DOMESTIC VIOLENCE FATALITY REVIEW COMMISSION

Statistical Report
Recommendations and Trends 2022

Office of the Attorney General and Council on Domestic Violence

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Introduction

All of the Domestic Violence Fatality Review Commission's ("the Commission") past reports, including this report, are publicly available on the Attorney General's Office's website: https://ago.vermont.gov/reports/.

This report contains 2021 statistical data and recommendations and trends that the Commission has discussed over the years 2021-22.

Acknowledgment

The Commission wishes to thank Jennifer Hicks, Chief of Research, Evaluation and Epidemiology for the Vermont Department of Health, for providing us with much needed and much appreciated assistance with the statistics for this report.

Background

The Vermont Domestic Violence Fatality Review Commission was created by statute in 2002. The purpose of the Commission is to collect data and conduct in-depth reviews of domestic violence-related fatalities to better understand how the fatalities occurred and what can be done to prevent them. Under 15 V.S.A § 1140, the Commission was established with the following purposes:

- (1) to examine the trends and patterns of domestic violence-related fatalities in Vermont;
- (2) to identify barriers to safety, the strengths and weaknesses in communities, and systemic responses to domestic violence;
- (3) to educate the public, service providers, and policymakers about domestic violence fatalities and strategies for intervention and prevention; and
- (4) to recommend policies, practices, and services that will encourage collaboration and reduce fatalities due to domestic violence.

Commission proceedings and meetings are confidential by statute. The Commission reports its findings and recommendations to the Governor, the General Assembly, the Chief Justice of the Supreme Court, and the Vermont Council on Domestic Violence. This report and all past reports of the Commission are publicly available on the Attorney General's Office's website: https://ago.vermont.gov/reports/.

The following recommendations are based on case reviews conducted by the Commission. The Commission reviews Vermont Department of Health data provided by the Medical Examiner and law enforcement records for all homicides and some fatalities to determine if they are domestic violence related. Of these, the Commission selects a few cases to review in depth. The Commission draws conclusions from the reviews and makes the recommendations like those contained in this report.

List of Current Commission Members

15 V.S.A. § 1140(b) states that the Commission shall have 17 members appointed from agencies specified in the statute. The current members are:

Name	Position	Organization	
Dr. Tania Bertsch	Physician	UVMMC (Retired)	
Kate Brayton	Victim Services Director	Vermont State Police	
Shawn Burke	Chief	S. Burlington Police Dept.	
Melissa Deas	Representative	Coalition of Domestic Violence	
Wichssa Deas	Representative	Accountability Programs	
Jennifer Firpo	Law Enforcement Certification and Training Coordinator	Vermont Police Academy	
Carolyn Hanson	Assistant Attorney General	Office of the Attorney General	
Susan Hardin	Survivor		
Dr. Kelley Klein	Medical Director	Department of Mental Health	
Heather Holter	Co-Director	Vermont Council on Domestic Violence	
Kerrie Johnson	Assistant Defender General	Office of the Defender General	
Gary Marvel	Field Operations Manager	Department of Corrections	
Dr. Mariah McNamara	Physician	UVMMC Emergency Dept.	
Sarah Robinson	Deputy Director	VT Network Against Domestic and Sexual Violence	
Julie Ryley	Director Domestic and Sexual Violence Unit	Dept. For Children and Families	
Kirstin Schoonover	Superior Court Judge	Vermont Judiciary	
Dr. Kathleen McCubbin	Deputy Medical Examiner	Office of the Chief Medical Examiner	
Tracy Shriver	State's Attorney	Windham	
Kimberly Swartz	Director of Adolescent and	Deal of Health	
	Reproductive Health	Dept. of Health	
Dan Trudeau	Major	Vermont State Police	

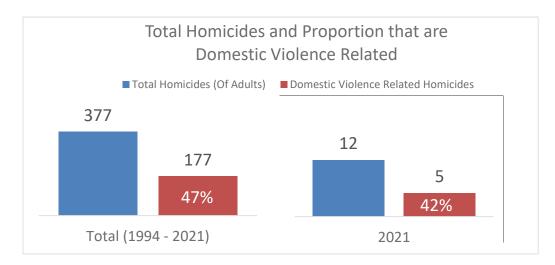
What is the Commission's definition of a domestic violence-related fatality?

