

Mission Statement: We believe in the strength and resiliency of all people impacted by sexual violence. We stand with survivors against all forms of social injustice by promoting individual healing and building an empowered, inclusive community.

Here at the Center for Survivors our services include advocacy, individual and group therapy, and crisis intervention. All services are free and confidential.

Advocacy Services: Legal, Institutional, Academic, and Personal Advocacy services are available to survivors and co-survivors of sexual violence. Advocates work with both community survivors and MSU-affiliated survivors that have been impacted by Sexual Assault, Sexual Harassment, and Sexual Exploitation.

Program advocates can help with:

- Offering and explaining reporting options
- Reporting to the police and the criminal justice process
- Reporting to the university through the MSU Office of Institutional Equity (OIE)
- Academic accommodations and interim measures
- Attending important appointments and meetings with you for reporting and accommodations
- Housing and financial concerns
- Accessing healthcare and mental health services
- Obtaining assistance through Crime Victims Compensation
- Referrals to campus and community resources
- Safety concerns

Individual and Group Therapy: The MSU Center for Survivors offers individual therapy, support groups, and workshops for MSU students who are survivors of adult sexual assault or childhood sexual abuse.

Crisis Intervention

Trained volunteers are ready to provide support, crisis intervention, and connection to local resources through our Crisis Hotline and Crisis Chat services. Whatever you need, we are here to help. The hotline and chat services are free, confidential, and anonymous and open to survivors and co-survivors in need of support, information, and resources.

Call 517-372-6666 24 hours a day, 7 days a week

To start chatting, visit: centerforsurvivors.msu.edu (click the chat icon in the bottom right of the website screen) Available 7 days a week, 10:00 a.m.-10:00 p.m.

How to contact us:

On campus (Monday-Friday 8am-5pm):

Student Services Building
556 E Circle Dr. Room 207
East Lansing, MI 48824

Office: 517-355-3551

centerforsurvivors.msu.edu

Crisis Chat: centerforsurvivors.msu.edu

24/7 Crisis Hotline: 517-372-6666

WE
stand
with
SURVIVORS

Sexual Violence 101

Sexual violence is a broad category of actions in which a person exerts their power and control over another person through unwanted or harmful sexual actions. The information below provides definitions to describe different forms of sexual violence. We recognize that not everyone may identify with these terms or define their own experiences in these ways. We also recognize that the terms below may not describe all forms of sexual violence and sexual violence is not limited to the actions described below. We choose to share these definitions for individuals who are looking for language to help them understand what happened to them.

The sexual violence umbrella portrays the spectrum of actions that constitute sexual violence and highlights some key terms and definitions of actions that fall within that continuum.



Sexual Assault: An act in which a person sexually touches another person without that person's consent, or coerces or physically forces a person to engage in a sexual act against their will.

Sexual Coercion: The use of pressure, manipulation, misuse of authority or status, or deception to gain sexual contact without a person's consent.

Rape: Rape is a form of sexual violence. The term rape is often used as a legal definition to specifically include sexual penetration without consent.

Sexual Exploitation: Actual or attempted abuse of a position of vulnerability, power, or trust, for sexual purposes, including, but not limited to, profiting monetarily, socially or politically from the sexual exploitation of another.

Sexual Harassment: Sexual Harassment may involve unwelcomed sexual advances, requests for sexual favors, other verbal, visual, or physical conduct of a sexual nature; sexual innuendo; offensive jokes; and repeated unwanted invitations.

Stalking: The act or crime of willfully and repeatedly following or harassing another person (can be in person, but also occur via telephone or social media) in circumstances that would cause a reasonable person to fear injury or death especially because of expressed or implied threats.

Relationship Violence: Repeated behaviors such as threats, verbal abuse, and physical abuse, involving adults who are in an intimate dating relationship.

Disclaimer: We use the term survivor to describe any person who has experienced some form of sexual violence. It's important to recognize that not all people who have experienced sexual violence see themselves as a survivor for various reasons.

Frequently Asked Questions by Survivors

Q. “Why did this person do this to me – could they not control their sexual urges?”

A. Sexual violence has nothing to do with the perpetrator’s lack of control and instead is about gaining power and control. Sexual violence is about one or more person(s) intentionally having control over another person and sex is used as a way to do so.

Q. “Is this my fault because I was drinking?”

A. No one asks to be assaulted and it is never the survivor’s fault. Alcohol, in particular, is often used by perpetrators to coerce or incapacitate a survivor.

Q. “Why didn’t I do anything when it was happening?”

A. Your brain and your body decided what was necessary in order to survive the trauma. Oftentimes, the parts of our brain responsible for problem-solving and thinking rationally shut off during a traumatic event in order to allow other parts of our brain to do what it needs to do to help keep us safe. Additionally, some people experience tonic immobility, a biological response to trauma in which one feels paralyzed and physically cannot move.

