

# Blackburn Center Services

- 24-Hour Hotline for Crisis Counseling and Referrals
- Emergency Shelter for Victims of Intimate Partner Violence
- Counseling and Therapy
- Support Groups
- Support during emergency room visits and legal proceedings specific to type of victimization
- Community education programs
- Student awareness programs
- In-service trainings

## 24-Hour Hotline

**888-832-2272**

People who are deaf and hard of hearing may use Video Relay Service to contact the hotline

## ADMINISTRATIVE & COUNSELING OFFICE

724-837-9540

FAX: 724-837-3676

## WEBSITE

[www.BlackburnCenter.org](http://www.BlackburnCenter.org)

[www.Facebook.com/BlackburnCenterPA](https://www.facebook.com/BlackburnCenterPA)



**BlackburnCenter**  
Standing together to end violence.



Have you or a loved one been affected by crime or violence?

**Information  
for victims  
and those  
who want to  
help**



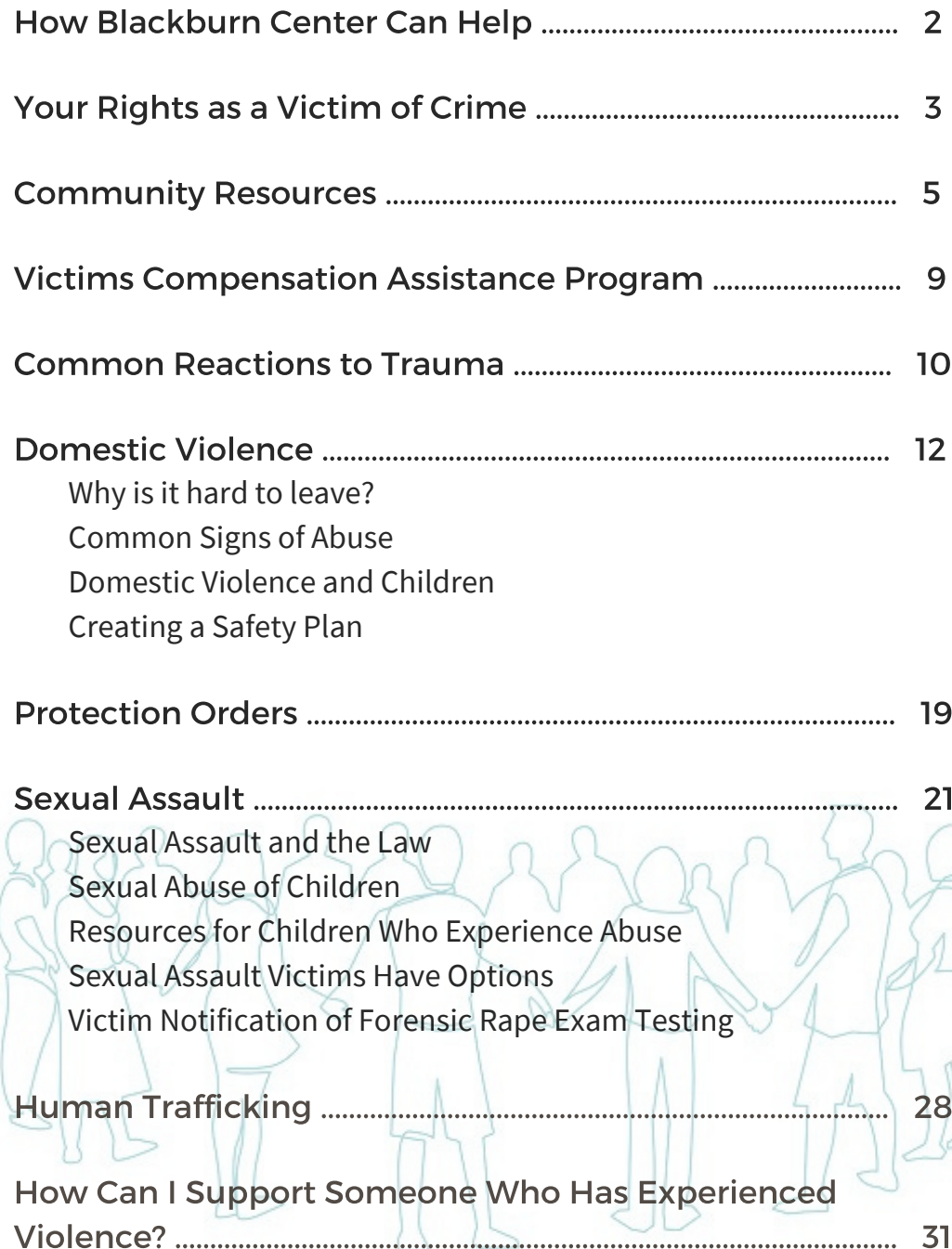
**BlackburnCenter**  
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## 24-HOUR HOTLINE

