

CALENDAR OF EVENTS:

- November 30th - Volunteer Roundtable
- December 14th - Volunteer & Staff Holiday Party
- January 25th - Inservice Training
- February 22nd - Roundtable
- March 29th - Volunteer Inservice
- April - Inservice SOARS Training

Volunteer Trainings

- January 17 – 28th

NEW MISSION STATEMENT:

To empower those victimized by sexual violence through advocacy, crisis intervention and therapy and to educate the community about the cause, impact, and prevention of sexual violence.

TTY: 801.746.5551. Services are available to enable the Deaf or HOH to call our staff during business hours.

This project is funded by the CDC Rape Prevention Education Grant #VF1/CCV819939-04

RAPE RECOVERY CENTER SERVICES

Rape Recovery Center is a non-profit agency that provides no-cost confidential crisis intervention therapy in Spanish and English, advocacy, and referral information to victims of sexual assault, and to their families and friends. The crisis hotline* is operated by trained and certified volunteer counselors 24-hours a day. All services are available to all primary and secondary survivors, including recent and former victims of child sexual assault. The Center also provides free presentations to civic, educational, business and professional groups. Presentations can be tailored to the interest and educational level of the audience.

**Confidential, yet governed by mandatory reporting laws.*

Salt Lake Rape Crisis Center is dba the Rape Recovery Center

24-hour crisis line: 467-RAPE (7273), TTY: 746.5551

Utah toll-free, 24-hour crisis line and

information line: 1-888-421-1100

RAINN (Rape, Abuse and Incest National

Network): 1-800-656-HOPE (4673)



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RAPERECOVERYCENTER

WINTER 2005 NEWSLETTER

OUR HISTORY

Imagine a place where there is little a person can do to cope with sexual violence. This is a place where even the police and hospitals are often not equipped to help. They can investigate and maybe prosecute and treat your physical wounds, but overall victims are left with a broken spirit, an unimaginable kind of fear, and a life that isn't their own. In this world there was no where for victims to turn to work through their trauma, and there was no one dedicated to ensuring that these victims' rights were upheld.

This is the world that in 1974, founding officers Ronald E. Clark, Sheila P. Kearney and M.S. Pendleton were so committed to changing. They recognized the great needs of the community and were determined to satisfy them. Because of their dedication to their cause, the Salt Lake Rape Crisis Center (now the Rape Recovery Center) received its Article of Incorporation on January 10, 1975 with the help of Title 20 funding. Christine Watters became the first Executive Director and served the Rape Recovery Center well. At the time of its inception, the Rape Recovery Center offered a 24 hour crisis line.

The Rape Recovery Center had been helping people for the better part of a decade, but there was still one major concern for some victims. Legally, confidentiality regarding their calls to the Crisis Line was not guaranteed. This worry came to a screeching halt in 1983 when a unanimous vote in the Senate passed the Privileged Communication Act. This Act made communication on the Crisis Line privileged and confidential, such that attorneys cannot subpoena volunteers or any information gathered by the Crisis Line Volunteers!

The RRC along with the Women's Law Caucus worked to "get gender out of the law." Victims of sexual violence had been, for too long, referred to only as "she" in the pages of the law. These groups worked together to change the wording to include male victims as well. In late 1979 and 1980 another big step was made by the Rape Recovery Center with its creation of the Mobile Team. This service brought Rape Recovery Center staff to hospital emergency rooms and police stations to be with victims. The RRC worked with Primary Children's Hospital, Holy Cross and St. Mark's. Holy Cross handled all of the city

rape cases and St. Mark's worked with all of the county cases. The RRC was called out for every single Code R. In 1990 there were 490 Code R's.

The RRC gave 15 presentations throughout the community every month. One of their biggest pushes was the "Who's in charge? I'm in Charge" campaign. RRC staff and volunteers would go to PTA meetings, teacher staff meetings, etc. and present on the dynamics of sexual violence against children. There were huge turnouts at these presentations. Another educational outreach program was extended toward the school system when a male and female volunteer team visited schools. In their first year they went to 60 schools.

Since 1974 the RRC has provided direct service for over 120,000 individuals and another 250,000 individuals have participated in workshops or received information. From the original Crisis Line to the Hospital Response Team and educational outreach the Rape Recovery Center has come a long way in the last 30 years. Now the RRC even offers therapy, by licensed clinicians, in both English and Spanish for victims and their friends and families.

Some of the goals of the RRC include bettering outreach efforts both to the general public community as well as colleges and universities, and improving the 40 hour volunteer training sessions to provide them with more skills to increase their competence and confidence. Another goal is the expansion and improvement of educational programs including the addition of more Rape 101 courses. The RRC wants to expand presentations to reach more diverse audiences. The Rape Recovery Center also wants to reach out to media sources to further community education about sexual violence. The RRC has been working with new ways to ensure effective communication for all people including TTY and an interpretation service. Most importantly, the RRC continues addressing real community needs.

