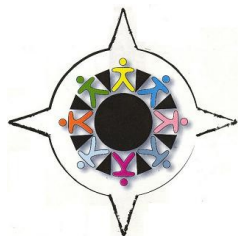


Resident Council Board's  
Violence Task Force (VTF) Hotline

**(720) 932-3140**



A partnership of Denver Housing Authority and the Resident Council Board

# Safe Communities

## Resource Guide



*Preventing violence in your community with  
Resident Council Board's Violence Task Force Hotline*



A partnership of Denver Housing Authority and the Resident Council Board

## Security For Seniors

### WARNING SIGN OF PHYSICAL ABUSE

- Cuts, bruises, black eyes, bone fractures, untreated injuries
- Withdraws from sudden movement
- Malnourishment, weight loss



### WARNING SIGNS OF NEGLECT

- Bed sores, rashes, lice, fleas
- Dirty clothes/bed linens, unbathed, smell of feces/urine
- Untreated medical conditions, missed doctor appointments

### WARNING SIGNS OF FINANCIAL ABUSE

- Unpaid bills, although resources are available
- Sudden transfer of assets, changes or unusual activity in bank accounts
- Abrupt changes in will or other financial documents

### WARNING SIGNS OF SENIOR FRAUD

- Claims of winning followed by request of payment
- Claims the individual “must act immediately or miss opportunity”
- Claims to “huge profits with little or no risk”
- The company demands cash as form of payment
- Promises service for upfront fee

### FRAUD PREVENTION

- Never give personal information (credit cards, social security numbers, bank account information) to callers
- Call the charity/organization directly lto make a donation
- Report all instances, or suspicion, of fraud to the police

*If you think someone is in need of assistance, inform your Manager and/or Service Coordinator.*



Denver Department of Human Services

Adult Protective Services: (720) 944-3666

Association for Senior Citizens: (303) 455-9642

## Additional Resources

### Report Crimes to:

**Police**

**Site Manager**

**VTF Hotline**

### Community Resources

**Non Emergency Police**  
**(720) 913-2000**

**Denver Police Victim Asst. Program**  
**(720) 913-6035**

**Colorado Co. Against Sexual Assault**  
**(303) 861-7033**

**Denver Victims' Service Center 24 Hour Hotline**  
**(303) 894-8000**  
**TTY (303) 860-9555**

**Comitis Crisis Center**  
**(303) 343-9890**

**Legal Aid Society of Denver**  
**(303) 837-1321**

**The Conflict Center**  
**(303) 433-4983**

**Denver Dept. Of Human Svcs:**  
**Adult Protective Services**  
**(720) 944-3666**  
**Association for Seniors**  
**(303) 455-9642**

**National Domestic Violence Hotline**  
**(800) 799-7233**

**Rape Crisis Hotline**  
**(303) 322-7273**

**Denver Domestic Violence Taskforce**  
**(720) 913-8450**

**Safehouse Denver**  
**(303) 892-8900**

**VIOLENCE TASK FORCE HOTLINE:**

**(303) 932-3140**

## Community Resource Officers

The Denver Community Resource Officer Program provides community assistance on issues such as neighbor disputes, public nuisances, zoning issues, fraud and crime prevention, and other neighborhood concerns. Community Resource Officers (CROs) attend regular meetings with neighborhood organizations to provide training on issues pertaining to, but not limited to the Neighborhood Watch program, commercial and home security, gang awareness, crime prevention, and more.

**District 1: Carlos Montoya**  
720-913-0461

**District 2: Amy Esten**  
720-913-1095

**District 3: Anthony Burkhardt**  
720-913-1231  
**Cari Jimenez**  
720-913-1175

**District 4: Nick Grove**  
720-913-0276

**District 5: Tony Bruce**  
303-376-2300

**District 6: Mark Jacobson**  
720-913-2906

## Violence in the Home

### THE CYCLE OF DOMESTIC VIOLENCE:

- ↓ Honeymoon Stage (All is well, romance, relations are fair and supportive)
- ↓ Intimidation (Using looks, actions, gestures and words to instill fear)
- ↓ Emotional Abuse (name calling, personal insults, guilt-trips, mind games)
- ↓ Isolation (limiting activities, separation from family and friends)
- ↓ Financial Abuse (chronically taking/spending money)
- ↓ Denial/Minimizing/Blame (denial of events, shifting responsibility to victim)
- ↓ Coercion (Threats to deny access to children if victim leaves, threats of suicide)
- ↓ Physical Abuse (Pinching, slapping, scratching, grabbing, hitting, kicking, throwing)

### Honeymoon Stage

And the cycle begins again...



## Violence in the Home (cont'd)



### RECOGNIZE THE WARNING SIGNS OF AN ABUSIVE PARTNER:

- Controlling behavior
- Explosive temper
- Plays cruel practical jokes
- Name-calling or personal insults
- Cruelty to animals
- Experienced or witnessed abuse as a child
- Extreme jealousy
- Constant criticism
- Giving orders
- Blaming others for problems
- Alcohol/drug abuse



Denver Domestic Violence Taskforce: (720) 913-8450  
Safehouse Denver: 303-892-8900  
National Domestic Violence Hotline: (800) 799-7233

## Police Districts

### District 1:

1311 West 46th Ave  
Denver, CO 80211

720-913-0400

Casa Loma

Mulroy

Quigg Newton

Platte Valley

Sun Valley

Westridge Homes

### District 4:

2100 South Clay St  
Denver, CO 80219

720-913-0200

Columbine

Hirschfeld

Mountain View/Eliot

Walsh Annex

Walsh Manor

Westwood Homes

### District 2:

3921 N Holly St  
Denver, CO 80205

720-913-1000

### District 5:

4685 Peoria St  
Denver, CO 80239

303-376-2300

### District 3:

1625 S. University  
Denver, CO 80210

720-913-1300

Syracuse Plaza

### District 6:

1566 N. Washington  
Denver, CO 80203

720-913-2800

Barney Ford

North Lincoln Homes

North Lincoln Midrise

Thomas Bean

Thomas Connole

South Lincoln

## General Safety Tips

### IN YOUR CAR:

Keep your car in good shape, do not leave valuables in your car, if anyone follows you go directly to a police station.