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## Notes

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## Notes

## How Blackburn Center Can Help

Blackburn Center responds to the issues of violence or crime. All client services are provided at no cost to our clients, are confidential, and can be sought anonymously.

**Our services are provided regardless of gender identity and sexual orientation.**

**24-Hour Hotline:** 888-832-2272. The 24-hour hotline provides crisis counseling to survivors of domestic and sexual violence, and all other types of violence and crime. People who are deaf or hard of hearing may use VRS to call the Hotline.

**Shelter:** Temporary emergency shelter is available to victims of intimate partner violence and their children.

**Counseling and Therapy:** Crisis counseling and therapy services are available in-person and through tele-communication.

**Support Groups:** Blackburn Center's staff facilitates weekly support groups for victims of violence or crime to explore their strengths, resources and options.

**Emergency Room Visit Support:** Medical advocates can meet victims of domestic and sexual violence, and human trafficking at medical facilities in Westmoreland County to provide support 24/7.

**Legal System Support:** Legal advocates can accompany victims of violence or crime and their significant others during PFA hearings, Magisterial District Justice hearings, and trials, and provide support, encouragement, and information about available options.

## Your Rights as a Victim of Crime

### Victims of a crime have the right to:

- Be told about services they can receive.
- Be told about court hearings.
- Have someone accompany them to court hearings.
- Be told if the person who committed the crime has been arrested or released for this crime.
- Be told if the person who committed the crime escapes from custody.
- Have their input considered for sentencing decisions.
- Tell the courts how the crime has affected them before the judge sentences the person who committed the crime. This is called a Victim Impact Statement.
- Be told what happens at the end of the case.
- Be paid back by the person who committed the crime for any money they lost as a result of the crime.
- Special notification if they are a victim of sexual assault and have reported the assault to law enforcement.

## How Can I Support Someone Who Has Experienced Violence?

**Sincerely listen.** Talking about a traumatic experience can be distressing. If someone shares their experience, give them your time and attention.

**Provide options and resources.** A Blackburn Center Hotline counselor may be able to help offer support in learning more about options and local resources.

**Validate their experience and support their decisions.**

Accepting someone else's experience and choices as valid and understandable can be very empowering since survivors are often not believed.

**Offer support in contacting assistance.** Since it can be difficult to ask for help, you can help by being with them if they choose to take such steps.

**If possible, follow up.** Taking time to reach out after an initial conversation shows a victim that you are there to continue to support them.

**Practice your own self care.** Sometimes trauma can affect our own lives so much so that we can no longer be effective at supporting others. It is okay to take time to reach out for support and care of your needs.

## Resources for Those Impacted by Human Trafficking

### **Blackburn Center**

**888-832-2272**

Blackburn Center's Hotline can be reached 24/7 for options, resources, and support. Blackburn Center also provides trainings to professionals and groups who are interested in learning more about human trafficking and how they can support the anti-trafficking movement.

### **National Human Trafficking Resource Center**

**888-373-7888**

The National Human Trafficking hotline is a 24/7 hotline that allows victims or concerned parties to request services.

### **Westmoreland County Human Trafficking Task Force**

The Westmoreland County Human Trafficking Task Force is facilitated by Blackburn Center. The task force's mission is to increase awareness and enhance education about trafficking.

## Your Rights as a Victim of Crime (continued)

To learn more about your rights as a victim, you can:

- Ask a Blackburn Center legal advocate or call Blackburn Center at 888-832-2272.
- Visit the Pennsylvania Commission on Crime and Delinquency website at [www.pccd.pa.gov](http://www.pccd.pa.gov).
- Contact the Westmoreland County Victim/Witness Services office at 724-830-3272 .

### **Do you have concerns about your rights?**

If you are concerned that your rights have been violated, the resources listed below may be able to provide assistance.

