



An Information Guide for Victims/Survivors of Intimate Partner Violence

Victim Services of Nipissing District





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WE ARE HERE TO HELP

We recognize this is a difficult time for you. It is important for you to know that Victim Services of Nipissing District (VSND) is here to provide you with assistance, resources and referrals.

We acknowledge that everyone impacted by intimate partner violence should be treated with respect, dignity, fairness, and honesty, and in a professional, bias-free manner.

- When involved, the duty of the police is to bring an appropriate resolution to the case by conducting a professional and thorough investigation while providing you with the necessary information and resources to assist you through the process.
- The VSND staff will be able to discuss your needs and help you find the best service match for your personal and situational needs. They are knowledgeable about all the community programs, including Indigenous and 2SLGBTQ+ support, and financial options. They are available to meet with you in person or over the phone at your convenience.

In this resource guide you will find information on intimate partner violence, IPV investigations, possible outcomes, and the criminal court process. We have also included information on how to access professional counselling services and support in the Nipissing Region.

If you do not want to make a report to the police, or you need time and support to make that decision, we have partnered with many other agencies that can help you during this difficult time. A list of these agencies and their contact information is located on the back of this booklet.

We support the choices that you as the victim/survivor make with respect to the process that is best for you.

VSND is a non-profit organization dedicated to providing assistance to individuals who have been victimized as a result of a crime or tragic circumstance. VSND works in partnership with police as well as emergency and other community-based services to ensure victims receive the help they need to assist them in the development of their personal path to recovery.



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WHAT IS INTIMATE PARTNER VIOLENCE?

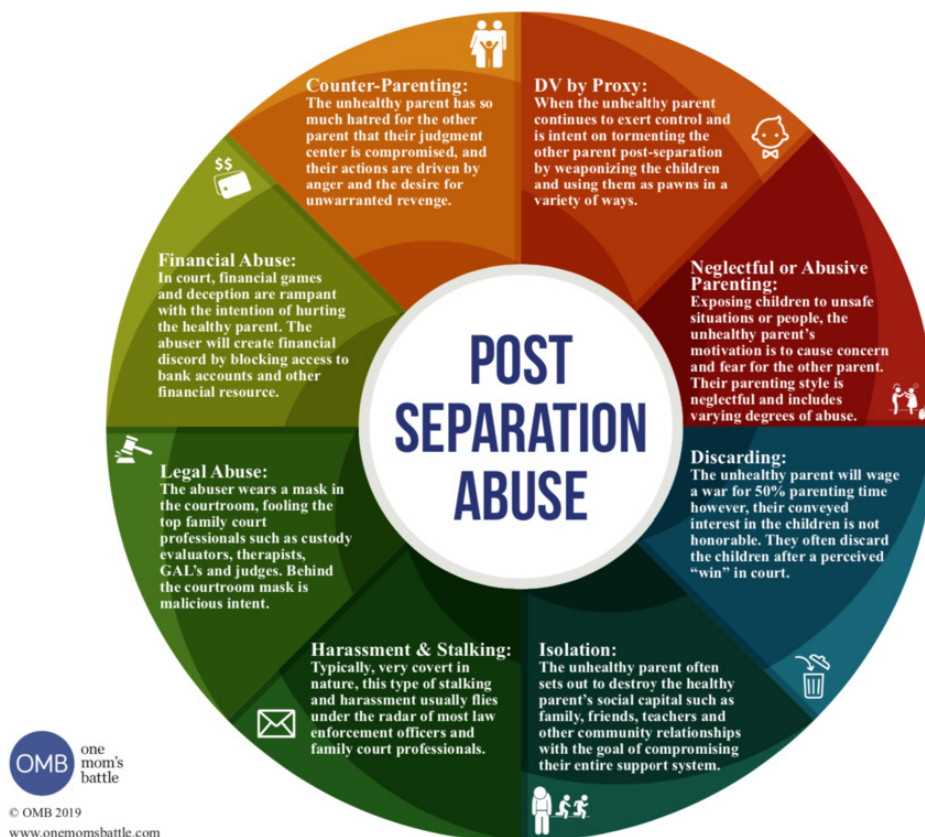
Intimate partner violence (IPV) is often also called domestic violence.

IPV includes the use or threat of physical or sexual force, including emotional or psychological abuse, or harassing/threatening behaviour directed between partners with whom there is (or has been) an intimate relationship.

An intimate relationship is one between partners and includes current and former dating partners, common-law partners, and married spouses.

These crimes are often part of a pattern of assaultive and/or controlling behaviour, such as economic control and social isolation. Threats can often include harming other family members, pets, and property. The violence is used to intimidate, humiliate, or frighten the victims and make them feel powerless.

