

Overcome Individual Risk Factors with Fort Carson Prevention & Education Resources



• Low Income or Financial Stress	• Take an ACS Financial Readiness Class
• Unemployment	• Speak with an ACS Employment Readiness Specialist
• Heavy Alcohol and Drug Use	• Seek support or treatment from Substance Use Disorder Clinical Care
• Physical Health Struggles	• Take a health or wellness class from the Army Wellness Center
• Mental Health Struggles	• Reach out to Embedded Behavioral Health Services
• Recent separation or divorce	• Take an ACS Prevention, Relationship & Education Class
• Social isolation from family and friends	• Reach out to the ACS Newcomer's Program or visit carson.armymwr.com
• Being abused as a child	• Speak with a Military and Family Life Counselor • Reach out to Embedded Behavioral Health Services
• Pregnancy, especially if not planned	• Reach out to a Home Visitor from the ACS New Parent Support Program

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.