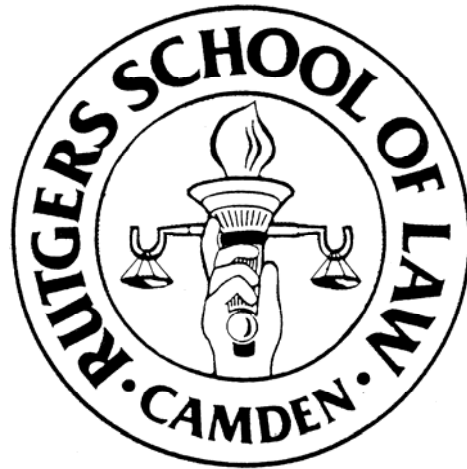


Rutgers Law  
Domestic Violence Project



**Protecting Yourself**  
**Domestic Violence**  
**Information Handbook**

*June 2005*

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[http://www.camlaw.rutgers.edu/organization/o-  
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**Table of Contents**

Introduction.....1  
Being Safe ..... 2  
Before the hearing ..... 8  
Amending the complaint ..... 14  
Appropriate Conduct at FRO Hearing ..... 19  
Preparing Yourself to Testify  
Questions to Answer ..... 25  
Support and Custody..... 35  
Appendix A Domestic Violence Wheels ..... 50  
Appendix B Important Phone Numbers ..... 57

### **Introduction**

Since 1995, law students at the Rutgers School of Law- Camden have provided legal information to Camden County victims of domestic violence. We are committed to helping stop the violence in our community and to educate the public about domestic violence. This pamphlet combines our individual brochures to make our information even easier to access.

If you are in Camden County, believe that you are in a relationship where there is an unhealthy exercise of power and control by a spouse, housemate, family member, or dating partner, and you would like **legal** information about domestic violence, please call our project to schedule an appointment with a law student. You will also find our law students at the Camden County Hall of Justice during regular business hours Mondays- Thursdays. Our information is also available at <http://www-camlaw.rutgers.edu/organization/o-dvp>

### **Being Safe**

If you are a victim of domestic violence or are afraid that you may be harmed, you should prepare a plan to keep yourself and your children safe. Take time now to think about your circumstances so that if you find yourself in a threatening situation, you and your children can leave safely and quickly without panic and confusion.

#### **Safety while you are in a relationship**

Stay close to a way outside

If an argument seems unavoidable, try to have it in a room or area that has access to an exit and not in a bathroom or kitchen or anywhere near weapons. Practice how to get out of your home safely. Identify which doors, windows, elevator, or stairwell would be best. Pack a bag of clothes for yourself and your children and keep it hidden in your home. If you think it is not safely hidden,

in the home, leave it with a trusted relative or friend.

Keep a list of important telephone numbers in your bag. The list should include the telephone numbers of trustworthy friends and relatives as well as local shelters.

Identify a neighbor you can tell about the violence. Ask the neighbor to call the police if any strange noises are heard (break-in noises, shouting, screaming, gunshots) coming for your home. If your neighbor calls and you don't answer the phone or your abuser answers and says you're all right but can't come to the phone, ask the neighbor to call the police (9-1-1) immediately and tell them about the danger and possible life-threatening situation.

Think of a code word to use with your children, family, friends, and neighbors

when you need help from the police.

Make plans about where you will go if you need or want to leave home. Contact your local shelter to get information about their services.

Use your own instincts and judgment. If the situation is very dangerous, consider giving the abuser what he wants to calm him down. You have the right to protect yourself until you are out of danger.

**Safety when you are preparing to leave a relationship: have the resources ready**

Open a savings account in your own name to establish or increase your independence. Try to keep it at a different bank than the one the abuser uses.

Leave money, extra keys, credit cards, important documents, and extra clothes with someone you trust so you can leave

quickly.

Determine who would be able to let you stay with them or lend you money.

Keep change or a calling card with you in case you need to make emergency phone calls. Try to use a phone other than the one an abuser could trace.

Review your safety plan often so that you know the safest way to leave your abuser.

The risk of violence may increase when your abuser knows you are leaving. This is one reason a shelter whose location is kept confidential may be a good short-term choice.

**Safety once you have a restraining order:  
Stay Alert!**

Keep a copy of your restraining order on your person and in your handbag at all times. Make sure a copy is on file with your local police department. Leave copies

with your children's school, day care, or baby-sitter as well as trusted neighbors and nearby relatives. Provide a copy to the security guard where you live or work.

Change the locks on your doors immediately. Buy additional locks and safety devices to secure your windows (including the garage, basement, and patio doors). If you have an alarm system, change the entry code and emergency password. Install motion lights outside.