- **Abuse is not your fault**, even though your abuser may say it is.
- You are not responsible for the actions of others, including your partner.
- Marriage does not entitle your partner to abuse you nor does it shield your abuser from the law.
- Abuse can continue even after a relationship ends and can be more dangerous.
- Every person has the right to safety and a life free from violence.



TYPES OF ABUSE

Spiritual abuse

- Abuse administered under the guise of religion/spirituality, including harassment or humiliation, which may result in psychological trauma. It may also include misuse of religion for selfish, secular, or ideological ends such as the abuse of a clerical position.

Emotional abuse

- Emotional abuse is a way to control another person by using emotions to criticize, embarrass, shame, blame, or otherwise manipulate another person. In general, a relationship is emotionally abusive when there is a consistent pattern of abusive words and bullying behaviors that wear down a person's self-esteem and undermine their mental health.

Sexual abuse

- Sexual abuse is unwanted sexual activity, with perpetrators using force, making threats or taking advantage of victims not able to give consent.

Verbal abuse

- Verbal abuse is the act of forcefully criticizing, insulting, or denouncing another person. Characterized by underlying anger and hostility. It is a means of maintaining power and control over another in the relationship and there are many subtle forms making it difficult to recognize.

Physical abuse

- Physical abuse is any intentional act causing injury or trauma to another person by way of bodily contact.

Isolation

- Isolation (physical, social or emotional) is often used to facilitate power and control over someone for an abusive purpose. Isolation and domestic abuse exist together because isolation is required for your abuser to gain control of your thoughts, feelings, and actions.

Economic

- Economic abuse is a form of abuse when one intimate partner has control over the other partner's access to economic resources, which diminishes the victim's capacity to support themselves and forces them to depend on the perpetrator financially.



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WHAT IS COERCIVE CONTROL?

Coercive control is a form of abuse that is often seen in abusive intimate partner relationships. It is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.

This controlling behaviour is designed to make a person dependent by isolating them from support, exploiting them, depriving them of independence and regulating their everyday behaviour. Coercive control is often termed as emotional or psychological abuse.

Coercive control is as an ongoing pattern of domination. Threats are often implicit rather than openly stated.

Tactics of this type of abuse include forms of constraint and the monitoring and/or regulation of commonplace activities of daily living, particularly those associated with women's default roles as mothers, homemakers and sexual partners and run the gamut from their access to money, food and transport to how they dress, clean, cook or perform sexually (Evan Stark. Re-presenting Battered Women: Coercive Control and the Defense of Liberty. PP 4.).

Coercive control targets a victim's autonomy, equality, liberty, social supports and dignity. This then destructs the capacity for independent decision-making and independent living.

Lived experience: Natalie (article from The Guardian)

Natalie, 38, describes the first 18 months of her relationship with her partner, as "OK" but now she has removed herself from the relationship realizes there were "red flags from the beginning".

Most notably, he constantly phoned her. Throughout their relationship, 30 to 40 phone calls a day would not be unusual. She answered them all, otherwise he would become angry.

It was after 18 months that they moved in together and his aggressive behaviour emerged. He would throw her belongings out of the house over the neighbour's fence. He would shout at her and bang items on work surfaces. But these periods would pass, and he would attempt to appease her with gifts and promises.

"There were times of intimidation and bullying but it was not constant, it was every now and then," she says.

But the aggression always returned. He damaged her belongings; he smashed the kitchen. She would return from work and he would break out into a rage for no clear reason. Natalie started to question her sanity.

"He started blaming everything on me," she says. "'I act like this because it's your fault.' Until the last year, I thought I was going insane. I would experience severe panic attacks and anxiety attacks."

He also attempted to bring in Natalie's family, sending them messages expressing concern about her mental health. "He was so clever in some ways," she says. "Very manipulative."

At one point in August 2017, he was arrested under the Malicious Communications Act, for making threats to kill over the phone. He was charged and handed a suspended sentence.



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For a few weeks, Natalie left him. But he drew her back in with pleas for mercy. “He was saying ‘you’re the best thing that ever happened to me, I can’t get through this without you’. It was the guilt that kept me with him. I had started to completely neglect myself.”

Another year passed, and the relationship continued to worsen. “He was screaming and shouting at me. He lost control in public. It would really embarrass me. He’d shout, ‘I hate you, f*** off’. It was horrible.”

“If you’re in fear of your partner, that’s when you have an issue,” she says. “If you’re too scared to even have a conversation.”

