

# CADA Resources List

## Domestic Violence Resources

[Click here](#) to view the **Domestic Violence Power and Control Wheel**

[Click here](#) to view the **Cycle of Violence**

### Local:

**CADA's Crisis Line:** 360-675-2232 or 1-800-215-5669

**Island County Clerk's Office:** 360-679-7359 - Option 6

**Island County District Court:** 360-675-5988 <http://www.islandcounty.net/>

**Island Transit:** [www.islandtransit.org/](http://www.islandtransit.org/) Island Transit is a free transportation service.

**Opportunity Council:** 360-679-6577 or Toll Free: 1-(800) 317-5427 <http://www.oppco.org/>

The Opportunity Council is a private, non-profit Community Action Agency serving homeless and low-income families and individuals. They offer a broad scope of services that range from addressing immediate and crisis-oriented needs (food, emergency shelter for those not experiencing domestic violence, eviction-prevention) to longer-term programs that promote self-sufficiency in our community (early childhood education, home weatherization).

**DSHS (Department of Social and Health Services):** 1-800-743-0117

<http://www.dshs.wa.gov/>

**Senior Services:** <http://www.alsa.dshs.wa.gov/resources/Island/default.htm>

### Military Families:

**NAS Whidbey Island Fleet and Family Support:** 360-257-3266

**Domestic Abuse Victim Advocate (DAVA):** 360-257-8894

## State:

**Washington State Domestic Violence Hotline:** 1-800-562-6025

**WSCADV (Washington State Coalition Against Domestic Violence):**

<http://www.wscadv.org>

**Washington State Courts:** [www.courts.wa.gov](http://www.courts.wa.gov)

**CLEAR Intake Line:** 1-888-201-1014 <http://nwjustice.org/clear-online>

CLEAR is Washington's centralized intake, advice and referral service for low-income people seeking free legal assistance with civil legal problems.

**Northwest Justice Project (NJP):** [www.nwjustice.org](http://www.nwjustice.org) Washington's publicly funded legal aid program.

**WA Law Help:** <http://www.washingtonlawhelp.org/>

Free legal publications and self-help packets for various legal issues in WA state (divorce, custody, protection orders, housing, debt, etc.)

**CPS (Child Protective Services) - Intake Line for Washington State:** 1-866-829-2153

**APS (Adult Protective Services) Intake Line for Washington State:** 1-800-487-0416

**Domestic Violence Resource Guide for Washington State:** [www.orgsites.com/wa/wdc/](http://www.orgsites.com/wa/wdc/)

This website provides a list of some shelters and crisis lines by county.

**Aging and Adult Services Administration:** [www.aasa.dshs.wa.gov](http://www.aasa.dshs.wa.gov)

AASA offers a wide array of resources and services available in Washington State in connection with the Department of Social and Health Services. Specific information on signs of abuse is available at this site.

**ACRS (Asian Counseling and Referral Service):** [www.acrs.org](http://www.acrs.org)

Asian Counseling and Referral Service (ACRS) is a nationally recognized nonprofit organization offering a broad array of human services and behavioral health programs to Asian Pacific Americans in King County.

**ADWAS (Abused Deaf Women's Advocacy Services):** [www.adwas.org](http://www.adwas.org)

Abused Deaf Women's Advocacy Services empowers Deaf and Deaf Blind survivors of domestic violence, sexual assault and harassment to transform their lives, while striving to change the beliefs and behaviors that foster and perpetuate violence. They provide comprehensive services to individuals and families, community education, and advocacy on systems and policy issues.

**API Chaya** (Asian, South Asian, and Asian Pacific Islander survivors of domestic and sexual violence): <http://www.chayaseattle.org/index.php/contact-us>

**Consejo (Latino survivors of domestic and sexual violence):**

<http://consejonew.consejocounseling.org/>

**Northwest Network of Trans, Lesbian, and Gay Survivors of Abuse:**

<http://nwnetwork.org/>

**Washington Coalition of Crime Victim Advocates:** <http://www.wccva.org/>

## **National:**

**National Domestic Violence Hotline:** 1-800-799-7233 [www.thehotline.org](http://www.thehotline.org)

**National Resource Center on Domestic Violence:** <http://www.nrcdv.org/>

**National Crisis Text Line:** [www.crisistextline.org](http://www.crisistextline.org) Anyone can text at any hour of the day in any kind of crisis at any location in the US, and a trained crisis counselor will help you safety plan and work through your time of crisis. Text START to 741-741

**The National Council of Juvenile and Family Court Judges:** [www.ncjfcj.org/dept/fvd](http://www.ncjfcj.org/dept/fvd)

Family Violence Prevention & Services Resource Centers

<http://www.acf.hhs.gov/programs/fysb/fv-centers>

**National Online Resource Center on Violence Against Women:**

<http://www.vawnet.org/>

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)

