

COMMON RESPONSES TO SEXUAL ASSAULT

Victims/Survivors display a whole range of emotions and responses to sexual assault:

- Some may deny part or all of what happened, while others may minimize how deeply it has affected them.
- Immediately after an assault, the victim/survivor may appear controlled and calm while masking feelings, or may express feelings freely and openly. They may be in shock or be confused about what happened and what to do next.
- Fear of further harm from and concern about the reaction of others (should they find out about the sexual assault) are almost universal.
- Victims/Survivors may feel dirty, ashamed, degraded and humiliated. Trust may be shattered.
- Victims/Survivors may feel anger at the perpetrator, the legal/medical system, their religion/fait, or family and friends who have failed to support or protect them.
- Fear and anger may further feelings of isolation and alienation.
- Healing time varies from person to person following a sexual assault. With support, care, and understanding, victims/survivors can go on to live full and satisfying lives.

HOW TO BE SUPPORTIVE

Be supportive—try to provide a safe environment for the victim/survivor to talk.

Be reassuring—sexual assault is NEVER the victim's fault! Let the victim/survivor know that only the perpetrator is to blame.

Be understanding and patient—recovery is a long term process. Fear, anxieties, guilt, depression, and anger are normal and understandable.

Encourage action—encourage the victim/survivor to report the assault to police, seek medical attention, and contact a counselor.

Empower, don't push—the victim/survivor must ultimately make the decisions about what to do. Trust and support their choices.

WHAT TO DO IF SOMEONE IS SEXUALLY ASSAULTED

- Contact the MSU Sexual Assault Hotline
517-372-6666
- Contact the Listening Ear Crisis Line
517-337-1717
- Contact the RAINN National Sexual Assault Hotline
800-656-HOPE
- Seek Medical Attention at Sparrow's Sexual Assault Nurse Examiner Program (SANE)
517-364-3641
- Report to the Police
- Consider Counseling

For more information regarding CASART, please contact the MSU Sexual Assault Program at 517-355-3551



STATEMENT OF PURPOSE

To provide a competent and coordinated multidisciplinary response to sexual assault in Ingham County.

CASART is a sub-committee of the
***Capital Area Domestic & Sexual
Violence Coordinating Council***
(CADSVCC)

COMMUNITY RESOURCES

SEXUAL ASSAULT SERVICES

Angel House, A Program of Child &
Family Services, Capital Area

244-4444

830 Kerns Road
Mason, MI 48854

www.childandfamily.org

Listening Ear Sexual Assault Counseling

Business Line 337-1728

Crisis Line 337-1717

313 W Grand river Avenue
East Lansing, MI 48823

www.theear.org

Michigan Coalition Against
Domestic & Sexual Violence
(MCADSV)

347-7000

3893 Okemos Road, Suite B2
Okemos, MI 48864

www.mcadsv.org

MSU Sexual Assault Program

Business Line 355-3551

24-hour Crisis Line 372-6666

Michigan State University
14 Student Services Bldg.
East Lansing, MI 48824

www.endrape.msu.edu

Sparrow Hospital's
Sexual Assault Nurse

Examiner Unit (SANE) 364-3641

1215 E Michigan Avenue
Lansing, MI 48909

www.sparrow.org

Women's Center

of Greater Lansing

372-9163

1710-1712 E Michigan Avenue
Lansing, MI 48912

LEGAL RESOURCES

Personal Protection Order Office 483-6545

Ingham County Prosecutor's Office
& Victim Witness Unit 483-6108

LAW ENFORCEMENT SERVICES

Call 911 for EMERGENCIES

Bath Township Police 641-6271

DeWitt Township Police 669-6578

East Lansing Police 351-4220

Eaton County Sheriff Dept. 372-8217

Ingham County Sheriff Dept. 676-2431

Lansing Police 483-4600

Leslie Police 589-9700

Mason Police 676-2458

Meridian Township Police 332-6526

Michigan State Police
Lansing Post #11 322-1907

MSU Police 355-2222

Williamston Police
M-F 8:00 a.m.-5:00 p.m. 655-4222
Weekends, Holidays &
after 5:00 p.m. 374-7321

WHAT IS A SEXUAL ASSAULT RESPONSE TEAM

The Sexual Assault Response Team (SART) is a multidisciplinary team that collaboratively responds when a sexual assault is reported, and seeks to improve community responses and services for victims/survivors of sexual assault.

HISTORY

In the summer of 2004, the Lansing SART began as a collaborative effort between the SANE Program at Sparrow Hospital and the MSU Sexual Assault Program with a grant from Victims of Crime Act (VOCA) that afforded additional support to help oversee and facilitate the development effort, SART development efforts steadily evolved. The Lansing SART adopted the name CASART, the Capital Area Sexual Assault Response Team. CASART then later became a sub-committee of the Capital Area Domestic and Sexual Violence Coordinating Council (CADSVCC).

WHAT IS SEXUAL ASSAULT

Sexual assault is a crime in which the perpetrator uses "sex" as a weapon to express power, anger, or control over another. Sexual assault is **any** unwanted sexual contact; even if there was shared prior consensual sex with the perpetrator.

For more information regarding Victim's Rights in Ingham County visit:

www.ingham.org/PA/felhtml.htm