INDICATORS OF INTIMATE PARTNER VIOLENCE

Some red flags to consider

Does your partner:

- Hit, punch, slap, kick, shove, or bite you?
- Threaten to hurt you, your children, friends, or family?
- Hurt or threaten to hurt pets?
- Have sudden outbursts of anger?
- Become jealous without reason?
- Stop you from seeing family or friends?
- Stop you from going where you want, when you want?
- Stop you from working or attending school?
- Destroy personal property or sentimental items?
- Deny you access to bank accounts, credit cards, vehicle, etc.?
- Force you to have sex against your will?
- Force you to engage in sexual acts you do not enjoy?
- Insult you or call you racist or sexual names?
- Scare you to control you or your children?

- Embarrass you in front of others on purpose?
- Turn minor incidents into major arguments?
- Threaten suicide?
- Stalk you (tracks you physically or on social media)?

What circumstances usually exist before a violent incident?

- Presence or use of alcohol/drugs
- Lack of money
- Pay day
- A specific day of the week or time of the year (holidays, birthdays, anniversaries, special events)
- When certain people are around
- When certain people are not around
- When you are at home
- When you are outside of the home

If you answered yes to one or more of these questions... you might be abused. You are not alone. Intimate partner violence is a crime.



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STRANGULATION

Strangulation has been identified as the most lethal form of IPV. Unconsciousness may occur within seconds and death within minutes.

Although most victims may suffer no visible injuries whatsoever, and many fully recover from being strangled, all victims, especially pregnant victims, are encouraged to seek medical attention. A medical evaluation may be crucial in detecting internal injuries and saving a life.

Strangulation is an ultimate form of power and control, where the batterer can demonstrate control over the victim's next breath; having devastating psychological effects or a potentially fatal outcome.

It's possible to experience strangulation and show no symptoms at first but die weeks later because of brain damage due to lack of oxygen and other internal injuries. For this reason, and for a safe way to document the abuse, we strongly recommend you consider seeing a doctor if your partner has strangled you.

To learn more about the effects of strangulation, please visit abitoolkit.ca

Symptoms of strangulation

- Raspy or hoarse voice
- Coughing
- Loss of voice
- Trouble swallowing
- Drooling
- Nausea/vomiting
- Difficulty breathing
- Hyperventilation

Behavioral changes

- Restlessness
- Problems concentrating
- Hallucinations
- Memory loss
- Dizziness
- Unconsciousness/fainting

YOUR CHOICES

What are my choices if I am in an abusive relationship and a victim of intimate partner violence?

As a victim of IPV, we support the choices that you make with respect to the process and what is best for you.

1. Reporting to police

You may choose to report the abuse to the police and provide a statement.

The mandatory charge policy requires officers to lay charges in all incidents of IPV where reasonable grounds exist to do so.

Police can establish reasonable grounds for a charge by obtaining witness statements, seeing physical injuries and/or damaged property or signs of disturbance.

An incident of IPV may be reported to police in 3 ways:

- As a result of a 9-1-1 call
- By telephone or in person
- A witness to an event may also contact the police

2. Not reporting to police

You may choose not to report the abuse to the police. If contacted, Victim Services will support you in this decision and provide assistance to you by offering emotional support, community resources, safety planning, etc.

*Processes and techniques for safety planning and services offered, whether or not an incident is reported, will be discussed further on in this booklet.



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WHAT HAPPENS IF YOU REPORT?

Who will investigate my case?

All intimate partner violence cases that are reported to police are investigated by trained police officers.

When police respond to an IPV incident

Responding officers will conduct a thorough investigation and a report will be submitted.

If the officer has reasonable grounds to believe that an offence has occurred, the suspect will be arrested, and a charge or charges may be laid.

If the suspect is not present, attempts will be made to locate and arrest the accused.

If the accused can not be found, an arrest warrant will be obtained. The victim will be advised once the suspect has been arrested.

Victim Services can be contacted at any point by police if they feel it is beneficial to you. You will always be asked if you would like Victim Services to be involved before they are called.

Do police always charge the accused?

If there is enough evidence/reasonable grounds to lay a charge, police have a responsibility to do so. If they do not lay a charge, it does not mean the police don't believe you or that the abuse did not happen, it may mean that there is not enough evidence to prove a criminal charge.

When charges are laid

Following an arrest, the accused may be released on a form called an Undertaking or Recognizance. This means that the police place the accused on conditions that you would be notified of and that the accused must obey while awaiting court.

These conditions often include no contact with the victim and not to attend the residence of the victim even if the residence is the matrimonial home or shared residence.

The police may decide to hold the accused for a bail hearing.

The victim does not have to attend the bail hearing. In certain circumstances, however, the officer may request that you attend the court for a bail hearing. The court may decide to hold the accused in custody until the trial or may release the accused on conditions like those of an Undertaking.

The victim will be notified of the release of the accused and of the conditions that are in place.