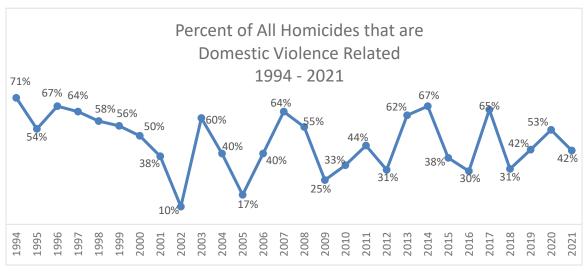
The data that the Commission reports on domestic violence homicides includes only those cases that the Office of the Chief Medical Examiner has ruled as a homicide. It does not include suicides and other deaths that may be related to a domestic violence incident. However, the Commission is empowered to review in-depth any domestic violence related fatality and the Commission uses the following criteria to make that determination:

- the responsible party was related to the victim as a "family member" according to the "plain and commonly accepted meaning" of the term
- the responsible party and the victim were related as "household members" as defined under the Abuse Prevention Act at 15 V.S.A. § 1101(2)
- the responsible party killed an estranged partner's current "household member"
- the responsible party killed a current partner's estranged "household member"
- the responsible party killed a family member's current or estranged "household member"
- the responsible party killed a bystander(s) while attempting to harm family or "household members"
- the responsible party is a law enforcement officer forced to kill in the line of duty when responding to a domestic violence incident
- a law enforcement officer is killed in the line of duty when responding to a domestic violence incident
- · the fatality is domestic violence related but is ruled a justifiable homicide
- the fatality is a murder-suicide matter involving family or household members
- the fatality is a suicide with a documented history of domestic violence to include victim suicide, alleged perpetrator suicide as violent act in front of family or household members, alleged perpetrator suicide by law enforcement, and teen suicide
- the fatality is a substance abuse related death (chronic abuse, suicide, overdose) that is related to domestic violence

According to the Medical Examiner's Office, there were 12 homicides in Vermont in 2021. Of these, ten involved a firearm. The Commission reviewed all 12 homicides and determined that five were related to domestic violence (42%). For the definition that the Commission uses to determine if a homicide is domestic violence related, please see the previous section on "What is the Commission's definition of a domestic violence-related fatality?"

Nearly half of all homicides in Vermont between 1994 and 2021 have been domestic violence related. There have been a total of 377 homicides in Vermont since 1994. Of those, 177 were determined to be related to domestic violence (47%).



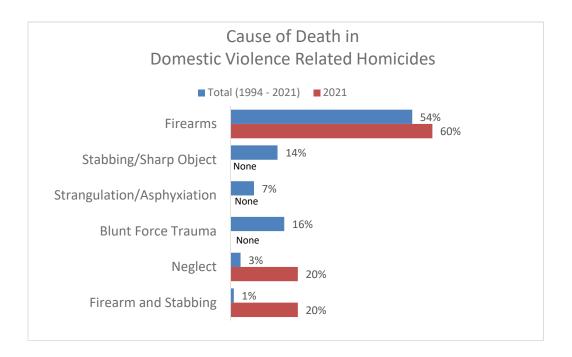


Over time, the proportion of all homicides that are domestic violence related has varied from a high of 71% in 1994 to a low of 10% in 2002. In the past 10 years, domestic violence homicides have been 31% to 67% of all Vermont homicides.

Cause of Death

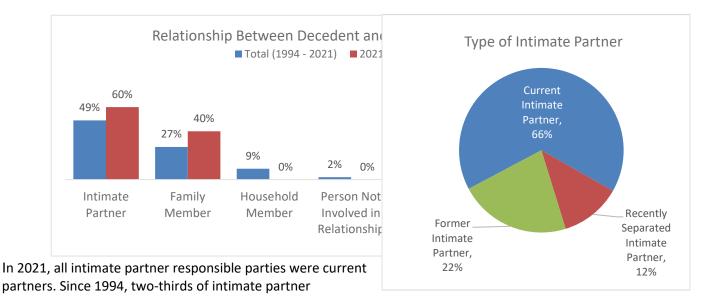
Of the five domestic violence-related homicides, three involved firearms, one involved neglect and one involved a firearm and stabbing. Since 1994, more than half of domestic violence related homicides have

been via firearm. Around one in seven have been via blunt force trauma or stabbing. Seven percent have been due to strangulation and three percent due to neglect. Other causes of death have occurred in less than one percent domestic violence-related homicide.



