

Somerville Anti-Violence Programs Directory

2012



*Working Together for a
Stronger Community*



A project of the Office of Somerville Commissions &
The Somerville Commission for Women



Programs of the Somerville Health Department
Mayor Joseph A. Curtatone, City of Somerville



Public Health
Prevent. Promote. Protect.

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Acknowledgements

With great appreciation for time spent on surveys, project review and support from

- Agencies and Staff serving Somerville, the Greater Boston Area, and Massachusetts
- Somerville Anti-Violence Taskforce Agencies
- Somerville Police Department
- Somerville Health Department
- The City of Somerville

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Somerville Anti-Violence Taskforce

Core Members

Asian Taskforce Against Domestic violence
Boston Area Rape Crisis Center (BARCC)
Cambridge & Somerville Hospitals' Women's Health Clinics
The Guidance Center Inc.
Massachusetts Alliance for Portuguese Speakers (MAPS)
Office of Somerville Commissions of the City of Somerville Health Department
The Network/ La Red
RESPOND
Somerville Commission for Women, Convener
Somerville Mental Health
Somerville Police Department, Family Services Unit
Victims' Advocates, Middlesex County District Attorney's Office

Vision Statement

Signed by Mayor Joseph A. Curtatone and Board of Alderman 2006

We, the City of Somerville, will not tolerate domestic violence. Individuals, families, city representatives, organizations, and communities will work together to: prevent, support survivors of, and ultimately eliminate domestic violence. We will strive to provide an array of culturally sensitive, well-supported services promoting safety, health, and justice for all individuals and families affected by domestic violence.

Agencies—Organized by Topic of Services

Shelters and Direct Services

- Asian Task Force Against Domestic Violence (ATask)
- Boston Rape Crisis Center (BARCC)
- Cambridge Health Alliance (CHA)
- Gay Men’s Domestic Violence Program
- Institute for Community Health (ICH)
- The Network/La Red
- RESPOND
- Somerville Cambridge Elder Services
- Somerville Police Department, Family Services Unit
- Transition House (THouse)

Community Programs for Participation, Workshops, Groups, & Education

- Asian Task Force Against Domestic Violence (ATask)
- Association of Haitian Women
- Boys and Girls Clubs of Middlesex County
- Community Action Agency of Somerville (CAAS)
- The Guidance Center Inc.
- The Home for Little Wanderers
- Massachusetts Alliance of Portuguese Speakers (MAPS)
- The Network/ La Red
- Somerville Cares about Prevention
- Somerville Commission for Women
- Somerville Human Rights Commission
- Somerville Mental Health Center
- RESPOND
- Tufts University

Youth and Teens

- Boys and Girls Clubs of Middlesex County
- Community Action Agency of Somerville (CAAS)
- The Guidance Center Inc.
- The Home for Little Wanderers
- Somerville Cares about Prevention
- Somerville Commission for Women
- Somerville Mental Health Center
- Transition House (THouse)

Special Populations

- Asian Task Force Against Domestic Violence (ATask)
- Association of Haitian Women
- Community Action Agency of Somerville (CAAS)
- Gay Men’s Domestic Violence Program
- Massachusetts Alliance of Portuguese Speakers (MAPS)
- The Network/ La Red
- Somerville Cambridge Elder Services
- Somerville Human Rights Commission

Anti- Violence Organization and Leadership

- Office of Somerville Commissions
- Somerville Cares About Prevention (SCAP)
- Somerville Commission for Women
- Somerville Human Rights Commission
- Somerville Police Department, Family Services Unit

Agency Contact Information

Asian Task Force Against Domestic Violence

PO Box 120108 Boston, MA 02112

Acting Department Coordinator:

Dipa Bhattacharyya

617-338-2350 ext. 244

dipa@atask.org

617-338-2350

Multilingual, 24-hour Hotline: 617-338-2355

Association of Haitian Women, Inc. (AFAB)

330 Fuller Street Dorchester, MA 02124

Email: cdesire@afab-kafanm.org

617-287-0096

Boston Area Rape Crisis Center (BARCC)

99 Bishop Allen Drive, Cambridge, MA 02139

Executive Director: Gina Scaramella

617-492-8306 TTY: 617-492-6434

Hotline: 617-492-7273 or 800-841-8371

Llamanos 800-223-5001 TTY: 617.492.6434

Boys and Girls Club of Middlesex County

181 Washington St., Somerville, MA 02143

Director of Programming and Operations:

Dana Benjamin

Email: dbenjamin@kidsclubs.org

Fax: 617-623-1002

617-628-4665

Cambridge Health Alliance

Central St. Health Center, 26 Central Street

Somerville, MA 02143

Director: Barbara Hamm

617-591-6361

Councilio Hispano

105 Windsor St, 3rd Floor Cambridge, MA 02139

617-661-9406

Community Action Agency of Somerville

66-70 Union Square #104.

Somerville, MA 02143

617-623-7370 TTY 617-628-6387

Gay Men's Domestic Violence Project

955 Massachusetts Ave PMB 131

Cambridge, MA 02139

Director of Client Services: Melissa Lenzen

Executive Director: Curt Rogers

Email: support@gmdvp.org

617-354-6056

Hotline: 1-800-832-1901

The Guidance Center Inc.