When a charge has been laid, the case will be prosecuted by a lawyer from the Crown Attorney's office at no cost to the victim.

Once a charge has been laid, neither the police nor a victim can withdraw the charge.

If the case goes to trial, you will be required to attend court and, if necessary, give evidence.



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Other police processes

Your safety and that of any children will be discussed with you.

If you require a place of safety or a shelter, an officer will advise or assist you.

You will be asked to provide a statement about the incident.

If you have suffered an injury, photographs of the injury will be taken with your consent. Police may take photographs of other evidence such as destruction of furniture, the home, vehicle or other damage done.

If there are children in the household that witnessed the abuse they may be interviewed. This is done with great care and skill to minimize further stress on the children.

*Victim Services can be present through any or all these processes to offer emotional support, crisis intervention & practical assistance. Victim Services can also meet with the individual to assess immediate safety concerns, longer-term safety planning and eligibility for limited financial assistance

THE COURT PROCESS

If criminal charges have been laid but you feel overwhelmed or that you do not wish to continue, the Crown Attorney will work with you to address your concerns and provide support. While decisions about the prosecution and whether to discontinue it, are ultimately those of the Crown Attorney, your input is critical and your well-being a priority.

Disclosure

The Crown is required to disclose most evidence gathered in the police investigation to the defense. Anything you say to the police or other justice officials may be disclosed. You have the right to your own lawyer if any party seeks to gain access to records about you, which are kept by your service provider(s).

How long does the court process take?

The length of the court process varies widely, depending on several factors. If the accused pleads guilty, the court process will finish more quickly than if there is a trial. Generally speaking, court matters that proceed to a preliminary hearing will be completed within 18 months. Court matters that proceed to a preliminary hearing and a trial will generally be completed within 30 months.

This extended period may be difficult for you. It is important to get support during this time. There are community agencies that can help you through the process. Some of these agencies can be found at the back of this booklet.



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What happens in court?

Once charges are laid, your case will be referred to a worker in the Victim Witness Assistance Program (V/WAP) located at:

North Bay Court House
360 Plouffe Street, North Bay, ON P1B 9L5
705-495-8339

V/WAP assistance begins once police have laid charges and continues until the case is over. V/WAP is based in the courthouse for the purpose of guiding you through the court process. The role of your worker will be to inform you of the status of the criminal court case and answer your questions about the criminal justice system, courtroom procedures and your role in court. They will:

- Help you understand what to expect at each court date and keep you informed about case progression
- Provide you with copies of court papers such as bail conditions and probation orders upon request
- Provide referrals to community agencies
- Offer ongoing emotional support throughout the court process
- Act a liaison on the client's behalf with Crown and police, including providing your input to the Crown
- Help you complete a Victim Impact Statement
- Coordinate with the Crown Attorney's office to have you meet with the Crown Attorney, should you be required to testify
- Offer debriefing and follow up service

What happens between the time charges are laid and the trial?

Once charges are laid, the accused attends court for "set date" appearances. During this time, the accused will receive disclosure of the content of the police investigation, they may obtain a lawyer or the assistance of legal aid duty counsel, and they will usually decide whether to plead guilty or set a date for trial, or preliminary hearing and trial. It may take several court appearances for the accused to complete these steps.

The Crown Attorney's office

A Crown Attorney will be assigned as soon as possible to review the police investigation. Once a preliminary hearing or trial date is set, it is their responsibility to meet with you and prepare you for the process. The preparation is usually done with the investigating officer and V/WAP representatives.

If there is a finding of guilt or firm indication of a guilty plea prior to sentencing, the Crown Attorney, V/WAP or investigating officer will advise you that a Victim Impact Statement may be prepared for consideration at the time of sentencing.

If the accused chooses to plead Not Guilty, you will most likely be required to testify at the preliminary hearing (if there is one) and at the trial. V/WAP will be available to provide assistance, in addition to community services.



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Bail hearing

If your abuser is arrested and charged, police may release the accused with conditions, or keep the accused in jail until a bail hearing. At the bail hearing, the Court will decide if the accused should be held in jail or allowed out into the community on bail, until the trial ends. Bail is the temporary release of the accused before trial.

Preliminary hearing/trial

A preliminary hearing is a “mini trial” in front of a Judge. It is not required in every case. This is where the Judge decides if the Crown Attorney has enough evidence to proceed to trial. You will most likely have to testify in a preliminary hearing. Other witnesses may have to testify as well. The accused and their lawyer will also attend and testify.

If the accused does not plead guilty, and wishes to have a trial, the matter will either proceed to a preliminary hearing and then a trial, or directly to a trial. If you have questions about this, speak to the Crown or your V/WAP worker.

