



## How to Contact Your Advocate or Nurse

To contact your advocate or nurse from your exam, contact **Crisis Support Services of Nevada's Victim Services Unit:**

### Advocate Direct Line:

**775.296.8410**

*Available Mon-Fri from 9-5pm*

- Will be connected **directly with an advocate.**
- Not monitored 24/7.
- If an advocate is not available, leave a voicemail with your name and number and an advocate will call back as soon as possible.

### 24/7 Sexual Assault Support Hotline:

**775.221.7600**

*Or text "SASS" to 839863*

- State "I am calling for my Advocate or Nurse named:  
**Advocate's Name:** \_\_\_\_\_  
**Nurse's Name:** \_\_\_\_\_"
- If they can't transfer you, leave your name and number.
- Your advocate or nurse will call back as soon as possible.

***If you are in crisis or need immediate assistance or support, please call or text 988.***

## Exam Recap

*What happened during your exam and what should you do next?*

- ☐ **Track Your Kit:** Use the website, username, and password on the card provided.
- ☐ **Recommended Follow-up testing:** Refer to your nurse's instruction sheet.
- ☐ **Fill Preventative Prescriptions:** Visit your local pharmacy and get those prescriptions filled.
- ☐ **County Funding:** Expect a letter in a few weeks from the District Attorney's office about funding.
- ☐ **VOCP Funding Application:** Expect a letter in a few weeks from VOCP regarding your application status.
- ☐ **Follow-Up Call/Text:** A CSSNV Advocate will call or text you in a few days to check-in.
- ☐ **Jane Doe Exam:** Your kit will be stored for up to 20 years but will not be tested unless you decide to report. If you decide to report, contact law enforcement or your advocate.

Additional Notes: \_\_\_\_\_

## Survivor Resources

*What resources do I need? Which organizations should I contact after the exam?*



Your healing is important to us. If you need resources, you can look through this packet, call our 24/7 Sexual Assault Support Hotline at (775) 221-7600, text SASS to 839863, or visit our website where you can find resources for additional advocacy, financial assistance, emergency shelters, therapy, support groups, legal services, and more. Scan the QR code or go to:

<https://cssnv.org/pbv-survivor-resource-list/>

## Grievance Procedure

As a survivor receiving services from the Victim Services Unit (VSU) of Crisis Support Services of Nevada (CSSNV), you are entitled to voice any grievances you may have. CSSNV takes all grievances very seriously. Please speak immediately to your victim advocate if you have any at-moment concerns.

Afterwards, if you wish to voice a grievance, please submit an email of grievance addressed to the **Chief Programs & Development Officer: Christian Raymer at [ChristianR@cssnv.org](mailto:ChristianR@cssnv.org)**. They shall address your concern in an official and timely manner, typically within fourteen days.

## Feedback Form



Your feedback helps us improve our services. Thank you for taking a moment to share your thoughts. This form is completely anonymous.

- Scan the QR code or go to:
- <https://form.jotform.com/team/240635601448050/vsu-survivor-feedback-form>

### Legal Disclaimer

The information provided in this folder is for general guidance and support purposes only and may not reflect the most current legal or procedural updates. While Crisis Support Services of Nevada strives to ensure accuracy, laws and processes can change over time. For the most up-to-date information or legal advice, please consult an attorney, advocate, or relevant legal authorities in your area.

This folder is not a substitute for professional legal counsel.



## Nevada Victims' Bill of Rights

The 1983, the Nevada Legislature mandated certain rights and guarantees to crime victims and witnesses. Accordingly, Chapter 178 of the Nevada Revised Statutes recognizes the following needs and rights of crime victims.

**As a crime victim, you have the right:**

- To know the status of the case in which you are involved.
- To be free from intimidation or dissuasion.
- To know when your impounded property may be released.
- To receive a witness fee for lawful obedience to a subpoena.
- To understand the existing victim compensation laws and receive compensation if applicable.
- To a secure waiting area, which is not available to the defendant or his family, when you are at court.
- To know when the defendant is released from custody before or during trial (*upon written request*).
- To know when the offender is released from prison (*upon written request*).



## What to Expect After Reporting Sexual Assault

### If the Assault Occurred Recently (Within 7 days):

- You may be encouraged to undergo a sexual assault forensic exam by a trained professional.
- You have up to 20 years to report a sexual assault in Nevada, but forensic evidence collection is only possible within 7 days after the assault.

### The Investigation Process:

- A **detective** will contact you for a follow-up interview a few days after your initial report. This is a standard procedure and not a reflection of belief in your case.
- Law enforcement gathers evidence to determine if there is enough proof to proceed.
- If there is sufficient evidence, as determined by law enforcement, the case is sent to the District Attorney's (DA) Office for review.
- The DA's Office determines whether charges should be filed.
- It is key to note that this process may take several months or years.

