

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 |
| A-Z Family Services | 478-9822 |
| Mental Wellness Center | 478-9081 |
| 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. 6th 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
Karen Kamusoko, DVSA Response Coord.
Jennifer Shepherd, Case Manager
Dee Ann Gunn, Administrative Assistant
www.familycourtservices.org

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

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 |
| A-Z Family Services | 478-9822 |
| Oneida County Services | 766-3119 |
| Franklin County Services | 221-1396 |
| Preston Counseling | 852-2407 |
| Danika Chapple, DV Court Coord. | 236-7421 |
| Karen Kamusoko, DVSA Admin. | 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 |

<http://www.bannockcounty.us/dv/index.html>

Counseling Services

| | |
|--------------------------------------|----------|
| Mental Wellness Center | 478-9081 |
| Family Services Alliance | 232-0742 |
| Candlewood Counseling | 478-8340 |
| A-Z Family Services | 478-9822 |
| 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 |