Add a security system to your car or buy a steering wheel locking device.

Discuss a safety plan with your children for when you are not with them. Make sure they know how to dial 9-1-1 to call the police. Teach them their own telephone number and area code, their address, and your full name.

Inform your children's school, day care, etc., about who has permission to pick up

your children.

Tell your neighbors and your landlord that your partner no longer lives with you and that they should call the police if your partner is seen near your home.

Join a victim support group to gain support from others and learn more about yourself and your relationship.

Keep a log of any incidents (date, time, place, what happened, names of witnesses, badge numbers and names of police officers, medical reports) that occur.

**Safety on the job and in public:**

**Vary your routine**

Decide whom at work you will inform of your situation, including the security guard. If possible, provide the guard with a picture of your abuser.

If you can arrange it, have someone at

work screen your telephone calls.

Devise a safety plan for when you leave work. Have someone escort you to your car, bus, or train. Change and vary the routes you take to get home. Think about what you would do if something happens while you are going home (in your car, on the bus, etc.).

Stay away from stores, restaurants, banks, and other places where your abuser may look for you. Change the time that you come and go from home, work, church, and other places that you routinely visit.

**Phone safety: stay anonymous.**

Use an answering machine to screen your telephone calls. Any threats made to you and recorded on the answering machine may possibly be used as evidence in court. You may need to change your telephone number and have it unlisted. You may want

to use Caller ID services to block your abuser's telephone number or to have annoying calls traced.

**If you are a teen in a violent dating relationship: trust someone to help you.**

Decide which friend, teacher, guidance counselor, relative, or police officer you can tell about your situation.

Contact an advocate to find out how to get a restraining order and make a safety plan.

Call a domestic violence hotline to get information about your choices.

**What you need to take when you leave**

Identification

Driver's license and auto registration

Yours and children's birth certificates

Money and credit cards

Savings and checkbooks

House and car keys

Lease or rent agreement

Social Security card

School records Insurance papers

Medications

Address book

Medical records for all family members

Marriage certificate and divorce papers

Tax information, partner's pay stubs

Welfare identification

Green card

Work permits

Passport and immigration documents

Favorite toys or books for the children

Jewelry and other small valuables



### **Before the Hearing**

**Consider whether you think an attorney will represent the defendant.** If the defendant does have an attorney, you are always entitled to bring an attorney with you to the hearing. If you cannot afford to hire an attorney, you may be eligible for free representation from **South Jersey Legal Services**. If you discover that the defendant has an attorney on the day of the hearing, you may request a postponement so that you may seek legal representation.

**Consider why you want the restraining order.** You want to be able to convey your feelings to the judge. Are you in fear of the defendant? Are you scared? Does the defendant threaten you or your children? Has there been physical or emotional abuse? When did it happen? How long were you in a relationship with the defendant? **Write** down your answers to these questions so that you do not forget to include

them in your testimony. Be sure to tell the judge if you are **afraid** of the defendant.

**Arrange childcare for the day of the trial.** You may be at the court the entire day, even though your hearing is scheduled for the morning.

**Collect all the documents and/or physical evidence you have to prove your case.** Don't forget to bring the documents you have collected to the hearing. The documents and evidence might include:

- o Taped phone messages (there is no player at the court, so be sure to bring your own).
- o Torn clothing
- o Medical records
- o Police reports (in order to put these into evidence, the officer writing the reports must be present for the hearing).
- o Pictures (that show the harm done to you

- o your belongings by the defendant.)
- o Actual items broken by defendant (if small enough to bring into court)
- o Financial records for support orders (see Page 24)

**Review your complaint.** If you received your Temporary Restraining Order through the police department, it may contain substantial errors or omissions. Because of the rushed nature of the Temporary Restraining Order process, law enforcement agents often do not include many details of the abuse. If you need to correct or include more information, you will need to amend the complaint. The procedures for amending the complaint are outlined beginning on page #.

**Prepare your testimony.** The next chapter includes details for getting ready to present your case before the judge.

### **Amending the Complaint** **(Making sure the initial documents you filled out are complete and accurate)**

On the day of your final restraining order (FRO) hearing, you will be required to go to the second floor of the Camden County Hall of Justice. When you arrive, you will be expected to check in at the large Plexiglas window. If you received your Temporary Restraining Order from a municipal judge, the receptionist is likely to give you 2 forms to fill out:

#### 1) Contact Information

-An information sheet, telling the court where you and the defendant can be contacted and where you work, in case they need to get in touch with either of you for any reason.