5 Sacramento St. Cambridge, MA 2138

Program Director: Dr. Ilana Amrani-Cohen

Email: icohen@gcinc.org

617-354-2275 ext. 139 and 142

Home for Little Wanderers

35 Medford St, Suite 201 Somerville, MA 02143

617-629-6790

Institute for Community Health

163 Gore St. Cambridge, MA 02141

Email: ich@challiance.org

617-499-6670

Massachusetts Alliance of Portuguese Speakers (MAPS)

1046 Cambridge St. Cambridge, MA 02139

Domestic Violence/Sexual Assault Program

Director: Osvalda Rodrigues

Email: orodrigues@maps-inc.org

617-864-7600

Safe link: 1 (877) 785-2020

The Network/ La Red

P.O. Box 6011 Boston, MA 02114

Technical Assistance Coordinator: M. Quinn

Email: info@tnlr.org

Website: www.tnlr.org

617-695-0877

Hotline: 617-742-4911

Office of Somerville Commissions

City Hall Annex, 50 Evergreen Ave.
Somerville, MA 02143
617-625-6600 ext. 2406

Parents Helping Parents

108 Water Street Watertown, MA 02472
617-926-5008 ext. 103
Hotline: 1-800-632-8188

RESPOND

P.O. Box 555, Somerville, MA 02143
617-623-5996
Hotline: 617-623-5900 or 781-324-2211

Somerville Cambridge Elder Services

61 Medford Street Somerville, MA 02143
617-628-2601 ext. 3151

Somerville Cares about Prevention (SCAP)

City Hall Annex, 50 Evergreen Ave.
Somerville, MA 02143
617-625-6600 ext. 4300

Somerville Commission for Women

City Hall Annex, 50 Evergreen Ave
Somerville, MA 02145
617-625-6600 ext. 2406

Somerville Human Rights Commission

City Hall Annex, 50 Evergreen Ave.
Somerville, MA 02143
617-625-6600 ext. 2406

Somerville Mediation Program

81 Highland Avenue, Somerville 02143
617-625-6600 ext. 6146

Somerville Mental Health Center

63 College Ave Somerville, MA 02144
617-629-6628

Somerville Police Department

220 Washington St, Somerville 02143
Detective-Sgt. Richard Lavey
Detective Kilsarys Leguisamon
Victim/Witness Advocate Jenny Cantalupa-Ipuz
617-625-1600 ext. 7237
Emergencies: 9-1-1

Transition House

649 Mass. Ave, Suite 6 Cambridge, MA 02139
617-868-1650
Hotline: 617-661-7203

Agencies with Service Descriptions

Asian Task Force Against Domestic Violence

PO Box 120108 Boston, MA 02112

Acting Department Coordinator: Dipa Bhattacharyya

617-338-2350, Ex. 244

dipa@atask.org

617-338-2350

Multilingual, 24-hour Hotline: 617-338-2355

Anti-violence programs: Asian Shelter and Advocacy Project (ASAP)

Youth Empowerment Project (YEP)

Teen Dating Violence Program (TDV)

Target Population: Asian Families

Target Area: All of Massachusetts

Language of services available: English, Chinese (Mandarin, Cantonese and Toisanese), Korean, Vietnamese, Urdu, Nepali, Khmer, Hindi, Punjabi, Bengali and Tagalong

Restrictions: Free

Goals and Services:

(ASAP): To empower adults and children from Asian and Asian American communities to achieve productive and violence-free lives. ASAP services: Advocacy, medical, housing, legal, immigrant rights; empowerment, community education and outreach, training

(YEP): prevention education, teen dating violence, healthy relationships, gender and the media, cultural competency trainings for youth, adult and professionals, leadership skills. YEP services: Teen dating violence, healthy relationships, gender and the media, cultural competency trainings for youth, adult and professionals, leadership skills

(TDV): To provide a comprehensive dating and domestic violence and oppression prevention education program for high school youth. TDV services: Teen dating violence, healthy relationships, gender and the media, cultural competency trainings for youth, adult and professionals, leadership skills

Target Population: (ASAP): Women, Seniors, Men, children, LGBTQ individuals, Non-native English speakers, victims of violence, undocumented immigrants

(YEP & TDV): public schools, youth groups, teachers, counselors, youth workers

Association of Haitian Women, Inc. (AFAB)

330 Fuller Street Dorchester, MA 02124

Email: cdesire@afab-kafanm.org

617-287-0096

Anti-violence program: AFAB Domestic Violence Prevention Program

Target Population: Haitian families and Teens

Language of services available: English, Haitian-Creole

Services: Affordable housing, transitional housing and housing advocacy, education and outreach (domestic violence), Adult Education (ESL) literacy classes, workshops, computer training and personal finance and economic literacy classes that empower participants
Youth Development programs: Sojourner after school program, Ayiti Demen cultural group and leadership training for girls.

Restrictions: Free

Boston Area Rape Crisis Center (BARCC)

99 Bishop Allen Drive, Cambridge, MA 02139

Executive Director: Gina Scaramella

617-492-8306 TTY: 617-492-6434

Hotline: 617-492-7273 or 800-841-8371

Llamanos 800-223-5001 TTY: 617.492.6434

Anti-violence program: Rape Survivor Support Services

Target Population: General

Target Area: 29 cities in Massachusetts

Language Services Available: English, Spanish, French, Haitian Creole and others on request

Services: 24-hour crisis hotline, 24-hr medical accompaniment, short-term one-on-one counseling, support groups (for women, men, and adolescents who have been raped), medical advocates available 24 hours a day (to meet with and support survivors at the hospital), legal advocates, case management, public education programs, and in-service trainings for professional development.