Q. “Why do I sometimes feel like it’s happening all over again?”

A. Traumatic memories can be different from normal memories. Due to the stress chemicals that your body released during and after the trauma, your brain has strongly recorded those memories, making them feel real in the current moment. These moments are sometimes called flashbacks. Sometimes people also feel like it is happening all over again because they have experienced a trigger. A trigger is a sight, sound, smell, touch, or taste that can remind someone of the traumatic event.

Q. “Why am I so jumpy?”

A. Sexual assault and other traumas affect parts of the brain that control the ‘startle response.’ Those parts of the brain are linked to anxiety and the effects can be lasting if left untreated.

Q. “Why can’t I just get over it?”

A. No one was taught how to heal from trauma and it can be scary. Healing is not linear and can take time, as everyone’s healing journey looks different. It is understandable to feel frustrated about how this has impacted you over time. Reaching out for help can make a big difference.

Q. “Why did someone I love do this to me? Is it still sexual assault if it was my (friend, family, partner, etc.)?”

A. Most survivors of sexual violence know their perpetrator and in fact perpetrators often use that relationship in order to gain power and control over the other person. A past or current romantic or sexual relationship with the perpetrator does not constitute consent and does not give them the right to have sexual contact with you without consent.

Q. “What if I think what happened to me is my fault?”

A. Thoughts about responsibility and feelings of guilt are really common responses. Sometimes we blame ourselves for what happened as a result of victim blaming. Victim blaming occurs when survivors are made to feel that the sexual violence they experienced is their fault. This can be a result of statements made by friends, family, or others, but can also be something survivors experience through societal messaging. Victim blaming reinforces the idea that you did something wrong or something is wrong with you because of what happened. Check out the *Sexual Assault Information Handout for Friends and Family* for ways in which friends and family can be supportive.

Sources: Michigan Coalition to End Domestic and Sexual Violence Handbook safehousecenter.org/wp-content/uploads/MCEDSV_Survivors_Handbook_PublicPDF.pdf & Neurobiology of Sexual Assault by Dr. Rebecca Campbell nij.ojp.gov/media/video/24056 & Neurobiology of Sexual Assault: Supportive Conversations with Victims by Jim Hopper jimhopper.com/pdf/handout_for_victim_advocates.pdf

Trauma Response

Sexual violence is a form of trauma. In general, trauma is defined as any real or perceived threat to life, physical or psychological safety, or social belonging. Understanding some of the ways that our brains and our bodies are programmed to automatically respond to trauma may be helpful in understanding some of your own responses to sexual violence. Everybody's reaction is different. Some survivors might feel shocked or ashamed at their reaction to a traumatic event, however it is important to understand that no one can "choose" their trauma response, it is an automatic reaction that is based in a neurobiological response.

The Brain and Trauma

1. The "**Doing Brain**", called the amygdala, is part of the brain located in the limbic system which is where our brain's response to threats, extreme danger, and intense emotion occurs. This part of the brain is designed to act as a "smoke alarm" that goes off when the brain thinks we are in danger.
2. The "**Thinking Brain**," called the pre-frontal cortex or cerebrum, helps us plan, problem-solve, analyze rationally, and make thoughtful decisions.

When the "Doing Brain" alerts us there is a danger present, the "Thinking Brain" will investigate to determine if the danger is real. If the "Thinking Brain" thinks you are in danger, it will send a message to the "Doing Brain" to confirm that the danger is real. The "Thinking Brain" will then shut down to let the "Doing Brain" take over, and do whatever it needs to help us keep safe. When the "Doing Brain" takes over to keep us safe during a traumatic event, there are three main responses: *fight, flight, or freeze*.

Fight: In the face of a traumatic event, a person fights back. This may look like physical or verbal resistance.

Flight: In response to trauma, a person's reaction is to flee the situation. The body mobilizes to leave the traumatic experience.

Freeze: In response to a trauma, a person may have a physical reaction of "shutting down." This may include spacing out, completing losing memory of an event, or being immobilized and unable to move.

Sometimes survivors may feel confused by their "in the moment" response to sexual violence. Understanding our brain's programmed, neurobiological responses to a traumatic event can help survivors to understand that during a trauma response we are completely unable to think and plan logically because our brain has gone into "survival mode."

Sources:

Trauma Informed Care: Best Practices and Protocols for Ohio's Domestic Violence Programs by Sonia D. Ferencik, and Rachel Ramirez-Hammond ncdsv.org/images/ODVN_Trauma-InformedCareBestPracticesAndProtocols.pdf
The Neurobiology of Sexual Assault: Implications for Law Enforcement, Prosecution, and Victim Advocacy by Rebecca Campbell nij.ojp.gov/media/video/24056

Common Reactions

While each person responds differently, below are some common reactions after sexual assault, sexual harassment, sexual abuse or exploitation.

