

# FAQ

## Do I have to stay in the shelter to receive services?

No, you can receive outreach services through our Lifeline & Prevention Center.

## How much do services cost?

All services provided at Safe Harbor are FREE, thanks to grants and the generosity of our donors.

## Who can receive services?

We welcome all individuals impacted by domestic violence, sexual assault, or stalking regardless of gender identity, sexual orientation, marital status, income, age, beliefs, or time since the experience.

## Do you offer services in Spanish?

Se Hablo Español! We have bilingual staff and volunteers. We also utilize a language line service to provide services in multiple languages.

## How can I help?

Donors and volunteers truly make our work possible. Donations of money, supplies, or your time as a volunteer make such a difference to those we serve! Visit our website: [www.safeharborhope.org](http://www.safeharborhope.org), or call us at **801.444.3191** to learn more about how you can help.

## Our Mission

Safe Harbor is a non-profit organization that provides shelter, supportive services, and advocacy to survivors of domestic violence and sexual assault, as well as education, awareness, and resources to our community.

## Our Vision

All individuals empowered to choose a life free of violence

## 24/7 Crisis Line

**801.444.9161**

### Lifeline & Prevention Center

223 Larsen Lane  
Layton, UT 84041  
801.444.3191

PO Box 772  
Kaysville, UT 84037

[www.safeharborhope.org](http://www.safeharborhope.org)

[facebook.com/SafeHarborCrisisCenter](http://facebook.com/SafeHarborCrisisCenter)



# Safe Harbor

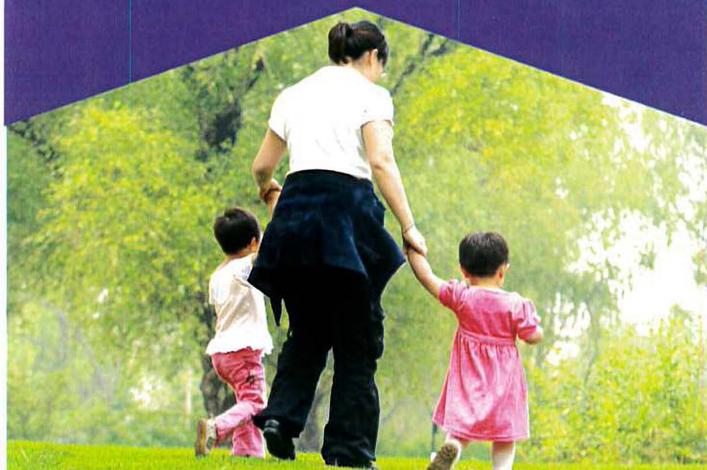
Offering hope. Ending the silence.



Safe Harbor Crisis Center  
is the first and only domestic  
violence and sexual assault  
crisis center in Davis County.

## What is Domestic Abuse?

Many individuals in an abusive relationship don't realize they're being abused. Domestic abuse is about power and control and takes many forms: physical, sexual, verbal, emotional, financial, or psychological. If you feel afraid of your partner it may be time to seek help. In Utah, 1 in 3 women and 1 in 7 men will be abused in their lifetime.



## Protective Shelter

In our shelter each family has a private, safe room to call home. There is unrestricted use of a fully equipped kitchen, laundry facilities, and outdoor playground. Residents also receive support services, case management, group enrollment, and essentials.

## Prevention & Community Education

Representatives are available to present at schools, businesses, churches, and other events/venues to raise awareness about interpersonal violence and how we can all help to end it.

## Services We Provide



### Outreach services

At our Lifeline & Prevention Center, located in Layton, advocates can offer case management, supportive services, education, resources, referrals, safety planning, and more while individuals remain in the community.

### Hope Housing

Safe Harbor offers a continuum of housing services that include flexible financial assistance, secure transitional housing, and supportive services to help survivors obtain or maintain independent housing.

### Therapy

Trauma from violence or abuse can impact mental health. Free therapy with a licensed therapist is available for domestic violence and sexual assault survivors.