### Pressing Charges:

- A survivor can choose whether to participate in the investigation, but ultimately, the state decides whether to file charges.
- In rare cases, a prosecutor may move forward based on evidence alone, even without the survivor's participation.
- If there is insufficient evidence or the perpetrator cannot be identified, charges may not be filed.

### What if Charges Are Filed?

- Many sexual assault cases end in a plea bargain, where the perpetrator pleads guilty in exchange for a lesser sentence. This may prevent the need for trial testimony.
- If the case goes to trial, the survivor may be required to testify in criminal court.

### Testifying in Court:

- Court can feel intimidating, but legal professionals and victim advocates are there to support you.
- **Tips for testifying:**
  - **Take pauses** if needed—ask for a break if overwhelmed.
  - **Stay hydrated** and focused on the person questioning you.
  - **Answer only what is asked;** don't offer extra information.
  - **If you don't remember something, say so.** You can ask to clarify earlier statements.
  - **If a question is unclear,** ask for it to be repeated or rephrased.

### Other Legal Options:

- If the criminal case does not proceed, you can explore a civil lawsuit to seek monetary compensation.
- For legal guidance, consult a victim advocate or attorney.

No matter the outcome, reporting increases the likelihood of holding perpetrators accountable. You are not alone—resources and support are available to help you through the process and there is no judgement whether you decide to report or not.



## Emotional First Aid for Sexual Assault Survivors

Sexual assault is not just an attack on your body but also an assault on your emotional and mental well-being. The aftermath can be overwhelming, but you are not alone. Crisis Support Services of Nevada's Advocates are here to support you.

### Understanding Your Thoughts and Feelings

- Feelings of **fear, distrust, isolation, anger and numbness** are all normal responses to trauma.
- It's okay to **scream, cry, or feel angry**. Your emotions are valid.
- **You are not responsible** for the assault, even if you feel otherwise. The blame lies entirely with the perpetrator.
- Some people may not understand your experience; and their reactions may hurt you. **Do not listen to anything that makes you feel invalidated or misunderstood.**
- **You did nothing to deserve this.**
- You are a **valuable person**, and your worth is not diminished by what happened to you.
- The fact that you're reading this shows your **courage and desire to heal**. That is a powerful step forward.

### Caring for Yourself During This Time

- Take **small steps** to care for yourself:
  - Eat and rest, even if it feels difficult.
  - Engage in soothing activities like journaling, baths, walking, or spending time with loved ones.
  - Use grounding techniques to bring yourself to the present moment.
- Remember: **It takes courage to ask for help**. Seeking support from professionals can help you process your feelings and discover healthy coping mechanisms.
- Let the people who care about you **support you**. You don't have to go through this alone.

### Setting Boundaries

- If someone reacts to your assault in a way that hurts or upsets you, **set boundaries or walk away**.
- You have the right to surround yourself with **people who support and uplift you**.

### Moving Forward

- This is a serious crisis, but with time and care, **you will heal**.
- Reactions to trauma—whether physical, emotional, or mental—are **temporary and will pass**.
- Reflect on **healthy ways** you've coped with past challenges and try to incorporate those strategies now.
- Healing **doesn't happen overnight or in a linear way**, but every step you take—no matter how small—brings you closer to recovery.

### You Are Not Alone

- Help and resources are available to support you, **you don't have to go through this alone**.
- Reach out to CSSNV advocates or other trusted resources to begin your healing journey.

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## Self-Care and Survival Guide

### Self-Care Essentials

- **Hydration:** Have you had enough water today?
- **Nutrition:** Have you eaten recently?
- **Hygiene:** Did you shower?
- **Movement:** Have you stretched or moved your body?
- **Rest:** Have you rested or closed your eyes for a few minutes?
- **Social Interaction:** Have you connected with someone socially?
- **Enjoyment:** Have you done something you enjoy?

### Dealing with Panic Attacks & Anxiety

1. **Stop:** Acknowledge your feelings and experience (“I am feeling anxious”).
2. **Soothe:** Use grounding, calming self-talk, or breathing exercises.
3. **Support:** Reach out for help or practice self-compassion.

### Handling Dissociation

1. **Refocus:** Use grounding techniques or physical tasks to return to the present moment.
2. **Reconnect:** Engage with your surroundings through breathing or sensory activities.
3. **Re-enter:** Perform soothing, comforting activities to ease back into the present moment.

### Managing Nightmares

#### Sleep Hygiene Tips:

- Maintain a consistent sleep schedule.
- Avoid electronics before bed.
- Stick to a nightly bedtime routine.
- Create a calming sleeping environment.
- Avoid eating right before bed.

#### Image Rehearsal:

1. **Rehearse:** Rewrite the nightmare with a positive ending.
2. **Affirm:** Remind yourself that you can change the dream’s outcome.
3. **Imagine:** Visualize the new dream before sleeping.
4. **Practice:** Repeat this process as needed.

### Grounding Skills

- **Sensory Focus:** Use your senses to identify: 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 you can taste.