Physical

Nausea/vomiting
Tremors/shakiness
Loss of coordination
Sleep disturbances
Easily startled/jumpy
Chills
Diarrhea
Chest pains
Rapid heart rate
Stomach pain
Headaches
Muscle aches
Difficulty breathing
Fatigue
Appetite changes
Crying
Tension
Changes in sexual libido

Emotional

Anxiety/worry
Feeling overwhelmed
Guilt/shame
Sadness/depression
Feeling lost/abandoned
Fear/panic
Anger/outrage/fury
Feeling helpless/powerless
Numbness
Shock
Irritability
Self blame
Grief
Negative body image
Sudden mood changes
Disgust

Spiritual

Change in sense of connection with university or community
Loss of sense of safety
Loss of sense of justice
Change in worldview
Doubts about beliefs
Loss of trust in others
Changes in spiritual or religious practices
Sense of relating to other survivors
Awareness of violence, privilege, and oppression
Sense of shame

Cognitive

Delayed processing
Difficulty making decisions
Flashbacks
Nightmares
Confusion
Disorientation
Difficulty with calculations
Difficulty concentrating
Memory problems
Decreased attention span
Racing thoughts
Self-consciousness
Suicidal thoughts
Homicidal thoughts
Trying not to think about it
Thinking about it constantly

Behavioral

Withdrawal/isolation
Avoiding specific situations, people, or places
Suspiciousness
Increased nicotine use
Increased alcohol/drug use
Unusual behavior
Overly vigilant in the environment
Excessive humor
Emotional outbursts
Missing classes
Changes in appearance
Changes in usual activities
Act like nothing has changed
Changes in sexual behavior
Self-injury

CENTER FOR
Survivors

24-Hour Crisis Line: (517) 372-6666

Office: (517) 355-3551

Crisis Chat 10am-10pm: centerforsurvivors.msu.edu

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Coping with Common Reactions

Everyone reacts to trauma differently, which includes coping with and healing from the trauma. It's important to know healing is possible. If you are struggling, it may help to try some of the coping strategies below. It can also help to reach out to a therapist in order to process your reactions and identify additional effective coping strategies.

Relaxation and Grounding

- Talk to a friend
- Watch a show
- Do a puzzle
- Practice deep breathing
- Download a mindfulness app or learn about meditation
- Notice sounds of nature
- Eat mindfully
- Engage your five senses
- Remind yourself where you are in the present moment
- Take a hot bath or shower
- Light a candle

Spiritual Coping

- Surround yourself with nature
- Practice acceptance
- Practice gratitude
- Use affirmations
- Pray or practice your religion
- Connect with others
- Volunteer for a good cause

Emotional Release and Regulation

- Remind yourself that emotions are okay
- Yell or scream
- Punch a pillow
- Cry
- Watch something funny
- Tell someone how you feel
- Identify feelings
- Journal
- Listen to music
- Draw a picture
- Rip up paper
- Squeeze a stress ball
- Observe without judgement
- Remind yourself it was not your fault

Coping through Movement

- Clean or tidy your space
- Do yoga, tai chi, or gentle stretching etc.
- Walk or run
- Dance
- Workout/exercise
- Throw or kick a ball
- Practice a sport
- Stretch

Thought Challenging

- Ask yourself: Is this a fact or a thought?
- Learn more about thinking patterns and habits
- Examine pros and cons of situations
- Try to come up with information to challenge negative thoughts
- Think about what you would tell a loved one if they were having negative thoughts
- Identify your triggers: Notice what is happening in your world before you have negative thoughts
- Notice the feelings that go with the thought.

YOU HAVE RIGHTS!

YOUR RIGHTS AS A SURVIVOR

THE RIGHT TO RECOVERY

Healing and recovery after an experience of sexual violence is a process, and it looks different for everyone, but healing is possible. There is no timeline for recovery, it may take weeks, months, or even years, and the journey of healing has its ups and downs. You have the right to feel your feelings and express yourself.

You have the right to be believed and to receive support services like therapy, advocacy, crisis intervention, and safety planning. You have the right to trauma-informed care. You have the right to ask for help.

THE RIGHT TO CHOOSE

You have the right to choose who, how, and when you wish to disclose your experience.

You have the right to choose whether or not you want to report, how you want to report, and how you want to be involved in the reporting process. Reporting is a personal decision, and it is completely up to you.

It is important to note, most university employees are required to report instances of relationship violence and sexual misconduct (RVSM) to law enforcement and/or the MSU Office of Institutional Equity. Michigan mandated reporter laws require reporting of any abuse or neglect of a child. Staff at the Center for Survivors and MSU Safe Place are considered confidential and exempt from MSU reporting requirements. You can learn more about other confidential resources [here](#).

