RESOURCES FOR SURVIVORS

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### When Feeling Triggered

**HOW TO GET GROUNDED**

<table>
<thead>
<tr>
<th>Plant Your Feet.</th>
<th>Place both feet flat on the floor. Sit up straight, feeling the chair supporting you. Feel your feet touching the floor.</th>
</tr>
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<tbody>
<tr>
<td>Breathe.</td>
<td>Inhale slowly while mentally counting to 5. Then exhale completely to a count of 5. Repeat 5 times.</td>
</tr>
<tr>
<td>Notice.</td>
<td>Notice what you see around you. Say out loud 5 things you see, 4 things you hear, 3 things you can feel and and 2 things you smell.</td>
</tr>
</tbody>
</table>
Trauma, Triggers & Flares

What are Triggers?
1. Reminders of past events
2. Often unrecognized
3. Come in all shapes & sizes
4. Elicit threat responses (symptoms)
5. Elicit flares in chronic disease
6. Flares represent fight, flight, freeze
7. Based on unresolved trauma
8. May not be dangerous or stressful
9. Can be identified
10. Healing triggers can help flares
11. Healing trauma helps chronic illness
12. Sensitivity to mold, infections & other exposures

Trauma Triggers Flares in Disease

Veronique Mead, MD, MA
Chronic Illness Trauma
How To Cope With Trauma That Has Just Been Triggered

Practice a grounding exercise that brings you back to this moment:

For example, practice the 5-4-3-2-1 mindfulness exercise. This is where you slowly breathe in through your nose and out through your mouth while bringing awareness to:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste
Repeat a mantra to block out intrusive thoughts that don’t serve you. For example:

“I am safe”
“This too shall pass”
“My life is more than this moment”
“I am patient. I am healing.”

Engage your senses to bring awareness back to the present:

This may include playing with a fidget toy, aromatherapy, stretching your body, or even chewing gum.
Release yourself from unrealistic expectations:

A flashback doesn’t mean you’re “back to where you started” or “you’ll never be free from the past”. Healing isn’t linear, it’s complex. Be patient and kind with yourself as you progress through this journey.

8 WAYS TO WORK THROUGH TRAUMA

- Forgive yourself
- Practice exposure therapy
- Incorporate meditation/yoga
- Journal
- Exercise
- Seek professional assistance
- Practice self-care
- Give yourself permission to heal
DO I HAVE PTSD?
The Signs & Symptoms of Post-Traumatic Stress Disorder

Many people develop strong or physical reactions after experiencing a traumatic event. They usually subside over a few days or weeks; for some, however, they may last longer and be more severe. These signs and symptoms can be grouped into three areas:

RE-EXPERIENCING SYMPTOMS
- Flashbacks that include physical symptoms like a racing heart
- Bad dreams
- Frightening thoughts

AVOIDANCE SYMPTOMS
- Avoiding places or objects that remind of the experience
- Feeling emotionally numb
- Losing interest in activities you used to enjoy

HYPERAROUSAL SYMPTOMS
- Being easily startled
- Feeling tense or “on edge”
- Having difficulty sleeping and/or having angry outbursts

When symptoms last longer than a few weeks, it may be post-traumatic stress disorder. Research indicates that stress disorders are effectively treated with psychotherapy and, in some cases, medication.
Therapy

Helpful Tips

Not from a professional just from someone who knows what it's like

Before You Go (1)

What kind of therapist do you want to see? Think about:
• Gender, ethnicity, race (important you feel represented and heard)

Before You Go (2)

Different therapists specialize in different things:
• Ex. Childhood trauma, cancer patients, depression, ADHD, ECT.
Pick what fits for you or just normal psychologist for N/A

How to Find One

Go to "Psychology Today" and put in zip code then call to see if they take your insurance...

School Counseling

Good for those who don’t have insurance BC free with tuition but make sure to look into wait times and how many sessions you get
Find a Therapist link
(https://www.psychologytoday.com/us/therapists)

Self Guided Support
(link to buy workbook to help with self healing via Amazon)
Self Workbook for Healing, Therapy Alternative

Survivor Links

EXTENSIVE RESOURCES FOR SURVIVORS via
https://www.advocateforvictims.com/resources

Listed resources provided by:
https://www.advocateforvictims.com/resources
(pdf friendly)

California Resources

Child Abuse Hotline - California (800) 344-6000 – provides resources and leadership to both individuals and rape crisis centers across the state.
Victim’s Bill of Rights, Marsy’s Law, State of California Department of Justice
California Victim Compensation Board – Helps with resources and restitution for victims of sexual abuse and assault in California.
Rape and Sexual Assault: Safe LA – City of Los Angeles resources for victims of sexual abuse, sexual assault, and domestic violence.
Peace Over Violence – headquartered in Los Angeles, this prevention center for stalking, domestic violence, sexual assault, and sexual abuse is committed to social service and change.
Child Sexual Abuse Prevention in Los Angeles – Lauren’s Kids has been serving the community since 2007, focusing on reporting laws.