- **Physical Activity:** Stretch, walk, or engage in exercise.
- **Sensory Engagement:** Use scented lotions and focus on the scent, go outside and let in the sounds around you, or shock your hands or face with cold water.

### Breathing Exercises

1. **Progressive Muscle Relaxation:** Tense and relax your muscles from your toes to your head with each breath.
2. **Box Breathing:** Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, hold for 4 seconds.
3. **Golden Light Imagery:** Breathe in warmth and peace, and breathe out pain and tension.

### Self-Compassion & Self-Blame

- **Self-Compassion:** Treat yourself with the same kindness you would offer a loved one.
- **Self-Blame:** Challenge thoughts of self-blame and practice offering yourself understanding.

### Self-Compassion Exercises:

1. **Self-Compassion Break:** Acknowledge what you are feeling. Reflect on how others may share similar experiences. Consider what you’d say to a loved one in your situation.
2. **RAIN Technique:** Recognize, Allow, Investigate, Nurture, and after the RAIN, reflect on your feelings.

### Stages of Trauma Recovery

1. **Safety:** Remove yourself from harmful situations and address immediate needs.
2. **Processing:** Work through memories and grief by sharing your story or processing emotions.
3. **Reconnection:** Build new, healthy relationships and reach a place where trauma may not be gone but no longer dominates your life.

### Recommended Reading

- *Trauma and Recovery* by Judith Herman
- *The Body Keeps the Score* by Bessel Van Der Kolk
- *No Bad Parts* by Richard Schwartz
- *Complex PTSD* by Pete Walker
- *Healing from Trauma* by Jasmin E. Cori
- *Journey Through Trauma* by Gretchen Schmelzer
- *Telling* by Patricia Weaver Francisco
- *Know My Name* by Chanel Miller



## About Therapy

Therapy can be an essential tool for healing after trauma. Methods like Cognitive Processing Therapy (CPT) or Eye Movement Desensitization and Reprocessing (EMDR) are effective treatments designed to help process trauma. Finding a therapist who fits your needs is a key step toward recovery.

### How to Find the Right Therapist

The therapist-client relationship is vital for successful therapy, so it's important to take your time in finding the right fit. Here's how to start:

#### 1. Start Your Search

- a. Ask for referrals from people you trust, such as friends, family, or advocates.
- b. Consider returning to a past therapist or ask them for recommendations.
- c. Use online directories like Psychology Today.

#### 2. Schedule Consultations

- a. Many therapists offer an initial consultation (phone, video, or in-person). This is your chance to see if they're the right match for you.

#### 3. Questions to Ask During Consultations

- a. What are your session fees?
- b. How long are the sessions, and how often can we meet?
- c. What is your therapeutic approach? Does this align with my goals and how I would like to improve?
- d. What types of therapy do you specialize in? Do their specialties align with my needs?
- e. What are your qualifications? (e.g., Psychologist, Marriage and Family Therapist, LCSW)
- f. Anything else that will help me feel comfortable.

#### 4. Meet with Several Therapists

- a. It's helpful to meet with as many therapists as it takes to find someone you feel truly comfortable with.
- b. Take your time to ensure the relationship feels right for you.

### Warning Signs of a Bad Therapeutic Relationship

While therapy can be transformative, an unhealthy therapist-client relationship can hinder healing and progress. Watch for the following red flags:

- **Confidentiality breaches:** Your privacy is compromised.
- **Unprofessional conduct:** Any form of sexual advances or inappropriate behavior.
- **Disrespect:** The therapist dismisses or disrespects your feelings.
- **Lack of safety:** You don't feel safe or comfortable with the therapist.
- **Unresolved issues:** The therapist doesn't address concerns you bring up.

If you notice these issues, try addressing them directly with your therapist. A good therapist will work with you to resolve any concerns. If the problems persist, it may be time to find a new therapist.

### Remember!

- Finding the right therapist may **take time**, but it's worth the effort for your healing.
- Therapy **is a process**, and you don't need to settle for someone who doesn't feel like the right fit for you.
- **Don't give up**, the right therapist is out there for you.



## The Benefits of Journaling

Journaling is a powerful tool for emotional well-being and self-discovery. Here are some key benefits:

- **Clarify Your Thoughts and Feelings:** If you're feeling overwhelmed or unsure, writing helps you untangle your emotions and gain clarity. Simply jot down your thoughts without editing them, and you'll quickly get in touch with your inner world.
- **Know Yourself Better:** Regular writing helps you understand what makes you happy, confident, and fulfilled. It also helps you identify situations or people that are toxic, which is crucial for your emotional health.
- **Reduce Stress:** Writing about challenging emotions like anger and sadness can release their intensity, leaving you feeling calmer and more present.
- **Solve Problems More Effectively:** Journaling allows you to engage both your analytical and creative sides, often leading to unexpected solutions for problems you may have been struggling with.
- **Resolve Disagreements:** Writing about misunderstandings helps you process and gain insight into the other person's perspective. It can even lead to sensible resolutions that you might not have considered otherwise.
- **Boost Self-Esteem:** Regular journaling can help you appreciate your strengths, acknowledge your achievements, and build a positive self-image over time.
- **Promote Mindfulness:** Journaling encourages you to stay present and pay attention to your thoughts, emotions, and experiences, fostering mindfulness in your daily life.
- **Track Personal Growth:** Revisiting old entries allows you to see how much you've grown, which can be a powerful reminder of your resilience and progress.