Relationship Between Decedent and Responsible Party

In 2021, three domestic violence homicides involved intimate partner relationships; two involved family members. Since 1994, about half of all domestic violence homicides involved an intimate partner, while about one-quarter involved a family member.



responsible parties have been current partners. Nearly one-quarter have been former intimate partners and 12% have been recently separated intimate partners.

Background of Decedents

Decedents in 2021 domestic violence related-homicides ranged in age from 22 to 72 years old. Since approximately 2013¹, decedent ages have ranged from 1 month to 93 years of age. In 2021, four of the decedents were female, one was male. However, since 1994, just more than half (51%) of decedents have been female and 46% were male. Four decedents in 2021 were white, non-Hispanic; one decedent was Hispanic. Since 2017, 32 decedents have been white, non-Hispanic, three have been Black or African American, one Hispanic and one Asian.

	Decedent Demographics		Responsible Party Demographics	
	Historic Data	2021	Historic Data	2021
Age Range	1 mo – 93 yrs	22 – 72 yrs	23 – 71 yrs	38 – 61 yrs
Female	90	4	35	2
Male	82	1	139	3
RACE ²				
White	32	4	33	5
Black / AA	3	0	4	0
Hispanic	1	1	0	0
Asian	1	0	1	0

Background of Responsible Parties

Responsible Parties in 2021 domestic violence related homicides ranged in age from 38 to 61 years old. Since approximately 2018³, decedent ages have ranged from 23 to 71 years of age. In 2021, three of the responsible parties were male; two were female. Since 1994, nearly four out of five responsible parties have been male (79%); one in five have been female (20%). All five responsible parties in 2021 were white, non-Hispanic. Since 2017, 33 responsible parties have been white, non-Hispanic; four have been Black or African American; one Asian.

Counties/Location

In 2021, there were two domestic violence-related homicides in Chittenden County and two in Orange County. There was one in Lamoille County. Since 1994, Chittenden and Rutland Counties have had the largest percentage of domestic violence homicides – each of those two counties account for 17% of all domestic violence-related homicides. However, the population of Chittenden County is nearly three times larger, approximately 168,865 as compared to 60,591 in Rutland, according to 2021 census data.

	Historic Data	2021
Addison	6%	

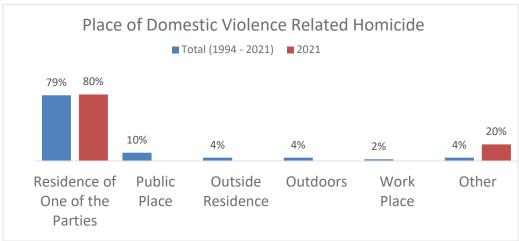
¹ Some demographics have not been consistently collected over the years. Age ranges for decedents have been collected since 2013.

² Race has only been collected since 2017.

³ Some demographics have not been consistently collected over the years. Age ranges for decedents have been collected since 2013.

Bennington	5%	
Caledonia	7%	
Chittenden	17%	2
Essex	3%	
Franklin	4%	
Grand Isle	2%	
Lamoille	4%	1
Orange	6%	2
Orleans	7%	
Rutland	17%	
Washington	8%	
Windham	5%	
Windsor	9%	

In 2021, four of the five domestic violence-related homicides occurred at the residence of one of the parties. Historic data shows that more than three-quarters of these events occur at a residence of one of the parties (79%).⁴ About ten percent occur in a public place (9%). Locations such as outside a residence, outdoors or some other place account for 4% each of the locations over the years. Very few domestic violence-related homicides have occurred in a workplace (2%).



Other Factors

In 2021, there were children present at one of the five domestic violence-related homicides. Since 1994, at least 38 children have been present at a domestic violence-related homicide.

Alcohol or other substances were involved in two of the domestic violence-related homicides in 2021. Since this data started being tracked in 2017, alcohol or other substances have been involved in 15 of these incidents.

