

# You Are Not Alone

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**You deserve to feel safe in your relationships.**

If you have experienced intimate relationship violence, please know that it is not your fault. If you would like someone to talk to, free and confidential help is available.

CONTACT THE CARE OFFICE

PHONE: **(517) 272-7436**

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 FOLLOW US ON FACEBOOK:

**WWW.FACEBOOK.COM/CAPITALAREARESPONSEEFFORT**



## Contact Us

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CAPITAL AREA RESPONSE EFFORT (CARE)

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*"Trauma creates change you don't choose. Healing is about creating change you do choose."*

*Michelle Rosenthal*



## The CARE Program



A COMMUNITY  
RESPONSE TO  
INTIMATE PARTNER  
DOMESTIC VIOLENCE

## What is Domestic Violence?

- A pattern of abusive behaviors used to gain or maintain power and control over a partner in an intimate relationship
- Behaviors that physically harm, intimidate, manipulate or control a partner, or otherwise force them to behave in ways they don't want to, including through physical violence, threats, emotional abuse, or financial control
- Usually increase in frequency and severity over time
- Anyone can experience domestic violence, and anyone can be an abuser, regardless of race, gender, socioeconomic class, sexual orientation, or age

## What Causes Domestic Violence?

- Domestic violence is a learned behavior caused by a desire for power and control
- Abusers use excuses for their violence such as anger, substance abuse, childhood trauma, and stress
- These factors may appear in many relationships, but they are not the root cause of the violence



## CARE Services

- Immediate crisis intervention advocacy response following an act of domestic violence at the request of a law enforcement agency or hospital

*Only police officers or hospital nurses are able to request a CARE team crisis-intervention response, however, the rest of the CARE services are available to any survivor of domestic violence. Other services include, but are not limited to:*

- Applying for a Personal Protection Order
- Legal advocacy and transportation to court-related appearances
- Assistance with filing for Crime Victim Compensation
- Community referrals for shelter, legal assistance, housing, counseling, and other resources
- Information on Crime Victim's Rights
- Information on the criminal justice process
- Safety planning
- Access to a personal needs closet for hygiene items and cleaning supplies

## A Community Response

CARE advocates provide confidential, trauma-informed crisis intervention and ongoing advocacy and work to empower survivors through empathetic listening and education on the dynamics of domestic violence.

CARE works with local law enforcement agencies and Forensic Nurse Examiners to ensure that an advocate is notified of a domestic assault so that the survivor has an opportunity to receive services and support.

If the perpetrator has been arrested or the survivor is in a safe location, such as a hospital, CARE will respond to the survivor in-person within 30 minutes. If the assault occurred between 1:00am and 8:00am, an advocate will respond the following morning. If CARE advocates cannot safely respond to the scene, the survivor will receive a phone call and a packet of resources in the mail.



*You are the expert on your relationship.  
How can we help?*