



RESOURCES FOR SURVIVORS

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Graphics

When Feeling Triggered

HOW TO GET GROUNDED

**Plant Your
Feet.**

Place both feet flat on the floor. Sit up straight, feeling the chair supporting you. Feel your feet touching the floor.

Breathe.

Inhale slowly while mentally counting to 5. Then exhale completely to a count of 5. Repeat 5 times.

Notice.

Notice what you see around you. Say out loud 5 things you see, 4 things you hear, 3 things you can feel and 2 things you smell.

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.

image credit: via

Therapy

Helpful Tips

NOT FROM A PROFESSIONAL JUST FROM
SOMEONE WHO KNOWS WHAT ITS 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 YOR
INSURANCE-->

Psychology Today

City, Zip or Name



Bryan Vasquez

Drug & Alcohol Counselor,
CATCIII

Verified | Ask

Lake Forest, California
92630

you or a loved one are struggling with addiction
now the challenges of this lifestyle. You do not
ve to go to 'rehab' to make lasting changes in

Email

(657) 214-7574

SCHOOL COUNSELING

GOOD FOR THOSE WHO
DONT HAVE INSURANCE
BC FREE WITH TUITION
BUT MAKE SURE TO LOOK
INTO WAIT TIMES AND
HOW MANY SESSIONS
YOU GET



Debra S Woog

Marriage & Family
Therapist, MA, MAPC, LMFT

Verified | Ask

Lake Forest, California
92630

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.

A.S.I.S.T.A. - centralized assistance for advocates and attorneys facing complex legal problems in advocating for immigrant survivors of domestic violence and 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/>

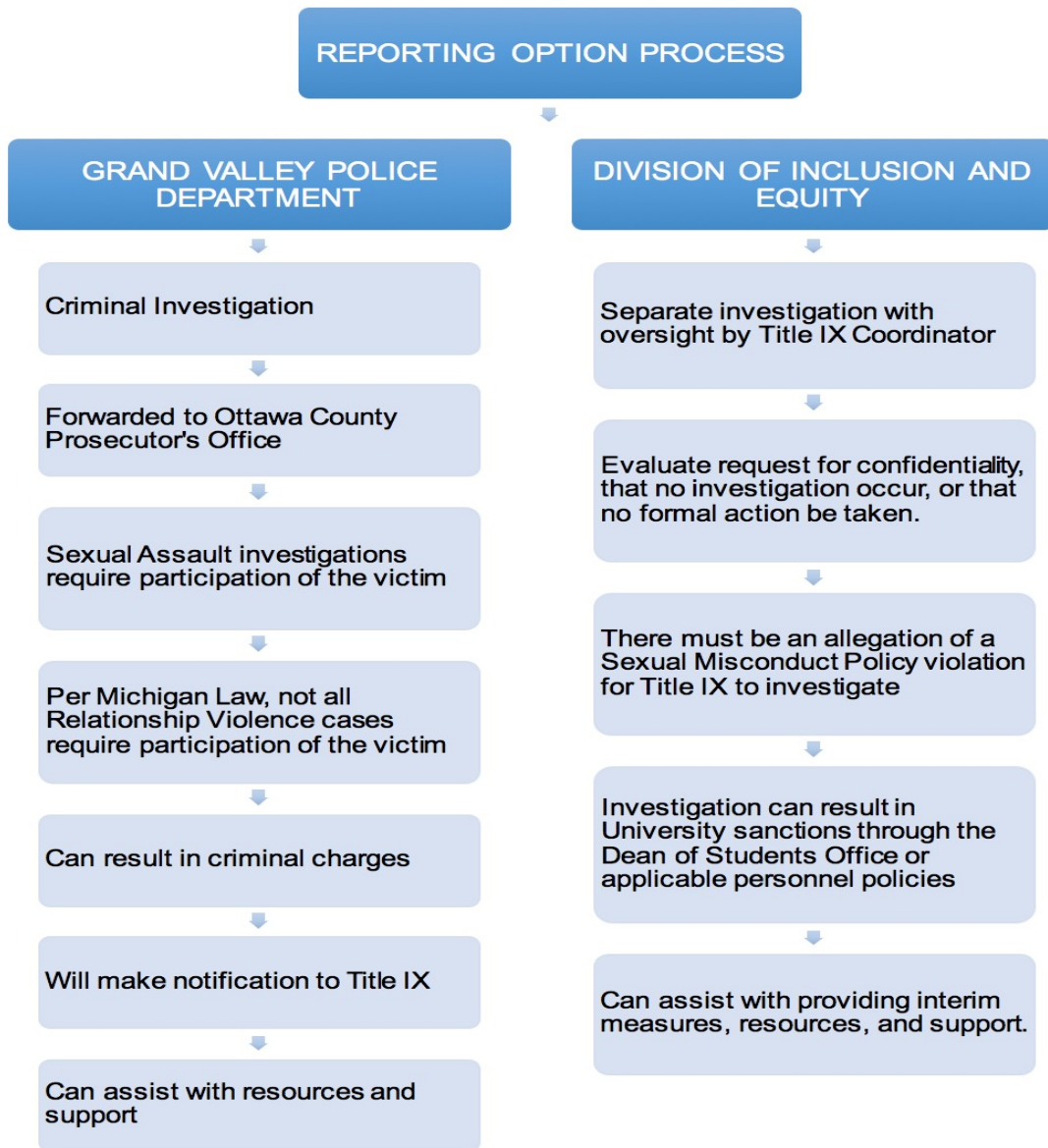
The Men's Initiative for Jane Doe Inc. (MIJD) is a collaboration of men's outreach projects throughout the state of Massachusetts, organizing support from men in their communities for Jane Doe Inc.

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	
Counseling & Psychological Services*	415-338-2208
The SAFE Place*	415-338-2208
Student Health Services	415-338-1251
Dean of Students, Deputy Title IX Coordinator	415-338-3888

*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	
SF Trauma Recovery/Rape Treatment Center	415-437-3011
San Francisco Women Against Rape	415-647-RAPE
Victim Services Division (SF DA's Office)	415-553-9044
La Case de las Madres	877-503-1850
W.O.M.A.N. Inc.	877-384-3578
Rape Trauma Services (San Mateo County)	650-692-7274
CORA (San Mateo County)	800-300-1080
Highland Sexual Assault Center (Alameda County)	510-534-9290
Bay Area Women Against Rape (Alameda County)	510-845-RAPE
A Safe Place (Alameda County)	510-536-7233
Community Violence Solutions (Marin County)	800-670-7273
CA Coalition Against Sexual Assault (CALCASA)	916-446-2520

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

****All Information gathered is from a student who has worked extensively with Survivor Advocacy and Title IX Reform*