2) "Affidavit" (That means a document you swear to be true) list all incidents of abuse against you

including prior incidents)

-This is where you are expected to fill in all the details of the events of domestic violence that have taken place. This is the sheet you will use to "amend" (change) your complaint, the initial paperwork you completed. You need to "amend" your initial documents if you want the judge to listen to testimony about other incidents you did not originally include. Otherwise, the judge may not let you bring it up at the hearing. Hear testimony about those incidents. The defendant has a right to know in advance generally (not specifically) what you will be talking about, so it is your responsibility to at least list the acts you will want to tell the judge about in the hearing.

-The place to do this is in the several blank lines underneath the basic name and date information. You should use this space to briefly list all the acts of domestic violence that the defendant has committed against you.

-It is good practice to list the items from most recent (why you called the police) to oldest. Try to write neatly so that the judge can quickly and easily understand your allegations.

-Acts of domestic violence are not limited to those where you received prior restraining orders. Any violence the defendant has committed towards you is relevant to the judge. If in doubt, you should probably include an incident. If you need additional pages, just ask the receptionist.

-Acts that qualify as domestic violence under the **NJ Prevention of Domestic Violence Act** include:  
**Harassment:** examples like repeated use of abusive language about you or to you; repeated annoying or frightening phone calls, especially at odd hours of the night or when the defendant knows you can't talk because you are at work or in class; forbidding you from

seeing your friends or family; repeatedly arriving, uninvited, at your home or place of work and causing trouble for you. There are many other instances.

**Stalking:** following you in person, repeated calling or requiring you to call to make sure they know where you are at all times

**Terroristic Threats:** threats of extreme violence against yourself, your friends or your family

**Assault:** actual physical and offensive touching such as kicking, pushing, shoving, hitting

**Criminal Mischief:** destruction of your property: tearing phones from the wall, keying your car, breaking dishes, lamps etc. These things are especially relevant when done in front of you, as a method of intimidation. As if the abuser is saying: "Look, I could do this to you."

**Criminal Restraint:** locking you in a room or

car, making it impossible for you to leave a place by virtue of taking your car keys, or making it impossible to leave because you are afraid of violence.

Other acts covered under NJ law are: homicide (attempted), kidnapping, sexual assault, criminal sexual contact, false imprisonment, burglary, and lewdness.

If the defendant has done any of these things to you, list them on the affidavit. Try to give times and places and be as specific as you can in the space available. The judge needs to understand that the most recent incident was not isolated, and that the defendant represents a continuing threat to your safety. By listing the prior acts, and then telling the judge about them in the courtroom at your hearing, he can better understand why you are afraid of the defendant and his behavior.

**Appropriate conduct  
at the FRO hearing**

**Be respectful to the judge.** Do not interrupt him when he is speaking. Listen carefully to any questions the judge may ask you and be sure to answer the question completely and truthfully.

As mentioned before, try to **list the events from most recent to oldest**. Dates and times help, but you do not need to be exact ("A month ago, after I got home from work he..." or "Last winter, after dinner he..." are good examples.)

Do not forget to **tell the judge if there have been prior acts of domestic violence**. Indicate if you have experienced physical, verbal, emotional, and/or sexual abuse.

**Tell the judge if you are in fear of the**

**defendant.** Explain why you are in fear (i.e.: he hits you and/or the children, he taunts you, and he disrespects you.)

**Present any witnesses** you may have. Ask them to describe in detail what they saw or heard. Witnesses can come with you to the courthouse, but will have to wait outside the courtroom when you are giving testimony.

**Show the judge any physical evidence** you have brought with you, such as photos, answering machine recordings, letters, emails, medical records etc.

Listen to the defendant's testimony. **Do not interrupt the defendant.** The judge will tell you when it is your turn to respond to the defendant's testimony. You may want to take notes so you do not forget what you wanted to say in response to the defendant, so bring a

pad and a pen.

If the judge decides to issue a Final Restraining Order, you need to be prepared to ask the judge for whatever other relief you are seeking with respect to support (financial issues), children (custody or risk assessments for possible abuse) or other special concerns such as counseling, drug/alcohol treatment.

#### **Preparing Yourself to Testify**

Before you appear in court on the day of the trial be sure to **review your testimony**. You also want to write down any financial or custody concerns you may have, although you will not have a chance to mention those until later in the proceedings. The judge cannot talk about money or custody, until *after* he or she decides whether to grant a restraining order.

Consider what you want to tell the judge. Try

to remember the **date(s) and time(s) of the incident(s)**. Write down important words and times that will help you to remember your testimony.