What is a trial?

A trial is when the Crown Attorney and the accused’s lawyer will ask you and other witnesses what happened before, during and after the incident. At the end of the trial, the judge will announce the outcome of the trial, which is called the verdict (guilty or not guilty). Deciding the verdict can take several weeks while the Judge or Jury reviews the evidence.

Finding of guilt

At the beginning of the trial, the accused will plead “guilty” or “not guilty” to the domestic violence charge(s). A plea of “Guilty” means the accused admits to the crime. In these cases, there will not be a trial and you will not have to testify. The Judge will listen to the facts of the case, find the accused guilty, and decide the punishment to be imposed. If the accused is found guilty, the Judge will choose from a range of sentences.

A plea of “Not guilty” means the accused does not admit to the crime. The accused will then request a trial before a Judge or before a Judge and Jury. In these cases, you will have to attend court to testify at the trial.

It is important to remember that if the Judge or Jury decide that the accused is not guilty, this does not mean you or the other witnesses were not believed. If the accused is found not guilty, the accused is free to go. This is called an acquittal.

Will I have to testify in court?

If the accused chooses to plead not guilty, you will most likely be required to testify at the preliminary hearing and at the trial. There are several resources that will help you prepare for court. The investigator will offer these resources to you.

What if I am not comfortable communicating in English?

You will be permitted to communicate in the language most comfortable to you. If you require an interpreter, including a sign language interpreter, to help you communicate with the police or to testify in court, one will be provided for you.



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What is a Victim Impact Statement?

If the court finds the accused guilty, the Crown Attorney will invite you to complete a Victim Impact Statement. This document is your opportunity to share how the domestic violence incident(s) has affected your life emotionally and physically. This statement is taken into consideration by the Judge for sentencing. Your V/WAP worker can help you with completing this form. Completion of a Victim Impact Statement is optional. For more information about Victim Impact Statements, visit canada.ca/victims.

Completing a Victim Impact Statement is your choice. You are not required to do so in order for the accused to be sentenced. It is also your choice if you want to read your statement to the court. It is very important for the Judge to understand the impact of the abuse on you and your life. If you do complete this statement, the Judge is required to consider what you have said when deciding what penalty to be imposed.

Please note that your Victim Impact Statement must be received in a timely fashion ahead of the sentencing date and will be disclosed to defense counsel and shared with the accused. You may read your statement out loud in court or through alternate formats (discuss with your V/WAP worker) or it can be filed with the Judge.

What kind of sentencing can a Judge order?

Absolute or conditional discharge:

A discharge is a finding of guilt but not formal registration of a conviction. It permits people found guilty to indicate they don't have a criminal record. If the sentence is an Absolute Discharge – there is no other sanction and “sentence” is at an end. If the Court imposes a Condition Discharge – the offender is subject to a period of probation.

Fine:

Can be imposed as a standalone or in conjunction with a period of probation.

Custody:

The Canadian criminal justice system has several types of custodial sentences

- Incarceration means that the offender is sent to jail. The judge can also order a “No Contact Order” as part of the sentence. This means the offender cannot contact you from jail.
- An Intermittent sentence refers to a jail sentence that allows offenders to still work for periods of time – while entering a custodial facility for prescribed periods of time. Typically, offenders serve their custodial sentence on weekends and work from home during the week. A probation order will run during this time frame, so the offender is always subject to a Court Order – whether or not in custody.
- A Reformatory sentence is served in a provincial jail within Ontario. The maximum sentence is 2 years less a day. Often there will also be a probation order in effect once someone is finished a custodial sentence.
- A Conditional sentence is when the Court orders in some circumstances that the offender serve their time in the community rather than attend a custodial facility. During this time the offender will be subject to various restrictions on their liberty. This sentence cannot exceed 2 years less a day.



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- A Penitentiary sentence is when an offender is ordered to serve 2 years or more in jail. There cannot be any probation order once a custodial sentence exceeds 2 years. There are minimum, medium and maximum-security prisons.

Probation:

Offenders will be supervised by, and in most cases must visit a probation officer. An offender usually has rules to follow that are listed on the Probation Order. These rules, known as conditions, may include not using alcohol; staying away from certain areas or people; attend counselling; seeking or maintaining employment; obeying curfew. A Probation Order cannot last more than three years.

If the offender violates any one of the conditions of probation, they may be arrested and charged with a new offence "Breach of Probation".

Suspended sentence with probation:

A Judge may choose to delay or "suspend" giving a sentence to the offender. This means that the Judge may release the offender on a Probation Order. The offender does not serve any jail time but is under the supervision of a probation officer.

