

*Reporting Agencies  
Law Enforcement Agencies*

**Reporting Agencies**

Adult Protective Services.....800-336-4316 or 558-2637  
 Child Welfare Services.....800-558-3665 or 558-3665  
 Ombudsman.....529-3784

**Law Enforcement Agencies**

Ceres Police Department.....538-5712  
 Hughson Police Department.....552-2472  
 Modesto Police Department.....572-9500  
 Oakdale Police Department.....847-2231  
 Patterson Police Department.....552-2472  
 Riverbank Police Department.....869-7162  
 Stanislaus County Sheriff's Department.....525-7114  
 Turlock Police Services.....668-5550  
 Waterford Police Department.....571-5727  
 Emergencies.....911

**Emergency Medical Care**

Doctors Medical Center....1441 Florida Ave. at W. Orangeburg, Modesto  
 Memorial Medical Center.....1700 Coffee Road, Modesto  
 Emanuel Medical Center.....825 Delbon Ave., Turlock  
 Oak Valley Hospital.....350 S. Oak Ave., Oakdale  
 Health Services Agency Urgent Care.....830 Scenic Dr., Modesto

**Stanislaus County Board of Supervisors**

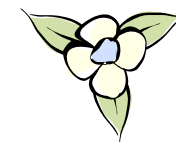
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**Notes**

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## Introduction



Dear Reader:

Many people will pick up this booklet and have a wide variety of reasons for doing so. You may realize you have a problem with violence in your life and are seeking resources and information to deal with it. You may have a friend or loved one who is confronted with violence and want to help. Or, you may just be concerned about the effects of family violence on your community, and want to know what you can do to help. Whatever your reason, we are happy we can provide you some basic information about family violence and where someone can go if they need help.

In this booklet, you will find some definitions of family violence including child abuse, elder abuse and domestic violence. You will learn some of the signs and behaviors you might see from someone who is being abused. Lastly, you will find important phone numbers for people and agencies who are here to help you with prevention and intervention services, or will take your calls if you suspect someone might be a victim of violence.

Very often, friends, family members, neighbors and acquaintances are the eyes, ears and voices for those who can't help themselves. If you suspect someone is being abused, please tell someone. If you are unsure what to do, call one of the reporting agencies and ask.

Family violence affects everyone in the community in many ways. There are enormous costs to law enforcement, social services, medical providers and the criminal justice system. Despite the ever increasing need for services, resources are limited and service providers are stretched to capacity. Many of the agencies listed here provide no or low-cost services to their clients and look to members of our community to support their work. We hope you find this resource booklet helpful.



## Resources and Phone Numbers

### **Disability Resource Agency for Independent Living**

*Advocacy and assistance for the disabled.....521-7260*

### **In-Home Supportive Services**

*In-Home support services to disabled or elderly adults.....558-3974*

### **Area Agency on Aging**

*Information and referral for the elderly population.....558-8698*

### **Catholic Charities Senior Services**

*Services for seniors including transportation, shopping, minor home repair, advocacy and education.....529-3784*

### **Valley Mountain Regional Center**

*Developmentally disabled diagnostic services and advocacy services.....529-2626*

### **Society for Handicapped Children and Adults**

*In-home support and other services for handicapped children and adults.....524-3536*

### **Valley Caregiver Resource Center**

*Counseling, respite, support and education for caregivers .....521-1794*

### **S.E.A.P.A.**

*Information and referral services for seniors.....529-0441*

### **Stanislaus County Office of the Public Guardian**

*Guardianship and conservatorship services for Stanislaus County residents.....525-7412*

### **Emergency Mental Health Services**

*24 hour emergency mental health and suicide prevention services.....558-4600*

### **Modesto Union Gospel Mission**

*Free used clothing, emergency food and shelter.....529-8259*

### **The Bridge**

*Enculturation services for Southeast Asian families. Services include translation, tutoring, health information and referrals to other agencies.....571-8430*

### **Community Housing and Shelter Services**

*Temporary shelter, housing counseling and rental assistance for families in emergency situations.....527-0444*

### **Center for Human Services**

*Family and high-risk counseling, high school outreach counseling for teens.....526-1440*

### **Oakdale Family Support Network**

*Parenting classes, referrals and other support services for families .....847-5121*

### **Turlock Family Support Network**

*Parenting classes, mentoring, referral and family support services .....668-3363*



## Resources and Phone Numbers

### Haven Women's Center of Stanislaus

*Crisis intervention, counseling, shelter, advocacy and legal services for women and children who are victims of domestic violence and sexual assault.*

**Business/Legal Services**.....524-4331  
**Rape Crisis Line (24 hours)**.....527-5558  
**Information**.....522-0331  
**Toll-Free (24 hours)**.....1-800-834-1990  
**Counseling**.....523-1570

### Sierra Vista Child and Family Services

*Individual and family counseling, parenting classes, positive parenting, residential treatment, anger management classes*

**Modesto**.....523-4573  
**Turlock**.....669-6671  
**Oakdale**.....848-6018

### Stanislaus County District Attorney/Victim Services

*Information and referral for victims of violent crime. Will assist with victim compensation in some cases*.....575-5541

### Family Law Facilitators

*Walk-in only legal services. Monday through Friday, 8 AM-12 PM and 1-5 PM located at the Stanislaus County Court House*