Recognize that the judge will ask you to discuss the **most recent incident of domestic violence first**. After you have discussed the most recent incident, the judge will likely ask you to discuss any other incidents of domestic violence. Try to list them in reverse order (most recent to oldest). Keep in mind that this means **any incident of domestic violence**, not just ones that you have reported.

Be sure to provide as much descriptive information as possible. For example, do not simply say, "He hit me." The judge will want you to describe exactly what happened. Paint a mental picture for the judge. Explain to the judge how the incident began, but focus on the

particular acts of violence. Details to keep in mind:

- o Were words exchanged?
- o Did the defendant hit you?
- o Was his fist open or shut?
- o If the defendant was physically violent with you, what happened when you were hit, pushed, shoved?
- o Did you fall? Hit a wall? Were you on a bed or couch?
- o Did the defendant break or destroy anything?
- o Did you put up your hands to protect yourself?
- o Did you require medical attention?
- o Were the children present?
- o Did the defendant threaten your life?
- o Did the defendant threaten to take or harm the children?
- o Have there been incidents like this in the past?

- o Has there been sexual abuse?  
Verbal/emotional abuse?

Although you will not be allowed to read off your notes during the trial, you may want to jot down a list of key words/events that will help you remember what to say:

**On the next page we give you some questions to answer as you prepare for the hearing**

**Preparing you to testify:**  
**Questions to answer in advance**

This section is provided for you to take notes you can use to refresh your memory while presenting your case at the Final Restraining Order hearing.

1. Give the date the incident happened:

\_\_\_\_\_

2. Summarize what you were doing when the incident happened. Was the defendant using drugs or alcohol at the time?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Briefly describe the incident.

\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Were weapons used? If the defendant threatened you, try to use his words.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Tell the judge if your children or any other people were present.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



6. Describe any injuries to yourself, your children, or property (bruises, fear for safety, stalking, etc.)

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7. Tell the judge if you called the police, a friend, or went to the hospital.

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8. Give the sheriff's officer any police reports, hospital reports or photographs.

9. Tell the judge if the defendant has hurt or threatened you before.

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10. Tell the judge if a friend or relative is with you as a witness.

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11. Other relief you may need.

- Finding a place to live
- Payment of rent/mortgage/alimony
- Custody and visitation arrangements
- Risk Assessment, if you fear for the safety of your children with the defendant.
- Child support
- Money for medical costs
- Money for property damage
- Removal of weapons from the home

12. Proof of support you may need.
  - Tax returns
  - W-2 Forms
  - Pay stubs
  - Mortgage/rent receipts
  - Budget for food etc. (**Next page**)

**Budget Form**

<u>Weekly Expenses for Children</u>	#Dependents:
Food	\$ _____
Clothing	\$ _____
Medical Bills	\$ _____
School/Camp Tuition	\$ _____
Day Care	\$ _____
Other Expenses	\$ _____
_____	\$ _____
<b>Total Weekly Child Support Requested</b>	<b>\$ _____</b>
 <u>Other Weekly Expenses</u>	
House or Apartment	\$ _____
Mortgage /Rent	\$ _____
Taxes	\$ _____
Insurance	\$ _____

Food	
Groceries	\$ _____
Lunches	\$ _____
Utilities	\$ _____
Gas & Electric	\$ _____
Water	\$ _____
Telephone	\$ _____
Clothing	\$ _____
Medical	\$ _____
Office Visits	\$ _____
Medication/Prescrip.	\$ _____
Insurance	\$ _____
Life Insurance	\$ _____
Transportation	\$ _____
Public Transportation	\$ _____
Car Payments	\$ _____
Car Insurance	\$ _____
Car Maintenance & Fuel	\$ _____
Laundry & Dry Cleaning	\$ _____
Outstanding Debts	\$ _____
Misc. Expenses	\$ _____

\_\_\_\_\_ \$ \_\_\_\_\_  
\_\_\_\_\_ \$ \_\_\_\_\_  
Total Weekly Expenses \$ \_\_\_\_\_  
Your Weekly Expenses \$ \_\_\_\_\_  
Total Weekly Support Requested \$ \_\_\_\_\_

### **Support and Custody**

At the hearing if the judge grants you a final restraining order he will consider two other important issues: **Financial Support** and **Visitation**.

Although the judge will usually ask about these two things, you should raise these issues yourself if the judge does not. When children are involved, the New Jersey Prevention of Domestic Act advises the court to presume that the non-abusive parent should receive custody. The judge must then determine the issues of support and visitation.