Relief From Abuse Orders

For 2021's domestic violence-related homicides, there were no current or former Relief From Abuse

⁴ Place of incident has been recorded since approximately 2006.

⁵ It is not clear from the data if this data has been collected consistently.

Orders in effect. Over the years, the data show that among domestic violence-related homicides, in six instances there has been a current Relief From Abuse Order in effect and twice there has formerly been a Relief From Abuse Order between the parties.

Overall, there were a total of 3,373 requests for Relief From Abuse Orders filed in Vermont in 2021. There were a total of 2,354 temporary orders granted and a total of 1,106 final orders granted in 2021.

2021	Number of Relief from Abuse (RFAs) Filed	Number of Temporary Orders Granted	Number of Final Orders Granted
Addison	161	163	50
Bennington	330	253	106
Caledonia	207	124	66
Chittenden	657	518	236
Essex	30	14	5
Franklin	302	175	90
Grand Isle	40	27	13
Lamoille	165	107	47
Orange	122	86	52
Orleans	199	131	67
Rutland	435	247	84
Washington	309	166	90
Windham	167	140	86
Windsor	249	203	114

^{*}Note: When the above information was extracted, it was not reviewed on a caselevel basis for accuracy, so it should not be used for statistical purposes.

Murder-Suicide

One domestic violence-related homicide involved a murder/suicide this year. Since 1994, there have been 34 domestic violence-related murder/suicides and an additional three incidents that involved domestic violence-related murder and attempted suicide. In addition to those incidents, the data show at least 14 suicides that were related to domestic violence.

Lethality Assessment Program

In 2005, the Maryland Network Against Domestic Violence (MNADV) created a lethality assessment program ("LAP") from the danger assessment developed by Dr Jacquelyn Campbell of Johns Hopkins University. LAP is designed to be a brief intervention tool used by trained first responders, generally police officers, when responding to a domestic violence call. It consists of eleven questions to help determine whether the person is at high risk of being killed or seriously injured by an intimate partner. If the screen shows the person is at high risk, the law enforcement officer will inform the person that the officer is concerned about the person's safety and that people in their situation have been killed. The officer immediately contacts the hotline for the local domestic violence service program to connect with an advocate. The person can choose whether to speak to the advocate. The advocate can do some immediate safety planning and set up a time to connect again with the person. If the person declines to speak with the advocate, the officer will review the factors that indicate the person is at high risk and

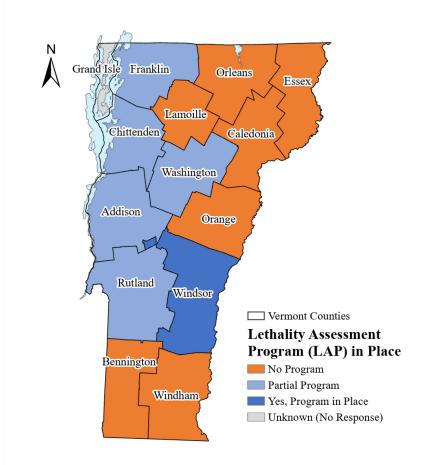
give them information to connect to a service provider should they decide later to do so. The tool has been found to be effective in educating the person about their lethality risk. It can change their perception of their level of danger, which may lead to further protective actions, and ensures that services are offered.

Initially, Vermont embraced LAP. Burlington Police Department offered an MNADV-approved "train the trainer" training in 2014 and most Chittenden County police agencies attended. Barre Police Department, with assistance from their local network program, Circle, trained most Washington County agencies. However, use of the LAP has fallen off even in these counties as officers who were trained retired. Vermont has not taken a statewide approach to ensure that all agencies are trained and using LAP. State's Attorneys report that even those agencies who have trained personnel who can do LAP assessments do not do them consistently.

One promising development is that Vermont State Police ("VSP") revised their domestic violence investigation form to include LAP. VSP reports that Williston, St Albans, Berlin, Lamoille, and Rutland barracks are all using LAP consistently in domestic violence cases. They anticipate having officers in Shaftsbury trained by the end of 2022 and have plans to train all troopers in all barracks.

