



WELLSPRING

Ending relationship and sexual abuse in our community

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Wellspring provides comprehensive, supportive services to victims of domestic violence and sexual assault.

- **Crisis intervention, counseling, information, and education** about the dynamics of domestic violence and/or sexual assault and the options available to address the individual's specific needs. This is offered via our 24-hour hotline or through in-person counseling at our offices in Saratoga Springs or other locations throughout Saratoga and Washington County.
 - This includes development of a **safety plan**, which is a personalized, practical plan to remain safe while in a relationship, planning to leave, or after you leave. Safety planning involves identifying how to cope with emotions, tell friends and family about the abuse, take legal action, and more¹.
- **Emergency response** to Saratoga Hospital, Glens Falls Hospital Ellis Medicine Clifton Park, to provide support, information, and accompaniment during a forensic medical exam for victims of sexual assault.
- **Emergency shelter** for victims of domestic violence and their children. We can also provide safe, comfortable foster homes for companion animals while a family is in transition through our Safe Pet Partnership.
- **Advocacy and case management** that assists victims in navigating the various services available such as accessing financial assistance available to crime victims; petitioning family court for an order of protection; and court, police agency, or department of social services accompaniment.
 - This includes a **partnership with the Saratoga Springs Police Department (SSPD)** in which we have an advocate physically present at the department several hours each week to work collaboratively with the officers and to reach out to people who have filed domestic incident reports with the SSPD.
- **Financial Empowerment** through ***Project Hope and Power*** which is a multi-session group designed to help individuals build on or develop new skills that increase their options for independence.
- **Long-Term Housing Assistance.** Our ***New View*** housing program is available to individuals and families who are homeless due to domestic violence.
- **Prevention and Education Programs** which are offered to schools, businesses, and community and faith-based organizations.

Wellspring's services are free and confidential, except our staff and volunteers are required to disclose information to authorities when we suspect *child abuse or maltreatment, intent to harm yourself, or intent to commit serious harm to others.* This will be discussed in detail with you by your advocate.

An individual does not have to be physically injured to receive services from Wellspring. Our goal is to not only respond to victimization that has occurred but also to intervene to prevent future victimization.

Domestic violence and sexual assault are complex issues. Wellspring staff are available to help individuals process their experience so they can determine what is right for them.

¹ Definition of safety plan adapted from the National Domestic Violence Hotline.