

Sexual Assault Services of Calhoun County
Business Office 269-660-3925
24-Hour Crisis Line 1-888-383-2192

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- Sexual Assault happens when someone is forced into sexual contact against his or her will
- Sexual assault is a crime of power and control: it is not about sex
- Sexual assault is **NEVER** the victim's fault
- The chances of being a victim of sexual assault in your lifetime are 1 in 4 for females and 1 in 7 for males
- Someone the victim knows, such as, a friend, relative or an acquaintance commits over 66% of rapes.
- Over 60% of assaults occur in or near the home of the victim or the assailant.
- Only 28% of sexual assault incidents are reported due to the personal nature of the crime and fears about the public criminal justice process.

Survivors do have varied reactions after the assault. One survivor may react very emotionally; another may react with extreme calm. The experience should not be judged by the survivor's reactions. Although reactions may vary, the Rape Trauma Syndrome is well documented and often is the phases an individual may pass through as s/he copes with the effects of the assault.

Rape Trauma Syndrome

Phase One: Immediate

- Feelings of fear, anger, embarrassment, self-blame, guilt, helplessness
- Abrupt mood changes
- A feeling of overreacting to everyday problems
- Anger over own behavior
- Extreme calm or jumpiness or irritability

Phase Two: Outward Adjustment

- Claims to have forgotten the incident
- Rationalize that the assault was not a "big deal"
- Attempts to live a "normal" life again
- Attempts to resolve anxiety
- Outwardly appears to have adjusted

Phase Three: Resolution

- Depression, fear, insomnia, nightmares, flashbacks, eating disturbances
- Unexpected crying
- Desire to talk about the assault
- Survivor is able to experience **ANGER** and begins to focus anger on the assailant

Phase Four: Integration

- Accepted the fact of the sexual assault
- Sorted out feelings of guilt and responsibility
- Integrated the sexual assault experience into the whole of her/his life, neither repressing nor being dominated by it

Each of these phases is a healthy step towards healing. It is important you feel safe to share what you are feeling with someone. If you would like to speak with a therapist, please call 269-660-3925 to make an appointment. Our services are **confidential** and **free of charge**. If you would like to speak to someone immediately, please call our 24-Hour toll free crisis line at **1-888-383-2192**.

If you have been sexually assaulted there may be some things that you need to deal with as a result of the assault. We hope the information contained in this packet will be helpful to you as you recover from your assault.

Medical Concerns

At your emergency room visit you will be examined and given immediate medical treatment for any injuries you received as a result of the assault, diagnosis and treatment of pregnancy or disease, care of immediate emotional needs and proper collection of evidence for possible use in legal proceedings.

You may have blood tests taken. These test reveal whether you had any sexually transmitted diseases (STDs) at the time of the assault. In order to determine if you have contracted any STDs as a result of the assault, it would be a good idea to have follow-up tests completed six weeks after the assault at a local health department, or with your family doctor. It is also a good idea to seek treatment if at any time symptoms of a STD is noticed. If you did not receive antibiotics as a prevention measure, it is important to get treatment as soon as possible.

The HIV virus and AIDS have become another concern for those who have been sexually assaulted. You may want to consider being tested for the HIV virus at the local health department, six weeks to three months after the assault and again at six months to one year. The health department provides free and confidential HIV testing.

For female victims, the possibility of becoming pregnant is often a concern. A pregnancy test is usually performed during your exam to determine if you were pregnant before the assault. If you are concerned about becoming pregnant as a result of rape, you may have the opportunity to take emergency contraceptives that will stop a fertilized egg from implanting in the uterus. You may also want to have a pregnancy test six weeks after the assault or if you have any symptoms of pregnancy. If you have questions or concerns, contact the local health department or Planned Parenthood. Both offer free and confidential pregnancy testing.

Financial Concerns

You may have some financial concerns and questions related to the assault. One possible source of help is reimbursement from the Crime Victims Compensation Fund of the State of Michigan. If you have further questions, concerns or would like an application, please contact our business office at 269-245-3925, or Calhoun County Victim's Rights at 269-969-6944.

This medical and financial information may feel overwhelming to you. You may also feel angry for having to experience and deal with these concerns. It is important that you feel safe to share what you are feeling and experiencing with someone. That someone, could be a friend, sister, brother, parent, partner or a therapist. If you would like to speak with a therapist to sort out your feelings, call 269-245-3925 to make an appointment. If you would like to speak to someone immediately, call our toll-free 24-hour crisis line at 1-888-383-2192.

Other helpful phone numbers:

Health Department:

- Battle Creek Office: 269-966-1237 or 269-966-1229
- Marshall Office: 269-781-0950
- Albion Office: 517-629-9434

Planned Parenthood:

- 269-964-0885