



HOPE of WNY

Helping Others through Protection and Empowerment
A collaboration between Community Services for Every1 and the Family Justice Center

Resource Directory

Helping Others through Protection and Empowerment of Western New York (HOPE of WNY)

HOPE of WNY is a collaboration of two expert agencies
– Community Services for Every1 and Family Justice Center –
with the goal to improve access to domestic violence
and prevention education for people with
Intellectual and Developmental Disabilities (I/DD)
throughout Western New York.

*HOPE of WNY is funded by a grant from the
Office on Violence Against Women's Training and Services
to End Violence Against Women with Disabilities.*



*“Survivors of abuse show us the strength
of their personal spirit every time they smile.”*

JEANNE McELVANEY

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Sometimes the hardest part about reaching out for help is recognizing you are in an unhealthy relationship.

What do you like most about your relationship?

Is there anything about your relationship you would like to change? If so, what is it?

What do you think might keep you from making that change?

What is an Unhealthy Relationship?

-  In an unhealthy relationship, one partner uses a pattern of actions to maintain power and control over another partner. It can happen to people who are married, living together or who are dating.
-  Domestic violence includes actions that physically harm, make you afraid, prevent you from doing what you wish or force you to behave in ways you do not want.
-  Different forms of domestic violence and domestic abuse can happen at any one time within the same unhealthy relationship.

Relationships don't always start out unhealthy.

Abuse and violence often begins later and gets worse over time.

You don't ever deserve to be abused.



Have you ever felt any of the following with your partner?

- You are being made to feel bad about yourself— put down, called names, or shamed because of a disability.
- You are being told how to dress, who you can see or talk to, whether or not you can have a job, or that money is being kept from you.
- You are unsafe or afraid that you are going to be hit, pushed, kicked or physically hurt in any way, or afraid your assistive devices will be withheld from you or broken.
- Your partner is “overly kind” outside of the home with friends, family or coworkers, but treats you differently or threatens you when you are behind closed doors.
- You are blamed for their bad or violent behavior.



If you checked two or more on the list above, you are probably in an unhealthy relationship and may be at risk of physical harm.

No matter why it happens, abuse is not okay and it's never justified.

Anyone can find themselves in an unhealthy relationship.

Knowing the warning signs of an unhealthy relationship or home environment may save your life.

Warning Signs of Different Kinds of Abuse by a Partner



Emotional / Verbal

Traps you in your home by taking your keys, wallet, phone, car or assistive devices

Keeps you from family and friends

Withholds affection

Accuses you of cheating

Keeps track of where you go, who you call or spend time with



Economic / Financial

Deposits your paycheck or disability check into their account then denies you access to it

Tells you that you can't work or limits the hours you can work

Lives in your home but refuses to work or help with household expenses

Refuses to give you money to pay for needed items like food, clothing, transportation or medical care and medicine



Sexual

Demands sex when you're sick, tired or after hurting you

Makes you do sexual acts you are not comfortable with

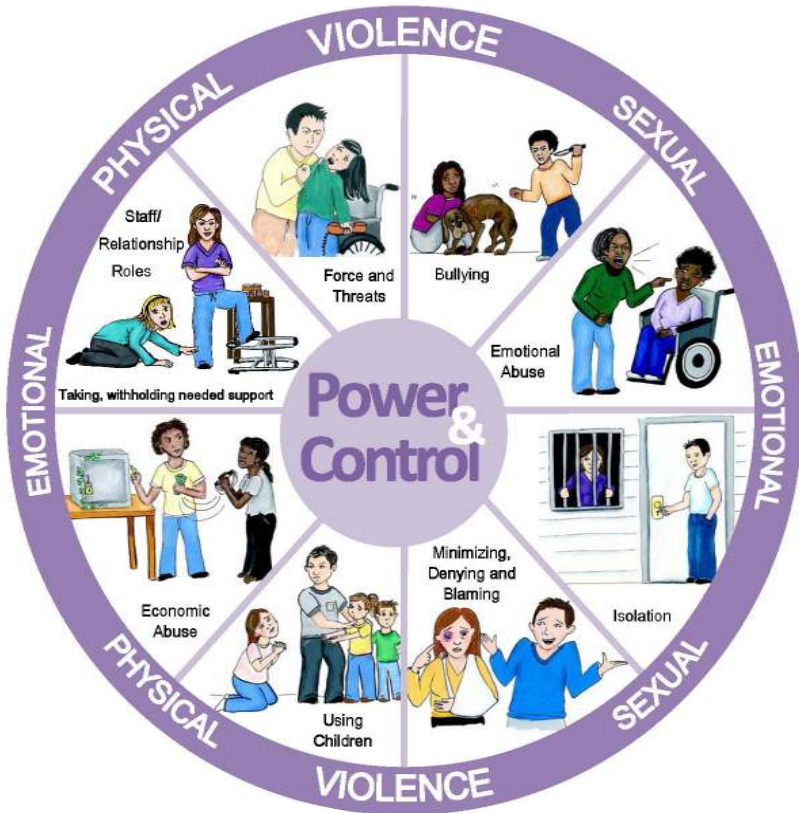
Involves other people in sexual activities when you don't want to

Physical Violence

is a clear sign of an unhealthy relationship and includes slapping, kicking, punching, sexual assault or hurting you with a weapon of any kind.