### ***Financial Support***

In order to set an appropriate amount of financial support for you and any children you have with the defendant, the judge will need information about your finances. The following list suggests the type of information you should bring with you to court

for the FRO hearing.

- Proof of income for yourself and the defendant (if you have access to the defendant's information): pay stubs, W-2 forms, 1099 forms, prior year's income tax return
- Rent or mortgage bills
- Utility bills (gas, electric, telephone, etc.)
- A budget of your weekly expenses for items such as food, clothing, medical costs, or any other living expenses
- Photographs and repair bills or estimates for any property damaged by defendant during the recent incident

### **Support Payment Procedures**

Court-ordered child support payments are managed by the county probation department to ensure that the defendant pays the support obligation. The defendant's employer, through wage attachment, will send the payment to Probation, which will then

forward a check to you. However, it may take at least 4-6 weeks for Probation to set up your account. As a temporary remedy, you may ask the judge to order "direct pay," which means that the defendant must send the payment to you directly until wage attachment is in effect. You may also ask for "strict probation," which means that if the defendant misses two consecutive payments, a bench warrant can be issued for the defendant's arrest.

If you do not receive child support through Probation within 4-6 weeks, contact the probation department to check on the status of your account. If the defendant fails to make the payments, you should file a motion in Family Court for enforcement of the order. If a lawyer represents you, contact your lawyer for assistance.

Because it may take several weeks before you receive any money from the defendant and if you

are unable to manage financially on your own, you may need to seek public assistance through your county board of services. This agency, through the Temporary Assistance to Needy Families (TANF) program, can provide you with financial support until Probation can secure regular support payments for you and your children.

You should be aware that in some cases, public assistance is similar to a loan that must be repaid. For example, if you utilize the public assistance system and then start to receive support payments from the defendant, portions of those payments will have to be repaid to TANF directly.

If you are already receiving TANF and need more information about how child support payments from the defendant will affect you, contact your caseworker.

### *Child Visitation*

If you and the defendant have children together, you need to think about what visitation arrangements will work best for you and the children. Unless the defendant has been abusive toward the children, has threatened to harm or abduct them, or has a history of substance abuse, the judge is likely to grant visitation to the defendant. Remember, abuse can be physical, emotional, or psychological. If you feel that your child may be in danger of any type of abuse, you may ask the judge to order either no visitation or supervised visitation. You may also ask the judge to order a risk assessment. Each of these is discussed below.

**Risk Assessment:** a court-ordered evaluation of the defendant to determine the safety of the children while they are with the defendant. If you suspect that the defendant abuses drugs or

alcohol, tell this to the judge so that it can be included in the risk assessment. The assessment also will evaluate the defendant's parenting skills.

If, through the risk assessment, the court determines that the children are at risk for any form of abuse while in the defendant's care, no visitation may be ordered. In addition, the judge may order the defendant to go to substance abuse or batterer's counseling.

*Remember!* It's important for you to notify the court of any danger you feel visitation with the defendant would cause to your children or to yourself. If a serious threat to safety can be shown, the court may order no visitation.

**No Visitation:** The judge will order no visitation when the judge determines that visitation would endanger the children because the defendant has been abusive or violent toward them, has

threatened to harm or take them from you, or has a history of or is actively abusing substances like drugs or alcohol.

**Supervised Visitation:** a court order that the defendant not be allowed to be alone when visiting the children. A trained counselor or a third party whom you help to select may supervise visitation. Tell the judge which type of supervision you prefer. If you choose a third party, pick someone with whom your child feels safe and secure, and who will aid in effective parenting and visitation. Before giving the name of the third party to the judge, be sure you have already asked that person to assist in supervising visitation.

If you don't want the defendant to know where you are living or if you feel that visitation exchanges may cause danger to you and your children if conducted at your residence, you may ask the judge to order a neutral pick-up and drop-off site.

**Neutral Pick-Up and Drop-Off Site:** A place away from your home where you feel you can safely transfer the children from your care to the defendant's care. You can choose a public place, like a police station, the mall, the train station, another person's house, or any place where you feel the exchange can be made safely by yourself or with the presence of a third party.

If visitation is not being supervised and the FRO forbids the defendant from contacting you, you are entitled to have the children picked up and dropped off at the curbside of your residence.

**Curbside Pick-Up and Drop-Off:** Requires the defendant to stay in the car while the children walk from your door to the car. If the children are too young to do that by themselves, a third party of your choosing may be needed to help escort them from your door to the defendant's



car.

#### **Visitation Suggestions**

Think about what kinds of arrangements will work for you and your children should the judge grant visitation. Write out a proposed visitation plan before you go to court.