## How to Begin Journaling

- **Start Anywhere:** Forget about spelling, punctuation, and perfection. The key is **privacy and freedom**—write quickly and without self-censorship.
- **No Rules:** There's no right or wrong way to journal. The process is as unique as you are.
- **Find a Nonjudgmental Friend:** Your journal becomes an accepting space to express yourself fully, offering support similar to, but not in replacement of a therapist, without any judgment.

## Additional Tips for Effective Journaling

- **Set a Time Limit:** If you're unsure where to start, give yourself just 5–10 minutes each day. Consistency is more important than the length of time.
- **Write Without Pressure:** Don't worry about making your writing "perfect" or even making sense. The goal is to express yourself without restriction.
- **Use Prompts:** If you're feeling stuck, prompts can help get the words flowing. For example: "What was the most challenging part of today?" or "What are three things I'm grateful for right now?"

## Different Types of Journaling

- **Gratitude Journaling:** Write down things you're thankful for each day. This practice can boost your mood and shift your perspective over time.
- **Bullet Journaling:** If you prefer a more structured approach, bullet journaling can help track goals, moods, and daily thoughts in a more organized format.
- **Art Journaling:** If you like to combine creativity with writing, you can incorporate drawings, doodles, or collages to visually express your emotions.





## Reporting to Law Enforcement

The pros and cons of reporting sexual assault vary from personal opinions to varying situations. However, reporting is an important decision to consider. Look through the common pros and cons of reporting, crossing out statements you may not resonate with and adding some of your own that may apply to your situation.

Pros	Cons
<ul style="list-style-type: none"> <li>• May be a way to <b>take back control</b>.</li> <li>• Creates the possibility of getting <b>justice</b>.</li> <li>• Leaves a <b>paper trail</b> which may help catch the perpetrator in the long run even if your own case doesn't end the way you want.</li> <li>• Access to <b>funding</b> for expenses related to the assault:               <ul style="list-style-type: none"> <li>◦ Victims of Crime Program (VOCP) state <b>funding</b></li> <li>◦ \$1,000 in <b>county funding</b> from the DA's office</li> </ul> </li> <li>• May increase the possibility to be granted a TPO.</li> <li>• Sexual Assault Kit (SAK) <b>will be tested</b>.</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Victim-blaming, judgment, and disbelief</b> from law enforcement may occur.</li> <li>• Having to tell the story of the trauma several times may be re-traumatizing.</li> <li>• It is <b>rare</b> for the case to lead to arrest (jail), court, or imprisonment.</li> <li>• May fear <b>retributive violence</b> from the perpetrator for reporting, especially with DV or IPV.</li> <li>• May just want to move on and feel that reporting will just keep the wound open.</li> <li>• SAK <b>will not</b> be tested but held for 20 years.</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>

### SEEK then SPEAK

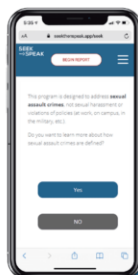
You can access the SEEK then SPEAK tool at

<https://seekthenspeak.app/>



**SEEK:** privately gather information and explore your options for medical care, supportive services, and reporting to police.

**SPEAK:** If you choose, you can even begin the process of reporting to police by completing a self-guided interview in SPEAK.



**SEXUAL ASSAULT INFORMATION**  
WHEN YOU NEED IT

a self-guided tool

**SEEK**  
THEN **SPEAK**

**BEGIN REPORTING**  
WHEN YOU ARE READY





## Victim Information and Notification Everyday (VINE) Information

**VINE (Victim Information and Notification Everyday)** is a free and confidential service that provides automated notifications to survivors and concerned citizens about the custody status of offenders. It is designed to keep survivors informed about the release, transfer, escape, and/or death of individuals who are in jail or prison.

### How to Use VINE or learn more:

- **Online:** Visit the VINE website at [www.vinelink.com](http://www.vinelink.com) and select Nevada.
- **Mobile App:** Download the "VINELink" app for iOS or Android devices.
- **Phone:** Call the toll-free Nevada VINE number at **1-888-268-8463** to inquire about an offender's status or to register for notifications.

### Why VINE is Important for Survivors:

- **Safety and Peace of Mind:** Survivors can feel more secure knowing that they will be alerted if the person who harmed them is released or transferred.
- **Empowerment:** VINE gives survivors control over staying informed about the offender's status, allowing them to make safety plans if necessary.
- **Convenience:** Notifications can be sent automatically, without the need for victims to regularly check an offender's status themselves.