Sources: MSU Office of Civil Rights & Office of Institutional Equity civilrights.msu.edu/policies & OIE Information for Mandated Reporters oie.msu.edu/resources/mandatory-reporters

CRIME VICTIM RIGHTS

THE RIGHT TO A SEXUAL ASSAULT MEDICAL FORENSIC EXAM

- You have the right to a free sexual assault medical forensic exam within 5 days of the sexual assault. The exam will address your healthcare needs and collect evidence. You have this right regardless of whether you choose to file a police report.
- You have specific rights in regards to the Sexual Assault Kit (SAK) which contains all of the sexual assault evidence collected during the examination. These rights include:
 - The right to choose whether to release your kit to law enforcement and make a police report immediately, or for your evidence kit to be stored at the healthcare facility for at least one year.
 - If you choose to release your kit to the police, you have the right to forensic testing of the Sexual Assault Kit and the right to know the results of that testing. You can track your kit status by logging into [Track-Kit](#)

Sources: MDHHS Domestic and Sexual Violence Prevention and Treatment Board Sexual Assault Victim Handbook michigan.gov/documents/mdhhs/SA_Victims_Rights_Handbook_550591_7.pdf & State of Michigan Voices4 Website michigan.gov/voices4 & Michigan Track-Kit mi.track-kit.us

YOUR RIGHTS IN THE CRIMINAL JUSTICE PROCESS

The Michigan Constitution and the Crime Victim Rights Act grant victims of a crime the following rights within the criminal justice process. **You have the right to:**

- Be treated with fairness and respect for your dignity and privacy
- Be informed of the steps in the criminal justice process and explanation of court procedures
- Timely disposition of the case following the arrest of the perpetrator
- Reasonable protection from the perpetrator throughout the criminal justice process
- Information about the status of the case, including:
 - Notification of the perpetrator's arrest and release, and conditions of release
 - Notification of whether the case has been submitted to the prosecutor's office for review, and whether it has been closed, and the reason for closure
 - Information about the conviction, sentence, imprisonment, and release of the perpetrator
 - Information on the appeals process, and any appellate decision
- Consult with the Prosecuting Attorney about the disposition of the case
- Attend all court proceedings and provide impact statements to the court at various stages
- Restitution and/or Crime Victim's Compensation. Learn more at Michigan.gov/crimevictims
- Be free from threats or acts of discharge from your employer because you are subpoenaed or requested by the prosecuting attorney to testify in court
- To apply for a Personal Protection Order (PPO), regardless of whether you choose to report to the police or the outcome of the case

Sources: Michigan Department of the Attorney General michigan.gov/ag
 Crime Victim Rights Benchbook mijeducation.mi.gov/documents/benchbooks/18-cvrb/file

TITLE IX RIGHTS AT MICHIGAN STATE UNIVERSITY

As a member of the MSU community, you have rights under the federal Title IX law and the [MSU policy on Relationship Violence and Sexual Misconduct \(RVSM\) & Title IX](#). Under this policy, you have the following rights:

- The right to an education and/or workplace at MSU that is free from relationship violence or sexual misconduct (including sexual assault, sexual harassment, sexual exploitation, or any other non-consensual sexual contact)
- The right to an impartial, fair, and unbiased investigation by the MSU Office of Institutional Equity (OIE) into allegations of violations of the RVSM and Title IX policy
- The right to agree or to decline to participate in the OIE investigation
- The right to [interim or protective measures](#) to protect you and facilitate your continued access to university employment and/or educational programs and activities
- The right to be protected against retaliation for participating or cooperating with the OIE investigation

Sources:
 MSU RVSM & Title IX Policy civilrights.msu.edu/policies
 Interim & Protective Measures civilrights.msu.edu/resources/interim-protective-measures

CLIENT RIGHTS AT THE MSU CENTER FOR SURVIVORS

When you receive therapy, Advocacy, crisis support, or any other supportive services from the MSU Center for Survivors, you have the following rights as a client.

THE RIGHT TO RESPECT AND SAFETY

- The right to be treated with dignity and respect and to be protected from embarrassment or invasion of privacy.
- The right to information regarding the scope and availability of services. This includes information on services, hours of access, provisions for after hour resources, and emergency services.
- The right to be free from discrimination in regards to race, gender, age, disability, socio-economic class, sexual orientation, gender identity, religion, or marital status, and you have the right to receive unbiased services that respect your personal convictions and cultural beliefs.
- The right for services to be provided in a clean, safe, affirming environment free from any type of abuse.

THE RIGHT TO CONFIDENTIALITY AND PRIVACY

- The right to confidentiality. Any information pertaining to you will be held in strict confidence. No identifying information will be shared without your informed consent.
- The right to refuse or prevent any verbal or written disclosure to a third party related to your case, except when this disclosure is required by law or when life is in danger.

THE RIGHT TO HIGH QUALITY SERVICES

- The right to receive services from highly trained, competent staff and the right to ask questions about the staff person's qualifications, training, and experience.
- The right to information on available services offered at the Center for Survivors, to choose which services you would like to receive, and to participate in any decision-making regarding your treatment and support options to address your needs.
- The right to request to transfer to work with a different provider within the Center for Survivors.

