

## During a Crisis:

### If You Become a Victim of Domestic Violence:

- Call 911 for emergency services.
- Make sure you are safe.
- Whenever you believe you are in danger, leave, and take your children if possible.
- Take important items such as cash, house and car keys, birth certificate, vehicle registration, medical records, and pet vaccination records.
- Get medical attention. Don't try to treat yourself, you may be injured much more seriously than you realize.
- Save all the evidence/proof you can. You may even want to take photographs of your injuries. Whether or not you file charges now, you may later change your mind and will then need proof that you have been assaulted.
- Seek assistance. Whether or not you file charges against your batterer, you may need to talk to a professional about your situation.
- Contact Operation Care's 24-hour crisis line at 223-2600.

### In cases of rape - if you are attacked:

- Go with your instincts. Depending upon the situation, you may decide to run, scream, kick, hit, bite, etc.
- Your goal is to escape safely. But, if you believe your life is in danger, don't resist.
- Call 911 if it makes sense in your situation; otherwise:
- Go to a friend's house, or any place where people will give you emotional support.
- Call Operation Care's 24-hour rape crisis line at 223-2600. An advocate can be dispatched to be with you.
- Go to a hospital. See a doctor immediately for treatment of any injuries and other tests which can provide important medical evidence. Do not douche, bathe, shower or change clothes before you go.
- Report the rape. If you're a legal adult, then the choice is yours. Remember that reporting sexual assault is an important part of ending violence; but you should be comfortable with the decision.
- Seek counseling. Whether or not you report the rape and participate in legal action, you should consult a trained rape crisis counselor, hospital, rape crisis center or mental health center.

## Our Mission

To provide domestic violence and sexual assault support services, crisis intervention and education to our community.

## Our Vision

We believe in the value and dignity of individuals, and that people have a right to live in a safe, secure environment, free from violence. Operation Care provides individuals with the opportunities and tools to end the cycle of violence.



Sexual Assault & Domestic Violence Support Services  
Since 1980

Tel: 209-223-2897

24-Hour Crisis Line:  
209-223-2600

Toll free: 800-675-3392

619 New York Ranch Road  
Jackson, CA 95642  
Fax: 209-223-2987  
www.operationcare.org



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## Sexual Assault & Domestic Violence Support Services



Operation Care is a private, non-profit organization founded in 1980 to provide services to people in crisis in Amador County.

The organization's primary activities are:

- 24-hour crisis line with support and referral services to people with a wide variety of needs
- Counseling, advocacy, and accompaniment for survivors of domestic violence and sexual assault
- Shelter for those escaping a violent environment
- Community education on issues surrounding domestic violence and sexual assault

### Shelter

Operation Care operates a shelter for battered women and their children. The shelter is at an undisclosed location. Our services include:

- Safe house emergency shelter for battered women and their children
- Emergency shelter for male victims of domestic violence
- A mom's program designed to support mothers in addressing issues which arise with children from domestic violence households

- A children's program designed to give children support in addressing family issues
- Parenting classes
- Self-esteem courses
- Budgeting assistance
- Job preparation

### Advocacy

Operation Care provides advocates for victim's rights and the sensitive treatment of victims including:

- Response to victims at the hospital including crisis intervention, support, and information to the victim, their friends and/or family
- Accompaniment to interviews with law enforcement, the District Attorney's office, or other agencies, and to court
- Information about legal and judicial systems
- Information and referral to other agencies who assist victims
- Temporary Restraining Orders (TROs) for victims of domestic violence and sexual assault

### Education



Community education extends from school children to adults. Our programs are tailored to the audience and the topics requested by the school or organization. Some of our programs include:

- A No-Bully program for grades K-8
- Peer counseling for teens
- Self esteem workshops
- Self defense classes
- Sexual Assault and Domestic Violence prevention education

### Support



Counselors work with victims of domestic violence and sexual assault, and their friends and family.

Counseling services include:

- 24-hour help lines
- Short-term peer counseling
- Facilitation of children's activities as well as peer counseling for children at the Safe House and at the Operation Care office
- Support groups for people experiencing or having been through any type of sexual assault/abuse or domestic violence



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