### Registration & Notification

- You can only register to receive notifications if the offender is **currently in custody**.
- You will be notified about the following events: **Release, Transfer, Escape, and/or Death**
- When registering, you will be asked to create a **four-digit personal identification number (PIN)** that you will use to confirm you received the message. Make sure your PIN is easy to remember.

### Other Points

- Since VINE calls automatically when an offender's custody status changes, you may get a call from VINE in the middle of the night.
- If you do not answer a notification call, VINE will leave a message. If there is no answer, VINE will continue calling back until you enter your PIN or until up to 48 hours have passed.
- Do not register a phone number that rings to a switchboard.
- VINE is confidential. The offender will not know you are registered with VINE.
- You can register multiple phone numbers and e-mail addresses for notifications.
- If you forget your PIN, call the toll-free number and press 0. You will be transferred to an operator who can help reset your PIN or cancel notifications.
- Operators are available 24/7 to assist.



## Temporary Protection Order (TPO) Information

A TPO in Nevada can help keep you safe by legally prohibiting contact from the offender. Here's how the process works and what you need to know.

### TPO Overview and How to File

A TPO is a short-term legal order designed to protect individuals from harm. A TPO order may:

- Prohibit the adverse party from contacting or harassing you in person, or by phone, email, or social media.
- Require the offender to stay a specific distance away from your home, workplace, school, or other locations.
- Order the offender to surrender firearms.

TPOs may last up to **45 days** but can be extended via an Extended Protection Order (EPO) for up to 1 year.

#### Should I file for a TPO?

- Only you can know if this is the best thing to do for your situation. Filing against someone you live or share children with may affect housing, finances, or childcare.

#### Where to File:

- Visit your local family court or justice court to file a TPO. Each county has specific filing locations depending on the relationship between you and the adverse party—check with your local courthouse.
- If you need an **Urgent TPO** and the court is closed, contact your local law enforcement agency to assist with an after-hours emergency order.

#### What to Bring:

- **Supporting Documentation:** You may need to describe incidents of harm or threats when filing. While not required, providing documents such as police reports, messages, or photos may strengthen your case.
- **Filing Fee:** Filing for a TPO is free in cases involving sexual assault, stalking, or harassment.

### After Filing a TPO

- **Decision:** The judge or judicial officer may grant the TPO, set a hearing to ask questions, or deny the request.
- **Serving:** If a TPO is granted, it will have to be served to the offender. This is either done by law enforcement or a third party which may incur a fee.
- **Copies of the TPO:** You will receive multiple copies of the TPO. Always keep a copy of your TPO with you.
- **Violations:** If the offender violates the TPO, **contact law enforcement immediately**. Violations may result in criminal charges or arrest.
- **Safety planning:** A TPO is only a part of your safety plan. Work with an advocate to develop a full safety plan.

#### Extending a TPO

- To apply for an **Extended Protection Order (EPO)**, return to court before the TPO expires. The court will review your case to determine if further protection is needed.

### Where to Get Help Filing a TPO

Filing for a TPO can feel overwhelming, but you are not alone. These organizations can help:

- **Safe Embrace:** 24/7 Helpline: 775-322-3466
- **Domestic Violence Resource Center (DVRC):** 24/7 Hotline: 775-329-4150 or text "DVHELP" to 839863
- **Second Judicial District Court:** Protection Order Help Center: 775-328-3127
- **Crisis Support Services of Nevada (CSSNV):** 24/7 Sexual Assault Support Hotline: 775-221-7600
- **Northern Nevada Legal Aid:** domestic violence lawyer representation: 775-329-2727

## Different Types of Protection Orders and How to Apply in Washoe County

There are several different kinds of protection orders. You may qualify for more than one type. If you are not sure which one best fits your situation, you can use the questionnaire below to help you decide: <https://selfhelpguides.nvcourts.gov/app/run/ProtectionOrderEligibility/#/1>