Research supports that LAP is an effective intervention. https://www.mnadv.org/wp-content/uploads/2021/02/LAP-Effectiveness-Position-Paper.pdf According to MNADV, 734 law enforcement agencies, 187 domestic violence programs and 39 states have implemented LAP. The Commission would like to see all law enforcement agencies in Vermont regularly using LAP as part of their domestic violence incident response. A survey of State's Attorneys shows that LAP is currently being used, at least in some instances, in the following counties (see following page):

Lethality Assessment Program (LAP) Use by Vermont County, 2021



Domestic Violence Accountability Programming

There are 11 Domestic Violence Accountability Programs ("DVAPs") around the state that are certified by the Vermont Council on Domestic Violence to be operating in alignment with statewide standards. Information about the programs can be found on the Vermont Council on Domestic Violence's website: https://www.vtdvcouncil.org/

Vermont's DVAPs provide programming options for people who have caused harm to an intimate partner and want to change the way they behave in their relationships. Programs offer participants the opportunity to examine the harm they have committed, take accountability for their behaviors, and learn new tools to use as they change how they interact in their intimate relationships. Programs use a variety of nationally recognized curricula, including the Duluth Model, Achieving Change through Values-Based Behavior (ACTV), Emerge, Circles of Peace, and Caring Dads.

As of October 1, 2022, Vermont has eliminated all participant fees to reduce barriers and increase access to programming. There is program development work in the Northeast Kingdom, LGBTQ+ communities, and migrant worker communities in Vermont.

Over 350 individuals enrolled in domestic violence accountability programming in FY 2022. The Vermont Council on Domestic Violence is currently supporting the DVAPs in transitioning into a robust data collection system and database. Although current data collection practices make it difficult to fully assess retention rates in the programs, far more individuals complete programming than abandon it.

Recommendations

The Commission makes recommendations to the parties required by statute based on information gathered during the case review process. Our focus is to find common threads and base our recommendations on those. Occasionally, we do make recommendations based on a single case review.

Officer-Involved Domestic Violence

Domestic violence among police officers is as common as it is in the general population but is not always acknowledged. Over the past two years, the Commission reviewed two cases in which law enforcement officers or personnel were perpetrators or victims of domestic violence. When a law enforcement officer is the perpetrator of domestic violence, it can be extremely dangerous for the victim who may feel unable to contact the police in an emergency because of fear that their partner's status as a police officer will decrease the likelihood that they will be believed and their partner held accountable. Police officers may have greater access to firearms, have learned use of force skills that can increase their danger and have access to surveillance tools not available to the general public. It is important that police departments acknowledge their awareness of the problem and provide resources for their employees who engage in domestic violence at the earliest possible time and adopt a zero-tolerance policy toward perpetrators of officer-involved domestic violence.

It may also be difficult for an employee of a police department, or an officer, who is the victim of domestic violence to ask for help. They may fear embarrassment, a loss of privacy, or a concern that they should be skilled enough to handle the situation themselves given their training as an officer. It is important that police departments acknowledge that officers/employees may be victims of domestic violence and have written policies to support them.

Recommendations:

- That all police agencies adopt the Domestic Violence Involving Law Enforcement Model Policy
 first published by the Vermont Law Enforcement Advisory Board ("LEAB") in 2010. The
 Commission would like LEAB to consider amending 3.8 Member Responsibilities section (4) to
 require a member subject to a Relief From Abuse Order to immediately surrender all service
 weapons.
- That the LEAB take up the 2010 model policy and work with the advocacy community in evolving the policy to be relevant in terms of meeting survivors needs and leveraging best practices in awareness, prevention, and investigation of domestic violence.
- That the LEAB model policy specifically identify supports offered to any employee or officer who
 is experiencing domestic violence and develop policies to protect the privacy of any information
 they share and support the officer/employee.

Transparency of Information About Officer Misconduct

Under the statutory framework for unprofessional conduct beginning with 20 V.S.A. § 2401, the Vermont Criminal Justice Council ("Council") has the authority to investigate complaints about officer misconduct referred by a law enforcement agency. Category A offenses include a mandate to refer a complaint if probable cause is found on a felony, domestic assault, violation of abuse prevention order or stalking offense among others and a Category B offense may result from a credible complaint of gross professional misconduct such as "sexual harassment involving physical contact or misuse of position." ⁶Having a Relief From Abuse Order issued against an officer is not listed under either category.