### Davis Forensic Nurses

Our team of specially trained forensic nurses can provide trauma-informed exams for sexual assault and strangulation.

## Children's Services

We offer support groups and services specifically for children to help them communicate their feelings and develop coping and conflict resolution skills.

## Protective Order Advocacy

Advocates can assist with the protective order and stalking injunction process for individuals experiencing domestic violence, sexual assault, or stalking.

## Groups & Classes

Educational and supportive groups cover a range of topics to help survivors create a safe life for themselves and their children. We also offer educational presentations to the community in an effort to prevent abuse from happening in the first place. Groups are also offered in Spanish.



## What is Sexual Assault

Sexual Assault is any sexual contact or behavior that you do not agree to. It can be physical, verbal, visual, and includes sexual harassment.



## Safe Harbor Crisis Center

24/7 Crisis Line  
801-444-9161

PO Box 772  
Kaysville, UT 84037  
Phone: 801-444-3191  
Fax: 801-444-9170

Outreach Center  
225 N. Adamswood Road  
Layton, UT 84040

[www.safeharborhope.org](http://www.safeharborhope.org)  
[facebook.com/SafeHarborCrisisCenter](https://facebook.com/SafeHarborCrisisCenter)

### Offering Hope, Ending the Silence

- A Sexual Assault Advocate is available to talk with you 24/7.
- We believe you. We are here to help: 801-444-9161.
- We will never pressure you to call the police or have an exam.
- You don't have to share your name.
- Help is available regardless of when or where your assault took place.

### Our Mission:

Safe Harbor, a nonprofit organization, provides shelter, supportive services, and advocacy to survivors of domestic violence and sexual assault, as well as education, awareness and resources to our community.

**Safe Harbor**  
DCCAV - Davis Citizens' Coalition Against Violence

**Sexual Assault  
Services**

YOU ARE NOT ALONE. YOU ARE NOT AT FAULT. YOU ARE A SURVIVOR. YOU ARE STRONG. YOU HAVE A VOICE.



HELP IS AVAILABLE.

ALL SERVICES ARE FREE AND CONFIDENTIAL.

CALL: 801-444-9161

## Sexual Assault Advocacy Services

**24-Hour Crisis Support** - Intervention, advocacy, emotional support, and referrals 24/7.

**Individual Support** - Trained advocates work with individuals one-on-one for support, advocacy, problem solving, and other help.

**Therapy** - A licensed therapist can provide individual or group therapy during the healing process.

**Financial Assistance** - Support and assistance with the Crime Victim Reparations application and process.

**Medical Advocacy** - In-person support during medical exams and evidence collection at hospitals, clinics, and police departments.

**Legal Advocacy** - Support with protective order and stalking injunction processes, plus support for communicating with police departments, County Attorney's Office, and attending court hearings.

**STAR Group** - This eight week educational support group assists survivors to promote healing and growth. There are groups for adults and teens.

**Shelter** - Temporary housing, food, clothing, and personal items.

**Family and Friends Support** - Services, information, and support are available for family members and friends of survivors.

Call 801-444-9161 to access any or all of these services.

Our advocates can:

- Listen and offer support.
- Provide answers about what to expect if you report to the police, how sexual assault evidence collection happens, and what your options are.
- Help you with feelings and symptoms.
- Go with you to appointments, the hospital, or the police.
- Connect you to other needed resources.

# Offering Hope, Ending the Silence

- An advocate is available to speak with you 24/7
- Exams are offered at no cost to survivors and hospitals
- Davis Forensic Nurses are trained professional SANE's
- SANE's coordinate with hospital staff and law enforcement to collect evidence and provide medical care.