- Westmoreland County District Attorney's office:  
724-830-3949
- Pennsylvania Commission on Crime/Delinquency:  
800-692-7292
- Department of Justice Crime Victims' Rights Ombudsmen:  
877-574-9302 (only for victims of federal crimes)

An advocate from Blackburn Center can help you express your concerns.

## Community Resources

### Blackburn Center

Office .....	724-837-9540
Hotline .....	888-832-2272

### Addictions/Substance Abuse

Al-Anon .....	888-425-2666
Alcoholics Anonymous.....	724-836-1404
Clear Day .....	724-834-7000
Gateway Rehabilitation .....	724-853-7300
Medmark Treatment Centers .....	724-834-1144

### Charitable Organizations

Catholic Charities .....	724-837-1840
Christian Layman Corps .....	724-834-4464
Salvation Army .....	724-834-3335
St. Vincent DePaul .....	724-836-1077
Westmoreland Co. Food Bank .....	724-468-8660
YWCA of Greensburg.....	724-834-9390
Feeding the Spirit.....	724-757-2533

### Children's Services

ChildLine .....	800-932-0313
Children's Bureau .....	724-830-3300
Domestic Relations .....	724-830-3200
Early Learning Resource Center .....	724-836-4580
WIC .....	724-832-7723

## Human Trafficking

(continued)

### Are you or someone you know impacted by human trafficking?

- Is anyone asking you to do sexual acts that you do not want to do?
- Can you leave your job or situation at any time if you want?
- What were you told about a job before you started?
- What promises were made about a relationship?
- Have you or your family been threatened if you try to leave?
- Have your identification documents been taken from you?

### Some signs of human trafficking may include:

- Victim of physical, sexual, or mental abuse
- Withdrawn or fearful
- 'Branded' with large unwanted tattoos
- Always accompanied by a 'friend' or 'translator'
- Lack of personal identification documents

If you have answered "yes" to any of these questions, there is support available. Please call the Blackburn Center Hotline at 888-832-2272 for options, resources and support.



# Human Trafficking

Human trafficking involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act. It is a worldwide crime that exploits the rights of men, women, and children to generate billions of dollars each year.

Two types of trafficking include:

**Sex Trafficking -**

Sex trafficking victims are manipulated or forced to engage in sex acts for money.

**Labor Trafficking -**

Labor trafficking victims are exploited for work through domestic servitude, debt bondage, or slavery.

Contrary to popular belief, human trafficking happens throughout the United States, including in Westmoreland County. Victims of sex trafficking may be forced to sell sex in everyday places such as truck stops, rest areas, clubs, street corners, or private homes. Victims of labor trafficking can be found on farms, in factories, hotels, or working within homes. However, it often goes undetected as people who are traffickers use methods such as violence, manipulation, or false promises of well-paying jobs or romantic relationships to gain and maintain control of their victims.

# Community Resources

(continued)

**Domestic Violence Shelters**

- Alice Paul House (Indiana)..... 724-349-5744
- The Center for Victims (Allegheny) ..... 412-678-4616
- HOPE Center (Westmd./Allegheny) ..... 724-244-1266
- Women’s Center and Shelter (Allegheny) ..... 877-338-8255

**Employment**

- Career Link..... 724-755-2330
- Private Industry Council ..... 724-836-2600

**Health/Behavioral Health**

- Behavioral Health Crisis Resp. Center ..... 724-832-4465
- Crisis/Suicide Hotline..... 800-836-6010
- Excelsa Frick Hospital ..... 724-547-1500
- Excelsa Latrobe Hospital ..... 724-537-1000
- Excelsa Westmoreland Hospital..... 724-832-4000
- Family Planning (Latrobe) ..... 724-537-1870
- Planned Parenthood ..... 724-552-0352
- RESOLVE Crisis Hotline (Allegheny) ..... 888-796-8226
- STD Hotline ..... 800-227-8922
- Westmoreland Case Mangement (WCSI) ..... 724-837-1808
- Excelsa Westmoreland Hospital..... 724-832-4000

**Homeless Shelters**

- Union Mission (men only) ..... 724-539-3550
- Welcome Home (women, families)..... 724-838-9133

## Community Resources

(continued)

### Housing

Homes Build Hope .....	724-838-0752
Section 8.....	724-832-7258
Westmoreland Co. Housing Authority .....	724-832-7248