The law requires that police agencies report A and B level misconduct to the Council and that the complaint be investigated. The Council may also impose sanctions. However, the Council is prohibited from sharing most information with the public. See 20 V.S.A. § 2409. While the Commission understands and supports the need to balance officer privacy with the public's right to know, the current balance does not give the public any information about the nature or number of the complaints. Currently, public information is restricted to whether the Council determined that an officer has committed a policy violation. The violation is not specified. There is no aggregate information provided about how many complaints involved domestic violence, stalking, sexual assault or violations of abuse prevention orders. Public access to this information helps build confidence that the Council is addressing officer-involved domestic violence.

Recommendations:

- That the legislature amend 20 V.S.A. § 2409 to require that the Council collect and report aggregate data on the number of complaints received that involve domestic or sexual violence, and the number of category A and B offenses that resulted in disciplinary action.
- That the legislature amend 20 V.S.A. § 2401 category A conduct to include issuance of a final Relief From Abuse Order.
- That the legislature amend 20 V.S.A. § 2401 category B conduct to include gross professional misconduct by actions, whether on or off-duty or under the authority of the State, that involve willful failure to comply with a State-required policy or substantial deviation from professional conduct as defined by the law enforcement agency's policy, or if not defined by the agency's policy, then as defined by Council policy, and shall include a violation of the Domestic Violence by Law Enforcement Model Policy.

⁶ Per 20 V.S.A. § 2401(1), Category A conduct is defined as: (1) any felony; (2) any misdemeanor committed while on duty that did not involve the legitimate performance of duty; <u>or</u> (3) any specifically-listed misdemeanor committed while off-duty, including domestic assault. And per 20 V.S.A. § 2401(2), Category B conduct is defined as gross professional misconduct engaged in while on duty or while exercising the authority of the State that involves a willful failure to comply with a State-required policy or that involves a substantial deviation from the conduct required by the employing law enforcement agency's polices or the Council's policies.

Juvenile Jurisdiction and Domestic Violence

When a person aged 18 or younger is accused of aggravated domestic assault, the case must be filed in the Family Division of Vermont Superior Court or transferred from the Criminal Division of Vermont Superior to the Family Division. This occurs because aggravated domestic assault is not one of the twelve "listed" felonies enumerated in 33 V.S.A. § 5204(a). However, the Family Division has discretion to transfer any felony, including aggravated domestic assault, to the Criminal Division if the accused person is at least 16 years old. Aggravated domestic assault charges stemming from intimate partner violence appear to be uncommon among this age group, and the conduct underlying the charge typically involves an assault on a parent, sibling, or other household member. In cases where a youth commits felony-level assault against an intimate partner, the State may elect to file an aggravated assault charge instead of aggravated domestic assault because aggravated assault is a listed felony that would mandate filing in the Criminal Division (if the accused person is at least 14 years old).

The Commission believes that in felony-level assault cases involving family members, such as a parent and a child, the Family Division is likely to be an appropriate forum. However, in cases involving intimate partner violence, this forum may not be appropriate. Victims may want to have a public proceeding, and the Family Division may not provide the accountability warranted. It may also have the unintended consequence of making intimate partner violence seem less serious than other types of aggravated assault. If the State elects to charge aggravated assault instead of aggravated domestic assault in cases involving youth under the age of 19, it may also impact the ability to collect accurate information about the prevalence of felony-level domestic violence. Currently there is no way to determine from statistical data how many of the aggravated domestic assault charges among this age group involve intimate partner violence.

Recommendations:

- That the legislature amend the statutes governing juvenile jurisdiction to allow the State discretion to file aggravated domestic assault charges involving intimate partners in the Criminal Division of Vermont Superior Court.
- That domestic violence accountability programming, specifically tailored to meet the needs of young people who have engaged in intimate partner violence, be made available to youthful offenders and adjudicated delinquents.

