

Important Numbers

In Case of Emergency:

Dial 911

Eaton County Sheriff (Charlotte)	(517) 543-3512
Eaton County Sheriff (Delta Twp)	(517) 323-8480
Bellevue Police	(616) 763-9429
Charlotte Police	(517) 543-1550
Eaton Rapids Police	(517) 663-8118
Grand Ledge Police	(517) 627-2115
Lansing Police	(517) 483-4600
Michigan State Police (Post 11)	(517) 322-1907
Olivet Police	(616) 749-3651
Potterville Police	(517) 645-7641
Sunfield Police	(517) 566-8700
Eaton County Prosecuting Attorney	(517) 543-4835/ (517) 543-4801

Resource Contacts:

CATA Transportation	(517) 394-1000
EATRAN Transportation	(517) 543-4087
Eve's House (formerly CADA)	(517) 372-5572
Department of Human Services	(517) 543-0860
Legal Aid of Michigan	(517) 485-5411
Listening Ear	(517) 337-1717
MSU Safe Place	(517) 355-1100
National Domestic Violence hotline	(800) 799-Safe
Safe Place shelter (Battle Creek)	(888) 664-9832
Siren Eaton shelter (Charlotte)	(517) 543-4915/ (800) 899-9997



Outline of Violence

(Some victims see their abuse happening in a pattern. But not every case will follow the same pattern shown here)

Tension

- ◆ Pressures about money, pressures from other people
- ◆ Jealousy escalates
- ◆ Blames others for own actions & feelings
- ◆ Undermines victim's self-esteem
- ◆ Interferes with relationships of others
- ◆ Accuses victim of unacceptable behavior

Abusive Behavior

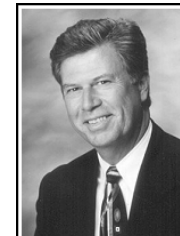
- ◆ Increased verbal threats
- ◆ Threats/acts to destroy victim's belongings
- ◆ Threats/acts to harm if victim leaves
- ◆ Threatens or physically assaults or sexually abuses victim
- ◆ Threats/acts to kill victim

Apologizes

- ◆ Promises to get help or counseling
- ◆ Apologies for abuse, promises to change
- ◆ Buys gifts for victim, compliments victim
- ◆ Victim feels sense of security, closeness



**How To
Develop
A Safety
Plan**



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Safety at Home When your abuser is there

- ◆ Choose a code word to alert friends & children to call police.
- ◆ Leave a suitcase & checklist items with a friend.
- ◆ Avoid alcohol or drugs. They impair your judgment, awareness of danger, and ability to act quickly to protect yourself or others.
- ◆ Avoid rooms with no exits.

Safety at Home After your abuser has moved

- ◆ Install safety features (peep holes in doors outside lighting, security service, window bars rope escape ladders, etc) to insure your own & your children's safety.
- ◆ Change locks on doors & windows ASAP.
- ◆ Change to unlisted phone number.
- ◆ Tell school & daycare who can pick up kids.
- ◆ Inform landlord and neighbor of situation.

Protection Orders

- ◆ Get Personal Protection Order through circuit court.
- ◆ Keep your PPO on or near you at all times.
- ◆ Report all PPO violations to the police.

- ◆ Tell your family, trusted friend and co-workers of incidents.
- ◆ Follow up with Circuit Clerk's office.
- ◆ See PPO information at:
www.eatoncounty.org/prosecutor/ppo.htm.

Safety at work

- ◆ Tell your employer & trusted co-workers about your abuser.
- ◆ Give your PPO & abuser's photo to security.
- ◆ Screen & log your phone calls.
- ◆ Get escort to your car or bus.
- ◆ Lock your car.
- ◆ Vary your travel route home.
- ◆ Get a cell phone or a calling card.
- ◆ Carry a noisemaker or personal alarm.

Safety When Leaving

- ◆ Rehearse an escape plan.
- ◆ Teach your kids how to contact the police.
- ◆ Open a bank account in your own name to establish or increase your independence.
- ◆ Get your own post office box.
- ◆ Keep purse and keys handy.
- ◆ Prepare an emergency bag with important items, like those listed on the checklist.



Checklist: What to take when leaving

IDENTIFICATION

- √ Photo IDs
- √ Birth Certificates
- √ Social Security Cards



FINANCIAL

- √ Money
- √ ATM card and checkbook
- √ Credit Cards (in your name)

LEGAL PAPERS

- √ Marriage license, divorce or custody order
- √ Personal Protection Orders
- √ Lease/rental agreement, house deed.
- √ Car registration & insurance
- √ Medical records (yours & your kids)
- √ Insurance papers
- √ School records



OTHER

- √ Address Book
- √ Keys (house, car)
- √ Medications & prescriptions

If your partner has hit you, intimidated you, or tried to control you, the information in this brochure can help you develop a plan for your safety.