### Human Services

Achieva (Westmoreland) .....	724-837-8159
Area Agency on Aging.....	724-830-4444
Mothers Making More (WCA).....	724-834-1260 x136
Persad .....	412-441-9786
Public Utilities Commission .....	800-692-7380
Westmoreland Comm. Action .....	724-834-1260
Westmoreland Co. Assistance Office .....	724-832-5200

### Legal

Constable Services .....	724-836-8686
Courthouse .....	800-442-6926
Crime Victim Compensation .....	800-233-2339
District Attorney's Office.....	724-830-3949
Laurel Legal Services .....	724-836-2211
Lawyer Referral .....	724-834-8490
PFA Office .....	724-853-2207

## Victim Notification of Forensic Rape Exam Testing Status

(continued)

**2. Biological evidence is submitted to a local, state, or federal database.** It is submitted to compare the evidence to other biological evidence that can be found in these databases. This is done for several reasons – one can be to identify an unknown perpetrator. If your perpetrator's identity is already known, the DNA is still entered into the database.

**3. Results of the biological comparison are available.**

Sometimes, this means there is a DNA match, however there are situations in which there is not a DNA match at this point in time. This does not mean there will never be a DNA match as it will remain in the database to be compared against future submissions.

If your contact information changes, please contact the police officer or department with whom you made the report with. This can help the officer or department to provide you with notification and other information as quickly as possible. An advocate from Blackburn Center can assist you with contacting the officer or department.



## Victim Notification of Forensic Rape Exam Testing Status

Victims who had a Forensic Rape Exam collected and consented to evidence-testing have the right to be notified during different phases of examination of evidence. You have the right to be notified throughout all, some, or none of these phases.

You can choose how you would like to be notified – by phone, in-person, or by mail. While an officer will provide you with a notification, you have the right to have an advocate from Blackburn Center with you during these notifications to provide you with information, support, options and resources.

### The phases of the examination of the test include:

- 1. Evidence is submitted to the crime laboratory for testing and analysis.** This means the evidence is waiting to be tested. This usually occurs no more than 15 days after the evidence has been collected from the hospital where you had the exam done.

## Community Resources (continued)

### Legal (continued)

Pro-Bono ..... 724-837-5539  
Prothonotary's Office ..... 724-830-3502  
Victim Witness Office ..... 724-830-3272

### Transportation

Medical Assistance Transportation..... 800-242-2706  
Traveler's Aid ..... 412-281-5474  
Veteran's Cab Company..... 724-537-7708  
Westmd. Co. Transit Authority ..... 800-221-9282

### Additional contact information of people or places that may provide support:

Name: \_\_\_\_\_

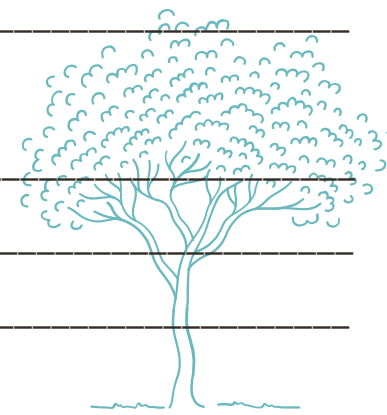
Organization: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Phone Number: \_\_\_\_\_



## Victim Compensation Assistance Program

If a victim incurs any of the following expenses as the result of a crime committed against them, PA's Victim Compensation Assistance Program (VCAP) may be able to reimburse what they paid. VCAP considers each claim individually to determine eligibility. A victim has up to *two years* after the crime is reported to file for Victim Compensation. Some expenses VCAP may cover include:

- **Lost Wages**
- **Transportation Costs**
- **Medical Expenses**
- **Medical Equipment/Supplies**
- **Additional Related Expenses**

**You can call the Victim Compensation Assistance Program directly at 800-233-2339 or visit their website at <https://www.dave.pa.gov> to file a claim.**

If you have questions or need help filing a claim, Blackburn Center can help. To request Blackburn Center assistance in filing a claim, call Blackburn Center's hotline at:  
888-832-2272

## Sexual Assault Victims Have Options

Sexual assault victims have several options available to them and there is no one choice better than any other. Some options that a victim may wish to consider are:

- Calling Blackburn Center's Hotline for support and additional information about options. Our hotline answers 24/7. The phone number is 888-832-2272.
- Going to a hospital emergency room, especially if the assault took place within the last two weeks. One of Blackburn Center's medical advocates can support you through this process. They can tell you more about what you can expect if you make the decision to be seen at the hospital. A medical advocate can be requested by calling 888-832-2272.
- Reaching out to a trusted family member or friend for support.
- Contacting the police to report the assault.