Appeals:

The accused or the Crown Attorney can ask for a higher court to review an acquittal, conviction, or sentence given by a judge. This must be done within 30 days of sentencing.

If the higher court agrees to hear the appeal, the judge may change the original court's decision, sentence, or order a whole new trial. You do not have to testify at an appeal court. You will only be called to testify again if a new trial is ordered.

What is parole?

Most offender can apply for early release from prison after serving one third of their sentence or after seven years, whichever comes first. A Parole Board will decide, based on the offender's behaviour and completed programming or treatment, whether or not to approve the offender's request for parole. Offenders who are denied parole can reapply every two years.

Some offenders in the federal prison system are not allowed to apply for parole after serving one third of their sentence. In these cases, the Judge will decide during sentencing, the date if the offender is allowed to apply for parole.

If parole is approved for an offender, this does not mean the offender is free without supervision. The offender will be released from prison and will serve the remainder of their sentence in the community under specified conditions and under the supervision on a parole officer.

When will the offender be released from prison?

Most offenders will not serve their full sentence in jail. In most cases, an offender will be released from jail on parole after serving a part of the sentence. You can request to be notified of the offender's release and parole hearing.

If the offender is serving a sentence in a "Provincial Jail" you may register with the Victim Support Line by calling toll free 1-888-579-2888.



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If the offender is serving a sentence in a “Federal Prison” you may register with the National Parole Board by calling toll free 1-800-518-8817.

To ensure you can be notified of parole hearings, or if the offender is transferred or released, call the Victim Services Unit of Correctional Service Canada by calling toll free 1-866-806-2275.

What is the Canadian Victims Bill of Rights (CVBR)?

The Canadian Victims Bill of Rights is a set of principles that guides how victims of crime should be treated at different stages of the criminal justice process.

A victim, according to this Act, is defined as an individual who has suffered physical or emotional harm, property damage or economic loss as the result of a crime.

The CVBR provides for the following statutory rights for victims of crime:

- The Right to Information
- The Right to Participation
- The Rights to Protection
- The Right to Restitution

For more information on the Canadian Victims Bill of Rights you can search “Victims of Crime” at www.canada.ca

WHAT HAPPENS WHEN YOU DON'T WANT TO REPORT?

You are not required to report a domestic violence incident to police. There are options for you if you do decide not to report. Victim Services is available to provide assistance through these options and will continue this assistance with any choices you make.

Peace bond

One alternative to reporting to police is applying and obtaining a peace bond.

A peace bond is a signed promise, in writing, to keep the peace and be of good behaviour. If you are afraid that your partner will hurt you or your children, the family property, or pets, but you do not want to call the police or the police have not charged him, you can apply for a peace bond.

You must ask for a peace bond from a Justice of the Peace and be able to explain why you need it. You and your partner would have to appear in court and a hearing may be necessary.

If issued (one-year period), breaching a condition of a peace bond is a criminal offence.

Applications for peace bonds are made at the local provincial court. You can call the local courthouse and ask the clerk to make an appointment with the Justice of the Peace (JP). 705-495-8309



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Safety planning

A safety plan is a tool that helps reduce the risk of further abuse or harm to you and your family. It includes steps and strategies to help increase your safety and help reduce the risk of revictimization.

Having a safety plan is important regardless if you report to the police, but it is especially essential when you decide not to report. Victim Services is available to work with you to develop your personalized safety plan.

Some strategies for safety planning will be discussed further on in this booklet.

Community resources

When the abuse is not reported to police, community resources and supports become even more important to consider utilizing. You can find a list of community supports available to you at the end of this booklet.

VICTIM QUICK RESPONSE PROGRAM +

Victim Services Nipissing District

705-472-2649

Made available by the Ministry of Children, Community and Social Services and delivered through the Victim Services of Nipissing District, this program provides short-term financial assistance to victims in the immediate aftermath of a violent crime such as intimate partner violence.

Eligible expenses that can be accessed through VQRP+ include crime scene clean up expenses, emergency accommodation, meals, personal care items, emergency child or dependant care, cell phones and emergency home safety expenses. **There are specific eligibility guidelines for the program.** To find out whether this program is right for you, contact VSND at 705-472-2649.

