



*CALIFORNIA
FAMILY
LAW*

DOMESTIC VIOLENCE DURING COVID-19

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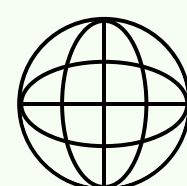


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COVID-19 shelter in place orders may cause a rise in domestic violence.

Get help. There are resources across California that are available to you. If you are in immediate danger, call 911. Otherwise, review the resources pages in this eBook and learn more about how you can get help.

Get involved. Now more than ever it is essential that family, friends, neighbors, colleagues, and even strangers pay attention and report any concerns they have to their local law enforcement agency.

Stay safe. Do not hesitate to call 911 if you SEE, HEAR or SENSE that someone is being abused.

RESOURCES

National Domestic Violence Hotline

Call 1 (800) 799-SAFE (7233)

Text LOVEIS to 22522

Visit www.thehotline.org (24/7 chat line)

California Partnership to End Domestic Violence

Call (916) 444-7163

Visit www.cpedv.org

Adult Protective Services

To report abuse, call 1 (833) 401-0832

Visit www.cdss.ca.gov

Child Protective Services

See pages 15-16 for all California County Emergency Response Child Abuse Reporting telephone numbers. These 24-hour hotlines are staffed by trained social workers.

RAINN

(Rape, Abuse & Incest National Network)

National Sexual Assault Hotline: (800) 656-HOPE (4673)

Visit www.rainn.org

OVERVIEW

It is important to be able to identify the type of abuse or harassment case you are dealing with. While this eBook focuses on domestic violence, we want to be sure you know the differences.

Categories of Abuse and Harassment

Domestic Violence
Elder and Adult Dependent Abuse
Civil Harassment
Workplace Violence

The list above is not exhaustive of all types of abuse and harassment. Contact your local police or District Attorney's Office if you or your child has been abused or seriously harassed or stalked. You can also call a private attorney for help. Call 911 for immediate help.

ELDER ABUSE

Abuse of an elder or a dependent adult is abuse of: someone 65 years old or older; or a dependent adult, who is someone between 18 and 64 that has certain mental or physical disabilities that keep him or her from being able to do normal activities or protect himself or herself.

The law says elder or dependent adult abuse is: physical abuse, neglect, financial abuse, abandonment, isolation, abduction (taking the person out of the state against his or her will), or other behavior that causes physical harm, pain, or mental suffering; OR deprivation by a caregiver of things or services that the elder or dependent adult needs to avoid physical harm or mental suffering.

Visit for more information:
www.cdss.ca.gov/inforesources/adult-protective-services

CIVIL HARRASSMENT

Civil harassment is abuse, threats of abuse, stalking, sexual assault, or serious harassment by someone you have not dated and do not have a close relationship with, like a neighbor, a roommate, or a friend (that you have never dated).

Some examples of "harassment" as it's legally defined are the following:

- Unlawful violence, like assault, or battery, or stalking
- A credible (real) threat of violence, meaning threats that seriously scare, annoy, or harass someone without a valid reason

It is also civil harassment if the abuse is from a non-immediate family member. For example, if the abuse is from an uncle or aunt, a niece or nephew, or a cousin, it is considered civil harassment and not domestic violence.

WORKPLACE VIOLENCE

Workplace violence is any act or threat of physical violence, harassment, intimidation, or other threatening disruptive behavior that occurs at or outside of the worksite.

Workplace violence can affect or involve employees, clients, customers, and visitors.

The court can order a person not to:

- Harass or threaten the employee;
- Contact or go near the employee; and
- Have a gun

These orders will be enforced by law enforcement agencies.

DOMESTIC VIOLENCE

Domestic violence is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.

Domestic violence includes behaviors that physically harm, arouse fear, prevent a partner from doing what they wish or force them to behave in ways they do not want.

It includes the use of physical and sexual violence, threats and intimidation, emotional abuse and economic deprivation. Many of these different forms of domestic violence/abuse can be occurring at any one time within the same intimate relationship..

Domestic violence occurs between people living in the same home.

ARE YOU THE VICTIM OF ABUSE?

Does your partner ever:

- Insult, demean or embarrass you with put-downs?
- Control what you do, who you talk to or where you go
- Look at you or act in ways that scare you?
- Push you, slap you, choke you or hit you?
- Control the money in the relationship? Take your money or Social Security check, make you ask for money or refuse to give you money?
- Make all of the decisions without your input or consideration of your needs?
- Tell you that you're a bad parent or threaten to take away your children?
- Prevent you from working or attending school?
- Act like the abuse is no big deal, deny the abuse or tell you it's your own fault?
- Destroy your property or threaten to kill your pets?
- Intimidate you with guns, knives or other weapons? Attempt to force you to drop criminal charges?
- Threaten to commit suicide, or threaten to kill you?