It is always up to a victim who they decide to tell about the assault. Safety and survival are the most important considerations for victims of sexual violence. No one should be pressured to report an assault for any reason.

## Resources for Children who Experience Abuse

**If you suspect child abuse, you can report the abuse to:**  
**ChildLine**  
**800-932-0313**

ChildLine is part of a mandated statewide child protective services program that accepts child abuse referrals and concerns. ChildLine sends reports of abuse to the law enforcement agency in the county where the abuse occurred.

**A Child's Place**  
**412-232-7200**

A Child's Place is an advocacy center where professionals investigate child abuse by speaking to the child about suspected abuse in a safe and child-friendly environment. Medical professionals can also conduct forensic exams. Any findings may be used in legal proceedings.



## Common Reactions to Trauma

Everyone reacts differently to being the victim of a crime or the act of violence. There is no “right” way or “normal” way to feel or react, and a person may have different reactions. Some people report feeling or experiencing:

- Shock, disbelief, disorientation, fear, anxiety, sadness, anger
- Crying or laughing, even when they think it's not appropriate
- Nightmares or flashbacks (feeling like the traumatic incident is happening all over again)
- Disturbing thoughts about the traumatic incident, or not being able to stop thinking about it
- Blaming themselves for the assault
- Feeling a loss of control
- Sleeping too little or sleeping all of the time
- Inability to process information, or recall an exact timeline of the events
- Eating too little or too much
- Feeling jumpy or easily startled
- Not being able to feel anything
- Using drugs or alcohol to feel better
- Not feeling well physically
- Suicidal thoughts

## Common Reactions to Trauma (continued)

Experiences that are traumatic often involve a threat to our life or safety, but any situation that causes a person to be under great stress or to have feelings of isolation may be traumatic, even if it doesn't involve physical harm.

Many of the reactions that were described on the previous page may be reduced or go away completely with time, support and healing. Recovery from a traumatic event can take time. Blackburn Center counselors and therapists can help you, and the important people in your life, understand what you are going through. Our services are provided at no charge to clients and can be anonymous.

At Blackburn Center, all of our services to those we support are trauma-informed. This means that we meet people who have experienced violence or crime where they are, mentally and emotionally, to support their needs for safety and independence. Through developing trust and working together to empower the choices of those we work with, this approach helps survivors understand the trauma they have experienced and rebuild a sense of control in their lives.

## Sexual Abuse of Children (continued)

Most people who abuse are someone the child knows, such as a family member, authority figure, babysitter, or friend. Children often don't or can't tell anyone about the abuse. Some reasons a child may not tell about abuse are:

- They are afraid that no one will believe them.
- They are afraid to upset family members.
- The person abusing them may have threatened to harm the child, their family, or pets if the child tells.
- They may think they will be blamed for the abuse.
- They may not have the words to explain what is going on.

Sexual contact with a child or teen is against the law even if the abuser believes the young person agreed to the sexual activity. Children and young teens are afforded legal protection from any sexual contact by adults and older teens because when there is such a difference in power, sexual contact is harmful.

**If you suspect that a child is being abused, you can report the suspected abuse to ChildLine at 800-932-0313.**

## Sexual Abuse of Children

Child sexual abuse is any sexual contact with a child, including sexual touching, intercourse, using a child for pornography, exposing a child to pornography, or other sexual acts.

All forms of child sexual abuse are illegal. Abuse can happen to children of any gender, gender identity, race, ethnicity, or economic background.

Sexual abuse is never the child's fault. The only person responsible for the abuse is the perpetrator of the abuse. People who abuse children often do not use physical force. Instead, child abusers may "groom" children for sexual assault by befriending them and drawing them into secretive, emotional relationships.

Signs of sexual abuse are not always clear. However, some indicators a child is experiencing sexual abuse include:

- Bruises, pain or itching in the genital area
- Genital or urinary tract infections
- Torn, stained or bloody undergarments
- Problem with bedtime or fear of going to sleep
- Fear of certain people or places
- Bedwetting
- Unusual interest in sex or knowledge of sexual matters

## What is Domestic Violence?

Domestic violence is a pattern of coercive behavior used by one person to gain power and control over an intimate partner or family member.