QUALITY ASSURANCE

You are encouraged to express your compliments or make a complaint about the MSU Center for Survivors in one or more of the following ways:

1. Notifying any MSU Center for Survivors staff member of your compliment or concern either verbally or in written format.
2. Contacting the Center for Survivors Director, Tana Fedewa (adamstan@msu.edu) with feedback or a complaint. If you are unhappy with the response from Tana Fedewa, you can contact the Director of Student Health and Wellness, Dr. David Weismantel at: (david.weismantel@hc.msu.edu).
3. Completing a feedback survey.

Sexual Assault Medical Forensic Exams

What is a medical forensic exam?

A medical forensic exam is a free medical examination to provide medical treatment and collect evidence up to 5 days after a sexual assault. The exam is completed by a healthcare provider with specialized training called a Sexual Assault Nurse Examiner (SANE).

What are the benefits of a medical forensic exam?

- To receive medical treatment of any injuries or trauma related to the sexual assault
- To access preventative treatment for sexually transmitted infections (STIs) and HIV, or obtain emergency contraception to prevent pregnancy
- To preserve evidence and give you time to decide whether you would like to report the crime
- If you decide to report your sexual assault, having a medical forensic exam increases the likelihood of prosecution.
- It's free (insurance will not be billed for the costs of evidence collection)

How should I prepare for a medical forensic exam?

You can receive a medical forensic exam up to 5 days after a sexual assault, but the sooner it's completed, the more evidence may be able to be collected.

If you are able, try to avoid activities that could potentially damage evidence such as, bathing, showering, using the restroom, changing clothes, combing hair, or cleaning up the area. However, you can still receive an exam even if you have done any of these activities.

Place any belongings, including the clothes you were wearing in a paper bag to safely preserve evidence. You may also want to bring a change of clothes with you.

What happens during a sexual assault medical forensic exam?

The sexual assault medical forensic exam is completely voluntary. The nurse will facilitate informed consent to ensure that you understand the full nature and purpose of each procedure and will give you the opportunity to consent to or decline any part of the exam. You can stop, pause, or skip any part of the exam. In general, the steps of the sexual assault medical forensic exam are described below:

- **Immediate medical care** – Addressing any injuries that need immediate attention.
- **Medical Forensic History** – This includes your medical history as well as the assault history. You will be asked to tell the nurse what happened. The questions may seem very personal, but this will guide the nurse's evidence collection during the exam. What you share will be documented and may be discussed in court if you choose to report to law enforcement.
- **Physical Exam, Evidence Collection, & Photography** – Based upon your specific experience, this may include a head-to-toe examination, examination of the genitalia, swabs of body surface areas, collecting clothing and other evidence, providing blood or

urine samples, and potentially taking photos. Keep in mind that these steps are voluntary and you have the right to decline anything you are uncomfortable with.

- **STI and pregnancy risk evaluation and care** – Based on the description of the sexual assault, the nurse will discuss potential risks for sexually transmitted infections (STIs), HIV, and/or pregnancy, and options for preventative care and treatment.
- **Discharge & Follow Up** – At the end of the exam you will be provided information about follow up medical care and available resources.

The exam can be emotional, especially after experiencing a sexual trauma. Most healthcare facilities offer Medical Advocates to provide support and assist you through the process. You may also choose to bring a support person with you to the exam as well.

What is a Sexual Assault Kit?

The Sexual Assault Kit, frequently called a “rape kit,” contains all of the forensic evidence that was collected during the exam. You may choose to release the kit to law enforcement or it will be stored at the medical facility for at least one year.

Do I have to report to the police?

Survivors are NOT required to report the crime to law enforcement in order to receive a medical forensic exam and/or for evidence to be collected. If you choose not to release your kit to the police at the time of the exam, it will be securely stored in case you decide to release it to the police at a later date.

What does it mean to release my kit?

When you sign the form to release your kit to law enforcement you will be initiating a criminal investigation. Once the kit is released to law enforcement, the medical facility cannot get it back. Law enforcement will contact you for a statement and the contents of the kit will undergo laboratory analysis and forensic testing. Releasing the kit may increase the likelihood that the case will result in prosecution. Once your kit has been released you can track the status and location of your kit using the Track-Kit code that was provided to you at the time of the exam.

Where do I go to receive a medical forensic exam?

Most hospitals offer medical forensic exams, and some community-based programs offer this service as well. Below is the information for the two programs offering medical forensic exams in the greater Lansing area. To find a local SANE program, call the RAINN hotline 1-800-656-HOPE(4673).

