

CASE MANAGEMENT

Resource Guidance

The Retreat offers a team effort of linking to services and resources in order to meet your needs. This process comes together with counseling and advocacy to better the lives of survivors of domestic violence and sexual abuse.



RESOURCES AVAILABLE

Case Managers provide assistance & referrals with:

- Healthcare
- Housing applications
- Public assistance/DSS
- Legal services
- Immigration concerns
- Employment assistance
- Financial independence
- Education/ navigating education systems
- Applying for financial aid
- Childcare
- Transportation
- Nutritional assistance/food pantries

FIRST STEPS

The Retreat's Case Manager provides you with an intake assessment to determine needs and resources that may be available to you.

Case management sessions involve:

- Identifying goals that contribute to your success and physical/mental wellbeing,
- Linking and referring you to resources and services.

Questions?

Contact The Retreat's Case Manager directly at (631)591-3350 or jbaptiste@theretreatinc.org.

Ready to Enroll?

Speak directly to your counselor or advocate for a referral to Case Management or contact the Case Manager directly at (631)591-3350 for more information.

How Can We Help?

- Do you need help filling out an application for food stamps?
- Do you need assistance obtaining special education services for your child?
- Do you need assistance in registering your child for school?
- Do you need help writing your resume and learning interview skills?
- Do you need assistance obtaining healthcare for yourself?
- Do you need help finding a food pantry or soup kitchen in your area?
- Do you need a referral to an immigration agency?
- Do you have any questions about the public benefits you may qualify for?
- If you answered "Yes" to any of the above questions, we can help! Contact our Case Manager today for an appointment.



SAFETY PLANNING

Ready to Leave?

A safety plan is a personalized, practical plan to improve your safety while experiencing abuse, preparing to leave an abusive situation, or after you leave. Your plan includes vital information tailored to your situation and will help you prepare for and respond to different scenarios.



PREPARING TO LEAVE

- Let someone you trust keep a bag packed with your essential items and copies of important documents.
- Practice how to get out of the home safely.
- Plan for a safe place to go if you have to leave suddenly.
- Devise a code word to use with your neighbor, children and family when you need them to call the police.
- Teach your children how to call the police.
- Open a savings account or credit card in your own name.

LEAVING

- You may request police stand-by
- Consider getting a Order of Protection (OP)
- Take important phone numbers and documents.
- Create a false paper trail to make your abuser think you have gone someplace else (e.g. call about housing or schools in states other than the one you are going to)

AFTER LEAVING

- Keep a copy of your OP with you at all times and give a copy to your children's school
- Change the locks if you're still in your home
- Install as many security features as possible
- Change passwords / login information for online accounts
- Increase privacy settings for all online accounts
- Check for GPS tracking on phones, cars, and internet-connected devices
- Stay in touch with trusted family and friends.

Is someone abusing you?

The abuse you are experiencing is NOT your fault. You will need support to move forward. The Retreat is here for you.

Checklist

MAKE COPIES OF:

- Birth Certificates
- Driver's License or other identification
- Medicaid / Social Security / Insurance cards
- Bank Account Information
- Immigration Paperwork
- Immunization & Health Records
- Marriage License / Divorce Papers
- Any court orders, including protection, custody / visitation, or support

PACK A BAG WITH:

- Extra keys to house, car, etc.
- Medications
- Money
- Change of clothes for self and kids
- Copies of important papers (above)
- Supplies for pets

Give bag to trusted person or hide it in a safe place where you can easily get it later.



ALL AGAINST ABUSE.ORG

24-Hour Hotline (631)329-2200

Non Emergency (631)329-4398

CHILD CUSTODY

Who Can Ask for Custody?

The mother, legal father or a legal guardian perhaps a grandparent, can ask for custody. A legal father is a man who has signed an Acknowledgement of Paternity or received an Order of Filiation from the court or is listed as father on the child's birth certificate.



CHILD CUSTODY

Custody is the authority to make decisions on a child/children's care, which can include where the child lives, education and medical care.

- **“Physical” Custody** – refers to the one parent or legal guardian who physically has the child/children. Physical custody is the term used by the court to determine who has the child/children if there is no court order in place.
- **Sole Legal Custody** - one parent or legal guardian is legally entitled to make decisions about the child/children as a result of a court order. The non-custodial parent may have the right to receive important information about the child, but he/she does not make the final decisions.
- **Residential Custody** – the child/children live in the household of one parent or legal guardian as a result of a court order.
- **Joint Custody** - Two parents or legal guardians, share the authority to make decisions about the child/children as a result of a court order. With joint custody, the parents/legal guardians must communicate well to keep each other informed of the child/children's needs and to make decisions together. Sometimes the parents/legal guardians may alternate the days the child/children stay with them.