National Organizations

VINE - Victim Information and Notification Everyday - App that allows victims of crime access timely and reliable information regarding offenders and victims can also register to receive automated notifications about changes in that status
RAINN (Rape, Abuse, & Incest National Network). Call 1-800-656-HOPE (4673) to reach the National Sexual Assault Hotline
National Organization for Victim Assistance – the oldest national victim’s assistance network in the United States.
National Sex Offender Database – part of the U.S. Department of Justice.
National Sexual Violence Resource Center – offers help and training for survivors and clinicians alike.
Male Survivor – for male survivors of sexual assault and sexual abuse.
National Center on Domestic and Sexual Violence – designs and provides training for advocates, educators, and clinicians.
Pandora’s Project – offers online support groups, message board and chat rooms for survivors.
Sexual Assault Awareness Month – celebrating the movement to end sexual violence, April is the month earmarked with teal ribbons.
Rape Awareness and Education Programs – part of the National Institute of Justice, studying on-campus rape awareness.
San Francisco Women Against Rape – referral guides, information, and resources for survivors.

Specific Populations

Anti-Violence Project - AVP empowers lesbian, gay, bisexual, transgender, queer, and HIV-affected communities and allies to end all forms of violence through organizing and education, and supports survivors through counseling and advocacy

NCLR - National Center for Lesbian Rights - 800-528-6257 legal helpline

FORGE - National transgender anti-violence organization. Federally funded to provide direct services to transgender, gender non-conforming and gender non-binary survivors of sexual assault.

Abused Deaf Women’s Advocacy Services - (ADWAS) provides advocacy and support to deaf, deaf-blind, and hard-of-hearing persons who are or were victims of domestic violence and/or sexual assault. ADWAS also provides preventive services such as a Positive Deaf Parenting Program, a Children’s Program, and community education.

Alternate Phone Type - TTY:
Alternate Phone - 206-726-0093

Melanin and Mental Health - Everything you need to know about mental health and communities of color.

Therapy for Black Girls - Online space dedicated to encouraging the mental wellness of Black women and girls.

Therapy for Black Men - site so men and boys of color would have a dedicated place to visit when seeking support for mental health guidance or professionals. In addition, this site was created to help strip away the stigmatization associated with men of color regarding therapy in their communities at large.

Men’s organizations working to end violence against women, children and other men:

International and online groups:

MenEngage: Boys and Men for Gender Equality

www.menengage.org

MenEngage is a global alliance of NGOs and UN agencies that seeks to engage boys and men to achieve gender equality.

Men’s Resources International

http://www.mensresourcesinternational.org/

Men’s Resources International (MRI) helps men around the globe practice and promote a healthy, compassionate and responsible model of masculinity.

Men’s Story Project

www.mensstoryproject.org
The Men’s Story Project (MSP) is a public performance and community dialogue project that aims to strengthen social norms that support healthy masculinities and gender equality, and to help eliminate gender-based violence, homophobia and other oppressions that are intertwined with masculinities.

1 in 6

http://1in6.org/

1 in 6 is an organization that helps men who have had unwanted or abusive sexual experiences in childhood live healthier, happier lives. Their mission also includes serving family members, friends, and partners by providing information and support resources.

Voice Male Magazine

www.voicemalemagazine.org

Voice Male is the profeminist men’s movement’s ‘magazine of record,’ playing a role analogous to the one Ms. Magazine plays in the women’s movement.

White Ribbon Campaign

www.whiteribbon.ca

The White Ribbon Campaign (WRC) is the world’s largest movement of men and boys working to end violence against women and girls, promote gender equity, healthy relationships and a new vision of masculinity.

XY Online

www.xyonline.net

XY is a website and informational resource focused on men, masculinities and gender politics. XY explores issues of gender and sexuality, the daily issues of men’s and women’s lives, and practical aspects of personal and social change.

National and local groups:

A Call to Men

www.acalltomen.org

A Call to Men aims to promote a more healthy and respectful definition of manhood. ACTM provides keynote presentations, consultations, workshops and training sessions, and works
with other groups to create national campaigns that raise awareness about ending violence on a larger scale. Watch a TED Talk from Tony Porter of A Call to Men »

Coaching Boys Into Men

www.futureswithoutviolence.org/content/features/detail/811/

The Coaching Boys Into Men (CBIM) program invites men to use their unique position to prevent domestic and sexual violence. Men — as fathers, brothers, coaches, teachers, uncles and mentors — have a role to play in coaching boys into men. CBIM offers a downloadable training kit aimed at athletic coaches.