<http://www.suicidepreventionlifeline.org/>

**NCAVP (National Coalition of Anti-Violence Programs):** <http://www.avp.org/index.php>

Free Domestic Violence Resources

**Dating Advice:** <http://www.datingadvice.com/directories/domestic-violence-resources>

**MoneyGeek:** [Financial Help for Women in Abusive Relationships](http://www.moneygeek.com/financial-help-for-women-in-abusive-relationships/)

# Sexual Assault Resources

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**Senior Services:** <http://www.alsa.dshs.wa.gov/resources/Island/default.htm>

## Military Families:

**NAS Whidbey Island Fleet and Family Support:** 360-257-3266

**Sexual Assault Prevention and Response (SAPR) Advocates:** 360-257-3265 & 360-257-2528

**SAFE Helpline** (24 hour hotline and website available to victims of sexual assault in the military): 877-995-5247, [www.safehelpline.org](http://www.safehelpline.org)

## State:

**WCSAP (Washington Coalition of Sexual Assault Programs):** <http://www.wcsap.org>

**Washington State Courts:** [www.courts.wa.gov](http://www.courts.wa.gov)

**CLEAR Intake Line:** 1-888-201-1014 <http://nwjustice.org/clear-online>

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**Northwest Network of Trans, Lesbian, and Gay Survivors of Abuse:**

<http://nwnetwork.org/>

**Washington Coalition of Crime Victim Advocates:** <http://www.wccva.org/>

## **National:**

**Rape, Abuse & Incest National Network (RAINN):** <http://www.rainn.org/>

**National Sexual Assault Hotline:** 1-800-656-HOPE (4673) and

**Online Hotline:** <http://online.rainn.org>

**National Sexual Violence Resource Center:** <http://www.nsvrc.org/>

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)

**National Crisis Text Line:** [www.crisistextline.org](http://www.crisistextline.org) Anyone can text at any hour of the day in any kind of crisis at any location in the US, and a trained crisis counselor will help you safety plan and work through your time of crisis. Text START to 741-741

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**NCAVP (National Coalition of Anti-Violence Programs):** <http://www.avp.org/index.php>

**The National Council of Juvenile and Family Court Judges:** [www.ncjfcj.org/dept/fvd](http://www.ncjfcj.org/dept/fvd)

**National Online Resource Center on Violence Against Women:**

<http://www.vawnet.org/>

## Youth Resources

**CADA's Crisis Line:** 360-675-2232 or 1-800-215-5669

[Click here](#) to view the **Teen Power and Control Wheel**

[Click here](#) to view the **Teen Equality Wheel**

[Click Here](#) to view a **Teen Safety Planning**

**Dating Violence Among Adolescents:** <http://www.advocatesforyouth.org/datingviolence>

**That's Not Cool (Teens & Digital Safety):** <http://www.thatsnotcool.com/>

**Guide for Teens & Parents on How to Stop Bullying:**

<http://www.stopbullying.gov/respond/be-more-than-a-bystander/index.html>

**Love is Respect:** Get information, counseling and support for dating violence and dating questions and concerns 24/7 thru Live Chat, hotline, text, or website.

[www.loveisrespect.org](http://www.loveisrespect.org) for live chat

Teen hotline: 1- 866 -331-9474

Text "loveis" to 22522

**Break the Cycle – Empowering Youth to End Domestic Violence:**

<http://www.breakthecycle.org/>

**Rachel's Challenge (prevention of bullying in teens):**

<http://www.rachelschallenge.org/>

**Washington State Domestic Violence Hotline:** 1-800-562-6025

**National Sexual Assault Hotline:** 1-800-656-HOPE (4673) and **Online Hotline:**

<http://online.rainn.org>

**National Crisis Text Line:** [www.crisistextline.org](http://www.crisistextline.org) Anyone can text at any hour of the day in any kind of crisis at any location in the US, and a trained crisis counselor will help you safety plan and work through your time of crisis. Text START to 741-741

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)

## Cell Phone Safety

**Do not leave your cell phone or smartphone unattended.** There are types of malware and spyware that can be downloaded to your phone that track everything you do, from a separate location. In addition, it will forward all of your emails, text messages and Facebook messages to another phone or computer. It also allows the person spying to view your call logs.

This software can be purchased by anyone and cannot be detected by you once it is on your phone. There is no easy way to delete the spyware once it is on there, and many cell phone companies do not know how to erase it. It is safest just to replace the phone with one you are sure has not been tampered with.

In addition, someone can track you using your GPS without touching your phone at all. All they need is your phone number, and the internet, and they can follow you anywhere you go. If you have GPS on your phone, it is connected to a satellite 24 hours a day that can locate your position anywhere. Anyone can use this feature against you by simply 'buying' access to it.

**For detailed instructions on how to disable the GPS features on your phone go to** <http://icanstalku.com/how.php>

BE AWARE! BE SAFE! Contact CADA with any questions.