

# Resources for domestic violence and sexual assault survivors during COVID-19

## Restraining orders are still available in every Oregon county

Oregon courts have prioritized restraining order cases, and restraining orders are still available at every courthouse throughout Oregon. If you currently have a restraining order, you can also still apply to renew your restraining order. Remember, you still must submit your renewal paperwork before your current restraining order expires. This deadline has not been extended.

Many courts have limited the hours they are open to walk-ins and have changed the way restraining orders are usually obtained. You should check with your local court to determine when and how you can access restraining order services. You can find information about Court closures and postponements during COVID-19 [here](#).<sup>1</sup>

### *Types of restraining orders available in Oregon*

Oregon has four main types of abuse prevention orders:

- Family Abuse Prevention Act (FAPA) restraining orders protect survivors of domestic abuse by a family or household member
- Sexual Abuse Protection Orders (SAPO) protect survivors of sexual abuse
- Elderly Persons and Persons with Disabilities Abuse Prevention Act (EPPDAPA) restraining orders protect elderly survivors and survivors with disabilities who have been abused
- Stalking Protection Orders (SPO) protect stalking survivors

Oregon has two additional restraining orders, but these are more commonly used by law enforcement. The Emergency Protection Order (EPO) is an order that can be applied for by law enforcement officers responding to an incident of domestic violence. An EPO lasts for seven days. The Extreme Risk Protection Order (ERPO) is an order that requires a person found to be in

imminent risk of suicide or committing harm to others to surrender their firearms and ammunition.

Go [here](#) to find out more information on Oregon's abuse prevention orders.<sup>2</sup> You can also find a brief video on the most common restraining orders in Oregon [here](#).<sup>3</sup>

## Advocates are still available

Domestic and Sexual Violence Advocates are available throughout Oregon to assist with safety planning, and with applications for restraining orders and other resources. Some advocacy programs have access to free cell phones that may assist you in staying connected during this time, and/or access to shelter space or other housing options for survivors. They may also be able to assist you with applying for financial support, such as TA-DVS or other safety net resources.<sup>4</sup>

- To find your local domestic violence program, [click here](#).<sup>5</sup>
- To find your local sexual assault program or provider [click here](#).<sup>6</sup>
- For updates on how these programs have modified their services due to COVID-19, [click here](#).<sup>7</sup>

### *Advocates are available to help with safety planning during COVID-19*

A safety plan is a set of steps you can take to reduce the risk of harm in an unsafe situation. It is helpful to create a safety plan in advance as it is hard to think and react quickly in a time of emergency or high stress. If you are unable to connect with an advocate to assist you with safety planning, there are many resources available online. The following are resources specific to safety planning during COVID-19:

- For general safety planning information during COVID-19, [click here](#) or [here](#).<sup>8</sup>
- For safety planning in specific situations, such as safety planning with children or pets, and safety

planning while pregnant, [click here](#).<sup>9</sup>

- For an interactive safety plan, [click here](#).<sup>10</sup>

## Sexual Assault Forensic Examinations are still available

Sexual Assault Nurse Examiners (SANEs) are still available to provide support and Sexual Assault Forensic Examinations (SAFEs) to sexual assault survivors. SANEs are registered nurses with specialized training and clinical experience in providing forensic examinations (examinations intended to gather evidence for criminal prosecution) of sexual assault survivors. Every SAFE/ SANE program in Oregon is still operational, though some may have moved the location of the examinations or changed the process for connecting with a SANE program.

- To learn more about SAFEs, [click here](#).<sup>11</sup>
- For information on availability during COVID-19, [click here](#).<sup>12</sup>
- To find your local sexual assault advocacy center, [click here](#).<sup>13</sup>

## Attorneys are still available

Legal Aid Services of Oregon (LASO) and Oregon Law Center (OLC) offices throughout the state are still open and providing legal advice and representation. LASO and OLC offices represent survivors in civil legal matters including restraining orders, family law matters, housing and employment issues, public benefits, and many other areas. Many offices are not currently serving walk-in clients, but you can find how best to contact each office by [clicking here](#).<sup>14</sup>

Additionally, most private attorney are continuing to work during COVID-19. If you would like to hire an attorney to represent you, but do not know where to find one, you can use the Oregon State Bar Lawyer Referral Service to get the name of an attorney who may be able to help you with your case. For more information, [click here](#).<sup>15</sup>

## Financial resources are still available

Temporary Assistance for Domestic Violence Survivors (TA-DVS) is a financial assistance grant to support families whose safety is at risk due to domestic vio-

lence. TA-DVS can help with up to \$1,200 to make safety-related payments, such as a security deposit, relocation costs, new locks, or security cameras. For more information, [click here](#).<sup>16</sup>

Other financial and “safety net” resources can be found at the links below and by [clicking here](#).<sup>17</sup>



## Safety considerations while using technology during COVID-19

Many programs are providing services remotely during the emergency and may be using cell phones rather than office phones, remote conference call services, emails, and other tools to provide such services. You should feel comfortable asking service providers how they are keeping your information confidential during COVID-19 and asking for an alternative if something makes you uncomfortable.

As with any time you use technology, you should consider whether someone is monitoring your computer, tablet or mobile device.

- For more information on increasing security and creating a technology safety plan, [click here](#).<sup>18</sup>
- For general information on technology and safety considerations, [click here](#).<sup>19</sup>

*Note: This section is part of a larger document “[Resources for families experiencing divorce, separation, or domestic violence during COVID-19](#).” That resource includes an appendix of the full website addresses for each of the referenced websites.*