

Name:

DOB:

Private Pay:

Insurance:

DANGER ASSESSMENT

Jacquelyn C. Campbell, PhD, RN

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Several risk factors have been associated with homicides (murders) of both batterers and battered partner in research conducted after the murders have taken place. We cannot predict what will happen in your case, but we would like you to be aware of the danger of homicide in situations of severe battering and for you to see how many of the risk factors apply to your situation.

1. Slapping, pushing; no injuries and/or lasting pain 2. Punching, kicking; bruises, cuts, and/or lasting pain 3. "Beating up"; severe contusions, burns, broken bones 4. Threat to use weapon; head injury, internal injury, permanent injury 5. Use of weapon; wounds from weapon (If any of the descriptions for the higher number apply, use the higher number).

Check all that apply ("He" refers to your husband, partner, ex-husband, or whoever is current physically hurting you.)

- 1. Has the physical violence increased in severity or frequency over the past year?
- 2. Has s/he ever used a weapon against you or threatened you with a weapon?
- 3. Does s/he ever try to choke you?
- 4. Does s/he own a gun?
- 5. Has s/he ever forced you to have sex when you did not wish to do so?
- 6. Does s/he use drugs (i.e. "uppers" or amphetamines, speed, angel dust, cocaine, "crack", other illicit drugs, mixtures)?
- 7. Does s/he threaten to kill you and/or do you believe he is capable of killing you?
- 8. Is s/he drunk every day or almost every day? (In terms of quantity of alcohol.)
- 9. Does s/he control most or all of your daily activities? (i.e. Who you can be friends with; When/if you can see your family; How much money you can use; When/what times you can leave the home and return; What you can wear, etc... (Check here if he tries to but you do not let him)
- 10. Have s/he ever pushed/shoved, slapped, punched, or hit you with an object you (or she) was pregnant? (Check here if you have/she has never been pregnant by him).
- 11. Is s/he violently and constantly jealous of you? (For instance, does he say "If I can't have you, no one can"?)
- 12. Have you ever threatened or tried to commit suicide?
- 13. Has s/he ever threatened or tried to commit suicide?
- 14. Does s/he threaten to harm your children?
- 15. Do you have a child that is not his/hers?
- 16. Is s/he unemployed?
- 17. Have you left him/her during the past year? (If you *never* lived with him/her, check here:)
- 18. Do you currently have another (different) intimate partner?
- 19. Does he follow or spy on you, leave threatening notes, destroy your property, or call you when you don't want him to?

Total: _____ **Low-Risk (<7):** _____ **Significant Risk (7-14):** _____ **Very High-Risk (15+):** _____

Client Name: _____ **Date:** _____

Staff Name & Credentials: Stephanie Gimenez **Date:** _____

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Safe Haven Counseling, PLLC

Mental Health ~ Domestic Violence ~ Addictions ~ Grief ~ Career

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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.

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.



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- 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.
- 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.



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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.

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

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/>>.



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- 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

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's Name: _____ **Signature:** _____

Staff Name & Credentials: Stephanie Jimenez **Date:** _____