

Develop a Plan to Stay Safe

Identify Possible Danger and Minimize the Risk

- Do you live or work with the abuser?
- Do you visit the same people?
- Do you go to the same places?

What Can You Do?

- Stay Calm
- Avoid bathrooms/kitchens with hard surfaces and potential weapons.
- Set up ways to communicate emergencies to trusted neighbors.
- Know your escape routes.
- Go over the plan with your kids.
- Change your routine.
- Make a list of safe places/people.
- Make copies of car and house keys.

Put Together an Emergency Bag

- Change of clothes
- Copies of important documents (birth certificate, SS card, etc.)
- Toiletries
- Money

For more information about CASA, Inc.'s programs and services, please call our 24-Hour hotline at 301-739-8975 or visit www.casainc.org.

CASA, Inc. has shelter and help for survivors of Domestic Violence (Intimate Partner Violence), Sexual Assault and Sex Trafficking.

Types of Abuse Include:

- Physical (Violence or Threats)
- Emotional
- Verbal
- Psychological
- Financial
- Sexual

We provide education, advocacy and many other kinds of support to anyone affected by domestic or sexual violence.



CASA, Inc. services are open to all persons regardless of race, ethnicity, age, sex, sexual orientation, gender and/or gender identity, ability, national origin, and other characteristics protected by federal, state or local laws



CASA, Inc.

Citizens Assisting & Sheltering the Abused

1 West Franklin Street Suite 200
 Hagerstown, MD 21740
 24-Hour Hotline 301-739-8975 Office: 301-739-4990



Emergency Services

Ongoing Services



Child and Adolescent Services

We offer emotional support services to children and adolescents who have experienced family violence and/or abuse. We also work with other local agencies to coordinate care and provide prevention education in the community. We offer adolescents who are experiencing Teen Dating Violence or have experienced sexual assault crisis support sessions to discuss safety planning, healthy relationships and boundaries, support, and referrals as requested.

Abuse Intervention Program (STREAMS)

We run a weekly program for persons who have used controlling or abusive behaviors and tactics against their intimate partner. The purpose of this group is to help them identify their abusive behaviors, examine why they chose those behaviors, and learn healthy alternatives.

SNAP Assistance

We offer assistance with completing the online portion of SNAP applications and re-determinations for all residents of Washington, Garrett, and Allegany County.

Legal Advocacy

We offer accompaniment and assistance with legal issues such as filing for a protective order, divorce, custody and/or criminal proceedings related to the abuse. We have a staff attorney that will represent clients at Protective Order hearings.

Adult Support Services

Our advocates provide short term crisis sessions that focus on safety planning, learning about the patterns and effects of domestic violence and available resources. We also offer support sessions for survivors of sexual abuse and sex trafficking that focus on safety planning, stabilization and support.

We have trauma support groups for adult survivors of domestic violence to connect with each other through activities and discussions. Groups provide education and resources to empower survivors.

**CASA, Inc. does not provide mental health services, but can provide referrals as requested.*



24-Hour Hotline

301-739-8975

Our hotline is available to provide confidential emotional support and immediate safety planning. Calls are anonymous- only give details you feel comfortable sharing.

**Language line interpretation services are available*

Emergency Shelter

We offer the only emergency shelter in Washington County, MD specific to survivors and their children fleeing domestic violence (between intimate partners), sexual assault and/or sex trafficking. Resident advocates assist individuals with goal planning related to housing, employment, safety and referrals to other agencies and programs needed.

We are unable to accept pets into the shelter but can assist in securing a safe location for you and your pets. We serve all gender identities with emergency shelter options.

Medical Advocacy

Our advocates respond to the emergency department to provide support to patients receiving medical care due to domestic or sexual violence. An advocate will remain with the patient through the duration of exams and assist with a safe discharge plan. We also provide training for medical offices regarding responding to domestic and sexual violence survivors in a medical setting.