Restrictions: Free

Boys and Girls Club of Middlesex County

66-70 Union Square, Somerville, MA 02143

Director of Programming and Operations: Dana Benjamin

Email: dbenjamin@kidsclubs.org

Fax: 617-623-1002

617-628-4665

Anti-violence program: Girls Group and Boys Group

Target Population: Youth/ Teens

Target Area: All Somerville, Cambridge, Medford, Everett

Language of services available: English, Portuguese, Spanish, Haitian Creole and Vietnamese

Services: Teen targeted programs, education on sex and dating, runs through school year, literacy and counseling (money matters, gold for graduation)

Restrictions: Number of spaces usually open- 1-5, age limit 18 and below.

Cambridge Health Alliance

Central St. Health Center, 26 Central Street Somerville, MA 02143

Director: Barbara Hamm

617-591-6361

Anti-violence program: Victims of Violence Program

Target Population: Advocacy & counseling for general public, both violent persons & victims

Language of services available: Most languages are offered including English, Spanish, Portuguese and Haitian-Creole

Services: Crisis Intervention and Response, Hospital-based and system-wide victim advocacy and support, long-term clinical care, psychological assessment, treatment planning and psychotherapy (individual and group), groups for adult survivors of childhood abuse and domestic violence

Clinical Services: General Victims of Violence Mental Health Services, Center for Homicide Bereavement, Victim Advocacy and Support Team (VAST).

Restrictions: Free, Sliding Scale, Insurance

Councilio Hispano

105 Windsor St, 3rd Floor Cambridge, MA 02139

617-661-9406

Anti-violence program: No specific one, but have education, health, and community programs

Target Population: Spanish/ Latino Families

Language of services available: English and Spanish

Restrictions: Free, Fee-based, Sliding Scale

Community Action Agency of Somerville

66-70 Union Square #104. Somerville, MA 02143

617-623-7370 TTY 617-628-6387

Anti-violence program: Latino Peer Leadership youth program and Head Start Father Program

Target Population: Latino teens and parents

Language of services available: English, Haitian-Creole, Spanish, and Portuguese

Restrictions: Free, number of open spaces on average- 1-10

Anti-violence program: Al's Pals

Target Population: 3-5 year old children

Language of services available: English, Portuguese, Spanish, Haitian-Creole

Restrictions: Free, low-income families with children ages 3-5 in Somerville

Gay Men's Domestic Violence Project

955 Massachusetts Ave PMB 131 Cambridge, MA 02139

Director of Client Services: Melissa Lenzen

Executive Director: Curt Rogers

Email: support@gmdvp.org

617-354-6056

Hotline: 1-800-832-1901

Anti-violence program: Gay/Lesbian/Bisexual/Transgender (GLBT) Domestic Violence Attorney Program, Legal Program

Target Population: Gay/Lesbian/bisexual/transgender individuals who were victims of violence

Target Area: Statewide

Language of services available: English, Spanish

Services: Education on domestic violence and GLBT issues, individual counseling, safe home, First/Last month's rent program, safety planning, 24-hr hotline, education & outreach program
Restrictions: Free, Number of open spaces on average- 1-5, age limit 18 and above

The Guidance Center Inc.

5 Sacramento St. Cambridge, MA 02138
Program Director: Dr. Ilana Amrani-Cohen
Email: icohen@gcinc.org
617-354-2275, ext. 139 and 142

Anti-violence program: Children with Voices- a child witness to violence program

Target Population: Families and children who experienced violence

Language of services available: English, Spanish, Hebrew

Services: Evaluation and assessment, treatment planning, psychological testing, psychiatric evaluation, medication consultation and monitoring, individual, family and group therapy, consultation and training, monthly community round table, annual conference, support groups.

Restrictions: Free group services, fee-based, sliding scale, insurance, number of open spaces on average- 5-10, children up to 18.

Home for Little Wanderers

35 Medford St, Suite 201 Somerville, MA 02143
617-629-6790

Anti-violence program: Safe at Home

Target Population: Families

Language of services available: English

Restrictions: Insurance, Number of open spaces on average- 1-5

Institute for Community Health

163 Gore St. Cambridge, MA 02141
Email: ich@challiance.org
617-499-6670

Anti-violence program: Prevention Against Violent Experiences (PAVE)

Target Population: Women

Language of services available: English, Portuguese, Spanish, Haitian-Creole, translators available for other languages

Restrictions: Restricted to Women's Health Clinics of the Cambridge Health Alliance

Massachusetts Alliance of Portuguese Speakers (MAPS)

1046 Cambridge St. Cambridge, MA 02139
Domestic Violence/Sexual Assault Program Director: Osvalda Rodrigues
Email: orodrigues@maps-inc.org
617-864-7600
Safe link: 1 (877) 785-2020

Anti- Violence Program: Domestic Violence/Sexual Assault support services and prevention
Target Population: Portuguese speaking communities
Language of services available: English and Portuguese
Services: crisis intervention, safety planning, information, referrals, medical and legal advocacy, supportive listening and related services, education, awareness and outreach to the community.
Restrictions: free

The Network/ La Red

P.O. Box 6011 Boston, MA 02114
Technical Assistance Coordinator: M. Quinn
Email: info@tnlr.org
617-695-0877
Website: www.tnlr.org
Hotline: 617-742-4911

Anti-violence program: The Network/La Red, Advocacy program, community services program, and outreach program
Target Population: Bisexual, Transgender and Queer (LGBTQ), polyamorous, and SM communities who have experienced violence
Language of services available: English and Spanish
Services: Hotline, emergency safehome, advocacy, support group, community training, provider trainings
Restrictions: Free