Congratulations to the RAPE RECOVERY CENTER for 30 amazing years and here's to many, many more!

Lynnette A. Averill, Rape Recovery Center Volunteer

DIRECTOR'S MESSAGE

As the Rape Recovery Center sets a path for the future and renews our commitment to end sexual violence, we have taken steps to ensure we are meeting our community's needs. As such, this year we assessed current community needs, our mission and core services. While the RRC has continued to stay abreast of the needs of victims of sexual violence, we are committed to continuously building our capacity to make our services broadly accessible.

To be clear on our vision for the future, we modified our mission statement to include empowering language overall and our therapy services offered by licensed clinicians. In addition, we have instituted an agency philosophy (which is posted on our website, www.raperecoverycenter.org) and annual strategic plan to direct RRC daily activities.

Our Strategic Plan for the next year includes the following seven goals:

- Improve and enhance the system's response to service victims of sexual violence,
- Enhance and expand community education and outreach,
- Recruit and retain a quality volunteer corps,
- Build RRC's capacity to service populations we are currently underserving,
- Establish a core identity that embraces our diverse community,
- Work to diversify our staff, volunteers and board, and
- Maintain a healthy and professional agency culture.

This is the beginning of what I intend to be a yearly process of assessing community needs and creating an annual plan to keep our collective energy focused on critical issues. Stay tuned as we work toward the goals of the strategic plan listed above, and then ask for community input and feedback on our progress in March 2006.

As you can see, one of our agency goals is to diversify our staff and volunteer pool. On that note - I am very pleased to welcome Rocio Mora, a bilingual therapist, to our staff and our newly graduated class of diverse volunteers to the Rape Recovery Center.

*Heather Stringfellow, MPA
Executive Director*

SAVE THE DATE

The Board of Directors and Staff of the Rape Recovery Center invite you to join us in celebrating "An Evening With The Arts" Emma Eccles Jones Conservatory, Westminster College, April 28th, 2006. Silent Auction and Reception.

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CLINICAL CORNER

On October 22, 2005 the Rape Recovery Center presented a break-out session at the Women's Health Fair sponsored by KUED. The clinical team developed the following ten sexual assault risk reduction tips. Of course risk reduction is not a guarantee that one will not be assaulted. Remember, it is never the victim's fault.

1. If someone tells you that they were raped or sexually assaulted, believe them!
2. Trust your instincts and be aware of your surroundings at all times.
3. Don't leave your beverage unattended or accept a drink from an open container.
4. Go with friends to parties & clubs. Watch out for each other and leave together.
5. Be aware of people who cross boundaries, not just sexual boundaries.

6. Be aware that alcohol and voluntary drug use make you more vulnerable.
7. Statistics show that 90% of the time the perpetrator is somebody that you know and trust.
8. It is more important to be safe than to be nice.
Clearly state your limits about the level of intimacy you want in a relationship.
9. If at any time you want to stop, say "stop". Be clear and firm, using body language as well as words.
10. Don't become isolated with someone you don't know or trust.

April is Sexual Assault Awareness Month!

ONE IN THREE UTAH WOMEN A VICTIM

In August 2005, the Utah Commission on Criminal and Juvenile Justice completed the study, "Rape In Utah: A Survey of Utah Women About Their Experience With Sexual Violence." This study was a survey of Utah women, 18 years of age and older, and asked about their experience with sexual violence during their lifetime. Those who had been sexually assaulted during their lifetime were asked questions about this experience and about any action they took as a result of the attack.

Results showed that 12.7% of respondents, or one in eight, had been raped sometime during their lifetime. Further, nearly one in three had experienced some form of sexual assault during their lifetime. As expected, few were victims at the hands of strangers. Most were assaulted by someone they knew, or by a

family member. An overwhelming majority, 86.2% experienced their first sexual assault before their 18th birthday.

Interestingly, most victims were not overly concerned about getting AIDS/HIV or some other sexually transmitted disease as a result of the attack. Not many victims were concerned about getting pregnant. However, many victims reported they were afraid of family members or friends discovering they had been attacked. Only 8.2% sought medical attention after the attack, and 9.8% reported the attack to the police. Finally, only 2.9% of the victims contacted a rape crisis line. If you would like to read the full report, it is available on the internet at

www.justice.utah.gov/Research/Crime/RapeInUtah.pdf.

Mike Haddon, Utah Commission on Criminal and Juvenile Justice

BILINGUAL THERAPIST TO SERVE SPANISH SPEAKING CLIENTELE

Rocio Mora, CSW, is from Ecuador and received her master's degree in Social Work at the University of Utah. She completed her internships at Centro de la Familia providing crisis intervention and counseling services to victims of domestic violence, primarily Latinas, and at the University Counseling Center where she received a comprehensive training in counseling indi-

viduals, couples and groups. For her scholastic performance and outstanding contributions in practicum particularly working with the Latino population Rocio received the "Practicum Student of the Year award" and the "Social Work MSW Faculty Award for outstanding promise for professional practice."