

ADVOCATE

A Publication of the Support, Advocacy & Resource Center

Fall 2018

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I was 4 years old, turning 5, when I was first taken advantage of. No, it wasn't some traumatic thing. No, no one went to jail. And no, I didn't realize what had happened. My mother was working as an agricultural consultant at the time and became sociable with some of her colleagues, including "Mr. and Mrs. W", whose children, "Alex" and "Briana", went to the same Montessori as I did. It was one of those childhood friendships you get assigned to out of convenience. Of course I didn't care, I was 4 years old.

My criteria for friendships consisted in overall size and food preference. I wish I could, at the very least, go back to my 4 year old self and tell her to up her standards, just a smidge.

It wasn't until I was crying in the car ride home from one of my playdates with Alex and Briana, repeatedly knocking my head against the car window and asking why I couldn't get these "thoughts" out of my head, that my mother even suspected anything.

I was 4 and Alex was 8. Throughout Alex and I's friendship, there would be many playdates where Alex would ask me to play the "Blanket Game". He said that it was a "best friend secret" kind of thing, so I couldn't tell the grown-ups. Like when you make up a secret handshake. How do you get mad at an 8 year old boy? Some tried to say that I was lying or exaggerating. But I can still remember the colors of the different blankets that were used to cover us up and the smell of chocolate chip pancakes that floated through the house while Alex laid on

top of me. On top of that, it's hard to get a young boy to apologize for something that he's denying and the parents don't want to believe the accusations in the first place. It's been 18 years now since the incidents and I've ran into Mr. and Mrs. W, the parents, several times. Mostly awkward occurrences, but never did an apology arise. In January 2017, Alex had been killed in an automobile accident. The first person to ever sexually violate me had died at age 25. How would you feel?

-Anonymous

Responding to a Child Who Makes a Disclosure

- Remain calm. A child may retract information or stop talking if he/she senses a strong reaction.
- Believe the child. Reassure them they are not in trouble.
- Listen. Thank the child for telling. Do not ask questions.
- Don't investigate. Don't confront the accused offender. Document the conversation/observations as evidence.
- Report to authorities (CPS or Law Enforcement) with a name, contact information, and a description of abuse.
- Questions or need help? Please call & talk to someone at SARC.

CHILDREN AND TEENS: STATISTICS

From 2009-2013, Child Protective Services agencies substantiated or found strong evidence to indicate that 63,000 children a year were victims of sexual abuse

- One in 9 girls and 1 in 53 boys under the age of 18 experience sexual abuse or assault at the hands of an adult
- 82% of all victims under 18 are female
- Females ages 16-19 are 4 times more likely than the general population to be victims of rape, attempted rape, or sexual assault

The effects of child sexual abuse can be long-lasting and affect the victim's mental health. Victims are more likely than non-victims to experience the following mental health challenges:

- About 4 times more likely to develop symptoms of drug abuse
- About 4 times more likely to experience PTSD as adults
- About 3 times more likely to experience a major depressive episode as adults

Perpetrators of Child Sexual Abuse Are Often Related to the Victim

Out of the yearly 63,000 sexual abuse cases substantiated, or found strong evidence, by Child Protective Services (CPS), the perpetrator was most often the parent:

- 80% of perpetrators were a parent
- 6% were other relatives
- 5% were "other" (from siblings to strangers)
- 4% were unmarried partners of a parent

Out of the sexual abuse cases reported to CPS in 2013, 47,000 men and 5,000 women were the alleged perpetrators:

- In 88% of the sexual abuse claims that CPS substantiates or finds supporting evidence of, the perpetrator is male
- In 9% of cases they are female, and 3% are unknown

Perpetrators of Sexual Violence Often Know the Victim

The majority of children and teen victims know the perpetrator. Of sexual abuse cases reported to law enforcement, 93% of juvenile victims knew the perpetrator:

- 59% were acquaintances
- 34% were family members
- 7% were strangers to the victim

Perpetrators of Sexual Violence Often Have Criminal Histories

Perpetrators of rape are often serial criminals. Out of every 1,000 suspected rape perpetrators referred to prosecutors:

- 370 have at least one prior felony conviction, including 100 who have 5 or more
- 520 will be released - either because they posted bail or for other reasons - while awaiting trial
- 70 of the released perpetrators will be arrested for committing another crime before their case is decided

