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### Finding Safety and Support



***If you had to protect yourself and your children from abuse – what would you do and how would you do it?***

“Get out now” may be something well-meaning friends or family members who know about a survivor’s situation will tell them. The truth is leaving without a carefully developed safety plan in place can be more dangerous than staying.

The most lethal time for a survivor is within the first 48 hours after they leave the abuser. Our state-certified advocates work with survivors to determine the best plan for each individual whether they decide to stay in the relationship or ultimately leave. However, it is always the survivor who understands their situation best.

A sample of the tips provided in the plan include:

- Stay away from the kitchen and bathroom because these are rooms with weapons and where you can become trapped.
- Get to a room with a phone to call 911 right away and lock the abuser outside of the room if possible.
- Contact a neighbor or friend you can run to for help.
- If a police officer comes, be detailed and tell them everything that happened.
- Get medical help if injured and take pictures of all injuries.

A key part of a safety plan when leaving an abusive relationship should include an emergency bag with money, extra keys, identification cards, clothing and all important legal documents. Once making the decision to leave their abuser, survivors should change their routine and do the following to remain safe:

- Have an escape route planned.
- Change travel routes and carpool to work with different people.
- Shop and bank at different locations.
- Cancel any joint bank accounts and credit cards.
- Get a court order if necessary. Keep the court order and emergency numbers on hand and program them into a cell phone.

As with any plan, it is not a guarantee and abusers can be unpredictable. However, having a plan in place can improve a survivor’s chances of avoiding further abuse. [HH](#)

***Don’t know if you need a safety plan? Download our R3 App.***

The R3 App was created by Harbor House and Florida Hospital for our Project Courage initiative. It is the first app to include the HITS Assessment, which aids medical professionals in hospitals, doctors’ offices and clinics to make appropriate assessments of domestic violence victims and refer them to resources that can help.



- » The HITS Assessment is a four-question survey that asks respondents how often their partners physically Hurt, Insulted, Threatened with harm, and Screamed at them. The HITS Assessment was created with specific questioning that screens for more than just evidence of physical abuse as 80% of all abuse is not physical.
- » The HITS Assessment is a proven, evaluated method of identifying victims of domestic violence and is 91% effective in identifying an abusive relationship.

While the R3 App was designed for medical settings, Harbor House recognizes that those in abusive relationships will also utilize the tool. Therefore, special precautions were built into the design to ensure the safety of survivors:

- An icon that does not mention domestic violence.
- Warning notices on the download page.
- Video rather than print disclaimers that must be viewed prior to usage for both professionals and survivors.
- A resource locator identifies—by zip code— the local provider of domestic abuse services.

Download the R3 App today! Available on *iTunes* and *Google Play* by searching “R3 App”. [HH](#)



## Foundation Spotlight: OMYFF-MFF

Just last month, Harbor House received \$25,000 through the Orlando Magic Youth Fund, a McCormick Foundation Fund, to support The Purple Door Project and provide numerous families nights of safety. This season, the Orlando Magic Celebrates 25 years of Magic basketball both on and off the court and OMYF proudly joined in this celebration by awarding grants to 25 nonprofit organizations, and Harbor House was one of the grateful recipients.

Harbor House's Purple Door Project is an initiative of our Safe Short Term Housing and is at the heart of our mission to stop the cycle of domestic abuse through emergency intervention. It promises that all survivors who come to our door each year have the resources they need—both now and in the future—to pursue healing, justice and a stable life, free of violence. These items and services include:

- Daily care items such as food, clothing, linens, and anything else needed to create a home away from home.
- Supportive services, including on site medical care (every child receives a screen and follow up care), licensed trauma informed daycare,



kennel, care management, safety planning, counseling, legal assistance, and transportation.

- Long-term resources needed to thrive, such as employment and financial training, access to transitional and community based housing, and ongoing counseling and support indefinitely.

Over the last 24 years, more than \$18.5 million has been distributed to local nonprofit organizations through the Orlando Magic Youth Foundation and the Orlando Magic Youth Fund, a McCormick Foundation Fund (OMYF-MFF) since 1994. The McCormick Foundation matches all donations to the Fund at fifty cents on the dollar.

The OMYF is committed to helping children in Central Florida realize their full potential, especially those most at-risk, by supporting nonprofit organizations offering youth based programs in the areas of education, housing, and health and wellness that promote healthy living practices for children and families in low income communities. [HH](#)

### Donate Your Cell Phone

When was the last time you got a new cell phone? With technology getting better and better each day, chances are it wasn't very long ago. If you're like many others, you probably have a drawer somewhere in your house with a few outdated, unused cell phones. Instead of collecting dust, why not give those phones to someone who may need it to save their life.