Parents Helping Parents

108 Water Street Watertown, MA 02472
617-926-5008 ext. 103
Hotline: 1-800-632-8188

Anti-violence program: Parental Stress Line
Target Population: Parents
Language of services available: English and Spanish
Restrictions: Free

RESPOND

P.O. Box 555, Somerville, MA 02143
617-623-5996
Hotline: 617-623-5900 or 781-324-2211

Anti-violence program: Emergency Shelter and Support services
Target Population: Adults, children and teens
Language of services available: English, Portuguese, Spanish, Haitian-Creole, French
Services: 24-hour crisis hotline, individual advocacy and support groups, Basic Assistance with food, clothing, medication, transportation and temporary shelter, legal support, children's services that helps parents with education, health-care and out-of-school needs, High Risk

Assessment Team, outreach and education activities.

Restrictions: Free

Anti-violence program: Somerville High Risk Assessment Team

Target Population: High Risk Domestic Violence Victim Assistance

Services: Wrap-around support from all participant agencies

Restrictions: Core Team Members Only

Somerville Cambridge Elder Services

61 Medford Street Somerville, MA 02143

617-628-2601 ext. 3151

Anti-violence program: Protective Services to victims

Target Population: Elders in the Commonwealth of Massachusetts

Language of services available: English, Portuguese, Spanish, Haitian-Creole, translators available for other languages

Restrictions: Free, for elders 60+

Somerville Cares about Prevention (SCAP)

City Hall Annex, 50 Evergreen Ave. Somerville, MA 02143

617-625-6600 ext. 4300

Anti-violence program: Youth in Action

Target Population: Youth and various liquor stores in Somerville

Language of services available: English, Portuguese, Spanish, Haitian-Creole, Mandarin

Anti-violence program: Youth Activities Club

Target Population: Youth

Language of services available: English, Portuguese, Spanish, Haitian-Creole, Mandarin

Anti-violence program: Guiding Good Choices

Target Population: Parents of children in grades 4-8

Language of services available: English, Portuguese, Spanish, Haitian-Creole, Mandarin

Somerville Commission for Women

City Hall Annex, 50 Evergreen Ave Somerville, MA 02145

617-625-6600 ext. 2406

Anti-violence programming: Anti-Violence Awareness Events and Projects

Candlelight Vigil for Domestic Violence Awareness Month (October)

Television Public Service Announcements

Somerville Clothesline Project

Growing Banner of Possible Action Steps for Individuals and Groups

Target Population: General Population

Language of services available: English

Restrictions: Free

Anti-violence program: Leadership and Coalition Participation

Somerville Girls' High Risk Behavior Taskforce
Training to Somerville Firefighters "Improving DV Response & Documentation"
Somerville Anti-Violence Taskforce
MA Multicultural Immigrant Coalition Against Violence (MICAV)
Somerville Immigrant/Police Dialogue Session
Teens Against Dating Violence (TADA)

Target Population: anti-violence agencies, professionals, and youth leaders

Anti-violence program: Teens Against Dating Abuse (TADA)

Target Population: Teens

Language of services available: English

Restrictions: Free

Somerville Human Rights Commission

City Hall Annex, 50 Evergreen Ave. Somerville, MA 02143
617-625-6600 ext. 2406

Anti-violence program: Immigrant/Police Dialogue Session

Target Population: Somerville police officers and immigrant communities

Language of services available: English

Restrictions: Free

Anti-violence program: Know-Your-Rights workshop series

Target Population: General Public

Language of services available: English, Spanish, Portuguese, and Haitian-Creole, others are available if advance notice is given

Restrictions: Free

Somerville Mediation Program

81 Highland Avenue, Somerville 02143
617-625-6600, ext. 6146

Anti-violence program: Violence Prevention

Target Population: youth

Services: train student mediators, teach youth conflict resolution skills, respect and tolerance.

Restrictions: Free

Somerville Mental Health Center

63 College Ave Somerville, MA 02144
617-629-6628

Anti-violence program: No specific program, provide family services

Target Population: Adolescents and families; services for both violence and victims of violence

Language of services available: English and Spanish

Restrictions: Sliding Scale, Insurance, Must have children

Somerville Police Department

220 Washington St, Somerville 02143

617.625.1600 ext 7237

Detective-Sgt. Richard Lavey, Detective Kilsarys Legisamon, Victim/Witness Advocate Jenny Cantalupa-Ipuz

Emergencies: 9-1-1

Anti-violence program: Somerville Police Department, Family Services Unit
Det-Sgt Lavey and Detective Legisamon run the Family Services Unit
Victim Witness Advocate, Ms Jenny Cantalupa-Ipuz, assists victims with staying safe
and referrals of all kinds.

Languages: Detective Legisamon and Victim/Witness Advocate Cantalupa-Ipuz both speak
fluent Spanish. All languages are available through translators in the Police Department.

Anti-violence program: Somerville High Risk Assessment Team

Target Population: High Risk Domestic Violence Victim Assistance

Services: Wrap-around support from all participant agencies

Restrictions: Core Team Members Only

Transition House

649 Mass. Ave, Suite 6 Cambridge, MA 02139

617-868-1650

Hotline: 617-661-7203

Anti-violence program: Dating Violence Intervention Program (DVIP) and Youth Action Corps

Target Population: Teens

Services: Youth Leadership Development, group counseling, curriculum-based violence
prevention class, classroom workshops, training for youth workers

Language of services available: English, Spanish, Haitian Creole

Restrictions: Free

Emergency Information, Part I

Connect CTY for Emergency Notification System

The City of Somerville has a high-speed telephone and email notification system for residents and employees working in Somerville. You may opt-in and add numbers.

