

## Warning Signs of Child Abuse

Most children don't report sexual abuse for days, months or even years after they've experienced it. Unusual behavior can be the first indicator of a problem. If a child discloses sexual abuse, believe them and report it by calling 911 or a hospital.

- Loss of appetite, recurring nightmares, disturbed sleep patterns, fear of the dark, or extreme changes in behavior
- An exceptional knowledge of or interest in sexual matters
- Fear of or reluctance to be left alone with a particular person
- Aggressive, disruptive or delinquent behavior
- Withdrawal
- Running away
- Failure in school

## Warning Signs of Domestic Violence

### If your partner

- Physically hurts you
- Is possessive of you
- Displays jealous behavior
- Constantly puts you down
- Demonstrates explosive temper or mood swings
- Isolates you from family or friends
- Makes false accusations against you
- Checks your cell phone or email without permission
- Controls your actions or decisions
- Controls your finances
- Pressures or forces you into unwanted sexual activity
- Refuses to allow medical treatment

## Where there is help, there is hope.

### Services for Victims and Children

#### Crisis Intervention Services

We provide intensive short-term services in cases where there is an immediate danger. People who have experienced trauma are often unable to function normally because of stress, fear or lack of support. We can help secure a safe and stable environment, and provide food, shelter and clothing, with the goal of returning to a normal life.

*All locations*

#### Mental Health Services

##### Individual and Family Counseling

Our staff specializes in treating those who have experienced trauma. We can help the whole family heal, including victims and abusers. Our clinicians are licensed clinical social workers and professional counselors, psychologists and psychiatrists. They combine proven treatment techniques with skills developed through years of experience. We accept insurance or offer a sliding scale fee. *All locations*

##### Psychiatry

Our psychiatric providers can assess and treat individuals who struggle with mental health issues. They can prescribe medication to treat depression, anxiety, impulsivity, bipolar disorder and other behavioral health issues. Most insurance plans are accepted, as well as a sliding scale.

##### Community Engagement

We offer classes in school and community-based settings to teach adolescents how to identify potential red flags and risk factors in dating relationships. We encourage teens to

#### Case Management

Families affected by crime and violence need their basic needs met before they can heal. Our staff can connect you with social services and help you with food, clothing, and emergency shelter. We can guide you through the criminal justice system, and make sure you are in a safe and stable environment. *All locations*

communicate and set boundaries with dating partners, and teach them how to create a safety plan. We also identify areas of concern for different communities in order to offer an engaging and effective program.

#### Training and Consultation

We offer educational training and peer consultation throughout the year to counseling and social work professionals. We partner with local agencies to provide in-depth training on a wide range of topics, such as trauma, domestic violence and child abuse.

#### FCS Training Academy

We offer classes to professionals and members of the community who treat and support those affected by domestic violence and other forms of trauma. Training is offered throughout the year using a tiered approach, so attendees can choose the sessions that fit their knowledge base and skills.

### Offender Services

#### Abuse Intervention Program

We offer a 26-week Maryland state certified program for both voluntary and court-ordered clients. Participants learn to take responsibility for their actions and acquire new nonabusive skills. The group setting supports and encourages change. *Baltimore County and Carroll County*

#### Appropriate Response to Abuse

In this 16-week group, victims of domestic violence who also report using abusive behaviors in intimate partner relationships learn positive ways to handle conflict, how to protect themselves, and how to manage anger. *Carroll County*

#### Parenting Anger Management

This 12-week skill-based program encourages parents to be accountable for past behaviors and practice new skills with their families. *Carroll County*

#### Anger Management

The 10-week program covers basic conflict resolution skills using assertive behaviors that are taught in the group. *Carroll County*

#### Healthy Relationships

This four-week program is by court referral only. It gives an introduction to intimate partner violence and discusses the impact on its victims. Not open to the general public. *Baltimore County*

### Victim Services

#### Women's Domestic Violence Support Groups

One in three women are victims of domestic violence at some time in their lives. An estimated half of all women murdered in the US are killed by their current or former male partner. Our support groups provide a community whose members have shared experiences and can help one another heal. *Baltimore County and Carroll County*

#### Men's Domestic Violence Support Groups

Fifteen percent of men will be victims of severe physical violence by an intimate partner during their lifetime. We offer support groups specifically for men who have experienced domestic violence. *Baltimore County and Carroll County*

#### LGBTQ Domestic Violence Support Groups

Approximately 50 percent of lesbian women and 25 percent of gay men will experience domestic violence in their lifetimes. Our LGBTQ support groups are a safe space for those who have experienced intimate partner violence to discuss their feelings. *Baltimore County and Carroll County*

#### Grupos de Apoyo a Víctimas

La violencia no conoce fronteras, por lo que ofrecemos grupos de apoyo en español y tenemos terapeutas. *Baltimore County*

### FCS operates the Carroll County Domestic Violence Safe House.



FCS works with law enforcement, courts, the State's Attorney's Office, Carroll Hospital Center and Carroll Community College to provide a safe space for abused partners and connect them with community resources.

**If you or someone you care about needs help, call:**

**FCS Office Monday-Friday, 9am-5pm  
410-669-9000**

**24-Hour Domestic Violence Hotline  
Baltimore County: 410-828-6390  
Carroll County: 443-865-8031**

FCS has locations in: Anne Arundel County • Carroll County • North Laurel • Baltimore City

Harford County • Howard County • West Baltimore County

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