MSU Sexual Assault Healthcare Program

Open to any person 18 and older, walk-in 24/7 or call ahead 517-353-2700
 Student Services Building 2nd Floor
 556 E. Circle Dr. East Lansing, MI 48824

Sparrow Hospital Sexual Assault Nurse Examiner (SANE) Program

Open to children and adults, walk-in to ER 24/7, 517-364-1000
 1215 E. Michigan Ave. Lansing, MI 48912

Survivor Resource List

SEXUAL VIOLENCE & RELATIONSHIP VIOLENCE SERVICES

Healing is possible, and the support from specially trained therapists and advocates can make a big difference. We are here to help.

MSU Center for Survivors

Advocacy and crisis intervention services open to any survivors of sexual violence, and trauma therapy and support groups for MSU students.

517-355-3551 centerforsurvivors.msu.edu

MSU Safe Place

On campus emergency domestic violence shelter, and provides advocacy, counseling, and support groups for survivors of relationship violence and stalking who are part of the MSU community.

517-355-1100 noabuse@msu.edu safeplace.msu.edu

CARE – Capital Area Response Effort

Provides post-arrest response, advocacy, crisis intervention and resources for survivors of domestic violence in the greater Lansing area.

(517) 272-7436 CARE.Program@lansingmi.gov lansingmi.gov/723/About

EVE (End Violent Encounters)

Domestic violence emergency shelter, counseling, support groups, and advocacy for survivors of domestic violence or sexual assault.

517-372-5572 www.eveinc.org

HOTLINE & CHAT RESOURCES

There is no wrong time or reason to reach out for help. Below are a list of commonly used hotlines and chat services available for “in-the-moment” resources and support.

MSU Center for Survivors Crisis Hotline (24/7) & Crisis Chat (10am-10pm)

517-372-6666 centerforsurvivors.msu.edu

EVE (End Violent Encounters) Lansing, MI

24/7 Crisis Line: 517-372-5572 24/7 Crisis Chat: www.eveinc.org

RAINN National Sexual Assault Hotline (24/7) & Chat

1-800-656-4673 www.rainn.org

Michigan Coalition to End Domestic & Sexual Violence (MCEDSV) 24/7 Hotline & Chat & TextLine

Call: 855-VOICES4 Text: 866-238-1454 Chat: mcedsv.org/hotline/hotline-chat/

National Suicide Prevention Hotline (24/7)

1-800-273-8255 suicidepreventionlifeline.org

Crisis Text Line (24/7)

Text HOME to 741741 www.crisistextline.org

REPORTING RESOURCES

The resources below provide options to report instances of relationship violence or sexual misconduct to authorities. These resources are NOT confidential.

Law Enforcement – Each department investigates crimes that occur within their jurisdiction.

For emergencies call 911

MSU Police Department

517-355-2221 police.msu.edu

East Lansing Police Department

(517) 351-4220 cityofeastlansing.com/345/Police-Department

Lansing Police Department

(517) 483-4600 www.lansingmi.gov/398/Police-Department

Meridian Township Police

(517) 332-6526 www.meridian.mi.us/government/departments/police

Bath Township Police

(517) 641-6728 bathtownship.us/departments-services/police-department

MSU Office of Institutional Equity (OIE) & MSU Office for Civil Rights & Title IX

Investigates Title IX complaints and reports of violations of the university's Relationship Violence and Sexual Misconduct policy for members of the MSU community.

517-353-3922 oie.msu.edu

MSU Misconduct Hotline

For reports of non-RVSM misconduct at MSU, such as conflicts of interest, privacy violations, safety, or bias, as well as fiscal, research, employment, or athletic misconduct.

(800) 763-0764 misconduct.msu.edu

LEGAL RESOURCES

The following resources can help you navigate the criminal or civil legal processes.

Ingham County Prosecutor's Office 517-483-6108 (main office) 517-483-6259 (victim witness unit)
Issues charges in a criminal case & prosecutes the case

Crime Victim Compensation 1-877-251-7373 www.michigan.gov/mdhhs

Assists crime victims and their immediate families with the financial costs of crime.

Crime Victim Notification Network 1-800-770-7657 www.vinelink.com

Find obtains and receive notifications of court dates, case status, and custody changes.

Legal Services of South Central Michigan 517-394-2985 lsscm.org

Free legal advice and representation to low-income persons and/or survivors of domestic and sexual violence.

Personal Protection Order Office 517-483-6545 www.eveinc.org/personal-protection-order-office

Assistance from EVE Advocates to file for a PPO for your safety and protection.

Michigan Immigrant Rights Center 734-239-6863 mirc@michiganimmigrant.org michiganimmigrant.org

A legal resource for Michigan's immigrant communities, providing advocacy and resources for immigrant rights.

ASMSU legal services 517-353-3716 studentlegalservices.com

Free legal advice for certain civil disputes and misdemeanors for MSU students.

MEDICAL RESOURCES

Below are local resources for sexual assault medical forensic exams as well as other healthcare resources.

MSU Sexual Assault Healthcare Program

Provides sexual assault medical forensic exams and evidence collection for any adult within 5 days of a sexual assault. Available 24/7 at Student Services Building 2nd floor, 556 E. Circle Dr.

