

Prior to a Violent Incident:

- ⇒ Know how to identify your partner's level of violence so that you can assess danger to yourself and to your children.
- ⇒ Notify a neighbor to be alert to strange noises and to call the police when this happens.
- ⇒ Plan where you will go in an emergency situation. Tell this person not to talk with anyone until they speak with you first if you believe your partner will contact this person.
- ⇒ Teach your most responsible child to call the police and give your name and address if a violent incident is occurring and he or she is able to safely get to the phone.
- ⇒ Review your safety plan often.

When Preparing to Leave:

- ⇒ Leave extra keys, important documents, medicine and clothing with someone you trust.
- ⇒ Get your own post office box and open your own savings account.
- ⇒ Identify where you will go and how to get there. Practice your route. Keep a good supply of gas in the car.
- ⇒ Determine who will loan you money if needed.
- ⇒ Have change available to make calls.
- ⇒ Keep shelter and important numbers close.
- ⇒ Remember: using a calling card will show up on your phone bill.

Safety in Your Home

- ⇒ Change all locks immediately.
- ⇒ Review a safety plan with all members of the household.
- ⇒ Inform your children's caregivers who has permission to pick them up.
- ⇒ Keep a cordless phone charged and with you at all times. Emergency 911 phones are available to you through the Portsmouth Police Dept. or A Safe Place.
- ⇒ Purchase a long cord for a regular phone.

Know Your Rights: "If you are the victim of domestic violence and you believe that law enforcement protection is needed for your physical safety, you have the right to request the officer assist in providing for your safety, including asking for an EMERGENCY RESTRAINING ORDER OF PROTECTION. You may also request that the officer assist you in obtaining from your premises and curtilage, toiletries, medication, clothing, business equipment, and any other items as determined by the courts, and in locating and taking you to a local safe place including, but not limited to, a designated meeting place to be used as a crisis center, a family member's or friend's residence, or a similar place of safety. If you are in need of medical treatment, you have a right to request that the officer assist you in obtaining an ambulance."

HELPFUL PHONE NUMBERS:

Portsmouth Police Department:

- EMERGENCY.....911
- Non-Emergency.....427-1500
- Family Services.....436-1231
- Victim/Witness Advocate.....610-7464

City of Portsmouth:

- Portsmouth District Court431-2192
- Portsmouth Family Court433-8518

Rockingham County:

- County Attorney642-4249

Human Services- 24 Hour Hotlines

- A Safe Place.....1-800-854-3552
- Sexual Assault Support Services.....1-888-747-7070
- Help Line.....1-800-852-3388
- Infolink.....1-888-499-2525
- DCYF.....1-800-894-5533

Corrections and Probation

- Probation/Portsmouth Office...436-7895
- Exeter Office.....772-4753
- House of Corrections.....679-2244
- State Prison.....271-1801
- Vine (Victim Information and Notification Every day) 1-800-542-9904

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A Guide for Victims of Crime



Family Services Division
Domestic Violence Unit
(603)-436-1231

Portsmouth Police Department
3 Junkins Avenue
Portsmouth, NH 03801

As a Victim...

Being a victim of a crime can be a traumatic experience. Crime can happen to anyone, regardless of precautions a person may or may not have taken. While a victim's world can be turned upside down by a traumatic event, victims can regain a sense of balance and strength as they heal.

Common Short Term Effects

People often suffer emotional and physical trauma following a crime. Victims may blame themselves instead of the person or people who hurt them, or be afraid that family or friends will blame them. Hardest of all, victims may worry that they will be victimized again.

A victim may feel numb or unemotional for some time after the event. Disbelief, denial and anger are also common responses to victimization.

In addition, victims may have questions about where to go for medical treatment, about what will happen if they report a crime to the police or how to find psychological or emotional support in the community. These concerns are normal, understandable responses to crime, and it may be helpful to speak to a victim service professional or counselor to discuss the impact of the crime on your life.

Common Long Term Effects

Possible long-term effects from victimization can include:

- Nightmares or sleeping disorders
- Flashbacks
- Extreme tension
- Overwhelming anger
- Feelings of isolation or estrangement from others
- Trouble with short-term or long-term memory

If you are suffering from any of these symptoms, please contact a victim service provider. A professional may be able to help you identify ways to cope with the long-term impact of the victimization.

How to Obtain a Protective Order

- Go to the Portsmouth District Court, 111 Parrott Avenue, or the Rockingham County Superior Court, 10 Route 125 Brentwood. If you are not a Portsmouth resident go to your local courthouse. If the court is closed you may go to or call the police department for an emergency protective order. The order will remain in effect until the end of the next business day.
- Fill out the appropriate paperwork, providing as much information as possible. Once the court has issued the temporary order, read and be familiar with the order and how it works.
- A date for a hearing will be scheduled. You must attend this hearing and bring any evidence you may have to support your petition. The judge will hear both sides and decide if the protective order will be granted for a one-year period.
- You are not alone. There are Advocates available through "A Safe Place" to assist you throughout the protective order process. Please ask the clerk of the court to assist you with contacting an advocate.

Safety with a Protective Order

- **KEEP A COPY OF THE PROTECTIVE ORDER WITH YOU AT ALL TIMES**
- Give a copy to a trusted friend, neighbor or family member.
- Report any violation of the order to the local police department.
- Make a plan to stay safe until the police arrive.
- Inform coworkers, children's schools, health care providers and neighbors of the protective order.

Crime Victim Compensation

If you are a victim of a crime, you may be eligible for compensation from the NH Victims' Assistance Commission.

Crime victim compensation is a direct reimbursement to or on behalf of a crime victim for the following crime-related expenses:

- ◆ Medical and dental care needed for crime-related injuries.
- ◆ Crime-related mental health counseling with a licensed therapist.
- ◆ Relocation costs not to exceed \$4,000
- ◆ Reimbursement for crime scene clean-up
- ◆ Lost wages or loss of paid leave
- ◆ Other reasonable crime-related out-of-pocket expenses
- ◆ You can not be paid for property loss or pain and suffering

You must incur at least \$100.00 in out-of-pocket loss or liability as a direct result of the crime.

The program can help with the above mentioned expenses, which are not covered by insurance or other resources, in an amount not to exceed \$10,000 per victim.

Should you require additional information please call:
1-800-300-4500 (in NH only)
or (603) 271-1284

Victim Information & Notification Everyday (V.I.N.E.)

VINE is a free, anonymous, computer-based telephone program that provides victims of crime inmate custody information (whether or not an inmate is still incarcerated in Rockingham County) and also notifies a victim if an inmate is released from custody. To use VINE, just call **1-800-542-9904** and follow the prompts.