<b>Second Judicial District Court</b> <b>DV Temporary &amp; Extended Protection Orders</b>	<b>Local Justice Courts</b> <b>Stalking, Harassment, and/or Sexual Assault Orders</b>
<p><b>Protection Order Help Center</b>  775-328-3127   <a href="mailto:POHC@washoecourts.us">POHC@washoecourts.us</a>  1 S Sierra St., Room 308, Reno, NV 89501   M-F 8-5pm</p>	<p><b>Reno Justice Court Civil Department:</b> 775-325-6501  1 S Sierra St., Reno, NV 89501   M-F 7:30-5pm  <b>Sparks Justice Court Civil Department:</b> 775-353-7600  1675 E Prater Way #107, Sparks, NV 89434   M-Thu 7-5:30p</p>
<p>To be eligible for a TPO, the applicant must have a <b>domestic relationship</b> with the adverse party:</p> <ul style="list-style-type: none"> <li>• A relationship by <b>BLOOD</b> (<i>parent, son/daughter, aunt/uncle, etc.</i>)</li> <li>• A relationship by <b>MARRIAGE</b> (<i>spouse, former spouse, mother-in-law/father-in-law, stepfather/stepmother, etc.</i>)</li> <li>• A relationship by having <b>CHILD(REN) IN COMMON</b></li> <li>• A person who has been appointed the custodian or legal guardian for the person's minor child.</li> <li>• A <b>DATING RELATIONSHIP</b> (<i>either current or past</i>), meaning "frequent, intimate associations primarily characterized by the expectation of affectional or sexual involvement." <ul style="list-style-type: none"> <li>○ <b>Does not</b> include a casual relationship or an ordinary association between people in a business or social context.</li> </ul> </li> </ul> <p><b>Ways to Apply</b></p> <ol style="list-style-type: none"> <li>1. <b>Access forms in-person or online:</b> Confidential information sheet, Application for a TPO, Civil instruction sheet, and UCCJEA (<i>only if applicant and adverse party share children</i>) <a href="https://www.washoecourts.com/DomesticViolence">https://www.washoecourts.com/DomesticViolence</a> <ol style="list-style-type: none"> <li>a. <b>Drop-off in office:</b> Forms can be turned in, reviewed for completeness, and filed by court staff. Walk-ins are acceptable, and patrons are helped on a first-come, first-serve basis.</li> <li>b. <b>Email:</b> completed forms to <a href="mailto:POHC@washoecourts.us">POHC@washoecourts.us</a></li> </ol> </li> <li>2. <b>Online through an eFlex account:</b> See Instructional Video at <a href="https://www.washoecourts.com/DomesticViolence">https://www.washoecourts.com/DomesticViolence</a></li> <li>3. <b>Contact to schedule an appointment</b> for assistance with completing and filing your application: <ul style="list-style-type: none"> <li>• <b>Safe Embrace:</b> 775-322-3466</li> <li>• <b>DVRC (Domestic Violence Resource Center):</b> 775-329-4150</li> </ul> </li> <li>4. Go to the <b>State of Nevada Self-Help Center</b> and use their guided interview to help prepare your forms at <a href="https://selfhelpguides.nvcourts.gov/app/run/ProtectionOrderEligibility/#/1">https://selfhelpguides.nvcourts.gov/app/run/ProtectionOrderEligibility/#/1</a></li> </ol>	<p>You can request a Stalking and Harassment Order if <b>you</b> and the <b>adverse party</b> are:</p> <ul style="list-style-type: none"> <li>• <b>NOT IN A DATING RELATIONSHIP</b> and never have been in a dating relationship (<i>neighbors, roommates, classmates, friends, etc.</i>)</li> <li>• A <b>SPECIFIC BLOOD RELATION</b> (<i>siblings or cousins</i>)</li> </ul> <p><b>Ways to Apply</b></p> <p>Go to the <b>State of Nevada Self-Help Center</b> and use their guided interview to help prepare your forms at <a href="https://selfhelpguides.nvcourts.gov/app/run/ProtectionOrderEligibility/#/1">https://selfhelpguides.nvcourts.gov/app/run/ProtectionOrderEligibility/#/1</a></p> <p><b>Ways to Apply at Reno Justice Court</b></p> <ol style="list-style-type: none"> <li>1. <b>Access forms online:</b> Application for Protection from Stalking/Harassment, Confidential Info Sheet, and Civil Cover Sheet <a href="https://www.washoecounty.us/rjc/divisions/civil/services/stalking-harassment/stalkingharassment-howto-apply.php">https://www.washoecounty.us/rjc/divisions/civil/services/stalking-harassment/stalkingharassment-howto-apply.php</a> <ol style="list-style-type: none"> <li>a. <b>In-Person</b> at Reno Justice Court</li> <li>b. <b>Email</b> completed forms to <a href="mailto:RJCcivil@washoecounty.us">RJCcivil@washoecounty.us</a></li> <li>c. <b>E-file:</b> file the documents electronically at <a href="https://www.washoecounty.us/rjc/">https://www.washoecounty.us/rjc/</a></li> </ol> </li> </ol> <p><b>Ways to Apply at Sparks Justice Court</b></p> <ol style="list-style-type: none"> <li>1. <b>Access forms online:</b> Application for Protection from Stalking/Harassment, Confidential Info Sheet, and Civil Cover Sheet <a href="https://www.washoecounty.us/sjc/tpo.php">https://www.washoecounty.us/sjc/tpo.php</a> <ol style="list-style-type: none"> <li>a. <b>In-Person</b> at Sparks Justice Court</li> <li>b. <b>Email</b> completed forms to: <a href="mailto:SJCCriminal@washoecounty.us">SJCCriminal@washoecounty.us</a></li> <li>c. <b>E-File:</b> file the documents electronically at <a href="https://www.washoecounty.gov/sjc/">https://www.washoecounty.gov/sjc/</a></li> </ol> </li> </ol>



## Safety Planning

### What is a safety plan?

A safety plan is a **personalized, practical plan to improve your safety** while experiencing, abuse, preparing to leave an abusive situation, after you leave, or experiencing suicidal ideation. This plan includes vital information tailored to your unique situation and will help you prepare for and respond to different scenarios, including telling your friends and family about your situation, coping with emotions, and various resources suited to your individual circumstances.