517-353-2700 centerforsurvivors.msu.edu/msu-sexual-assault-healthcare-program

MSU Olin Student Health Care

Provides a variety of health care services to students including: primary care, women's health, STI/HIV testing.

517-353-4660 olin.msu.edu

Sparrow Hospital Emergency Room & SANE program

Sexual Assault Nurse Examiners (SANE) provide medical forensic exams to children and adults within the ER.

517-364-3931 www.sparrow.org/SANE

McClaren Hospital

General hospital and ER in Greater Lansing Area.

517-975-6000 www.mclaren.org/lansing/mclaren-greater-lansing-home

Ingham County Health Department

Provides accessible healthcare to low-income, uninsured, and underinsured community members, including primary care, preventative care, HIV and STI testing and treatment, post-exposure prophylaxis, and pregnancy care.

517-887-4424 www.hd.ingham.org/SeekingCare/STIHIV

Planned Parenthood: Lansing Health Center

Provides STI and HIV testing and treatment, emergency contraception, pregnancy testing, medical abortions and referrals, among other healthcare services.

(517) 351-0550

OTHER SUPPORT SERVICES

It's okay to ask for help. Below is a list of on and off-campus resources that provide support services and basic needs resources.

MSU Counseling and Psychiatric Services (CAPS) 517-355-8270 caps.msu.edu

Crisis walk-ins, individual and group therapy, and psychiatry for MSU students.

MSU Employment Assistance Program (EAP) 517-355-4506 eap.msu.edu

Confidential counseling services provided at no cost to MSU employees and their families.

MSU Psychological Clinic 517-355-9564 psychology.msu.edu/clinic

Provides individual and group therapy and assessment services with various specialties, to children and adults in the greater Lansing area.

MSU Couple & Family Therapy Clinic 517-432-2272 hdfs.msu.edu/clinic

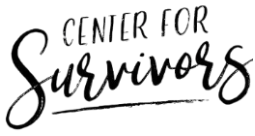
Provides therapy to individuals, couples, families, and groups in the Greater Lansing area.

Women's Center for Greater Lansing 517-372-9163 womenscenterl@gmail.com womenscenterofgreaterlansing.org

Free therapy services, help with financial stability and other support

Psychologytoday www.psychologytoday.com

Online resource to assist in finding a private practice therapist that is right for you.



MSU Student Food Bank 517-432-5136 foodbank.msu.edu
Food assistance for MSU undergraduate, graduate, and professional students without a meal plan.

Greater Lansing Food Bank (517) 853-7800 greaterlansingfoodbank.org
Provides emergency food to anyone at risk in Clare, Clinton, Eaton, Gratiot, Ingham, Isabella, and Shiawassee counties.

CATA Night Owl 517-432-8888 www.cata.org/MSUNightOwl
Provides late night/early morning rides on MSU's campus, at times when other CATA buses are not running.

ASMSU Safe Ride 517-884-8069 asmsu.msu.edu/home/services/safe-ride/
Offers rides home to MSU students within East Lansing 7 days a week from 9pm-2:30am.

Salus Center info@saluscenter.org saluscenter.org
Lansing's LGBTQIA+ community center; providing a gathering space, information, resources, and advocacy

MSU LGBT Resource Center 517-353-9520 lbgtrc.msu.edu
Student-centered campus resource working to empower LGBTQ+ students through mentorship, support, and leadership development

MSU Resource Center for Persons with Disabilities 517-884-RCPD www.rcpd.msu.edu
Provides assistance to students, faculty, and staff with disabilities to obtain accommodations for class or work.

MSU University Ombudsperson 517-353-8830 ombud@msu.edu ombud.msu.edu
Neutral, confidential resource for students, faculty and staff to discuss MSU policies and procedures and address conflicts.

MSU Office For International Students and Scholars 517-353-1720 oiss.isp.msu.edu
Supports International students, scholars and their families.

MSU Office of Supportive Services 517-353-5210 undergrad.msu.edu/programs/oss
Assists undergraduate students with developing coping and self-management skills as well as providing academic advising, personal planning, and career guidance.

MSU Prevention Outreach and Education Department 517- 355-3865 empower@msu.edu poe.msu.edu
Provides education programming and trainings to the MSU community on RVSM topics.

MSU Student Parent Resource Center 517-884-0195 studentparents.msu.edu
Academic support, child care, financial assistance, and advocacy for MSU student parents.

ASMSU Student Rights Advocates 517-884-1253 asmsu.msu.edu/home/services/student-rights-advocates
Volunteers support students through processes such as academic dishonesty and student conduct.

SEXUAL VIOLENCE RESOURCES FOR CHILDREN

Services and resources to for child survivors of sexual violence and their families.

Firecracker Foundation, Lansing, MI 517-742-7224 thefirecrackerfoundation.org
Holistic healing for survivors of child sexual trauma under age 18 and their families.

