DV/SA ADVOCACY AGENCIES

Bismarck
Abused Adult Resource Center
Crisis Line: 888-343-7009
Office: 701-222-8371
abusedadultresourcecenter.com

Bottineau
Family Crisis Center
Crisis Line: 800-356-5109
Office: 701-228-2026
fmcrisiscenter.org

Deiva Lake
Safe Alternatives for Abused Families
Crisis Line: 701-409-0065
Office: 701-865-7356
saafnd.org

Dickinson
Domestic Violence & Rape Crisis Center
Crisis Line: 888-225-4528
Office: 701-225-4528
dvrcd.com

E llenado
Kesild House
Crisis Line: 857-349-4729
Office: 701-349-4729
kesild-house.com

Fargo
Repe & Abuse Crisis Center
Crisis Line: 800-343-7077
Office: 701-293-2773
faxend.com

G aflan
Domestic Violence & Abuse Center Inc.
Crisis Line: 888-435-7489
Office: 701-338-0688
dvam.org

Grand Forks
Community Violence Intervention Center
Crisis Line: 888-349-8900
Office: 701-746-0405
cvicline.org

Jamestown
Safe Shelter
Crisis Line: 888-313-7233
Office: 701-225-2300
safehousejamestown.org

McLean Co.
McLean Family Resource Center
Crisis Line: 701-452-8111
Office: 701-542-8143
mclafeh.org/websquare

Minot
Domestic Violence Crisis Center
Crisis Line: 701-852-2218
Office: 701-852-2218
couragewithchange.org

Ransom Co.
Abuse Resource Network
Crisis Line: 701-683-5061
Office: 701-683-5061
abusesaugework.org

Fort Totten
Spirit Lake Victim Assistance
Crisis Line: 800-765-8836
Office: 701-856-8836
spiritlakevictimassistance.com/programs/spiritlake-victim-assistance/

Stanley
Domestic Violence Program NW ND
Crisis Line: 800-272-8322
Office: 701-348-3303
dnvpm.workday.com

Turtle Mountain Reservation
Crisis Line: 701-420-2330
Office: 701-420-2330
communityvictims.org

Valley City
Abused Persons Outreach Center
Crisis Line: 701-415-0002
Office: 701-415-0002
valleycity.dvrc.org

Wahpeton
Three Rivers Crisis Center
Crisis Line: 701-542-2321
Office: 701-542-2321
threevictimscenter.weebly.com

Williston
Family Crisis Shelter
Crisis Line: 701-770-5950
Office: 701-770-5950
familycrisiswill.com

MINNESOTA

Checklist

Domestic Violence:
Safety Planning

CAWS NORTH DAKOTA

521 E Main Avenue
Suite 320
Bismarck, ND 58501

Phone: 701.255.6240
Toll Free: 888.255.6240
Fax: 701.255.1904

Web: cawsnorthdakota.org
Email: contact@cawsnorthdakota.org

CAWS North Dakota does not provide direct services to victims of domestic and sexual violence. Contact your local domestic violence/sexual assault advocacy agency for support. Call 911 in an emergency.

CHECKLIST

The following is a suggested packing list for when you are preparing to leave an abusive relationship. Pack these items in a suitcase or duffel bag and have it readily available in a safe place. Add any important items that are not listed, or cross out any items that don’t apply to you. If you’re unable to leave with these items, a DV/SA advocate may be able to help you replace them.

Identification

A driver’s license/state ID/passport
A Social Security card
A birth certificate (yours and children’s)
A tribal enrollment

Financial

A money (both cash and any credit or debit cards in your name)
Checking and savings account information
Pay stubs
Public assistance cards (Medicaid, SNAP, WIC, etc.)
Loan/investment/retirement documents

Legal and Medical Documents

A Domestic Violence Protection Order
A house deed or lease/rental agreement
A car title, registration, and insurance
Achild care agreement
A current photos of you, your children, and the abuser
A driver’s license

Other Items

Medications, glasses, hearing aids, other medical supplies
Changes of clothes for you and your children
Diapers, formula, toys
Additional car and house keys
Phone/device charger
Safety deposit box key
Address book with important phone numbers
Current photos of you, your children, and the abuser
Camera
Appointment book/calendar/planner
Current unpaid bills
Items of sentimental or monetary value
SAFETY WHILE LIVING WITH AN ABUSER

Practice ways to get out of your home safely. Identify which doors, windows, or stairs would be the safest exit. Visualize your escape route, and plan where you will go if you have to leave. If you have children, and it is safe to do so, practice with them too.

Move to a room or area where there is an exit if you feel a situation or argument escalating. Avoid the bathroom, kitchen, or any area where weapons are. Have a phone near, if possible.

Rely on your instincts and trust yourself. You know your situation best. If you sense the abuser’s actions are escalating, take whatever steps are necessary to protect yourself and your children.

Create a 911 code word you can use with your children, family, friends, or neighbors. Identify one or more loved ones or neighbors you can call about the violence, and ask them to call 911 if they hear the code word or a disturbance coming from your home.

Pack a suitcase with “checklist” items (see back of brochure) if you are considering leaving the abuser. Store it in a safe and accessible place.

SAFETY WHEN NOT LIVING WITH AN ABUSER

Consider changing the locks on your doors and windows if you are separated or not living with the abuser. If possible, purchase security devices such as additional locks, magnetic alarms, security lights, or cameras.

Consider changing your phone number, and screen calls using caller ID or voicemail.

If you have children, discuss an age appropriate safety plan with them for times when you are not with them. Talk about what they can do and where they can go if the abuser shows up.

Tell your neighbors, your landlord, or anyone else you feel is important that the abuser does not live with you. Encourage them to call the police if they see the abuser around your home.

SAFETY PLANNING WHEN YOU HAVE A PROTECTION ORDER

A Domestic Violence Protection Order, or DVPO, is a civil order from a North Dakota state district court. A DVPO requires the person committing domestic violence to stop and to leave the victim(s) listed on the order alone. For more on protection orders, contact your local DV/SA advocacy agency.

Keep a copy of your protection order with you at all times. If it is lost or destroyed, you can get another copy from the Clerk of Court or the DV/SA advocacy agency you are working with.

Consider giving extra copies of the order to your employer, co-workers, family, friends, neighbors, school faculty, day care providers, church officials, or anyone else who may need to know about the order. Keep an extra copy in your car, and store a digital copy on your phone if it is safe to do so.

Develop a plan of action in the event that the abuser violates the order.

Document any violations of the order. Keep a copy of any notebook with you—or if it’s safe to do so, use a phone or other device—and write down the time and place of the incident, what happened, the names of anyone involved, any witnesses. If the police were called, and anything else you feel is important.

If you have children, talk to their school, day care, coaches, activity leaders, etc. about who has permission to pick them up.

SAFETY AT WORK

Tell security officers or someone you trust at work about your safety plan. Give them a copy of any relevant court orders and a photo of the abuser.

If possible, arrange for someone to screen your calls, or use caller ID or voicemail to screen them yourself.

If possible, lock the office or building if you are alone.

Park your car in a well-lit area, and have someone escort you to your car, if possible, use a variety of routes and times when traveling to and from work.

If you need assistance with talking to your employer about your situation, contact your local DV/SA advocacy agency.

SAFETY IN PUBLIC

You have the right to go anywhere you want, but for your safety, you may need to consider avoiding places the abuser frequents. This may involve going to different grocery stores, restaurants, or businesses—or changing the time of day you visit these places.

Use a variety of routes when going to and from home, or try to get rides from friends or relatives.

Consider calling or texting a friend or relative when you leave and arrive home to let them know you got there safely.