If you answered 'yes' to even one of these questions, you may be in an unhealthy or abusive relationship.

MAKE A SAFETY PLAN

Before And During An Attack

- If you sense danger, leave with your children.
- Have a code word to use with your kids, family, and neighbors. Ask them to call the police when you say that word.
- When an attack starts, try to escape.
- Stay next to a door or window so you can get out.
- Defend and protect yourself. Later, take pictures of your injuries
- Cry for help. Scream as loudly as you can.
- Trust your instincts, do whatever you have to do to survive.

Get Ready to Leave

- Open a savings account in your own name. Give the bank a safe address, like a post office box or your work address. Or take advantage of the Safe at Home program, which gives you a secure address to use for your court papers (or for banking and other things) where you can still get your court papers without having to reveal your confidential address.
- Leave money, an extra set of keys, and copies of your important papers with someone you trust.
- If you have to leave your children, get them back as soon as possible. Get legal advice or call a domestic violence agency.

MAKE A SAFETY PLAN

CONTINUED

If You Live Alone

- Change the locks on your doors as soon as you can. Put locks on all your doors and windows.
- Ask your local phone company (and your cell phone company) for an unlisted number. Sometimes this service is free.
- Make sure your children's school or daycare provider knows who is allowed to pick up your children.
- Tell your neighbors and landlord that your spouse or partner no longer lives with you. Ask them to call the police if they see your spouse/partner near your home.

Be Safe At Work And In Public

- Tell the security personnel where you work. Give them a photo of the person you need protection from.
- Decide who else to tell at work about your situation.
- When you leave work, have someone walk with you to your car, bus, or train.
- Do not take the same route home every day.
- Think about what you would do if the person you need protection from approaches while you are getting to or from work.

RESTRAINING ORDERS

Ask For A Restraining Order

- Ask the court for a protective order and keep it with you at all times.
- Make sure your local police department gets a copy of your restraining order.
- Call the police if your spouse/partner breaks the protective order.
- Keep notes about any contacts, threats, messages, or letters your spouse/partner sends to you. If your spouse/partner leaves messages on your answering machine, save the messages.
- Think of how to stay safe in case the police do not get to you right away.
- Give copies of your protective order to everyone listed on the order and to family, friends, and neighbors who are willing to help you.

Visit <https://www.courts.ca.gov/1264.htm> for restraining order forms and step-by-step guidance for filing your restraining order.

RESTRAINING ORDERS

CONTINUED

Enforce A Restraining Order

If the restrained person violates any of the orders in your restraining order, act right away.

1. Call the police.

- Show the police a copy of your orders.
- If the restrained person is there and has not been served (given) a copy of the order, ask the police officer to serve the orders.

2. Gather proof of the violation of the restraining order.

- Write down what happened, when, where, and the names of any witnesses.
- Get written statements or declarations from the witnesses.
- Make an audio copy of any threatening voicemail messages.
- Print out any threatening texts, emails, or internet postings.
- Get copies of police reports.
- If you were hurt, get copies of medical reports.

3. Get copies of your order and give key people a copy

- Keep one copy with you AT ALL TIMES. You may need to show it to the police.

RESTRAINING ORDERS

CONTINUED

Renew A Restraining Order

If you are still concerned for your safety or want your restraining order to stay in place, you can "renew" it.

BEFORE your current restraining order ends, you can ask the court to renew your order. There is no limit on the number of years the new order can last. The order can be permanent. And there is no fee to ask the court to renew your order.

Visit www.courts.ca.gov for more information on renewing your restraining order.

Change Or End A Restraining Order

If you want to modify or terminate any of the orders made by the court in your restraining order, you have to file a request in court before date that the restraining order expires.

If the restrained person has filed a request to change or end the restraining order, click here for instructions on how to respond.

Visit www.courts.ca.gov for more information on how to change or end your restraining order.

