

## Overcome Individual Risk Factors with Fort Carson Prevention & Education Resources



<ul style="list-style-type: none"> <li>• Low Income or Financial Stress</li> </ul>	<ul style="list-style-type: none"> <li>• Take an ACS Financial Readiness Class</li> </ul>
<ul style="list-style-type: none"> <li>• Unemployment</li> </ul>	<ul style="list-style-type: none"> <li>• Speak with an ACS Employment Readiness Specialist</li> </ul>
<ul style="list-style-type: none"> <li>• Heavy Alcohol and Drug Use</li> </ul>	<ul style="list-style-type: none"> <li>• Seek support or treatment from Substance Use Disorder Clinical Care</li> </ul>
<ul style="list-style-type: none"> <li>• Physical Health Struggles</li> </ul>	<ul style="list-style-type: none"> <li>• Take a health or wellness class from the Army Wellness Center</li> </ul>
<ul style="list-style-type: none"> <li>• Mental Health Struggles</li> </ul>	<ul style="list-style-type: none"> <li>• Reach out to Embedded Behavioral Health Services</li> </ul>
<ul style="list-style-type: none"> <li>• Recent separation or divorce</li> </ul>	<ul style="list-style-type: none"> <li>• Take an ACS Prevention, Relationship &amp; Education Class</li> </ul>
<ul style="list-style-type: none"> <li>• Social isolation from family and friends</li> </ul>	<ul style="list-style-type: none"> <li>• Reach out to the ACS Newcomer's Program or visit <a href="http://carson.armymwr.com">carson.armymwr.com</a></li> </ul>
<ul style="list-style-type: none"> <li>• Being abused as a child</li> </ul>	<ul style="list-style-type: none"> <li>• Speak with a Military and Family Life Counselor</li> <li>• Reach out to Embedded Behavioral Health Services</li> </ul>
<ul style="list-style-type: none"> <li>• Pregnancy, especially if not planned</li> </ul>	<ul style="list-style-type: none"> <li>• Reach out to a Home Visitor from the ACS New Parent Support Program</li> </ul>

### Crime Victims Have the Right To:

- Be treated with fairness, dignity, and a respect for privacy
- Be reasonably protected from the accused offender
- Be notified of court proceedings
- Be present at public court proceedings unless the court determines otherwise for fairness or other good cause
- Confer with the Government attorney
- Restitution, if appropriate
- Receive information regarding the conviction, sentencing, imprisonment, and release of the offender

### Help is Available

#### Unit Leadership

<https://www.carson.army.mil/units/4ID.html#first>

#### Army Community Service

<http://www.carson.armymwr.com/acs>

(719) 526-4590

#### Army Wellness Center

(719) 526-3887

#### Chaplain Hotline

(719) 526-5279

#### Embedded Behavioral Health Services

(719) 526-7000

#### Military One Source

1-800-342-9647

#### Safe-2-Tell

1 (877) 524-7233

#### Substance Use Disorder Clinical Care

(719) 526-8245

### Fort Carson

**24/7 Victim Advocate Hotline**

**(719) 243-7907**

# Army Community Service Family Advocacy Program



**Real-Life Solutions for  
Successful Army Living**



## AM I EXPERIENCING DOMESTIC ABUSE?

### Does your partner...

- Act or look at you in ways that scare you?
- Intimidate you with his/her temper?
- Act like the abuse is no big deal, blame you for the abuse, or even deny doing it?
- Control what you do, who you see or talk to, where you go, or isolate you?
- Hit, kick, punch, slap, push or shove you?
- Put you down or threaten you?
- Take your money or refuse to give you money?
- Keep you away from your family and friends?
- Destroy your property or threaten to kill your pets?
- Force you to have sex?
- Threaten to commit suicide?
- Threaten to kill you or your children?

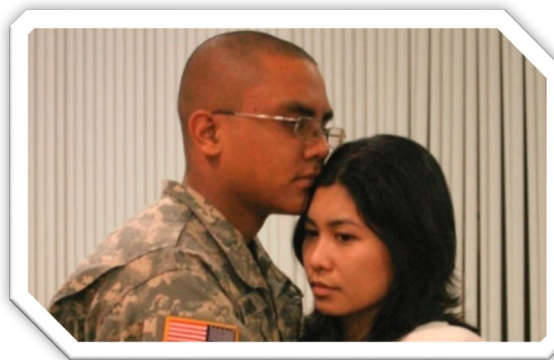
If you answer **YES** to any of these questions, you may be experiencing domestic abuse. Help is Available.

**We Listen.**

## ACS Family Advocacy Program Victim Advocacy Program

### What is a Victim Advocate?

A Victim Advocate (VA) is a trained professional who provides *non-clinical* advocacy services and support to Soldiers and Family members experiencing domestic abuse.



Victim advocates are on-call 24 hours a day/7 days a week to provide crisis intervention, safety planning, *non-judgmental* support, assistance in securing medical treatment for injuries, information on legal rights and proceedings, and referrals to military and civilian resources. The on-call VA will empower you to make informed and independent decisions to support your recovery process.



**We Act.**

## What Services Can I Expect from the Victim Advocate?

- ▶ Crisis intervention and non-clinical support
- ▶ Safety assessment and planning
- ▶ Information on the Transitional Compensation Program
- ▶ Coordination of emergency services; transportation, housing, food, etc.
- ▶ Assistance in obtaining protective orders
- ▶ Accompaniment throughout the medical, investigative and legal processes
- ▶ Representation of victims' interests at Family Advocacy Case Review Committee meetings
- ▶ Information and referral
- ▶ Provided procedures for unrestricted and restricted reporting.

## How Can I Protect Myself and My Children?

- ▶ Make a safety plan; a VA can help
- ▶ Have an emergency kit with money, medical cards, checkbook, car keys, birth certificates and other I.D., pay stubs, medicine and important phone numbers
- ▶ Plan an escape route out of your home; teach it to your children
- ▶ Know your resources (e.g., shelter, transportation and money)
- ▶ Ask family, friends and others for help
- ▶ Call the police or have someone else call
- ▶ Get medical help if you have injuries
- ▶ Ask the doctor, nurse or a friend to take pictures; save any ripped or bloody clothes as evidence and provide to either the health care provider or law enforcement
- ▶ Discuss available safety measures with the VA, including a Military Protective Order

**We Care.**