An unhealthy relationship is about power and control.



Having a safety plan is important if you are living in an unhealthy or violent home environment. A good safety plan has the actions and steps you can take to keep yourself unharmed while in a relationship, leaving a relationship and after leaving a relationship.

Safety While in an Unhealthy Relationship



✦ Identify safe areas in your home where there are no weapons and ways to get out. Move to one of those areas if an argument gets worse and you feel you are in danger.

✦ If you think a fight is going to start, go near a door so you can get out fast.

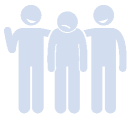
✦ Have a phone with you or nearby at all times so you can call 911 for help.

✦ If you use a wheelchair, walker, cane or other assistive device, keep it near you.

✦ Keep a list of the names and phone numbers of people you can call and places you can stay if you need to leave your home.



Emotional Safety Plan



✦ Tell the people you trust – family members, friends, care coordinator – how they can support you.

✦ Identify at least one person you can call at any time for support when you need it.



✦ Use this directory to find other ways to receive support, such as through support groups and counseling.



Community Services

FOR EVERY1

**180 Oak Street
Buffalo, NY 14203
716.883.8888, Ext. 403
info@csevery1.com
www.csevery1.com**

Community Services for Every1 is dedicated to developing and delivering a comprehensive spectrum of assistance through care coordination, habilitation, pre-vocational, residential, respite, and behavioral intervention programs and specializes in aiding those facing acutely complex challenges and dual/triple diagnoses.



Family Justice Center

**438 Main Street, #201
Buffalo, NY 14202
716.558.7233 [SAFE]
www.fjcsafe.org**

The Family Justice Center of Erie County provides services and support to individuals in unhealthy relationships and the education our community needs to break larger cycles of relationship abuse. Our comprehensive and collaborative service model tears down barriers to service, enabling our clients to heal and cultivate hope.

Directory of Resources

Counseling / Mental Health Services

**Best Self
Behavioral Health**
716-884-0888
info@bestselfwny.org
www.bestselfwny.org

Buffalo
430 Niagara Street
Buffalo, NY 14201
716-853-1335

254 Franklin Street
Buffalo, NY 14202
716-551-7894

Amherst
1412 Sweet Home Road
Suite 3-5
Amherst, NY 14228
716-589-1411

Hamburg
140 Pine Street
Hamburg, NY 14075
716-646-4991

Orchard Park
3176 Abbott Road, Suite 500
Orchard Park, NY 14127
716-822-2117

*For more locations visit
www.bestselfwny.org*

Counseling Services of Upstate New York

937 Broadway
Buffalo, NY 14212
716-304-4411
info@counselingservices
ofupstatenewyork.com
www.counselingservices
ofupstatenewyork.com

Endeavor Health Services

www.ehsny.org

Locations:

1526 Walden Avenue,
Suite 400
Cheektowaga, NY 14225
CENTRAL INTAKE:
716-895-6701

@ Urban Family Practice
564 Niagara Street, Building 2
Buffalo, NY 14201
716-359-1550

463 William Street
Buffalo, NY 14204
716-893-0062

1500 Broadway
Buffalo, NY 14212
716-249-5166

*For more locations visit
www.ehsby.org*

**Spectrum
Human Services**

716-662-2040
spectrum@shswny.org
www.shswny.org

Downtown Buffalo
1280 Main Street, 1st Floor
Buffalo, NY 14209
716-884-5797

South Buffalo
2040 Seneca Street
Buffalo, NY 14210
716-662-6638

Southtowns
326 Orchard Park Rd.
West Seneca, NY
14224-0631
716-828-0560

Supportive Housing
2550 Main Street
Buffalo, NY 14209
716-710-4095

*Crisis and Re-Stabilization
Emergency Services
(C.A.R.E.)*
227 Thorn Avenue
Orchard Park, NY 14127
716-882-HELP (4357)

Legal Services

**Legal Aid Bureau
of Buffalo**

290 Main Street, Suite 400
Buffalo, NY 14202
716-853-9555
info@legalaidbuffalo.org
www.legalaidbuffalo.org

Volunteer Lawyers Project

438 Main Street, 7th Floor
Buffalo, New York 14202
716-847-0662
www.ecbavlp.com

**Medical & Health
Centers / Clinics**

Evergreen Health Services

www.evergreenhs.org

Buffalo
206 South Elmwood Avenue
Buffalo, NY 14201
716-847-2441

Jamestown
320 Prather Avenue,
Suite 100 & 200A
Jamestown, NY 14701
716-666-7855

Good Neighbors Healthcare

175 Jefferson Avenue
Buffalo, New York 14210
716-856-2400
goodneighbors@
harvesthousebuffalo.org
www.harvesthousebuffalo.org