Harbor House has established a cell phone recycling program that allows us to do just that. By donating cell phones to Harbor House, you give survivors of abuse access to emergency services that could ultimately save their life and the lives of their children and pets.



So, while your old cell phone might seem like junk to you, to survivors of domestic abuse, it could mean the difference between life and death. For more information visit [www.harborhousefl.com/inkind-donation](http://www.harborhousefl.com/inkind-donation). [HH](#)

## CEO CORNER



**CAROL WICK, CEO**

Imagine a large river with a high waterfall. At the bottom of this waterfall hundreds of people are working frantically trying to save those who have fallen into the river and have fallen down the waterfall, many of them drowning. As the people along the shore are trying to rescue as many as possible one individual looks up and sees a seemingly never-ending stream of people falling down the waterfall and begins to run upstream. One

of other rescuers hollers, "Where are you going? There are so many people that need help here." To which the man replied, "I'm going upstream to find out why so many people are falling into the river."

Harbor House is working hard to ensure that we are getting to the top of the "waterfall" and not only providing crisis services to those in danger, but ending abuse once and for all. To do this, Harbor House uses a framework that truly effects social change:

1. Timely and appropriate support/services for all domestic abuse survivors.
2. Strengthen individual knowledge and skills to enhance individual capacity to prevent domestic abuse.
3. Promote Community Education about domestic abuse to empower the community.
4. Educate providers and first responders about domestic abuse so they respond and refer.
5. Foster coalitions and networks for greater impact.
6. Change organizational practices to improve health and increase safety.
7. Influence policy and legislation to end domestic abuse.

Join us and together we can make our community and the world a safer place. [HH](#)

Your Gift Will Help Families in Need Right Now

You have the ability to help domestic abuse survivors right now—women, men, children and pets. Those in need are struggling to rebuild their lives after experiencing the horrors of emotional, physical and sexual abuse. Many survivors have endured years of abuse, and the process of recovery is long and difficult. Children who have grown up in households mired by domestic abuse suffer tremendous trauma and struggle to cope emotionally, developmentally and academically. Pets are often victimized by batterers and arrive at our facility in extreme distress.

New survivors come to us every day, and we never turn away a single one. But our policy of never turning anyone away requires substantial support. Please take a look at the opportunities available for you to help. **Your donation can save a life.**

Thank you for providing hope, help and safety for survivors of domestic abuse in Central Florida.

For more information, please contact:

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admin@harborhousefl.com

facebook.com/harborhousefl

@harborhousefl

24-hour Crisis Hotline: 407-886-2856

UPCOMING EVENTS:

Walk a Mile in Her Shoes® — This fun-filled event takes place on Thursday, March 13, 2014, from 4 pm to 6 pm (registration starts at 3 pm) in the heart of downtown Orlando! Kicking off at the Orange County Courthouse



and wrapping up at the Orange County History Center, legions of men and women will strut through downtown in

heels to raise awareness and stand up against domestic abuse. All are welcome to participate! Sponsor a walker, join a team, make a donation or be a virtual volunteer and help us promote the event!

Paws for Peace Walk — Our fourth annual Paws for Peace Walk will take place April 26th at Blue Jacket Park from 9 am to 12 pm (registration starts at 8 am). Register your dog online and then come to the park and join us in our walk to raise awareness about domestic abuse and animal



cruelty. Proceeds will benefit our Paws for Peace Kennel, which since its opening in December 2012, has been a temporary home to more than 70 pets. Support Harbor House in our efforts to ensure every family member is safe from domestic abuse.

For more information and to register for upcoming events go to our website www.harborhousefl.com.

DONATE TODAY!

Yes, I would like to help you fulfill your mission of eliminating domestic abuse in Central Florida. You can count on my support to help survivors right now.

- \$1,000 sponsors a family's entire stay in Safe Short Term Housing
\$500 provides child care, activities and three healthy meals a day for a child's stay in Safe Short Term Housing
\$250 provides one consultation with an attorney for a survivor seeking an injunction for protection
\$125 sponsors one night of Safe Short Term Housing for a family in crisis
\$65 sponsors one night of Safe Short Term Housing for a survivor in crisis
\$27 provides a survivor with emergency safety planning with an experienced crisis advocate

I would like to donate \$ every month to help support domestic abuse survivors.
CHECK (payable to Harbor House of Central Florida)
Please bill my credit card.
VISA MASTERCARD DISCOVER
NAME ON CARD:
# Exp. / CVV#
NAME:
HOME ADDRESS:
CITY, STATE, ZIP:
PHONE: EMAIL:
CORPORATE OR ORGANIZATIONAL AFFILIATION:

Harbor House of Central Florida

GIVE ONLINE AT: www.harborhousefl.com