RESOURCES IN SANTA BARBARA COUNTY

Legal Aid Foundation
(805) 963-6754
www.lafsbc.org/services

Domestic Violence Solutions
24-Hour Hotline (805) 964-5245
www.dvsolutions.org

Santa Barbara County
District Attorney
Victim/Witness Advocate
(805) 568-2400

CHILD ABUSE REPORTING

IN CALIFORNIA BY COUNTY

Alameda County:

(510) 259-1800

Alpine County:

(530) 694-2235

Amador County:

(209) 223-6550

(209) 223-1075 – After hours

Butte County:

(530) 538-7882

(800) 400-0902 – 24 hours

Calaveras County:

(209) 754-6452

(209) 754-6500 – After hours

Colusa County:

(530) 458-0280

Contra Costa County:

(877) 881-1116

Del Norte County:

(707) 464-3191

El Dorado County:

(530) 642-7100 – Placerville

(530) 573-3201 – South Lake

Tahoe

Fresno County:

(559) 255-8320

Glenn County:

(530) 934-6520

(530) 934-6519

(530) 934-1429 – Intake

Humboldt County:

(707) 445-6180

Imperial County:

(760) 337-7750

Inyo County:

(760) 872-1727

Kern County:

(661) 631-6011

(760) 375-6049

Kings County:

(559) 582-3241 – 8:00-5:00

(559) 582-8776 – After hours

(866) 582-8776

Lake County:

(707) 262-0235

(800) 386-4090

Lassen County:

(530) 251-8277

(530) 257-6121

(530) 310-3682 – After hours

Los Angeles County:

(800) 540-4000 – Within CA

(213) 639-4500 – Outside CA

(800) 272-6699 – TDD

Online Reporting:

<https://reportChildAbuseLA.org>

Madera County:

(559) 675-7829

(800) 801-3999

Marin County:

(415) 473-7153

Mariposa County:

(209) 742-0900 – Daytime

(209) 966-7000 – After hours

Mendocino County:

(707) 463-7992 – Ukiah

(707) 962-1100 – Fort Bragg

(866) 263-0368 – Toll free

Merced County:

(209) 385-3104

Modoc County:

(530) 233-6602

(866) 233-4424

Mono County:

(760) 924-1770

(760) 932-7549 – Sheriff Office

(800) 340-5411 – Hot Line

Monterey County:

(831) 755-4661

(800) 606-6618

Napa County:

(707) 253-4262

(707) 253-4261

(800) 464-4216

CHILD ABUSE REPORTING

IN CALIFORNIA BY COUNTY (CONT.)

Nevada County:

(530) 273-4291 – 24 hour

Orange County

(714) 940-1000

(800) 207-4464

Placer County:

(916) 872-6549

(866) 293-1940

Plumas County:

(530) 283-6300 – Sheriff Office

(530) 283-6350

(800) 242-3338 – Toll free

Riverside County:

(800) 442-4918

(877) 922-4453

Sacramento County:

(916) 875-5437

San Benito County:

(831) 636-4190

(831) 636-4330 – After hours

San Bernardino County:

(909) 384-9233

(800) 827-8724

San Diego County:

(858) 560-2191

(800) 344-6000

San Francisco County:

(415) 558-2650

(800) 856-5553

San Joaquin County:

(209) 468-1333

San Luis Obispo County:

(805) 781-5437

(800) 834-5437

San Mateo County:

(650) 595-7922

(650) 802-7922

(800) 632-4615

Santa Barbara County:

(800) 367-0166

Santa Clara County:

(650) 493-1186 – North

(408) 683-0601 – South

(408) 299-2071 – Central

Santa Cruz County:

(831) 454-2273

(877) 505-3299

Shasta County:

(530) 225-5144

Sierra County:

(530) 289-3720

(530) 993-6720

Siskiyou County:

(530) 841-4200

(530) 842-7009 – 24 hour hotline

Solano County:

(800) 544-8696

Sonoma County:

(707) 565-4304

(800) 870-7064

Stanislaus County:

(209) 558-3665

(800) 558-3665

Sutter County:

(530) 822-7227

Tehama County:

(530) 527-1911

(800) 323-7711

Trinity County:

(530) 623-1314

Tulare County:

(800) 331-1585

Tuolumne County:

(209) 533-5717

(209) 533-4357 – After hours

Ventura County:

(805) 654-3200

Yolo County:

(530) 669-2345

(530) 669-2346

(888) 400-0022 – After hours

Yuba County:

(530) 749-6288

CITATIONS

SEE, HEAR, SENSE April 7, 2020, Santa Barbara District Attorney Press Release

Elder Abuse: <https://cdss.ca.gov/inforesources/adult-protective-services>

Civil Harrasment: <https://www.courts.ca.gov/1044.htm>

What is domestic violence? www.thehotline.org/is-this-abuse/abuse-defined/

Are you a victim of abuse? Does your partner ever...[https://www.thehotline.org/is-this-abuse/](http://www.thehotline.org/is-this-abuse/)

Civil Harassment. <https://www.courts.ca.gov/1044.htm>

Workplace Violence.

<https://www.osha.gov/SLTC/workplaceviolence/>

Make a safety plan. <https://www.courts.ca.gov/1263.htm>

Restraining orders. <https://www.courts.ca.gov/1264.htm>