It is important for you to remember that in fixing a visitation schedule between the defendant and the children, you do not need to trade your comfort and security for the defendant's visitation rights. Any concerns you have about visitation should be strongly expressed to the judge at the hearing. While there is no guarantee that the judge will grant every request you make regarding visitation, it is also not necessary for you to agree with every demand that the defendant makes. However, if the judge decides visitation is appropriate, you should be ready with a workable plan that neither compromises your safety nor the

children's.

**When?** Consider the following in deciding when visitation should take place:

- Age of the child- for example, if your child is in school, you will want your child returned home in time for homework, bath, and bedtime on school nights.
- Think about plans for specific days of the week, weekends, holidays, birthdays, summer vacation and school vacations.
- Keep in mind your days off from work as well as the other parent's days off. Try to work around each parent's employment schedule.

**Who?** A third person (a friend or relative) may be needed to act as a go-between in transferring the children from your care to the other parent or to supervise visitation. Think about whom you can ask to volunteer to act as a go-between. This person

may need to supervise curbside pick-up and drop-off or perhaps drive your child to the other parent's home.

**Where?** Decide where to make a safe exchange of the child to the other parent. If you choose a police station, an officer can document the fact that you were there with your child if the other parent fails to pick up the child. However, if a police station is frightening to your child, choose another public place where you feel safe.

#### **Violation of the Final Restraining Order**

The judge will specify in the FRO what kinds of contact the defendant is forbidden to have with you. A violation occurs if the defendant makes any contact with you that are not permitted in the order. For example, if the defendant comes to your door to pick up the children when curbside pick-up has been ordered or comes to pick up the children at a day or time that visitation has not been ordered, the FRO has been violated. Know

what kinds of contact the order prohibits, and report any violations to your police department immediately!

#### **Enforcement of Court Orders**

Any order that the judge grants regarding child support and custody is a civilly enforceable order. If the defendant does not follow the order, you may file a motion at the county courthouse to enforce your rights. You may also file a motion to adjust child support if the financial circumstances of either you or the defendant changes significantly. Also, if the visitation you agreed to at the FRO hearing is not working out, you can file a motion to have the visitation plan changed.

If you have a lawyer, the lawyer can file the motion on your behalf. If you do not have a lawyer, you should obtain a *pro se* motion packet from your Family Court. Carefully follow the directions and provide all the information requested in the

packet. The motion should detail the parts of the judge's order that the defendant failed to follow or the change in circumstances. You will be given a date and time to appear before the judge, who will hear your motion.

**If You Are Denied a Final Restraining Order.**

If the judge denies you the Final Restraining Order, you still have legal options. You may appeal the judge's decision, which involves filing some paperwork with a higher court that argues why the family court judge should have granted the restraining order. You should keep in mind, however, that one can promise that the higher court will overrule what was decided at the hearing.

**Using a Lawyer**

You will probably need to get a lawyer to pursue this option. If you have trouble affording a lawyer, the Rutgers Domestic Violence Project may

be able to refer your case to a legal aid group. The Rutgers Domestic Violence Project itself cannot handle these proceedings but may be able to refer you to an organization that provides lawyers for free or reduced costs. But it is important to remember that there are always more people who need help than there are lawyers willing to volunteer their time for free, so unfortunately, finding legal aid is never guaranteed. It is also important to remember that even if a lawyer can be found, this does not mean you will win. Your lawyer must be able to convince the court that the judge made a mistake at the original hearing.

**In the meantime: safety is key, and the courts are still open to you.**

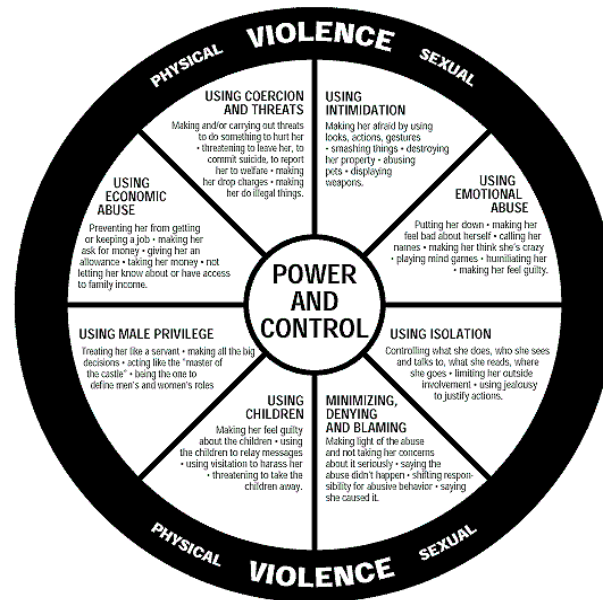
If you are left without a restraining order, it is still important to protect yourself as much as you possibly can against the defendant. It is a very good idea to make a safety plan to protect yourself. The defendant may continue the abuse,

especially because, in that person's mind, the system has justified abusive behavior. this is not actually true-it is important to remember that the system still regards domestic violence as illegal. Although in this instance the judge concluded that your evidence did not meet the level necessary to obtain a restraining order, that does not mean the judge has rejected you as not believable. only the evidence. If the defendant commits another act of domestic violence, you should call the police and report it.