VISITATION

Parent-child visitation allows parents/legal guardians who do not have full, legal custody to see their child/children on a regular basis.

A parent/legal guardian is entitled to frequent and meaningful visitation, unless it is shown that it would be harmful to the child.

How do I file a custody/visitation petition?

You can file a custody or visitation petition at your local Family Court. The parent/legal guardian must name the other parent on the petition and explain the reasons why he/she should have custody.

Either parent or legal guardian can ask for visitation. The court will determine whether visitation is in the child's best interest. The court can set a visitation schedule that suits the child and the parents'/legal guardians' schedules or the court can keep visitation as agreed between the parents/legal guardians.

Either parent/legal guardian in a custody or visitation petition has the right to an attorney. If they cannot afford an attorney, Family Court will assign one.

Don't Be Afraid.

If you are domestic violence survivor, you may be afraid to file for child support against the abusive partner. It is possible to receive child support from the other parent without them ever learning of your address or telephone number. You can also get protection from the court officers while you are in court.



WHO MAY FILE FOR CHILD SUPPORT?

Any parent or nonparent caregiver acting as guardian of at least one child under the age of 21 is eligible to apply for child support services.

- If you are the only parent living with the child you are the "custodial parent." As the custodial parent, you may file a child support case against the non-custodial parent.
- If you live with the parent of your child, you can still file for child support against the offending parent if they are refusing to provide any financial support for the child.
- If you are receiving public assistance for the child, it is the Human Resources Administration who may seek a child support order against the offending parent.
- Anyone who has custody of a child, not just the parents, may file for child support from one or both of the parents.

WHO IS REQUIRED TO PAY SUPPORT?

Biological and adoptive parents are required under New York State law to financially support their children. It does not matter if the parents never lived together or were never married.

HOW CAN I APPLY FOR CHILD SUPPORT?

The Retreat will assist with completing a child support petition and then submit it at your local Family Court.

CHILD SUPPORT ORDER VIOLATED?

If you already have a support order and are not receiving payments, The Retreat will assist in filing a support violation/enforcement petition at your local Family Court.

Questions?

Contact The Retreat's Court Advocates at (631)591-3350.

How can The Retreat help?

The legal advocates at The Retreat can help victims and survivors of Domestic Violence and assault by:

- Educating clients about their legal rights regarding child support.
- Explaining the process of filing a child support petition in Family Court.
- Helping clients start and complete their child support petitions.
- Helping clients file their child support petitions through Family Court.
- Helping a client complete a violation petition of child support if they already have a court order that is being violated.
- Accompanying clients to their court appearances.
- Explaining the court process to the clients before and after their court appearances.

SIGNS OF TRAUMA

How to Help.

Sometimes, people experience trauma through physical or cognitive symptoms long before they are able to process their emotional symptoms. When these signs are present, reconnect, engage, and offer support. As you help others, remember that you also deserve space to process and receive support. You do not have to “have it all together” all the time.



SIGNS OF TRAUMA

Physical

- Hyperarousal (feeling on high alert/having intense reactions)
- Insomnia
- Inability to relax
- Loss of appetite
- Physical complaints (often vague and widespread)
- Lack of energy and drive

Emotional

- Shock, numbness, denial
- Fear, anxiety
- Survivor guilt (if involving a fatality)
- Performance guilt (feeling you did not do enough)
- Helplessness and hopelessness
- Anger, irritability
- Grief, sadness, crying

Cognitive

- Dissociation
- Confusion
- Impaired memory and concentration
- Reduced self-esteem
- Hypervigilance (increased alertness and sensitivity to surroundings or fearing dangers that may not be real)
- Blaming others
- Flashbacks and intrusive thoughts

Social

- Withdrawal
- Loss of trust
- Loss of focus
- Missing deadlines or meetings
- Avoidance of reminders of the traumatic event

Where Can I Get Help?

As a victim, or caring for a victim, you can get help.

Well Being Check-In

Make it a practice to check-in throughout the weeks after an incident and around key anniversaries or dates of the traumatic incident. Recovering from a traumatic event takes time and looks different for everyone. These events cause emotional, physical, and sometimes life-threatening harm, which can have an adverse impact on functioning, and mental, physical, social, emotional, and spiritual well-being.

The fear, uncertainty, and change may significantly affect a person's daily life and ability to perform their home or job duties as they had prior to the incident. “Business as usual” may be difficult to return to and expecting staff to move on as though nothing had happened may lead to further harm.



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