Domestic violence is sometimes referred to as intimate partner violence, dating violence, relationship abuse, and/or family violence.

Tactics used by people who abuse are not always illegal and abuse is not always physical. Other forms of violence that can occur in domestic violence situations can include:

- Emotional Abuse
- Stalking
- Reproductive Coercion
- Financial Abuse
- Sexual Violence
- Verbal Abuse

It can be very difficult to acknowledge that you or someone you are close to is experiencing domestic violence. People who abuse may be perceived as trusted or even "nice" person by others. They will often go to great lengths to control the victim, their interactions, and daily life.

***Abuse is never the victim's fault.***

## Why is it hard to leave?

Domestic violence often follows a repeating cycle within a relationship. Not every abusive relationship follows this pattern, but many survivors describe their relationships in this way:

### Honeymoon Phase

The person who abuses may be affectionate or apologetic. They may promise that the abuse will never happen again.

### Abuse Occurs

Tensions break, and the person who abuses makes threats, harms the victim, or denies them from basic necessities.

The majority of victims  
will leave  
**7-12 Times**  
before they leave for  
the final time

*Each phase of the cycle  
can last for any amount  
of time*

### Tension Builds

As tension begins to build, the survivor may feel that they have to 'walk on eggshells'.

By understanding this cycle we can understand why people who abuse can make it difficult to leave. The most dangerous time in an abusive relationship can be when the victim tries to leave. The only person who can safely make the decision to leave a person who abuses is the victim themselves.

## Sexual Assault and the Law

Sexual assault is referred to by many terms under the law. Some of these terms include rape, statutory sexual assault, indecent assault, and incest. There are differences between these crimes but they all include unwanted or inappropriate sexual contact.

In Pennsylvania, it is against the law when:

- Someone forces you to have sexual contact when you do not want to
- Someone threatens to hurt you or punish you if you will not have sex
- Your spouse forces you to have sex
- Someone has sex with you when you cannot consent because of alcohol or drug use or a mental or medical condition
- Someone has sexual contact with a person under 13 years old
- Someone has sexual contact with a person between 13 and 16 years old and that person is four or more years older
- Someone has sexual contact with a blood relative or an adopted family member



## What is Sexual Assault?

Sexual assault is any unwanted sexual contact or activity to which you do not consent. Consent can be withdrawn at any time.

Sexual assault is a crime. It is *not* motivated by sexual desire; it is about power and control. Perpetrators of sexual violence use sex as a weapon to dominate, degrade, embarrass, and humiliate others.

Many people believe that sexual assault only happens to certain types of people or in certain situations, but sexual violence happens to people of all ages and backgrounds, and regardless of sexual orientation and gender identity. Perpetrators can also be any age, gender, race, ethnicity, or sexual orientation. Most perpetrators are someone that the victim already knows.

Victims of sexual assault may experience shame, grief, anger, and fear as the result of a sexual assault. These feelings may impact a victim regardless of their gender or gender identity.

**Sexual violence is NEVER the victim's fault. It does not matter what the victim did or did not do, the perpetrator is always responsible for the assault.**

## Common Signs of Abuse

This list is not comprehensive, and people who abuse may often use a variety of methods to gain and maintain power and control. Every experience is different.

Some common signs of abuse can include but are not limited to:

### Physical Abuse

- Pushing, hitting, biting, kicking, or scratching you
- Twisting, slapping, punching, or burning you
- Choking or strangling you
- Throwing things at you or at your children
- Using a weapon to hurt you
- Hurting your family members or pets
- Not allowing you to sleep

### Sexual Abuse

- Physically forcing you to have sex
- Doing sexual things to you without your consent
- Grabbing or groping you
- Threatening or forcing you to do sexual things that you don't want to do or that hurt you
- Refusing to use birth control or protection against sexually transmitted infections OR making you use birth control or abortion

## Common Signs of Abuse

(continued)

### Emotional Abuse

- Calling you names, insulting you, or putting you down
- Yelling or screaming at you or your children
- Threatening to hurt you, your children, pets, or anyone who tries to help you
- Accusing you of being unfaithful
- Isolating you from family and friends
- Threatening to have you put in jail or the hospital
- Following, stalking, or doing things to scare you
- Ignoring your feelings or making fun of you for being angry or upset