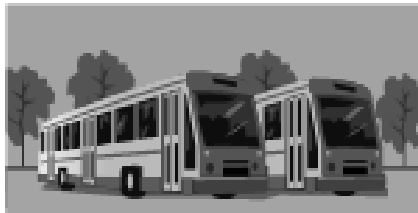
### IN YOUR HOME:

Never tell a caller you're home alone, close blinds/curtains after dark, ask for proper ID from all service/utility workers, do not place first name on mail boxes or call boards.



### IN PUBLIC:

Travel with others whenever possible, run errands in daylight hours, do not carry large amounts of cash, if followed cross to the other side of street and head toward populated, well-lit areas, do not tell anyone where you are going or where you live.



## Rape Awareness

### DEFINITIONS:

Colorado law states that sexual assault is when one person uses force or threats to achieve sexual contact with someone else. Sexual contact includes any touching of private parts on purpose.

- It's against the law in Colorado for someone to have sexual contact with someone who is too drunk or too high to understand what is happening.
- It's against the law in Colorado for someone to have sexual intercourse with someone who is too young to consent. If one person under the age of 15 has sexual contact with another person who is at least 4 years older, the older person can be charged with sexual contact on a minor, even if the younger person consents.

### FINDINGS:

- In US, over 683,000 women are raped each year
- Most female victims are between 15 and 24
- 88% of women are assaulted by someone they know
- Less than 5% of all sexual assaults are reported

### IF YOU ARE ASSAULTED:

1. Get to a safe place immediately.
2. Call 911 and report to police.
3. Do not bathe, shower, or disturb evidence.
4. Check into hospital for treatment.
5. Call a friend or family member for support.
6. Seek professional help and counseling.



Rape Crisis Hotline: (303) 322-7273

Colorado Coalition

Against Sexual Assault: (303) 861-7033

## Victim's Rights

### RIGHTS OF CRIME VICTIMS

- Protection from intimidation and harm
- Information regarding filing charges
- Notification of arrest, release of defendants, times and locations
- Informed of final disposition of case
- Restitution as a condition of any plea or sentence
- Prompt return of evidence property upon settlement
- Information about eligibility for State crime victim compensation, and assistance with completing forms
- Notification of location/institution where the perpetrator is incarcerated, or being held
- Notification of projected release date of the perpetrator
- Notification of any release of the person, including furlough, work release, community corrections in advance of the projected release date
- Notification of scheduled parole hearings, any changes in hearing schedules
- Notification of escape from a correctional facility
- Notification of any transfer or relocation
- Notification of any release from confinement, terms of release
- Notification of death occurring within a correctional facility



## Anger Management

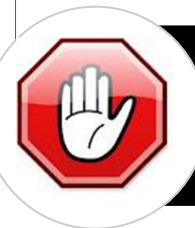
Anger Management Skills are necessary to maintain healthy relationships with others, as well as improving our mental and physical well-being. Constant, uncontrolled anger and the stress it places on the body has been associated with these, and many other illnesses:



- Coronary heart disease
- Strokes/brain hemorrhages
- Hypertension (high blood pressure)

Anger is a “secondary emotion”; it is not experienced without “primary emotion” coming first, such as sadness, worry, or fear. “Primary emotions” can quickly escalate to anger and even violence.

The key to anger management is an effective stress-reduction routine. It is important to recognize when stress levels become elevated in order to prevent us from hurting ourselves or others with angry words or violent actions.



The Conflict Center: (303) 433-4983

## Youth Protection



Drug use and teenage depression are prominent in the everyday lives of today's youth. If left untreated, they can easily lead to death by overdose or suicide...

### WARNING SIGNS OF DRUG USE/DEPRESSION:

- Withdrawn from friends/family activities
- Sudden, sometimes violent mood swings
- Sleeping too much, too little
- Sudden weight loss/gain
- Drop in grades/school performance
- Gives away possessions
- Lack of interest in favorite activities
- Erratic, risk-taking behavior



Comitís Crisis Center 24 hr Hotline:  
(303) 343-9890

## Victim's Rights (cont'd)

### THE CONSTITUTION OF THE STATE OF COLORADO GUARANTEES THESE RIGHTS TO VICTIMS OF THE FOLLOWING CRIMES:

- Murder
- Manslaughter
- Criminally negligent
- Homicide & Vehicular
- Assault- 1st, 2nd & 3rd degree & vehicular
- Menacing
- Kidnapping
- Domestic violence
- Sexual Assault- 1st, 2nd & 3rd degree
- Robbery
- Incest
- Child abuse
- Sexual exploitation of children
- Crimes against at-risk adults or juveniles



Denver Police Department  
Victim Assistance Program: (720) 913-6035  
Legal Aid Society of Denver: (303) 837-1321