Men Can Stop Rape

www.mencanstoprape.org

Men Can Stop Rape mobilizes men to use their strength for creating cultures free from violence, especially men’s violence against women.

Men for Gender Equality

www.mfj.se

Men for Gender Equality Sweden is a Swedish NGO in the field of engaging men and boys in gender equality and violence prevention.

Men’s Initiative for Jane Doe

http://www.mijd.org/

The Men’s Initiative for Jane Doe Inc. (MIJD) is a collaboration of men’s outreach projects throughout the state of Massachusetts, organizing support from men in their communities for Jane Doe Inc.

Mentors in Violence Prevention (MVP)

Mentors in Violence Prevention (MVP) is a gender violence, gay-bashing and bully prevention program founded in 1993 at Northeastern University’s Center for the Study of Sport in Society in Boston. The multi-racial, mixed gender MVP Program was the first large-scale attempt to enlist the sports culture in a positive, proactive way in the fight against gender-based violence.

The National Organization for Men Against Sexism (NOMAS)
Pursuing an Investigation/Reporting

This changes depending on what state/school you are located in. For the most part the process however is similar and the most informative graphic found. The Left is a legal process (through your city/state) and the Right is an administrative process through your University.
Know your rights regarding Title IX (reporting assault on campus)

SF State Specific/CSU

https://calstate.policystat.com/policy/6741651/latest/
https://calstate.policystat.com/policy/8453514/latest/
https://calstate.policystat.com/policy/8453516/latest/
https://calstate.policystat.com/policy/6742744/latest/#autoid-58zq4

Information on New Title IX changes

https://www.knowyourix.org/college-resources/hands-off-ix/

Education https://www.advocateforvictims.com/educational

SFWAR https://www.sfwar.org/resources.html

EXTENSIVE RESOURCES FOR SURVIVORS via

https://www.advocateforvictims.com/resources
### Title IX Coordinator

<table>
<thead>
<tr>
<th>Counseling &amp; Psychological Services*</th>
<th>415-338-2208</th>
</tr>
</thead>
<tbody>
<tr>
<td>The SAFE Place*</td>
<td>415-338-2208</td>
</tr>
<tr>
<td>Student Health Services</td>
<td>415-338-1251</td>
</tr>
<tr>
<td>Dean of Students, Deputy Title IX Coordinator</td>
<td>415-338-3888</td>
</tr>
</tbody>
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*CONFIDENTIAL - except as noted by law, program staff/faculty are not required to report incidents of sexual violence to the Title IX Coordinator without consent of the victim.

### Off Campus

<table>
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<tr>
<th>Organization</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>SF Trauma Recovery/Rape Treatment Center</td>
<td>415-437-3011</td>
</tr>
<tr>
<td>San Francisco Women Against Rape</td>
<td>415-647-RAPE</td>
</tr>
<tr>
<td>Victim Services Division (SF DA’s Office)</td>
<td>415-553-9044</td>
</tr>
<tr>
<td>La Case de las Madres</td>
<td>877-503-1850</td>
</tr>
<tr>
<td>W.O.M.A.N. Inc.</td>
<td>877-384-3578</td>
</tr>
<tr>
<td>Rape Trauma Services (San Mateo County)</td>
<td>650-692-7274</td>
</tr>
<tr>
<td>CORA (San Mateo County)</td>
<td>800-300-1080</td>
</tr>
<tr>
<td>Highland Sexual Assault Center (Alameda County)</td>
<td>510-534-9290</td>
</tr>
<tr>
<td>Bay Area Women Against Rape (Alameda County)</td>
<td>510-845-RAPE</td>
</tr>
<tr>
<td>A Safe Place (Alameda County)</td>
<td>510-536-7233</td>
</tr>
<tr>
<td>Community Violence Solutions (Marin County)</td>
<td>800-670-7273</td>
</tr>
<tr>
<td>CA Coalition Against Sexual Assault (CALCASA)</td>
<td>916-446-2520</td>
</tr>
</tbody>
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### IF YOU BECOME THE VICTIM OF A SEXUAL ASSAULT ON OR OFF CAMPUS:

- Get to a safe place.
- Contact the University Police Department (or your local police) by dialing 9-1-1 or The SAFE Place at 415-338-2208.
- Refrain from showering, bathing, douching, changing or destroying clothing. Save clothing and other evidence in a paper bag.
- Do not straighten up the area.
- Seek medical attention from the Trauma Recovery/Rape Treatment Center at SF General Hospital by calling 415-437-3000.
- Seek emotional support from a local Rape Crisis Center such as SFWAR at 415-647-RAPE (7273).
- Save all text messages and electronic communications from perpetrator.