Eliminate Final Order Service when Defendant is Present

As noted in its last report in the "Trends" section, the Commission is concerned with the increasing number of continuances of final hearings in Relief From Abuse proceedings. Many hearings are continued because of a lack of service of process. Law enforcement is experiencing staffing challenges that make it difficult to serve all of the notices of hearings on a timely basis, especially if a defendant is evading service.

Under 15 V.S.A. § 1105(b), the Court is required to transmit a final order to law enforcement for service even if a defendant is present in court when the order is issued. When hearings were conducted in person, court staff were often able to serve the defendant before they left the courthouse. Now that many hearings are conducted remotely, court staff are unable to serve many of the orders. Instead, they are transmitted to law enforcement for service, which adds to the overall number of orders that law enforcement needs to serve.

Officers report that some defendants are irate at being served with the order when they already know the terms from attending the hearing. Requiring additional service of process can also create confusion. If a violation occurs before the additional service occurs, the order is enforceable because the statute states that the order is "deemed to have been served" when the defendant is present at the hearing. The lack of a signature on the service of process form may cause some officers to incorrectly conclude that the order is not yet enforceable in these circumstances. Eliminating the requirement for law enforcement to provide additional service of final orders even when the defendant is present for the hearing will reduce the pressure on law enforcement resources and reduce confusion. Instead, the court can mail a courtesy copy to the parties if the hearing is held remotely.

Recommendation:

That the legislature strike the requirement in 15 V.S.A. § 1105(b) that states "However, even
when the court has previously notified the defendant of the order, the court shall transmit the
order for additional service by a law enforcement agency."

Trends

Lack of Service

The Commission has noticed that many Relief From Abuse hearings are unable to proceed because the defendant has not been served. While the availability of remote hearings has lessened the strain of having to appear in court for some plaintiffs, it is nevertheless stressful to have the final hearing continued, in some cases repeatedly, because the defendant is not yet served. In some cases, the defendant may be avoiding service, but often it is unclear why service has not occurred. It is certainly to some extent a result of the decreased number of law enforcement officers available.

Different judges have different policies about what to do if an order is not served. Some judges will continue the hearing several times to try to effect service and then dismiss the order with an instruction to the plaintiff that they may refile. Some judges may authorize "tack" orders to be placed on the door of the defendant's residence. In contrast to Vermont where both the temporary and final order must be served, law enforcement officers in New Hampshire need only serve the defendant once, and then the responsibility is on the defendant to find out if a final order was issued against them and to know the terms.

Broad and Consistent Access to Remote Hearing Options

Like many courts across the country, Vermont courts expanded the availability of remote hearings during the Covid pandemic. The Commission is pleased that Vermont courts have continued to make this option available to parties even after the courthouses reopened. Judges have been responsive about learning best practices to help litigants participate. In many courts, the litigants are given the option to choose whether to attend remotely or in person in Relief From Abuse cases which can be very helpful. The Commission hopes to see greater structure and consistency in how these hearings are conducted as the courts gain more experience with them. The courts are working to provide public computer access to those who need it in order to participate remotely and the Commission is greatly encouraged by this step.

Commitment to Expanding the Lethality Assessment Protocol

Some counties, like Chittenden and Washington, took it upon themselves to provide LAP training for police departments in their communities. However, individual departments lacked the capacity to undertake the reporting and ongoing training to expand and continue using the protocol over time. The Commission is pleased that Vermont State Police have incorporated LAP into the domestic violence investigation form that troopers throughout the state will eventually use in every domestic violence incident. Several barracks have been trained and additional barracks will receive training this coming year. In some smaller rural areas of Vermont, State Police may provide all law enforcement services. This will eventually allow the use of LAP to be used with a greater geographic consistency around the entire state. However, Vermont does not have a requirement that all departments offer LAP and local departments may not have the resources to collect data and train officers.

Resources

There are resources available for people experiencing domestic violence. The Vermont Network Against Domestic and Sexual Violence has a statewide hotline for domestic abuse that can be reached at 800-228-7395. The Network's fifteen member programs provide services to survivors in all fourteen counties in Vermont. For an interactive map to help you locate a local program near you, visit https://vtnetwork.org/get-help/

The National Domestic Violence Hotline has a safety planning tip sheet that can be found here: https://www.thehotline.org/resources/safety-planning-around-guns-and-firearms or call (800) 799-SAFE to get help.