Call 311 within the City of Somerville (or for outside of the City 617-666-3311) to sign up your phone numbers to be connected in for announcements.

Please go to the City's web at www.somervillema.gov. Across the top bar, select "311". On the 311 site, you will find a blue list along the left side of the page. Select "Sign up for Telephone Notifications and Emergency Calls".

You can complete the on-line form to be notified for emergencies in your area. You will have the option to add up to three phone numbers and two email addresses. Connect CTY also delivers messages to TTY users.

This is an excellent way to stay informed on any number of emergencies, official notices or other time-sensitive information about your community.



Emergency Information, Part II

Personal Safety and Safe Walking Tips

Rape Is Not A Selective Crime

It happens on streets, in cars, in schools, in parks, in alleys. The rapist has no regard for age, race or social status.

What is being done?

Across the state, police departments, hospitals and prosecutors' offices have revised and updated their policies and procedures. Legislators have amended laws to provide protection and encouragement for the victims of rape. Citizen groups have organized rape crisis centers to provide support and counseling to victims and their families.

Personal safety, however, must begin with the individual. Help protect yourself by taking the steps to protect yourself from sexual assaults.

Safety Tips For Rape Prevention

Be aware of the possibility of being raped....it could happen to **YOU**.

Safety at Home

- Replace or re-key locks when you move into a new home or apartment. Install a door viewer and a 1 inch deadbolt lock and use them. Look before opening your door to anyone.
- Keep doors locked at all times and instruct children never open your door to anyone.
- Require all strangers to show identification. If you haven't called for a repairman, don't let one inside. Leave him waiting outside and call his place of business to verify his reason for being in your area.
- Rape is the fastest rising violent crime in America. What can we do to prevent this crime from happening to you? Listed below are safety tips for you to follow that can reduce your risk of assault and/or rape.
- Secure your car and home. Keep a large flashlight, two quarters, a map of the city you are in and five to ten dollars in your car. The flashlight can be used as a light or weapon; the quarters are for the use of a pay phone; and the five dollars is for car emergencies only (eg., new windshield wipers or gas). Always keep your doors and windows locked and evaluate the effectiveness of the locks. Never open your door to a stranger and never tell them you are alone.
- Avoid unsafe situations and strangers. If you are being followed, go to the nearest police or fire department, or any place where several people will be (convenience stores, gas station, etc.) Walk in groups at night.
- Flee if you are in a potentially dangerous situation. Yell or scream to attract attention. Carry a whistle that will make a loud noise.
- Engage in passive or active resistance. Passive resistance is to think and talk your way out of a situation. Active resistance is to react immediately to startle your attacker. Use any available item (HAIRSPRAY, KEYS, PURSE) as a weapon.
- Think! Keep using your mind to think of alternative actions for escape.
- You are responsible for your own safety. Call your local police department or rape crisis center and set up a schedule for a Law Enforcement Officer to speak to your employees or neighbors.

- Don't let a stranger inside your home to use the phone; make the call for him.
- Never admit that you or a neighbor are home alone.
- Women living alone should use only initials on mailboxes and in telephone listings.
- Leave outside lights on at night, and keep lights on in more than one room.
- If you receive an obscene phone call-hang up-don't react.

Safety Tips While Walking

- When possible, avoid walking alone. Walk with someone, or walk in areas where other people are near.
- Keep your cell phone on and ready but do not become distracted by a conversation.
- Stay in well-lighted areas, away from alleys, bushes and entry ways.
- Avoid shortcuts through parks, vacant lots and other deserted places.
- Don't hitchhike or accept rides from strangers.
- If you are being followed, go to the nearest business or residence for help.
- If a driver stops to ask you directions, stand back to avoid going near the car.
- If you are harassed by the occupants of a car, simply turn and walk the other direction. The driver will have to turn around to follow you.
- Hold your purse close, not dangling, and avoid carrying extra money or valuables on your person.
- When you return home, have your door key ready so that you can enter without delay.

Do NOT walk with earbuds in ears.
Walk with obvious attention to your surroundings.

**ABOVE ALL, BE AWARE OF THE PEOPLE AROUND YOU.
BE AWARE OF YOUR SURROUNDINGS AND THE TOTAL ENVIRONMENT.**

Safety Tips While Driving

- Never pick up hitchhikers.
- Keep car doors locked at all times. While walking to your car, look under car.
- Before entering your car, look into the back seat and on floor board.
- Always have your keys ready to unlock the car door and enter without delay. Never walk across the parking lot digging in your purse for your keys; have them in your hand before leaving the building.
- Make certain that you have enough gas to get where you are going and always keep your vehicle in good running condition.
- If possible, travel on well lighted, busy streets and avoid isolated back roads and short cuts.
- If you are being followed, drive to the nearest open business for help, or drive to the Police or Fire Station.
- Never leave your house keys with your car keys at a service station or parking lot.
- Women driving alone should never stop to aid a stranger in a stalled vehicle. Proceed to an open business, and report the stalled vehicle to the police.
- If you have trouble, raise the hood, and stay in your vehicle. When someone offers assistance, roll the window down just enough to talk to them. Ask them to stop at the first phone to call a relative, friend, garage or the police for you. Never get into a stranger's car.