### Financial Abuse

- Controlling all of the money
- Withholding money that you need to care for yourself and/or your children
- Taking money that you earned or that belongs to you
- Harassing you at work or causing you to miss work so that you get in trouble at work or lose your job
- Destroying your personal property
- Using your credit without permission or ruining your credit

## Protection Orders

(continued)

In Westmoreland County, you can file for a PFA/PSVI in the County Courthouse. For times and availability you can reach the **PFA Office** at **724-853-2207**. In the evening and on weekends or holidays, you may file for an Emergency PFA or PSVI by contacting your local police department. Your local police will tell you what to do to get the Emergency PFA/PSVI.

### Who can obtain a PFA Order ?

- Spouses and ex-spouses, current or former sexual or intimate partners, which may include dating relationships
- Family members through blood or marriage and household members

### Who can obtain a PSVI Order?

- Victims of sexual violence, harassment, stalking, and intimidation when the person abusing them is not a member of their family or household

Blackburn Center hotline counselors can answer your questions about PFAs and help you decide if a PFA or PSVI may be a safe option for you. Our legal advocates may be able to support you during this process.

## Protection Orders

A Protection from Abuse (PFA) or Protection from Sexual Violence and Intimidation (PSVI) Order is a civil order of the court signed by a judge. If the protection order is granted, the court will order the abuser to stop all contact with the person who is being abused. A violation of the judge's order could result in criminal charges for the abuser.

Pennsylvania's state law defines abuse as:

- Causing or attempting to cause physical injury
- Placing another in fear of bodily injury
- Sexual assault
- False Imprisonment (restrains you against your will)
- Stalking

### Who can file for a PFA/PSVI Order?

To file for a PFA/PSVI Order you must be at least 18 years old or an emancipated minor. If you are under 18, a parent, guardian or adult household member may file on your behalf.

**There is no cost to file a PFA/PSVI.**

## Domestic Violence and Children

Domestic violence can affect children too. Even when it seems like a child doesn't notice, they may be a witness to the violence. Children who live in homes where domestic violence is happening may:

- Hear threats or the sounds of physical abuse
- Observe the aftermath of physical abuse
- Think violence is normal
- Become fearful or anxious
- Find it difficult to feel safe
- Copy the behaviors they see or hear

You can help your child to feel safer by talking with them about what they are experiencing and helping them to come up with a safety plan for when violence occurs. Having a supportive relationship with a parent or adult who is not violent can make a difference. Here are some ideas you may want to consider:

- Let your child know that the violence is never their fault.
- Let your child know it is not their job to protect the adult.
- Make sure your child knows when and how to call 911.
- Make sure your child knows their address.
- Make sure there is a safe place or a safe person for a child to go to or call when violence is happening.

## Creating a Safety Plan

Knowing ahead of time what to do when you are in danger can help to keep you safe. A safety plan is a personalized plan that may help you react if a situation becomes dangerous for you or those you care for.

Here are some ideas that might help:

- Call 911 if there is an emergency.
- If there is a threat of danger, try to avoid rooms like the kitchen and bathroom, where there may be weapons and hard surfaces that could harm you.
- Know places where you can be safe if you need to leave in a hurry; some options could be a neighbor's house, a nearby store or restaurant, or the hospital emergency room.
- Keep emergency phone numbers in a safe location in case the person who abuses you damages your cell phone.
- Tell someone you trust what is going on, so they are able to check on you.

To learn more about strategies to help keep you and those you care for safe, please call Blackburn Center's hotline at 888-832-2272. Counselors are available 24/7.

## Creating a Safety Plan

(continued)

If you are in danger and decide that leaving is the best option for your situation, here are some items to consider taking:

### Identification

- Driver's license
- Birth certificate and children's birth certificates
- Social security card
- Financial information
- Money and/or credit cards (in your name)

### Other Essential Items

- Medications
- Extra clothing for yourself or any children
- Cell phone and charger
- Extra cash
- Toys, blankets, and other items for children

### Legal Documents

- Protection From Abuse (PFA) order
- Divorce or custody documents
- Passport or work permits/green card/visa
- Copies of any lease or rental agreements, or the deed to your home
- Car registration and insurance papers
- Health and life insurance papers
- Medical records for you and your children
- School records