Jericho Road Community Health Center

contact@jrchc.org
www.jrchc.org

East Buffalo

1021 Broadway
Buffalo, NY 14212
716-529-3020

West Buffalo

184 Barton Street
Buffalo, NY 14213
716-881-6191

Employment

Community Services for Every1

716-883-8002
www.csevery1.com

Jefferson Career Center

1485 Jefferson Avenue
Buffalo, NY 14208
716-566-4701

Community Services for Every1 (cont'd.)

Habilitation Services

2180 Genesee Street
Buffalo, NY 14211
716-896-2180

Buffalo Employment & Training Center (BETC)

77 Goodell Street
Buffalo, NY 14203
716-856-5627
betc@wdcinc.org
www.workforcebuffalo.org

Transportation

Community Services for Every1 Training / Transportation

1845 Kenmore Avenue
Kenmore, NY 14217
716-447-9999
www.csevery1.com

Paratransit Access Line Service

181 Ellicott Street
Buffalo, NY 14203
Main: 716-855-7300
Niagara Falls: 716-285-9319
www.211wny.org/provider/8084

Transportation (cont.d)

WNY Independent Living Center - Independence Express

3108 Main Street
Buffalo, NY 14214
716-836-0822 ext. 126

Emergency Shelter

Haven House
Emergency Shelter Hotline
716-884-6000

Buffalo City Mission
100 East Tupper
Buffalo, NY 14203
716-854-8181, Ext. 407

Cornerstone Manor
150 East North Street
Buffalo, NY 14203
716-854-8181, Ext. 100
www.buffalocitymission.org

Erie County Department of Social Services
95 Franklin Street
Buffalo, NY 14202
716-858-8000

Food Pantry / SNAP
(Supplemental Nutrition Assistance Program)

Food Bank of WNY Nutrition Outreach & Education Program (NOEP)
www.foodbankwny.org/snapoutreach

Cattaraugus County
877-686-9201 x118
Chautauqua County
716-224-7337
Erie County
716-882-7705 / text 716-262-6864
Niagara County
716-439-1322

National Resources

National Domestic Violence Hotline
www.thehotline.org
1-800-799-7233
1-800-787-3224 (En Espanol)



Emergency Contacts

 **Family Justice Center 716-558-7233 (SAFE)**

Erie County Hotlines:	www.211wny.org
<i>Domestic Violence</i>	2-1-1 or 1-888-696-9211
716-862-4357 (HELP)	www.domesticshelters.org
<i>Emergency Shelter</i>	www.shelterlistings.org
716-834-3131	



Safety Plan of Action

If you are in an unhealthy relationship, it is important to have a step-by-step safety plan for what to do if and when you find yourself in an unsafe situation. This plan should include what to do, who to call, where to go and how you will get there, and what to take with you.

Keeping Children Safe: If you have children, it is important that your plan includes advance and immediate ways to keep them safe. Here are some ways to do that:

- ✘ Teach them when and how to call 9-1-1.
- ✘ If an argument gets worse, tell your children to stay out of places in the home where there might be items that can be used as weapons. Be sure they understand that they should never try to stop a fight.
- ✘ Give your children a special code word only you and they will know. Tell them this word is to be used as a signal that they need to leave the house and be sure they know where to go. Make sure they know not to share the special code word.
- ✘ Help your children make a list of people they feel safe talking with and their phone numbers.



Pet Safety: You do not have to stay in an unhealthy relationship because you do not want to leave your pet behind. Ask family and friends if you can leave your pet with them. You can also contact the local SPCA or animal shelters, which may be able to take care of your pet temporarily. If you do have to leave your pet, you can call the police for help in getting your pet back.

Leaving:

It's a good idea to keep a "go bag" that you can grab quickly if you have to leave in a hurry. Your bag should include:

Driver's license and / bus pass

Birth certificate

Money / Social Security award letter / payee info

Public benefits ID / Medicaid card

Protective order

Car registration & insurance card

Health & life insurance documents

Work permit / Green card / Visa

Divorce / custody papers

Medications

Changes of clothing

Extra house & car keys

Safety Action Plan in Case of Home Emergency

Police / Law Enforcement:

Who I will call first:

(Relative, friend, church member, shelter contact)

Who else I can call:

Contact 1

Contact 2

Safest place I can go:

Other safe places:

Safe Shelter 1

Safe Shelter 2

How I will get there:

Transportation contact 1

Transportation contact 2

Where I will send / take my children:

Pet Safety



Erie County SPCA 716-875-7360

Niagara County SPCA 716-731-4368

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Reach out for Help.