Safety Tips For Youth

- Children should be made aware of the dangers of accepting rides from or talking to strangers.
- Children should be encouraged to talk with their parents if they ever have a problem, not only with a stranger but also with a friend or relative.
- Children should know a safe, well-traveled route to take to and from school. Isolated areas should be avoided.
- Teenage baby-sitters should not accept jobs with people they do not know, or who have not been referred by people they know.
- Baby-sitters should call the police immediately if anything suspicious happens at the house. They should never open the door for strangers.
- The sitter's parents should be called at the end of the evening to inform them that the sitter will be home shortly.
- You may follow the advice and safety tips recommended and still find yourself confronted by an attacker. If it happens, you will have only seconds to decide your method of defense, so you must prepare mentally for the possibility of rape happening to you.

Reporting A Rape

The Police Department can only arrest a criminal if they are made aware of the offense. If you are raped, call **911** or the Police Department **IMMEDIATELY**.

DON'T CHANGE CLOTHES OR TAKE A BATH OR SHOWER and do NOT EAT or SMOKE or CHEW GUM.

All physical evidence, including seminal fluids, hair, blood types, and scrapings of flesh from the victim's nails are used in court. Avoid using the bathroom prior to the exam if possible.

Information Most Needed By Police:

1. License plate sequence and state of issue, make or model and color
2. Race of assailant
3. Approximate age, weight and height
4. Hair color and length of hair
5. Color of eyes
6. Clothing
7. Any unusual marks, scars, tattoos, rings, etc.
8. Any facial hair or odors
9. Did suspect say anything, if so did he/she speak with an accent?

Practice being observant so that, if you are raped or attacked, you will be able to remember and identify the assailant.

Source: www.kevincoffee.com/women_safety/rape_prevention_tips.htm

Emergency Information, Part III

Safety Planning for Intimate Partner Violence

<p>DOMESTIC VIOLENCE Safety Tips For You And Your Family</p>	<p>IF YOU ARE IN DANGER, CALL 911 or your local police emergency number</p>
	<p>To find out about help in your area, call: National Domestic Violence Hotline: 1-800-799-SAFE 1-800-787-3224 (TTY)</p>
	<p>Whether or not you feel able to leave an abuser, there are things you can do to make yourself and your family safer.</p>

IN AN EMERGENCY

If you are at home & you are being threatened or attacked:

- Stay away from the kitchen (the abuser can find weapons, like knives, there)
- Stay away from bathrooms, closets or small spaces where the abuser can trap you
- Get to a room with a door or window to escape
- Get to a room with a phone to call for help; lock the abuser outside if you can
- Call 911 (or your local emergency number) right away for help; get the dispatcher's name
- Think about a neighbor or friend you can run to for help
- If a police officer comes, tell him/her what happened; get his/her name & badge number
- Get medical help if you are hurt
- Take pictures of bruises or injuries
- Call a domestic violence program or shelter (some are listed here); ask them to help you make a safety plan

HOW TO PROTECT YOURSELF AT HOME

- Learn where to get help; memorize emergency phone numbers
- Keep a phone in a room you can lock from the inside; if you can, get a cellular phone that you keep with you at all times
- If the abuser has moved out, change the locks on your door; get locks on the windows
- Plan an escape route out of your home; teach it to your children
- Think about where you would go if you need to escape

- Ask your neighbors to call the police if they see the abuser at your house; make a signal for them to call the police, for example, if the phone rings twice, a shade is pulled down or a light is on
- Pack a bag with important things you'd need if you had to leave quickly; put it in a safe place, or give it to a friend or relative you trust
- Include cash, car keys & important information such as: court papers, passport or birth certificates, medical records & medicines, immigration papers
- Get an unlisted phone number
- Block caller ID
- Use an answering machine; screen the calls
- Take a good self-defense course

HOW TO MAKE YOUR CHILDREN SAFER

- Teach them not to get in the middle of a fight, even if they want to help
- Teach them how to get to safety, to call 911, to give your address & phone number to the police
- Teach them who to call for help
- Tell them to stay out of the kitchen
- Give the principal at school or the daycare center a copy of your court order; tell them not to release your children to anyone without talking to you first; use a password so they can be sure it is you on the phone; give them a photo of the abuser
- Make sure the children know who to tell at school if they see the abuser
- Make sure that the school knows not to give your address or phone number to ANYONE

HOW TO PROTECT YOURSELF OUTSIDE THE HOME

- Change your regular travel habits
- Try to get rides with different people
- Shop and bank in a different place
- Cancel any bank accounts or credit cards you shared; open new accounts at a different bank
- Keep your court order and emergency numbers with you at all times
- Keep a cell phone & program it to 911 (or other emergency number)

HOW TO MAKE YOURSELF SAFER AT WORK

- Keep a copy of your court order at work
- Give a picture of the abuser to security and friends at work
- Tell your supervisors - see if they can make it harder for the abuser to find you

- Don't go to lunch alone
- Ask a security guard to walk you to your car or to the bus
- If the abuser calls you at work, save voice mail and save e-mail
- Your employer may be able to help you find community resources

USING THE LAW TO HELP YOU

Protection or Restraining Orders

- Ask your local domestic violence program who can help you get a civil protection order and who can help you with criminal prosecution
- Ask for help in finding a lawyer

In most places, the judge can:

- Order the abuser to stay away from you or your children
- Order the abuser to leave your home
- Give you temporary custody of your children & order the abuser to pay you temporary child support
- Order the police to come to your home while the abuser picks up personal belongings
- Give you possession of the car, furniture and other belongings
- Order the abuser to go to a batterers intervention program
- Order the abuser not to call you at work
- Order the abuser to give guns to the police

