

## **Potential Effects of Domestic Violence and Trauma on Children**

- Children blame themselves for the abuse, for not being able to stop or control it
- Children learn the world is NOT safe
- Learn not to trust
- Learn not to feel
- Children learn to numb out, predisposing them to addictions as adults
- Chronic shame and guilt
- Low self esteem
- More likely to be sexually abused
- More likely to be physically abused
- More likely to become a victim or aggressor as an adult
- Anxiety and impulsivity
- Depression
- Aggression
- Chronic personality changes / mental illness
- Noncompliance
- Rage / violence
- Skewed perceptions of right and wrong
- Skewed values and beliefs about abuse
- Skewed definitions and perceptions of what love is
- Psychosomatic complaints
- Chronic self-defeating behaviors
- Substance Abuse Issues
- Self-Hatred
- Equate self-worth with the actions of others around them (those they love)
- Codependency and dependency on others for self-definition
- Hyper vigilance / hypersensitivity
- Insomnia
- Inability to properly care for self
- More likely to be victimized
- More likely to abuse someone else
- More likely to end up in criminal justice system

## **Substance Abuse Services**

Cindy Hansen	237-4722
Stacey Garcia	238-7612
Pacific Rim Consulting	232-8840
Addiction Counseling Associates	234-2512
Road to Recovery	233-9135
Lighthouse for Recovery	237-3365
Stillwaters	232-4800
Solutions for Life (Am.Falls)	226-7500
Alcohol Anonymous	235-1444
Alanon	232-2692
MK Place for Youth	234-4722

## **Sixth Judicial District**

130 N. 6<sup>th</sup> Ave, Suite F  
Pocatello, ID 83201  
Phone (208) 236-7421  
Fax (208) 236-7431



## **Community Resources**

### **Family Court Services**

Gary L. Schreiner, Director  
Danika Chapple, DV Court Coordinator  
Melvin Tracy, DVSA Response Coordinator  
Jennifer Shepherd, Case Manager  
Danica Ludwig, Administrative Assistant  
Dee Ann Gunn, Administrative Assistant  
[www.familycourtservices.org](http://www.familycourtservices.org)

**For more information on services  
available in this area, please visit:**

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

### Emergency Services

Pocatello Police	234-6100
Chubbuck Police	237-7172
County Sheriff	236-7111
Fort Hall Police	238-9890
ISU Security	282-2515
Mental Health Crisis Line	234-7900
Mental Health Crisis Line	(888) 573-7652
Suicide Hotline	(800) 273-8255
Behavioral Health Center	227-2100
Dom. Violence/Sexual Assault Crisis	251-4357
Dom. Violence/Sexual Assault(Spanish)	681-8715
Child Protection Crisis Line	201-5283
Ft. Hall Dom. Violence Crisis Line	339-0438
Ft. Hall Counseling Crisis Intervention	478-4000

### Non- Violence Programs

A-Z Family Services	478-9822
Family Services Alliance	232-0742

### Legal Services

Sharee Sprague Court Assistance Office	236-7067
Idaho Legal Aid	233-0079
Legal Resource Line	(877) 228-6601
DV Legal Advice Line	(877) 500-2980
Idaho Volunteer Lawyer Program	(208) 334-4500
Public Defender's Office	236-7041

<http://www.isc.idaho.gov/courtfor.htm>

### Psychiatrists

Dr. Hazle	239-2790
Dr. Martindale	237-3612
Dr. Ravsten	233-5433
Dr. Palmer	233-7832
Dr. Olnes	785-1200
Dr. Kisiyama/Dr. New	552-0920

### Medical Services

Health West	232-6260
Medicaid	(877) 456-1233
Pocatello Free Clinic	233-6245

### Indigent Services

Indigent Services	236-7347
Rental Assistance	522-6002
SEICCA	234-0966
Community Council of Idaho	785-6390
Pocatello Housing	233-6276
Navigation Services/Health and Welfare	235-2900
Aid for Friends	232-5669

### Domestic Violence / Sexual Assault Resources

Family Services Alliance	232-0742
Oneida County Services	766-3119
Franklin County Services	221-1396
Preston Counseling	852-2407
Danika Chapple, DV Court Coord.	236-7421
Mel Tracy, DVSA Response Coord.	236-7254
Idaho Crime Victims Comp	(800) 950-2110
Crisis Line	251-4357
Becky Rodriguez Vic.Witness Coord.	234-6515
National DV Hotline	(800) 799-7233
Vickie Rice Vic. Witness Coord.	236-7280
Bingham Crisis Center	785-1047

### Counseling Services

Mental Wellness Center	478-9081
Family Services Alliance	232-0742
Candlewood Counseling	478-8340
A-Z Family Services	478-9082
Center Counseling	237-1711
ISU Psychology Clinic	282-2129
ISU Counseling Department	282-3156
Bright Tomorrows	234-2646
Behavioral Treatment Services	234-2600
Center for New Directions	282-2454
Community Mental Health	478-2172
Psychological Assessment Specialists	233-0150
Healthy Place Counseling	478-9551
Adult Mental Health	234-7900
Teresa Belnap LCSW	237-0385
Fort Hall Dom.Violence Advocate	478-4037
Fort Hall Dom. Violence Shelter	478-3747
Ft. Hall Counseling &Family Services	237-5631

### Parenting Services

Bannock House	234-2244
Franciscan Counseling	233-9383
A-Z Family Services	478-9822
Family Services Alliance	232-0742
Garden Counseling / Co-parenting	232-2263
Child Protection Services	239-6200