739-8975

24-HOUR HOTLINE

CASA's 24-hour hotline is available 7 days per week. The hotline staff provides confidential crisis counseling, education, information, referrals, and safety planning to individuals who have been affected by domestic violence, sexual assault, and/or rape.

24-hour hotline: 301.739.8975 • TTY: 301.739.1012

DOMESTIC VIOLENCE PROGRAM (since 1977)

Provides counseling, crisis intervention, and shelter to both individuals and families involved in domestic violence situations.

EMPLOYMENT / TRAINING PROGRAM (since 1978)

Provides educational and training opportunities to individuals who are 35 years of age or older and have lost part or all of their primary income due to separation, divorce, or the death, disability or long-term unemployment of the main family wage earner; depended on government support and are no longer eligible for that assistance; and/or, are experiencing difficulty finding gainful employment. The program provides a supportive environment where individuals have the opportunity to build confidence, explore life goals and employment options, and achieve economic independence.

RAPE CRISIS PROGRAM (since 1984)

Provides crisis intervention and counseling to victims of all ages—adults and children, who have been sexually abused/assaulted. Counseling and support are provided to the victim's family and friends as well.

INCEST SURVIVOR SUPPORT

Provides education and support groups for trauma survivors to heal and reclaim a healthy life.

LEGAL SERVICES

Provides counseling and information concerning divorce, child custody and support, property settlement, protection from domestic violence and criminal prosecution.

ABUSER INTERVENTION PROGRAM (since 1987)

Provides abusers with counseling to help them understand the cycle of violence and the negative impact of violence on their partners and children. The program aims to help participants change beliefs, attitudes, and behaviors that contribute to their abusive behavior. Participants attend a total of 30 weekly group sessions. Topics covered include the definition of physical, sexual, and emotional domestic abuse; learning to listen; the effects of domestic violence on children; accepting responsibility for one's own behavior; conflict resolution; and, equality in relationships.

CHILDREN'S PROGRAM (since 1988)

Provides services to children and adolescents who have experienced family violence and/or physical, emotional, and sexual abuse. Services include assessment, individual and family counseling, groups for children and parents, and coordination of intervention with other community agencies and programs serving children and families.

SUPPORT GROUPS

- Domestic Violence Support Group
- Incest Survivor's Support Group
- Transitions Support Group

- Children's Support Group

WORKSHOPS

CASA's workshops address topics such as legal rights, parenting skills, self-esteem, domestic violence and sexual assault. The clinical staff also conducts community education seminars on issues such as family violence, rape and sexual assault, managing anger, and effective parenting.

<http://www.casainc.org/quiz.html> (Take a quiz to see if you are in an abusive situation)

<http://www.casainc.org/safety.html> (Tips to develop a safety plan)

Pennsylvania residents:

Women In Need

<http://www.winservices.org/services.aspx>

Services:



Women In Need provides services to victims of abuse in Franklin and Fulton Counties. The services are designed to help victims of abuse and their families. These services assist people in making constructive decisions by educating them to the options and alternatives available to them in their communities. All services provided to victims and their families are free and confidential.

Individual Counseling

Individual, or one-on-one, counseling sessions are available to victims of domestic violence and/or sexual assault. Counseling can be done at the Women in Need offices in Chambersburg or McConnellsburg; counselors are not able to do in-home services. If transportation is an issue phone counseling may be an option.

Adults (male and female) and children can receive services. Children will be assessed based on age and their ability to communicate with the counselor. If the counselor feels they are not able to work with the child an appropriate referral will be made. School-age children may be able to be seen in the school setting. There are times when we experience a waiting list for counseling clients. As with all of our services, there is no charge for counseling sessions.

Legal Advocacy

Women In Need provides advocacy and accompaniment through the criminal and civil court system. In criminal court, WIN Legal Advocates assist victims as they go through different court proceedings, explaining court procedures and informing them about the progress of their case. The Legal Advocates can also assist victims through the criminal process by accompanying them to the Police Department and/or District Attorney's Office.

In addition to criminal court accompaniment, Legal Advocates are also available to assist victims of abuse in completing a Protection From Abuse Order, or PFA. The advocates work through the PFA questionnaire with

the victims, assist them in scheduling an appointment with the attorney to complete the PFA paperwork, and advocate for them throughout the civil proceeding in PFA court.