*****IMPORTANT: VQRP+ does not provide money.*****



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RESOURCES

The Alliance Centre

3, 172 Ethel St. Sturgeon Falls, ON P2B 1V9
705-753-2271

Amelia Rising Sexual Violence Support Centre

101 Worthington St. E, Suite 215,
North Bay, ON P1B 1G5
(705) 476-3355
ameliarising.ca

Assaulted Women's Hotline

1-866-863-0511
#SAFE (#7233) on your mobile phone
awhl.org

Community Counselling Centre of Nipissing

361 McIntyre St. E, North Bay, ON P1B 1C9
705-472-6515
www.cccnip.com

Crisis Centre of North Bay

198 Second Ave. W, North Bay, ON P1B 3K9
(705) 474-1031
crisiscentre-nb.on.ca

Crisis Intervention

North Bay Regional Health Centre
1-800-352-1141 / 705-495-9198
West Nipissing General Hospital,
Alliance Centre
Open 7 days a week 3:30 pm – 11:00 pm
705-753-2271

Mattawa Hospital, Nipissing Mental
Health Housing Support Services
Open Monday to Friday 9:00 am – 4:00 pm
705-744-5511

Crown Attorney

360 Plouffe St. North Bay, ON P1B 9L5
(705) 495-8313

Egale Canada Human Rights Trust

1-888-204-7777
1-888-44-Egale (Youth Outreach)
egale.ca

Elder Abuse Ontario

416-906-7887
1-866-299-1011 (24/7 senior's safety line)
eapon.ca

Fem'aide – Francophone helpline

1-877-336-2433 (call/text)
femaide.ca

Hope Awaits Ministries Men's Shelter

390 1st Ave E, North Bay, ON P1B 1K1
705-494-5465
hopeawaitsministries.com

Horizon Women's Shelter

P.O Box 6228, Sturgeon Falls, ON P2B 3K6
705-753-1154 (shelter)
705-753-1152 (Transitional Housing Program)
705-753-5571 (Outreach program)
705-753-1154 (Women's Counselling Program)

Internet Child Exploitation (ICE) Counselling Program

Victim Services of Stormont, Dundas,
Glengarry Akwesasne
1-866-264-8900
iceprogram@vsv-sdga.ca

Kids Help Phone

1-800-668-6868
kidshelpphone.ca

LGBT Youth Line

1-647-694-4275 (text)
youthline.ca

Male Survivor Support Line

1-866-887-0015

Mattawa Hospital

217 Turcotte Park Rd. P.O Box 70,
Mattawa, ON P0H 1V0
705-744-5511
mattawahealth.ca

Mattawa Women's Resource Centre
385 Pine St. P.O Box 538,
Mattawa ON P0H 1V0
705-744-5567 (shelter)
mwrc.ca

Nipissing Transition House
547 John St. North Bay ON P1B 2M9
705-476-2429 (shelter)
705-476-2429 (24/7 crisis line)
nipissingtransitionhouse.com

North Bay Indigenous Friendship Centre
980 Cassells St. North Bay, ON P1B 4A6
705-472-2811

Northeastern Ontario Multicultural Centre
100 Main St. E, North Bay ON, P1B 1A8
705-495-8931
neomulticulturalcentre.ca

North Bay Police Service
135 Princess St. W, North Bay, ON P1B 6C2
705-497-5555 (general inquiries)
705-472-1234 (non-emergency police response)
northbaypolice.ca

North Bay Regional Health Centre
50 College Dr. P.O Box 2500,
North Bay, ON P1B 5A4
705-474-8600
nbrhc.on.ca

Ojibway Women's Lodge
131 Commanda Cr. North Bay, ON P1B 8G5
705-472-3321 (shelter & crisis)
705-472-0233 (crisis support & counselling)
705-472-0233 (Transitional & Housing Support Program)
ojibwaywomenslodge.ca

Ontario Provincial Police
North Bay Detachment
867 Gormanville Rd.
North Bay, ON P1B 8G3
705-495-3878

Powassan, ON P0H 1Z0
705-724-2016

Nipissing West
1-888-310-1122
opp.ca

Talk 4 Healing – Helpline for Aboriginal Women
1-855-554-HEAL (call or text)
talk4healing.com

Trans Lifeline
1-877-330-6366

True Self
239 Main St. E, North Bay, ON P1B 1B2
(705) 474-4058

Victim Services of Nipissing District
135 Princess St. W, P.O Box 1532
North Bay, ON P1B 8K6
705-472-2649
vsnd.ca

Victim Services of Stormont, Dundas, Glengarry and Akwesasne
Toll Free: 1-866-264-8900
Email: iceprogram@vsv-sdga.cao

Victim/Witness Assistance Program
360 Plouffe St. North Bay, ON P1B 9L5
705-495-8339
attorneygeneral.jus.gov.on.ca

West Nipissing General Hospital
725 Coursol Rd. Sturgeon Falls, ON P2B 2Y6
705-753-3110
wngh.ca

Apps

iheal
ihealapp.ca
Backed by years of research and testing, the free, private and secure iHEAL app helps Canadian women who have experienced abuse from a current or past partner to find personalized ways to stay safe and be well.