If you file another restraining order, the judge will note in the file that you previously attempted to receive a restraining order and will take that into consideration. The judge must legally consider the history of abuse.


## **Appendix A** **Domestic Violence Wheels**


Since the early 1980's, the Duluth Domestic Abuse Intervention Project (DAIP) has conducted extensive research on the psychology of Domestic Violence. As part of their findings, and their program for escaping the cycle of violence, the DAIP has published several visual aids showing the cyclical nature of these abusive relationships. Included in this manual are several of these visual aids, detailing the typical methods **power and control** abusers exhibit, the characteristics of **equality** in a healthy relationship, the **cycle of violence**, symptoms of **child abuse**, and characteristics of good child **nurturing**.

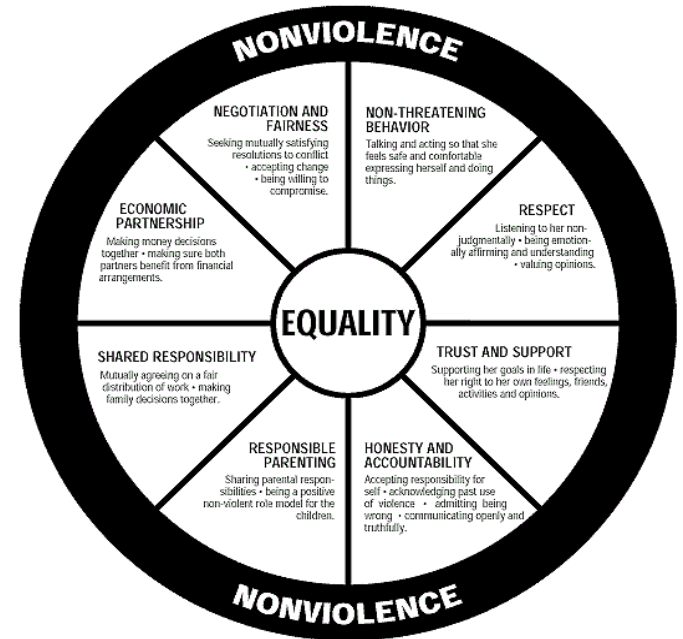
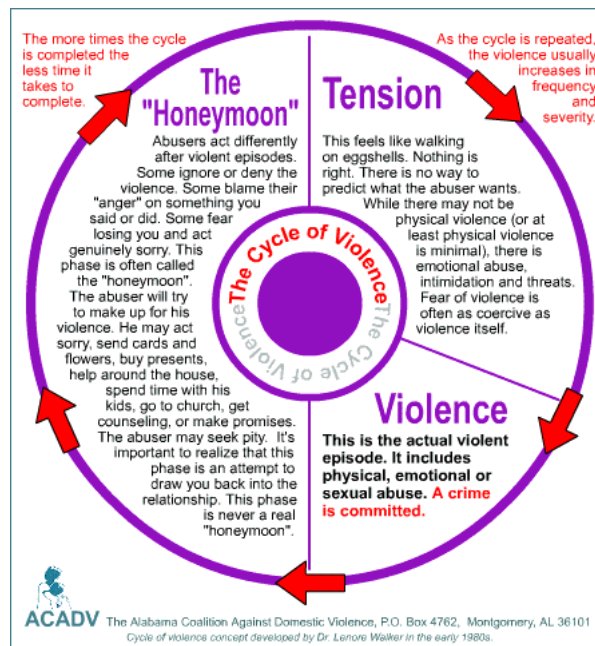