### Juvenile Court Clerk

.....525-4575

### Stanislaus County Superior Court Clerk

*Emancipation of minors, probate, family law, civil law*  
.....558-6000

### Hutton House

*Temporary shelter for runaway teens, drop-in and group counseling services for teens*.....526-1623

### Parent Resource Center

*In home support services, parenting/peer support classes*.....549-8193

### Parents United

*Individual and group counseling services for sexually abused children, families and offenders*.....524-4858

### Children's Crisis Center

*Temporary day or overnight shelter for children under 17, respite care*.....577-0138

### Senior Services-Turlock

*Services for seniors in Turlock. Food, information and referral, weekly blood pressure checks, hearing screening, special events*.....668-5242

### Senior Information and Assistance

*Information and referrals for the senior population*...558-8698



## Definitions

### Child Abuse

1. Physical abuse: Any act that includes inappropriate, excessive use of physical force that results in any injury.
2. Sexual abuse: Any sexual act upon a child.
3. Neglect: Failure to provide for a child's physical needs.
4. Emotional Abuse: Any attitude or behavior that interferes with a child's mental health or social development.



### Domestic or Intimate Partner Violence

Domestic or intimate partner violence is broadly defined as a pattern of assaultive or coercive behaviors including physical, sexual or psychological attacks that adults and adolescents use against their intimate partners.



### Elder or Dependent Adult Abuse

Abuse of an elder or dependent adult includes physical abuse, neglect or intimidation, cruel punishment, financial abuse, abandonment or other treatment with resulting physical harm or pain or mental suffering, or the deprivation by a care custodian of goods or services necessary to avoid physical harm or mental suffering.

## Are you a victim of Domestic Violence?

- Does your partner discourage you from spending time with friends and family?
- Is your partner extremely jealous?
- Have you ever been hit by your partner?
- Has your partner ever forced you to have sex?
- Has your partner ever threatened you with weapons like guns, knives, or other objects?
- Has your partner told you the violence is your fault?
- Does your partner blame alcohol, drugs or other things for the violence?
- Does your partner demand to know your whereabouts at all times?

## What are some signs of Elder/Dependent Adult Abuse?

- Pressure "bed" sores
- Medications used to restrain victim
- Bruise or burn patterns like those found in child abuse or domestic violence
- Lack of basic body hygiene
- Lack of adequate food and clean, appropriate clothing
- Bed-bound victim left without care
- Animal hoarding
- Caretaker isolates victim—restricts visits or phone calls
- Caretaker has control of victim's money but is failing to provide for victim's needs
- Caretaker is living off victim

## What are some behaviors demonstrated by a child who might have been abused?

- Physical complaints—headaches, stomach aches, bedwetting, ulcers
- Eating problems—increased or decreased appetite
- Temper tantrums—angry outbursts
- Nail biting and other nervous habits
- Sleep problems—insomnia, nightmares, night terrors
- School problems—poor grades, truancy, school phobias
- Attention span problems
- Fear of men and/or their voices
- Fear of being touched—flinching when someone reaches to them
- Disruptive behavior—stealing, aggression (especially in boys)
- Passivity, clinging, anxiety (especially in girls)
- Withdrawal, isolation, loneliness
- Role reversal—takes on parent roles, protector and caretaker
- Poor self-image—children may blame themselves for the abuse
- Depression
- Suicidal thoughts or attempts, self abuse
- Drug or alcohol abuse
- Running away

## What are some services available to my family?

- Legal services
- Counseling services
- Parenting classes
- Financial compensation for victims (in some cases)
- Anger management classes
- Safety planning
- Emergency shelter
- Crisis lines
- In-home support services

## Safety Planning at Work and Home

- Save threatening email and voicemail messages. If you have a restraining order, these can be used as evidence your order was violated.
- Look into alternate work hours or locations.
- Obtain a restraining order and make sure to keep it with you at all times. Include your workplace in the order. Make sure anyone at work who might need a copy has one. (Reception, security, etc.)
- Identify an emergency contact person should your employer be unable to contact you.
- Relocate your workspace to a more secure area, if possible.
- Ask security to escort you to and from your car or public transportation
- Screen your calls or remove your name and number from automated phone directories.
- Park close to the entrance of your building and notify your supervisor and security if you fear violence at work.
- If possible, have the following paperwork in a safe place and available if you need to leave: birth certificates, social security cards, insurance information, shot records, immigration documents and passports, school records and divorce or other court documents.
- Keep cash, credit cards, bank account numbers and ATM cards available.
- Have an extra set of car keys, keep medications and prescriptions and important phone numbers available.

## If you are Sexually Assaulted...

If you choose to report the crime, contact the police immediately. Do not change your clothes, shower, bathe or clean yourself in any way. Do not brush your hair, teeth, use mouthwash, eat or drink anything if possible. Seek medical attention immediately. Sexual assault, regardless of your relationship with the attacker, is a crime. Counseling services are available from many of the agencies listed in this booklet. If you report the crime to the police you may be eligible for compensation of your counseling expenses.

## What if I suspect abuse?

- Suspected in-home child abuse? Call Child Welfare Services
- Suspected out-of-home child abuse? Call the law enforcement agency where the abuse occurred. (City of Modesto, Turlock, etc.)
- Suspected domestic violence? Call law enforcement
- Suspected in-home elder/dependent adult abuse? Call Adult Protective Services
- Suspected elder/dependent adult abuse in a care facility or nursing home? Call the Ombudsman