Prevention Education

The goal of education is to raise awareness in our community about the impact of violence on victims, our local community and society. In addition, it is important to educate people so that they know how to help others who might be dealing with violence. People of all ages, from children through adults, need to understand healthy and unhealthy relationships, in addition to making good choices when interacting with others.

Educational topics range from general presentations on healthy and unhealthy relationships, friendships and conflict resolution to presentations on specific types of violence such as domestic, dating, and sexual. All programs are created to engage the audience in the subject matter in age appropriate ways and with professionalism. Typically, education programs last about an hour or a class period and topics are designed to meet the needs of the group.

All educational services are free so please contact Prevention Education at WIN. For more information or to schedule a program, call 717.264.3056.

Shelter - A place to turn....

When domestic violence strikes, a victim may no longer feel safe in her own home. She may begin to wonder if there is anywhere she can ever feel safe again. The WIN shelter provides a safe place for battered women and their children.

When in shelter, women are provided with available options, referrals to agencies that may provide additional help, and with the help of a trained counselor advocate, create a safety plan upon discharge from the shelter. Families may remain in the shelter for as long as 30 days; however, many women choose to leave sooner. All are offered the option of returning in the future should they once again not feel safe.

Support Group Counseling

Support group counseling is a congregation of individuals who come together to discuss certain topics and share their daily struggles with domestic violence and/or sexual assault. Each support group meeting is facilitated by a Women In Need counselor. The size of the group varies based on the topic and the time/day of the meeting. The groups are designed to allow ample opportunity for each member to share and interact with others. Members are encouraged to share as much, or as little, as they feel comfortable.

Support group topics vary based on the needs of Women In Need clients. Past topics include: art therapy, self-esteem building, coping skills, learning daily living skills (balancing a checkbook, computer skills, etc.), coping with trauma and stress, book discussions, strengthening the bond between mother and child, and healthy living. Support groups generally run in the spring and fall.

For information regarding upcoming groups, call the WIN office for more information.

Sexual Assault Response Team

The Franklin County Sexual Assault Response Team, or SART, is a collaboration effort between healthcare providers, Women In Need, law enforcement, and prosecutors.

The SART involves a multidisciplinary team working together to provide prompt, skilled, comprehensive, and compassionate care to victim of sexual violence at local emergency rooms.

A specially trained nurse, or SANE, and a victim advocate are available 24 hours a day, 7 days a week to assist victims who have been sexually assaulted. The program serves men, women, and teens from age 13.

Victim Witness

The Victim Witness Office works in collaboration with the District Attorney's Office. The Victim Witness Advocates provide accompaniment to court to answer questions you may have, as well as keep you updated on how your case is progressing through the court system.

In addition, Victim Advocates can assist victims in seeking state compensation for injuries and loss of wages suffered as the result of victimization.

The Victims Compensation Assistance Program may be able to help by paying you back for money you had to pay or lost because of a crime. Compensation may be paid to you or others for medical expenses, counseling, lost work earnings, loss of support, funeral expenses, travel costs, childcare, stolen cash, relocation, the costs to clean up a crime scene and other expenses. In order to receive compensation, you have to:

- Be a victim of a crime that happened in Pennsylvania
- Report the crime to the police or file a Protection from Abuse Order within 3 days
- File a claim within 2 years after the crime occurred
- Have a loss of at least \$100 due to the crime (unless you are over 60 years old - no minimum loss)
- Not be involved in illegal activity that caused the crime to happen
- Cooperate with the police, courts, and Victims Compensation Program

To obtain a claim form or for further questions, please call 717.267.1575 to talk to one of our Victim Advocates.

Fulton County Office

Women In Need provides services in Fulton County. Our Fulton County office offers all of the same services as our main office in Franklin County. If you need assistance in the Fulton County area, please call 717.485.5840 or 800.621.6660.

West Virginia Residents:
Shenandoah Women's Center, Inc.
236 W. Martin Street
Martinsburg, WV 25401
(304) 263-8522

The Shenandoah Women's Center
is the domestic violence and sexual assault crisis,
treatment and prevention program in the Eastern

Panhandle of West Virginia.

Located in downtown Martinsburg
With outreach offices in Charles Town, and
Berkeley Springs.

We provide confidential support, counseling, and
emergency shelter and have a 24-hour hotline for
emergency assistance.

National Resources:

National Domestic Violence Hotline

thehotline.org

1-800-799-SAFE (4357)