If you are worried about any of the following, make sure you:

- Show the judge any pictures of your injuries
- Tell the judge that you do not feel safe if the abuser comes to your home to pick up the children to visit with them
- Ask the judge to order the abuser to pick up and return the children at the police station or some other safe place
- Ask that any visits the abuser is permitted are at very specific times so the police will know by reading the court order if the abuser is there at the wrong time
- Tell the judge if the abuser has harmed or threatened the children; ask that visits be supervised; think about who could do that for you
- Get a certified copy of the court order
- Keep the court order with you at all times

CRIMINAL PROCEEDINGS

- Show the prosecutor your court orders
- Show the prosecutor medical records about your injuries or pictures if you have them
- Tell the prosecutor the name of anyone who is helping you (a victim advocate or a lawyer)
- Tell the prosecutor about any witnesses to injuries or abuse
- Ask the prosecutor to notify you ahead of time if the abuser is getting out of jail

BE SAFE AT THE COURTHOUSE

- Sit as far away from the abuser as you can; you don't have to look at or talk to the abuser; you don't have to talk to the abuser's family or friends if they are there
- Bring a friend or relative with you to wait until your case is heard
- Tell a Court Officer that you are afraid of the abuser and ask him/her to look out for you
- Make sure you have your court order before you leave
- Ask the judge or the sheriff to keep the abuser there for a while when court is over; leave quickly
- If you think the abuser is following you when you leave, call the police immediately
- If you have to travel to another State for work or to get away from the abuser, take your protection order with you; it is valid everywhere

Source: www.abanet.org/tips/dvsafety.html

Emergency Information, Part IV

Domestic Violence Homicide

Risk Assessment

(data from USDOJ Scale)

**** Weapons ** Threats ** Strangling ****
**** Constant Jealousy ** Forced Sex ****

Note: The top five risk factors for domestic violence homicide usually don't bleed! In fact, these high risk factors often don't leave any visible marks at all. The only sure way to determine the presence of these high risk factors is through careful, comprehensive victim interviews.

Ask & Document

The Top Five Risk Factors

The numbers in parenthesis indicate the factor by which a domestic violence victim's risk of homicide is increased relative to other domestic violence victims.

1. **Has the abuser ever used, or threatened to use, a gun, knife, or other weapon against victim? (20.2x)**
2. **Ever threatened to kill or injure victim? (14.9x) Document complete and accurate quotes of the threats**
3. **Ever tried to strangle (choke) the victim? (9.9x)**
4. **Is abuser violently or constantly jealous? (9.2x)**
5. **Has abuser ever forced victim to have sex? (7.6x)**

More Notes: The US Dept. of Justice has now compiled a number of smaller studies into a lethality assessment list of 17 risk factors for domestic violence homicide. (The full lethality risk scale can be found at www.ncjrs.org/pdffiles1/jr000250e.pdf Scroll to bottom of document.)

The numbers in parenthesis indicate the factor by which a domestic violence victim's risk of homicide is increased relative to other domestic violence victims. For example, if the abuser has used or threatened to use weapons, the victim's risk of domestic violence homicide is 20.2 times that of the average domestic violence victim.

The Top Five Risk Factors, Continued...

- **Always Keep in Mind: All Domestic Violence Victims Are at Heightened Risk of Homicide.**
- Don't dismiss threats to kill and maim as "just words". All victims should be asked about threats, and all threats should be quoted accurately and in detail. Also, threats to kill or maim are a crime in California, PC 422.
- Even victim advocates often fail to ask about sexual violence in the relationship. **Sexual violence is serious trauma, and, is a high risk factor for domestic violence homicide. Don't be shy. Always ask!**
- The USDOJ lethality scale deals only with factors inside the relationship. Other studies have found that factors outside the relationship - such as the quality of prior law enforcement or court response - correlate with future lethality. But again, the key to uncovering these risk factors is the same; a careful, comprehensive victim interview.

Source: www.justicewomen.com/tips_dv_assessment.html

Emergency Information, Part V

Response to High Risk Domestic Violence

- R** **Recognize**, by assessing the patient’s surroundings and result of examination, a possible domestic violence situation.
- E** **Evaluate** and assess the situation for safety and injuries to victim.
- S** **Support** the victim with a trusting environment in which to provide treatment.
- T** **Treatment** includes medical treatment, referrals and **documentation**.

High Risk Case Referral

Somerville Police Department
220 Washington St, Somerville 02143
617.625.1600 ext 7237
Emergencies: 9-1-1

Detective-Sgt. Richard Lavey
Detective Kilsarys Leguisamon
Victim/Witness Advocate Jenny Cantalupa-Ipuz

Hotlines

All hotlines to report abuse are 24 hours, 7 days a week.