Some of the preparations for a safety plan might seem obvious, but it can be hard to think clearly or make logical decisions **during moments of crisis**. Having a safety plan laid out in advance can help you protect yourself and others in high-stress situations.

Our safety planning resources outline important information to keep in mind while creating a safety plan. It may be useful for survivors, friends, family members, or others — anyone concerned about their safety or the safety of someone else.

### Key Safety Planning Tips

- **Trust your instincts.** Do not feel pressured if friends or family justify or normalize the abusive behavior.
- Safety plans are an **ongoing process** and should evolve, change, and adapt as the situation changes.
- Don't plan around what has already happened, also think about **what might happen next**.
- Safety plans should be **collaborative**. Your safety is not solely reliant on yourself. Work on your safety with an advocate, trusted friend, or family member.
- This safety plan is **for you**. The information you fill in must be honest and accurate to be helpful.
- Keep your safety plan handy and in an **accessible but secure location**. You should also consider giving a copy of your safety plan to someone you trust.
- If you don't feel safe keeping the printed safety plan or emergency contact card with you, then you can still **use the safety tips**. Try to memorize at least one phone number of someone you can call any time.
- You know your situation better than anyone else. Trust your judgment and weigh your options before taking any steps.

### Online Safety Plan Resources

National Domestic Violence Hotline		Stalking Prevention, Awareness, & Resource Center (SPARC)	988 Lifeline
Create Your Personal Safety Plan	Safety Planning Around Sexual Abuse	Risk Assessment & Safety Planning	Help Yourself Information
			
<a href="https://www.thehotline.org/plan-for-safety/create-your-personal-safety-plan/">https://www.thehotline.org/plan-for-safety/create-your-personal-safety-plan/</a>	<a href="https://www.thehotline.org/resources/safety-planning-around-sexual-abuse/">https://www.thehotline.org/resources/safety-planning-around-sexual-abuse/</a>	<a href="https://www.stalkingawareness.org/risk-and-safety/">https://www.stalkingawareness.org/risk-and-safety/</a>	<a href="https://988lifeline.org/help-yourself/">https://988lifeline.org/help-yourself/</a>



## Suicide Safety Plan

### Warning Signs

What are some thoughts, images, moods, situations, or behaviors that might indicate a crisis may be developing?

*Examples: thoughts of harm, rapid breathing, sweaty palms, specific triggers, etc.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Internal Coping Strategies

What are some things I can do to take my mind off my problem without contacting another person?

*Examples: relaxation, physical activity, meditation, taking a bath, reading, etc.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### People and Social Settings that Provide Distraction

Who can I call or see that can distract me? Where can I go that will distract me and keep me safe?

*Examples: family member, coworker, friend, parks, shopping mall, hiking trail, etc.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### People Whom I Can Ask for Help

Who can I talk to about this for help? Who knows how I feel that can help me? Where can I go to get help?

*Examples: therapist, counselor, doctor, family member, coworker, friend, etc.*

1. Name: \_\_\_\_\_ Phone: \_\_\_\_\_
2. Name: \_\_\_\_\_ Phone: \_\_\_\_\_
3. Name: \_\_\_\_\_ Phone: \_\_\_\_\_

### Professionals or Agencies I Can Contact During a Crisis

- **Suicide Prevention Lifeline:** Call, Text, or Chat 988
- Counselor: \_\_\_\_\_ Phone: \_\_\_\_\_
- Therapist: \_\_\_\_\_ Phone: \_\_\_\_\_
- Hospital: \_\_\_\_\_ Phone: \_\_\_\_\_
- Urgent Care: \_\_\_\_\_ Phone: \_\_\_\_\_
- Inpatient Clinic: \_\_\_\_\_ Phone: \_\_\_\_\_
- Advocate: \_\_\_\_\_ Phone: \_\_\_\_\_

The one thing that is most important to me and worth living for is:

\_\_\_\_\_



## Power-Based Violence Safety Plan

**Power-Based Violence (PBV)** is any form of violence that uses assertion of power, control, and/or intimidation with the intent to harm another emotionally, psychologically, or physically. It includes sexual assault, domestic violence, intimate partner violence, harassment of any form, human trafficking, stalking, intimidation, and bullying. This safety planning guide will help you think about things you can do to stay safe.