Safe with Milli
genvis.co/genvis/milli
Milli is a free mobile app designed to help people experiencing FDV to stay safe and access support on their terms. It connects directly with Genvis' Cudo for Case Management software, allowing secure, direct communication and exchange of information between people at risk and the service providers delivering programs and support to them.



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SAFETY PLAN

Assessing your safety

Certain factors can help you predict when a violent encounter is likely to take place. Being aware of these factors can help you tailor your safety plan. Ask yourself the following:

Does the abuser change just before becoming violent?

- Look for changes in body language:
 - Changes in eyes
 - Posture changes (fist clenched, stands taller, etc.)
 - Changes in facial expression
- Voice changes (angry, harsh, strained, louder, etc.)
- Nonverbal threats (pretends to hit you / jumps at you) before striking you
- Verbal threats to harm you before striking you

Do you notice changes in yourself before a violent incident?

- Physical responses before an attack:
 - stomach pains
 - headaches
 - difficulty breathing
 - pain in chest
- Emotional responses before an attack:
 - anxiety
 - fear
 - loss of sleep
 - loss of appetite
 - increased nervousness

Ways to protect yourself during an attack

- Call 911; start by telling the operator the exact address where you are so they can send help even if you get disconnected .
- If it is not safe to dial 9 1 1 activate the Emergency SOS on your smartphone.
- If an assault is occurring and you cannot escape, curl up in a ball and cover your head, neck and ears.
- Move out of rooms with items that could be used as a weapon (i.e., kitchen has knives).
- Stay in an area that has an exit and avoid letting the abuser get in between you and that exit.
- Make as much noise as possible so neighbours can call the police on your behalf if you are unable to call yourself.



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General strategies to keep in your safety plan

Talk to others – about your safety. Let neighbours, family, friends know your concerns. Share a code word with them to identify when you need help. Have them call police if they see a person near your home.

Keep a phone – and important phone numbers close at hand. Always have your phone charged and keep extra chargers in your car, at school and/or at work.

Plan your exit – think about how to safely leave your home or place of work. Become familiar with a safe place to go once you have exited. What items do you want to have with you? Keep your phone and purse/personal bag with you.

Secure your home – change your locks, keep doors and windows locked even when you are home. Check to see who is at the door before you answer it. Keep an inside light on and have good outside lighting. Keep a safe room in your home with an exit and a phone.

Keep Police informed – notify the police if the person is not leaving you alone. Write down each time they contact you (including phone calls, texting and messaging).

Travel with others – and watch for safe places to go if you need help. Change up your routine and travel routes (such as your drive to work or school). Have co-workers walk you to and from your car. Let your employer know your concerns and have them screen your calls.

Review privacy settings – on your social media accounts. Change passwords, remove identifiable profile pictures, check to ensure your address and phone numbers are not available online.

Call 911 – if you feel unsafe and tell them where you are.

Plan self-care – develop healthy sleep and nourishing eating routines. Do something you enjoy, journal, reach out to your network and access community supports.

Memorize - or keep the number of a 24-hour crisis line or shelter.

Program numbers - you don't want your abuser to know about (crisis line, shelter line, etc.) into your phone under a friend or co-worker's name.

Make and practice a plan - to get out of the home or other place(s) where violence might occur.

Develop some excuses - to leave the home (need groceries, visiting a friend, etc.).

Keep your keys - and purse in a place that you can access quickly.

Keep an extra car key - in an accessible place.



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SELF CARE

Self care is an important part of your safety plan. It is critical for both your physical and mental well being. Here are some tips on how to incorporate self care into your daily routine.

- Eat well and get plenty of rest
- Take time for you
- Keep a journal – write down your thoughts, feelings, dreams, stories, etc.
- Go for walks with friends
- Engage in social activities (game night with friends, coffee dates, etc.)
- Everyday write down 1 good thing about yourself
- Everyday write down 3 good things that happened
- Find a support group
- Talk to a counsellor
- Surround yourself with people that make you feel good
- Practice mindfulness

MY CONTACTS:

Officer in Charge

Name:

Position:

Business Phone:

Cell Phone:

Email:

Office Location:

Incident Number:

VSND Worker

Name:

Business Phone:
705-472-2649

Office Location:
135 Princess Street West
North Bay, ON P1B 8K6

Notes:

REMINDER: Have you provided your updated contact information to the Officer in Charge and your VSND worker?

MY NOTES



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For more information, please contact: Victim Services Nipissing District
135 Princess Street West, North Bay, ON P1B 8K6 • Telephone: 705-472-2649



TM/MD

Victim Services of Nipissing District
135 Princess St. West, PO Box 1532
North Bay, ON P1B 8K6

Phone: 705-472-2649 • VSND.ca