

Center for Violence Prevention and Recovery **Safe Transitions: Domestic Violence Intervention Program**



**Beth Israel Deaconess
Medical Center**



A teaching hospital
of Harvard
Medical School

Beth Israel Deaconess Medical Center's Safe Transitions: Domestic Violence Intervention Program was initiated in 1994 by the Social Work Department to better serve patients and employees experiencing threatening, coercive, and abusive relationships. Safe Transitions is one of the core programs of the Center for Violence Prevention and Recovery. Our services may be helpful to you for a variety of reasons:

- ◆ *You are experiencing abuse*
- ◆ *You want to learn more about domestic violence and whether it applies to you*
- ◆ *You are a provider seeking consultation*
- ◆ *You want to refer someone to our program*
- ◆ *You would like our staff to conduct a training session for your department or organization*

What is Domestic Violence?

Domestic violence is the abuse of power in a relationship that leads to a pattern of controlling behavior. Abuse can be physical, emotional, verbal, sexual, or economic. Domestic violence can be perpetrated by a spouse, partner, significant other, family member, or caretaker.

How We Can Help

We offer a range of services and can help you:

- ◆ Plan for safety in crisis
- ◆ Access safe housing
- ◆ Talk about your relationship and your options
- ◆ Locate and apply for resources

We also offer:

- ◆ Individual counseling
- ◆ Support groups
- ◆ Provider consultation
- ◆ Training sessions for your organization

All services are private, confidential, and free.

This program is generously supported partially through the Victims of Crime Act Grant, through the 1984 VOCA grant from OVC, OIP, U.S. Department of Justice. Supplemental funding was appropriated by Congress through the Department of Defense Appropriation Act of 2002.

Some Elements of a Safety Plan

Within the Relationship:

- ◆ Be aware of unsafe areas in your home, such as the kitchen, where objects can easily be used as weapons
- ◆ Think in advance whom you can tell about the violence (e.g. friends, family, neighbors)
- ◆ Make an emergency plan with this person or these people (e.g. have them ready to call police or take you in during a crisis)
- ◆ Plan where to go in a crisis
- ◆ Keep identification and copies of important papers in an easily accessible place
- ◆ Keep an extra set of keys and extra money in an easily accessible place
- ◆ Talk to your children about an emergency plan (i.e., where to go and whom to call)

When a Relationship Is Ending or Has Ended:

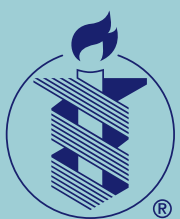
- ◆ Change the locks
- ◆ Change your phone number
- ◆ Tell people you trust (e.g. neighbors, family, and friends) that your partner no longer lives with you
- ◆ Make an emergency plan with this person or these people in case your partner comes to the house
- ◆ Consider obtaining a restraining order, and keep a copy with you at all times if you do obtain one
- ◆ Identify people who can support you consistently
- ◆ Call a local domestic violence program and/or try a support group

Other Resources:

- ◆ SafeLink 24-hour domestic violence shelter hotline: 877.785.2020
- ◆ Call 911 to access emergency police assistance
- ◆ During evenings and weekends, call the Beth Israel Deaconess Emergency Department at 617.754.2400

How To Contact Our Program:

- ◆ Call 617.667.8141 Monday through Friday, 8:30 am to 5:00 pm
- ◆ To page during these hours, dial 617.632.7243, page ID number 31389
- ◆ www.bidmc.harvard.edu/violenceprevention



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