### Home

- **Where can I go** if I feel unsafe in my home or with my partner? *(a friend's house, shelter)* \_\_\_\_\_
- What is a nearby safe **public place** where I could go in an emergency? *(a store, fast food restaurant)* \_\_\_\_\_
- During times when I am **home alone**, who can stay with me if I don't want to be alone? \_\_\_\_\_ \*
- How can I **safely leave the house**? *(identify exits, locations where keys are stored)* \_\_\_\_\_
- How can I make my house safer? *(change locks, home security system)* \_\_\_\_\_
- **Safe code word/phrase** to use with trusted people if I'm in danger: \_\_\_\_\_
- If I need to **leave your house quickly**, which items would I need to take with me?
 

<input type="checkbox"/> Identification <i>(driver's license, passport, school ID, military ID, immigration documents)</i>	<input type="checkbox"/> Medications <i>(prescriptions, inhaler, insulin, Epi-Pen)</i>	<input type="checkbox"/> Baby supplies <i>(formula, diaper, wipes)</i>
<input type="checkbox"/> Credit Cards + Cash	<input type="checkbox"/> Change of Clothes	<input type="checkbox"/> Copy of Protection Order
<input type="checkbox"/> Cell Phone + Charger	<input type="checkbox"/> Comfort item(s) <i>(stuffed animal or photograph)</i>	<input type="checkbox"/> Health Insurance Card(s)
<input type="checkbox"/> House/Car keys		<input type="checkbox"/> _____

### Public Safety

- Places I will avoid that my partner may frequent: \_\_\_\_\_
  - Who can I notify of my whereabouts and when I arrive at places? \_\_\_\_\_ \*
  - If I encounter my partner, I will say and do the following: \_\_\_\_\_
  - Consider carrying a defensive device or taking a self-defense class *(horn, whistle, pepper spray)*
- 

### School

- If I need to avoid seeing my partner on my way to or from class, what route can I take to get there safely? *This should be a different route than you usually take.* \_\_\_\_\_
  - Who can I spend time with between classes, so that I am not alone? \_\_\_\_\_ \*
  - If I need to leave school immediately, who can I call to pick me up or meet me? \_\_\_\_\_ \*
- 

### Work

- If I need to avoid seeing my partner on my way to or from work, what route can I take to get there safely? *This should be a different route than you usually take.* \_\_\_\_\_
  - If I need to leave work immediately, who can I call to pick me up or meet me? \_\_\_\_\_ \*
  - Consider telling a trusted co-worker or HR about your situation and how they can help.
-

## Technology

- Where will I keep my phone so I can always access it? \_\_\_\_\_
- How will I ensure my partner doesn't have access to my important accounts or devices? (*change passwords, secure social media, and financial accounts.*) \_\_\_\_\_
- How can I screen or block my partner's calls, messages, or tracking apps? \_\_\_\_\_

## Children

- Who could **watch your children** if you need childcare in an emergency? \_\_\_\_\_ \*
- **Who will I notify** at my child's school or daycare about safety concerns? \_\_\_\_\_
- **Safe code word/phrase** to use with your children if they need to call for help: \_\_\_\_\_
- Where is a **safe place** that your children could go if in danger? (*room in home, neighbor's home*) \_\_\_\_\_
- What will I teach my children to do during a violent incident? (*go to a specific room or place, contact a trusted person*) \_\_\_\_\_

## Relationship

- Who could you call or text to let them know where you are going with your partner? \_\_\_\_\_ \*
- If I decide to end the relationship, where can I do it safely? (*populated public space*) \_\_\_\_\_
  - Who can I call to talk with afterward? \_\_\_\_\_ \*

## Emotional & Mental Health

- What are some healthy ways I can manage stress and emotions right now? (*journaling, meditation, breathing exercises, calling a friend, walking, listening to music, art*) \_\_\_\_\_
- When you are feeling down whom can you call to cheer you up? *This should be someone other than your partner.* \_\_\_\_\_ \*

## Legal

- Do I have a Temporary Protection Order (TPO) or Extended Protection Order (EPO)? Yes ☐ No ☐
  - If yes, where is a secure place to keep a copy of the order? \_\_\_\_\_
  - If no, what is my plan to file for a TPO? (*see TPO Info in this packet*) \_\_\_\_\_
- Who should be informed about the TPO? (*employer, school, childcare providers, etc.*) \_\_\_\_\_
- **Address:** Consider using a P.O. Box or ask an advocate to help you apply for the Confidential Address Program (CAP).

## Emergency Contact Card

Keep this emergency contact card in your wallet or another safe place to have these numbers handy in case you do not have access to your cell phone.

EMERGENCIES/TPO Violations <b>911</b>	Suicide & Crisis Lifeline <b>988</b>	Sexual Assault Support Hotline <b>775.221.7600</b>
Situation ( <i>childcare, stay with me at home</i> )	*Name	Phone Number
1.		( ) -
2.		( ) -
3.		( ) -
4.		( ) -
5.		( ) -
6.		( ) -
7.		( ) -
8.		( ) -



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