

## What You Can Do To Be Ready:

- Memorize emergency numbers of, your support person, crisis hotline, local police etc.
- Talk with your children about what they should do if a violent incident happens.
- Set up a plan to leave on a emergency basis, like escape routes or places to go in unsafe situations.
- Trust your instincts if you think you are in a bad situation or in immediate danger, you probably are and need to get to a safe place.
- Put together a emergency bag so if you need to leave right away try and include money, extra set of car keys, medicine, important papers such as birth certificates, social security cards, medical cards, clothes and leave it at a trusted friends or location

## CONTACT US

**Victim Advocate**  
**3000 Shanel Road**  
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***Visit us on the web:***

***[www.hoplandtribe.com](http://www.hoplandtribe.com)***

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## Victim Services

***Hopland  
Tribal Health  
&  
Social Services  
Department***





## Services offered by Advocate:

- Peer Counseling
- Safety Planning
- Court Advocacy
- Completing forms such as temporary restraining order (tribal or state court)
- Accompaniment/ Transportation to related Appointments
- Referrals
- Resources
- Confidential

## Its Not Your Fault

Domestic Violence (DV) or Intimate Partner Violence (IPV) is a behavioral pattern in any relationship used to gain power over an intimate partner. It may be physical, sexual, emotional, economic and/ or psychological.

Domestic violence occurs in adult, teen and same-sex relationships. Physical violence is only one tactic used to maintain control. Other tactics include:

**\*Economic abuse:** making all financial decisions on how money will be spent

**\*Intimidation:** such as threatening to use physical force

**\*Isolation:** cutting off friends and family members from talking or visiting

**\*Threats:** threatening to take the children away

**\*Sexual abuse:** forcing her to have sexual intercourse, particularly after a physical assault

## Our Goal

*We are here to help promote healing for Native Woman and give them the guidance they need to succeed. These types of situations are hard to deal with , but we wont let them walk alone!*

*Impacts from DV are different for everyone, and healing is possible for all, whether staying or leaving the relationship, an advocate is here to help!*

Domestic Violence , Sexual Assault ,  
Sex Trafficking, Stalking and Dating Violence



Hopland Reservation,  
Hopland, CA