## Safe Harbor Crisis Center

24/7 Crisis Line: 801-444-9161

*Call for support, information, access to emergency shelter, and to request a forensic medical exam.*

### Community Lifeline and Prevention Center

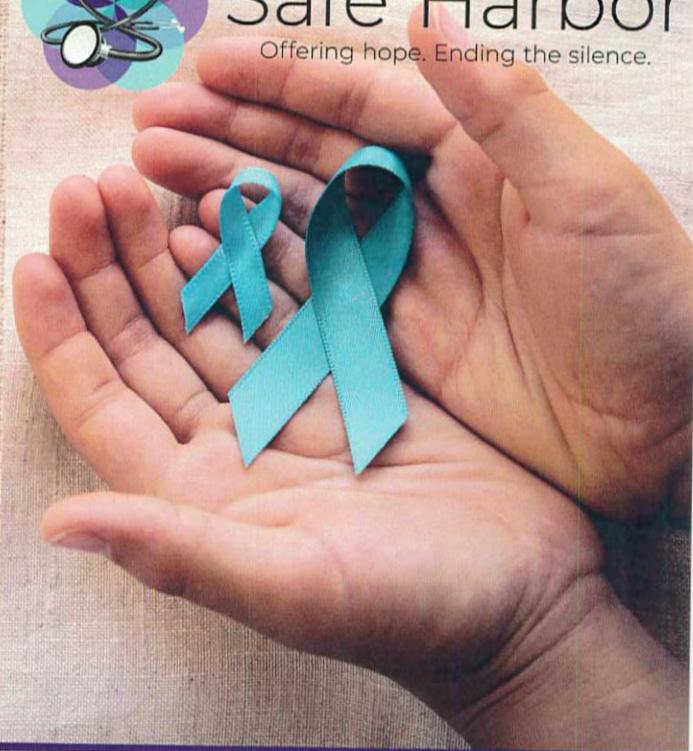
280 North Union Avenue  
Farmington, Utah 84025

PO Box 772  
Kaysville, Utah 84037  
Business Line: 801-444-3191  
Fax: 801-444-9170

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# Davis Forensic Nurses



## Why Offer Forensic Medical Exams?

Sexual Assault Nurse Examiners provide medical care, preventative medications for sexually transmitted infections, emergency contraception, documentation of the assault, and timely evidence collection to help aid in the investigation and prosecution of sexual assault cases.

Survivors can decide what portions of the exam they are comfortable with and what services they would like.

A trained sexual assault advocate is always called to accompany nurses to provide emotional support and connection to future services within the community for each survivor.

## Why Davis Forensic Nurses?

Davis Forensic Nurses is committed to providing professional, timely response and support to survivors of sexual assault.

- Team of 15 professional certified Sexual Assault Nurse Examiners
- Response time of 30 minutes
- Exams provided at no cost to medical facility or survivors
- Oversight of medical director for entire team
- Malpractice insurance carried by the entire team for all nurses
- Connection to continued advocacy and support through Safe Harbor Crisis Center after the exam

## Accessing Exams

**Requesting an Exam** - Call Safe Harbor's Crisis Line at 801-444-9161 to dispatch a Davis Forensic Nurse and a sexual assault advocate to respond to the exam. A nurse will contact you to coordinate details.

- Exams available for survivors within 5 days (120 hours) of assault
- Private clinic at Layton IHC hospital
- Exams offered for any survivors age 14 and over
- Coordination with Davis County Children's Justice Center for clients age 14 to 17
- Exams are free for survivors and medical facilities.

## Recursos para la Comunidad

### Open Doors

Guardería de crisis, asistencia de casa, banco de comida  
801-773-0712

### Utah Transit Authority

Servicios de transportación  
801-743-3882

### Davis Behavioral Health

Servicios de salud mental  
801-773-7060

### Utah Legal Services

Asistencias legales. Por ejemplo,  
divorcio y custodia  
800-662-4245

### Cottages of Hope

Ayuda de planificación financiera y  
presupuestas  
801-393-4011

### Department of Workforce Services

Asistencia del empleo  
866-435-7414

# Safe Harbor

Ofreciendo esperanza,  
parando el silencio

24/7 Numero de Crisis:  
**801-444-9161**

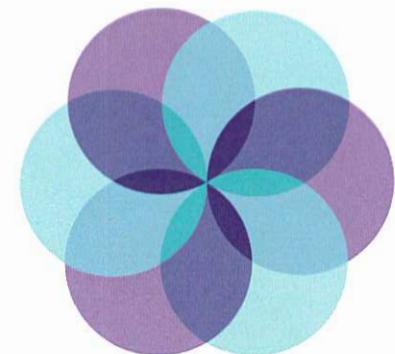
 **Safe Harbor Línea de Negocios:**  
**801-444-3191**