Child-At-Risk Hotline

1-800-792-5200

MA Elder Abuse Hotline

1-800-922-2275

Disabled Persons Protection Commission Hotline

1-800-426-9009 (Voice/TTY)

Signs of Strangulation

- redness to the neck
- scratch marks on the neck (from the victim trying to remove her attacker’s hands)
- thumb print bruising
- petechiae (red spots) in the eyes, or in the skin of the neck, head, and face
- neck swelling
- the victim “blacked out” or lost consciousness
- the victim lost control of their bowels or bladder
- breathing difficulty
- unusual behavior changes

Source: BlueSheepDog.com
“Investigating Domestic
Violence Strangulation: What
is It and How to Recognize It”

High Risk Signs—Abuser		
The danger may be greater if		
He has hit her, choked her	He doesn't seek support	He has trouble keeping a job
He blames her for ruining his life	He has access to weapons	He takes drugs or drinks every day
He is convinced she is seeing someone else.	He has a history of abuse with her or others	He has no respect for the law
He is going through major life changes (e.g. job, separation, depression)	He has threatened to harm or kill her if she leaves him: He says "If I can't have you, no one will."	He watches her actions, listens to her telephone conversations, sees her emails and follows her
He has access to her and her children	He has threatened to kill himself	He threatens to harm her children, her pets or her property

High Risk Signs—Victim	
The danger may be greater if	
She is in a custody battle, or has children from a previous relationship	She has just separated or is planning to leave
She faces other obstacles (e.g. she does not speak English, is not yet a legal resident of the US, lives in a remote area, is isolated)	She fears for her life and for her children's safety or she cannot see her risk
She has no access to a phone	She has unexplained injuries
She is involved in another relationship	She has no friends or family

Source: The New Hampshire Bureau of EMS, the National Health Initiative on Domestic Violence, and the Family Violence Prevention Fund, "DomesticViolenceImprovingEMSResponse051105.ppt"

The Somerville Commission for Women

City Hall Annex, 50 Evergreen Avenue Somerville, MA 02145
617-625-6600 ext. 2406 TTY: (617) 666-0001 Fax: 617-625-2519
scw@somervillema.gov www.somervillema.gov

The Somerville Commission for Women was created in March 1988 by City ordinance. The SCW's bylaws state that the Commission's purpose is "to act as a centralizing force in the City of Somerville to ensure the equal status of women in educational, economic, political, health, legal, and social spheres including the provision of information, referrals and guidance... [and] to take any action considered appropriate by the SCW to ensure the equal status of women of every race, religion, ethnicity, socioeconomic status, national origin, ability, age and sexual orientation."

The Commission works to support community agencies, advocate for adequate services to women and the community, develops programming that focuses on girls and women, and facilitates collaborative networks and coalitions.

Some current areas of work:

- Anti-Violence Policy, Awareness Events, and Youth Programming
- Economic Stability through Policy and Workshops
- Women's and Girls' Health Awareness and Programming

The Commission celebrated 20 years in 2008 and was recognized by the Somerville Board of Alderman and the House of Representatives of the Commonwealth of Massachusetts for 20 years of outstanding service in advocacy for women, opposition to domestic violence and working for social justice.

Meetings

The Commission meets on the Third Wednesday of each month from 7:00 pm. Please call for times and locations. All Commission meetings are open to the public.

We welcome your questions, comments, ideas and participation. If you would like more information or want to be on our mailing list, please contact us.

617-625-6600 ext. 2406

scw@somervillema.gov

www.somervillema.gov

Funding

The Somerville Commission for Women receives staff funding from the City of Somerville. All SCW's programs are supported by private donations or (at times) grants. The quality of the Commission's work and the ability of the Commission to reach out to women depend on continued support from individuals, groups and businesses.

If you can donate time, money or in-kind contributions, please contact the Director.

The People of the Commission

Commissioners are Somerville women who volunteer for a three-year term and are appointed by the Mayor. They work with the Director, decide on activities and projects the Commission will pursue and carry out those activities through committee work.

Volunteers serve on committees and provide essential assistance in organizing and staffing Commission events and activities.

Interns are recruited from local colleges and universities to assist the Director and Commissioners.

The Director of the Office of Somerville Commissions, appointed by the Mayor, staffs the Commission. The Director advises the City on issues, coordinates projects and events, convenes or represents the Commission on committees and task forces, and responds to issues from the community.

Recruitment

The Commission is actively recruitment membership on the Commission. The total number required is 15 members. What can you expect if you join?

- Learn skills to help be an advocate for change.
- Get more involved in your own community.
- You'll be able to help create more opportunities for people facing issues YOU'RE concerned about.
- Go to community meetings of your own interest, listen to people's concerns and hopes, bring back and share with fellow Commissioners.
- You'll have a voice with our community's officials on concerns and interests.
- You can be an "ambassador" of your own personal story—whatever that may be.
- Be empowered as an individual and in a group to create resources, events, and other opportunities in order to solve problems!
- Learn about and help advocate for key legislation that impacts women and the issues we care about.

**SCW monthly meetings are every THIRD WEDNESDAY
at 7pm in the City Hall Annex at 50 Evergreen Avenue.**

The Office of Somerville Commissions

The OSC provides leadership, representation, and administrative support to the Commissions for Women, Human Rights, and Multicultural Affairs along with supporting the LGBT community with the City's LGBT Liaison. The primary goals of the commission include education and protection of rights, support and awareness about vulnerable populations, and commission recruitment.

Commissions are focused on topics that the City wants to be sure are worked on. For example, the SCW works on priorities for women such as domestic violence, financial literacy & sustainability, and health. Joining a commission is part of how residents support a community-based government.

Anyone interested in volunteering from two to five hours a month for a commission will find many personal and community-wide benefits. Contact the OSC at commissions@somervillema.gov or call 617-625-6600, x2406 for the next meeting dates of commissions.



Mayor Joseph A. Curtatone
City of Somerville
Somerville Commission for Women
Office of Somerville Commissions

Somerville Health Department
City Hall Annex, 50 Evergreen Avenue
Somerville, MA 02145
617-625-6600, x2406
scw@somervillema.gov
commissions@somervillema.gov