



Licensed Professional Counselor Associate Disclosure Statement

Stéphanie Gimenez, MA, NCC, LPCA, LCAS-I/A

Safe Haven Counseling, PLLC

163 Stratford Court, Suite 225 | Winston-Salem, NC 27103

Office: (336) 396-7834 | Crisis: (336) 986-2720 | StephGimenez10@gmail.com

Www.SafeHavenCounselingPLLC.Com | www.psychologytoday.com/profile/416595

MY SAFETY PLAN

One can never be certain about safety. I, _____, recognize that I may need to ask the police, the courts, and/or other professionals for assistance with ensuring my safety in addition to planning for my own safety with Safe Haven Counseling, PLLC staff. In addition, I, _____, recognize that I can take certain measures that can increase my safety and the safety of my loved ones (i.e. children, family, friends, co-workers & peers...) at home, school or work, and I acknowledge that I am planning for my safety willingly, and that no one is making me do this.

Emotional & Physical Safety

- Seek a domestic violence protective order (DVPO).
→ Ask about court advocacy.

- Screen & block my abuser's emails, phone calls, texts & phone number(s), which may be used as evidence of harassment, threats to harm, abuse, etc...

- Use Email ONLY if you need to communicate with your abuser about the children ONLY.
→ Ask your advocate for a Harassment Log & how to use it, as needed.

- Report harassment, threats to harm & abuse to law enforcement & in some cases I may be able to press charges.
→ Ask for assistance with weighing the pros (i.e. safety, establishing boundaries, abuser's accountability, survivor's credibility, freedom, empowerment, justice...) & cons (i.e. risks of retaliation, financial dependence...) of reporting DV & pressing charges for criminal acts against you, your children, family, friends, pets...
→ If you already have a DVPO in place, you are responsible for enforcing it by reporting any contact with the defendant.
→ If you have already pressed charges, the courts may hold you responsible for cooperating with law enforcement and the prosecution.

- Use your voicemail to record calls.

- Save important numbers on speed dial to call for help.

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- Change your phone number if all fails & be cautious about whom you share your new number with. Your abuser may use people around you to gather information about you, your whereabouts, etc...
- Change your phone, email, social media accounts' passwords as your abuser may hack into them via devices with your saved login information.
- Limit your contact with mutual friends.
- Restrict your privacy settings to "Friends ONLY" rather than "Friends of Friends or "Unfriend" your mutual friends in social media accounts.
- Attend a DV support group and/or seek individual counseling to better understand the warning signs you missed, your abuser's behaviors, boundary issues, communication & conflict resolution issues, the cycle of abuse, the nature of the abuse & your loved ones have been through, how it has impacted you & your loved ones, how you & your loved ones can heal, recover & rebuild an abuse-free life.
- Seek a medical professional to address any follow up physical concerns (i.e. strangulation may cause brain damage & death).
- _____

- _____

- _____

Safety at Work/School & in the Community

- Inform my work (i.e. boss, trusted co-workers, security guards...), my school (i.e. resource officer, principal, guidance counselor, social worker, professors) of my situation.

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- Provide a copy of my DVPO to worksite/school security, and provide a picture of my abuser to security with a physical description of my abuser (i.e. photo) & my abuser’s car.
- Ask for trusted ones at work/school for help with screening your calls.
- Ask for security guard, trusted ones to accompany you to your car/bus stop when leaving school/work/home.
- Switch your routine around (i.e. go to different grocery stores, banks, shopping malls, use different routes & at different hours).
- Ask to be moved to a different class, school building/campus.
- Ask for a job transfer, if possible.
- Check my car/phone/computer for tracking & hacking devices
→ Access to IT/mechanic services
- _____

- _____

- _____

Safety at Home:

- Install security systems (babysitter cameras, cameras that feed into your phone app).
- Change the locks, or add more locks on doors & windows.
- Place door wedges to block the door from opening from the outside.

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- Purchase rope ladders to escape from the second floor.
- Ensure that you have smoke detectors and fire extinguishers for each floor.
- Install outside sensor-activated lighting.
- Teach your children how to make a collect call, or call 911, if the defendant takes them.
- Safety plan with your children (i.e. Decide on a **code word**; **Practice an escape plan**; Hide emergency cell phones in the bathrooms/bedrooms that lock from the inside, preferably with a window).
- Ask your advocate about emergency cell phones.
- Inform supportive/trusted neighbors & plan to use a light signal or other signal to prompt them to call the police.
- Inform your children's caregivers about the situation (on a need-to-know basis only), especially if your abuser should not to pick up the children (i.e. DVPO term; Children have been abused, accidentally hurt, witnessed the abuse...)
- Talk to your landlord about transferring to a different apartment, building, complex without having to break your lease.
- If you have a DVPO, you may have the right to end your lease early.
- Ask your advocate about applying for the **NC Address Confidentiality Program** before you move: <<http://www.ncdoj.gov/getdoc/>>.
- Prepare an **emergency bag** with:
 - Doubles of house/car keys.
 - Cash
 - Important documents (i.e. IDs, birth certificates, SS cards, marriage/divorce license, DVPO, lease/mortgage papers, passports, banking information/checkbooks, medications...)
 - Change of clothes, toiletries.
 - Charged emergency cell phone (i.e. old phone without service kept turned off to keep its charge).
 - Water, snacks, flashlight, first aid kit, blankets

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Plan with family, friends, DV shelter for an emergency/temporary stay in case you need to leave in a hurry.

→ Call the DV crisis line to speak to an advocate at (336) 986-2720.

Relocate out of town/state.

→ Ask an advocate for help with relocating.

Change my identity.

→ Ask an advocate for help with changing my identity & the identity of the children.

Client Signature: _____ Date: _____

Therapist/Advocate’s Signature: _____ Date: _____