**Abuse tends to get worse**

  
**Physical**  
 pushing, punching, slapping, kicking, throwing objects, choking, using weapons, homicide/suicide

  
**Emotional**  
 name-calling, criticizing, ignoring, yelling, isolation, humiliation

  
**Sexual**  
 unwanted touch or looks, sexual name-calling, forced or hurtful sex





**Appendix B  
Important Phone Numbers**

**Hotlines:**

24-Hour New Jersey Emergency 1-800-572-7233  
 (Bilingual and TTY) 1-800-787-3224  
 Local Hotline/Women's Shelter 856-227-1234  
 Gay Hotline 1-973-285-1595  
 Rape Crisis or SERV-Sexual Assault 856-964-SERV  
 NJ Hotline for Alcohol Abuse Services 1-800-322-5525  
 Division of Youth and Family Services 1-800-792-8610  
 Gambling Crisis Hotline (Delaware) 1-888-850-8888  
 Homeless Prevention 856-614-3318  
 Children's Support Hotline 1-877-655-4371  
 Teen Pregnancy 1-888-285-3036  
 Welfare Service 856-335-8800

**Legal Aid for people who cannot afford an attorney:**

Rutgers Law, Domestic Violence Project 856-225-6425  
<http://www.camlaw.rutgers.edu/organization/odvp/>  
 Camden Regional Legal Services 856-964-2010  
 Camden County Women's Center  
 - Legal Advocate 856-227-1800  
 Camden Center for Law and Social Justice

856-966-8896  
 Camden County Bar Assoc. Lawyer Referral Service  
 856-964-4520  
 Victim's Crime Compensation Board 877-658-2221  
**Prosecutor's Office- Office of Victim Witness Advocacy:**  
 Main Number 856-225-8440  
 Mary Kay Baker- Domestic Violence Counselor 856-225-8502  
 Linda Burkett-Coordinator 856-225-8431  
 Camden County Hall of Justice 856-379-2200

**Support Group/Counseling Services:**

Michelle Walsh-Family Counseling- Victims and Battersers 856-854-1408  
 Serv- Sexual Assault Victims 856-964-7378  
 Center for Family Services Counseling 856-795-0808  
 Crisis Center- 856-428-4357  
 Screening for Hospitalization  
 Camden County Women's Center- Outreach 856-227-1234  
 VOA Location- Cooper St. Camden (wed. & thurs.) 856-963-5668  
 Center for Children's Support 856-566-7036  
 South Jersey Behavioral Health 856-541-1700  
 Jewish Family Service 856-424-1333  
 Catholic Charities 856-227-9002  
 Hispanic Family Center 856-365-7393  
 Starting Point 856-854-3155



**Shelter:**

Camden County Women's Center 856-227-1234  
Volunteers of America 856-963-0430  
Adult Male Homeless Shelter 856-966-0909

**Financial Assistance:**

Food Stamps 856-225-7789  
Homeless Prevention 856-614-3318

**Welfare: Emergency Financial Assistance**

**Monday -Friday 8:00am-5:00pm**  
856-225-8822 Or 1-800-786-5080

**Adult Protective Services:**

856-225-8146  
Monday- Friday 9:00am-5:00pm 856-225-8178

**Employment:**

Camden County Resource Center 856-566-7200  
856-968-4200  
Juvenile Resource Center 856-963-4060

**Youth and Family Counseling and Mental Health**

**Services:**  
Southern NJ Behavioral Health Resources 856-541-1700  
Steininger Center 856-428-1300  
24 Hour Hotline 856-428-HELP  
Kennedy Hospital 856-428-4357  
Family Counseling Services 856-795-0808  
Hispanic Health & Mental Health Association 856-541-6985

Catholic Social Services 856-224-0945  
Office of Youth Services 856-757-7644  
Crisis Unit, Our Lady of Lourdes 856-541-2222  
NJ AIDS Hotline 1-800-624-2377  
Adult Protective Services 856-225-8146  
**DYFS-24- Hour Access** 1-800-792-8610  
1-800-531-1091

**DYFS**

9:00a.m. -5:00 p.m. Mon. to Fri. 856-614-2700

**Alcohol and Drug Abuse:**

Ala-Call 1-800-322-5525  
Alcoholics Anonymous 856-486-4444  
Ala-Non and Ala-Teen 856-547-0855  
Camden County Alcoholic Abuse Program 856-225-5070  
"Ala Esperanza" Bilingual program 856-428-5688  
Substance Abuse Center 856-757-9190  
Drug Abuse Hotline 856-225-0196

**Area Hospitals & 24-Hour Emergency Care:**

J.F.K.  
Stratford 856-346-6000  
Cherry Hill 856-488-6500  
West Jersey Virtua Hospital  
Voorhees 856-325-3000  
Berlin 856-322-3000  
Camden 856-246-3000  
Marlton 856-355-6000  
Cooper University Medical Center 1-800-8COOPER  
Our Lady of Lourdes 856-757-3500