Small Talk 517-253-0728 www.smalltalkcac.org
Local child advocacy center that provides coordinated services to child survivors of physical and sexual abuse during investigative processes, as well as providing free therapy.

Michigan Department of Health & Human Services (MDHHS) 855-444-3911 www.michigan.gov/mdhhs
Child protective services, investigates reports of suspected child abuse and neglect.

Sexual Assault Information for Friends & Family

Rape and sexual assault are crimes which affect many people close to the survivor. The survivor is the primary victim, but co-survivors (i.e. friends, family, partners, co-workers, roommates, etc.) become secondary victims to the crime, because they too are affected by the situation. Many co-survivors do not know what to do or where to go for help, or they may feel they don't have a role in a survivor's recovery. Co-survivors must respond to their feelings and emotions in regard to the incident. Family and friends will all respond differently, depending upon their past experiences in life and the myths and beliefs which they had about rape and assault prior to the experience.

A survivor of sexual assault has experienced a crime where control over the situation, and indeed the right to make decisions regarding one's own body, has been removed. It is natural to feel a tremendous loss of power and control over life following sexual assault, so you should emphasize that just surviving is an accomplishment and that anything he or she did to survive was the right thing. Surviving a sexual assault is a testament of the individual's strength.

Common Responses of Survivors

- **Emotional:**
 - **Anger:** at the assailant(s) or themselves for not escaping the situation
 - **Powerlessness:** general loss of control over one's life
 - **Guilt:** the feeling that she or he could have prevented the assault
 - **Fear:** of being blamed or assaulted again, people finding out, pregnancy, STIs, all people, physical contact, being alone or with others
 - **Helplessness:** loss of all self-reliance
 - **Shame:** humiliation, embarrassment, feeling "dirty" or "damaged"
 - **Numbness:** appearing extremely calm, controlled or unaffected
- **Physical:**
 - Changes in **eating patterns**
 - Changes in **sleep patterns**
 - Changes in **sexual interest**
- **Cognitive:**
 - **Depression:** mood swings, apathy, change in sleeping or eating
 - **Anxiety:** panic attacks, irritability, feeling of impending doom
 - **Post-Traumatic Stress Disorder (PTSD)**
 - **Flashbacks:** waking or sleeping in the form of night terrors
- **Behavioral:**
 - **Isolation:** withdrawal from friends and family
 - **Changes in lifestyle:** improved or declined performance at work or school
 - **Discomfort:** around other people, with intimacy, with being alone

Common Responses of Co-Survivors

- **Pain, sorrow**
- **Blame** for oneself or the victim
- **Impatience** with the recovery process
- **Anger** at the assailant, wanting revenge
- **Preoccupation** with sexual aspects of the assault; seeing it as sex rather than violence

What co-survivors can do to support the survivor

- **Thank them.** It can be scary for survivors to share their story, even if it's with a friend or family member. Try saying, "Thank you for trusting me with this," or "I'm so glad you shared this with me."
- **Believe them.** Remember that it is not your job to investigate the assault. Avoid any "why" questions like, "why didn't you leave?" or "why didn't you call me?" Instead, try "I know it might feel like no one will believe you, but I believe you."
- **Listen to them.** Even if you or someone you know has been through a similar situation, remember that everyone experiences trauma differently. Let the survivor speak openly, then ask open-ended questions like "How are you feeling?"
- **Ask how to help.** The survivor may not know right away how you can help them, but it's always best to ask. Say, "What can I do to help?"
- **Don't tell anyone.** Let the survivor tell who they want, when they want. If there's someone who you think should know, ask the survivor first.
- **Accept them.** State that their feelings are normal and that the recovery process takes time. Show support by saying, "It's okay to feel _____."
- **Provide information.** Inform the survivor of their options for receiving medical care and for reporting. Contact the MSU Sexual Assault Hotline with any questions.
- **Let the survivor take control.** Remember, the survivor has been robbed of all sense of control, so letting them make decisions would be empowering. Support the survivor's decisions, even if you disagree with them.
- **Help identify a support system for the survivor.** Encourage them to seek counseling or help from a crisis center or therapist.
- **Be patient.** Let the survivor recover at their own rate. It may take weeks, months, or years. Survivors may never feel fully recovered from their assault.
- **Take care of yourself.** Consider seeking support from a crisis center or counselor. Supporting yourself also indirectly supports the survivor.
- **Check your own fears and prejudices about sexual assault.** Educate yourself about the common myths and misconceptions surrounding sexual assault by researching online, reading articles or contacting your local crisis center.

Friends and family members of people who are sexually assaulted can call the MSU Sexual Assault Hotline for information and support 24-hours a day at (517) 372-6666 and Crisis Chat service available from 10am-10pm at centerforsurvivors.msu.edu

Online Resource: RAINN (Rape, Abuse and Incest National Network) www.rainn.org