 **www.safeharborhope.org**

 **223 Larsen Lane**  
**Layton, UT 84041**



**DIVERSE  
INCLUSIVE  
ACCEPTING  
WELCOMING  
SAFE SPACE  
FOR EVERYONE**



## Safe Harbor

Offering hope. Ending the silence.



Safe Harbor es una organización sin fines de lucro que brinda refugio, servicios de apoyo a sobrevivientes de violencia doméstica y abuso sexual. También proporcionamos educación, concienciación y recursos a nuestra comunidad.



## PROGRAMA DE ALCANCE

Trabajadores sociales que son entrenados para ayudar a los sobrevivientes en la comunidad afuera del refugio. Referencias por asistencia en casa, empleo, terapia, educación, y más. Hay trabajadores sociales que puede ayudarle con órdenes de protección, planes de acción y planes de seguridad.

## PROGRAMA DE ASALTO SEXUAL

Trabajadores sociales que son entrenados y están disponible para proveer apoyo con el viaje de sanar el asalto sexual. Hay educación sobre el asalto sexual y grupos. Hay examinadoras enfermeras de asalto sexual por los exámenes de asalto sexual.

## REFUGIO DE EMERGENCIA

en nuestro refugio cada familia tiene una habitación privada y segura para llamar hogar. Hay uso ilimitado de una cocina totalmente equipada, lavandería y parque infantil al aire libre. Los residentes también reciben servicios de apoyo, administración de casos, inscripción grupal y elementos esenciales.

## PROGRAMA DE ASISTENCIA DE VIVIENDA HOPE

Es un programa que provee servicios móviles y vivienda transitoria recursos para apoyar asistencia de casa y estabilización por sobrevivientes de doméstica violencia, asalto sexual, acoso, y violencia de noviazgo. Este programa tiene la oportunidad a proveer a corto plazo asistencia de alquilar, asistencia financiera limitado, y vivienda transitoria a sobrevivientes para hacer un esfuerzo a ayudar y evitar la falta de vivienda.

## SERVICIOS TERAPÉUTICOS

Safe Harbor ofrece terapia en inglés que es libre y confidencial para los sobrevivientes de violencia doméstica y asalto sexual de edades más de diez años. Cuando tiene experiencias de abuso, le puede tener un impacto significado en su salud mental. Esto puede incluir ansiedad, depresión, y el trastorno por estrés postraumático. Terapia con un terapeuta autorizado a quien puede entender los impactos de las experiencias de abuso puede ayudar los sobrevivientes sanar de sus traumas en el pasado.

## Grupos de Apoyo y Educación

### Violencia Domestica Nivel 1 (inglés y español)

Este grupo de 7 semanas va a enfocarse sobre la pena y la pérdida, el ciclo de abuso, si un abusador puede cambiar, creando relaciones sanas, y comprendiendo los límites.

### Violencia Domestica Nivel 2 (solo inglés)

Este grupo de 10 semanas va más allá de la fundación de lo que es violencia doméstica, y da permiso a los sobrevivientes para enfocarse a la pregunta "qué es próximo". Aumentando el conocimiento de los límites, las relaciones sanas, y el crecimiento de sí misma.

### Apoyo de los Padres (solo inglés)

Este grupo enfoque sobre fortaleciendo la relación entre el parent y niño por medio de comprendiendo el trauma mejor, apoyando el niño con sus emociones, la co-paternidad, las rutinas, y más.

### Otro Grupos Proveído de Safe Harbor:

- STAR (Recuperación de trauma sexual)
- Teen STAR (El mismo, pero para los adolescentes) Apoyo de Terapia
- Violencia Domestica en español