When convicted, perpetrators are spending more time in prison:

- In 2013, there were 161,000 state inmates incarcerated as punishment for sexual violence crimes - that's about 12% of all state inmates
- These inmates are staying in prison longer: the median time served for sexual violence convicts has increased 10 months since 2002 (from 38 to 48 months served)

Perpetrators Use Different Forms of Violence to Commit Sexual Assault

In 11% of rape and sexual assault incidents, the perpetrator used a weapon:

- 6% Gun
- 4% Knife
- 1% Other. Personal weapons, such as hands, feet or teeth, are used against victims of sexual violence in about 2 of 3 cases.
- 90% of rapes and sexual assaults are perpetrated by one offender. 10% are perpetrated by two or more.

<https://www.rainn.org/statistics/children-and-teens>

<https://www.rainn.org/statistics/perpetrators-sexual-violence>

CHILD ABUSE AND NEGLECT OCCUR IN DIFFERENT SITUATIONS, FOR A RANGE OF REASONS

Emotional abuse

Children rarely experience one form of abuse at a time. Recent research shows that emotional abuse of a child may be as harmful as physical abuse and neglect, while child sexual abuse often occurs together with other forms of maltreatment. Emotional abuse or maltreatment, also known as psychological abuse or maltreatment is the most common form of child abuse. While many parents are emotionally abusive without being violent or sexually abusive, emotional abuse often accompanies physical and sexual abuse.

This includes acts of omission, what is not done (emotional neglect, not expressing or showing love and affection) and commission, what is done (rejection, humiliation, insults, setting unreasonable expectations or restricting opportunities for the child to learn, socialize or explore). Each can negatively impact a child's self-esteem and social competence. Some parents do not see the child as a separate person, and fulfill their own needs and goals, rather their children's. Their parenting style may be aggressive, and include shouting and intimidation. They may isolate or confine the child, or they may manipulate their children using more subtle means, such as emotional blackmail.

Emotional abuse does not only occur in the home

Children can be emotionally abused by teachers, other adults in a position of power and other children in the form of bullying. Chronic emotional abuse in schools is a serious cause of harm and warrants ongoing active intervention.

What are the characteristics of emotionally abusive parents?

Some parents who have their own unresolved trauma can find parenting challenging, and have difficulties with attachment, emotional regulation, boundaries and discipline. Emotional abuse has increasingly been linked to parental mental health problems, domestic violence, drug and alcohol misuse, being abused or having been in care as children (Siegel & Hartzell, 2003). Research findings suggest that some emotionally abusive parents have negative attitudes towards children, perceive parenting as unrewarding and difficult to enjoy, and that they associate their own negative feelings with the child's difficult behavior, particularly when the child reacts against their poor parenting methods.

Signs in childhood

From infancy to adulthood, emotionally abused people are often more withdrawn and emotionally disengaged than their peers, and find it difficult to predict other people's behavior, understand why they behave in the manner that they do, and respond appropriately. Emotionally abused children exhibit a range of specific signs. They often feel unhappy, frightened and distressed, behave aggressively and antisocially or too maturely for their age. They experience difficulties with school attendance and achievement, find it hard to make friends, show signs of physical neglect and malnourishment, experience incontinence and have mysterious pains.

Signs in adulthood

Adults emotionally abused as children are more likely to experience mental health problems and difficulties in personal relationships. Many of the harms of physical and sexual abuse are related to the emotional abuse that accompanies them, and as a result many emotionally abused adults exhibit a range of complex psychological and psychosocial problems associated with multiple forms of trauma in childhood (Glaser 2002). Significant early relationships in childhood shape our response to new social situations in adulthood. Adults with emotionally abusive parents are at a disadvantage as they try to form personal, professional and romantic relationships, since they may easily misinterpret other people's behaviors and social cues, or misapply the rules that governed their abusive relationship with their parent to everyday social situations.

Neglect

Neglect can be defined as "any serious act or omission by a person having the care of a child that, within the bounds of cultural tradition, constitutes a failure to provide conditions that are essential for the healthy physical and emotional development of a child" (CFCA Resource Sheet, 2016). Neglect refers to circumstances in which a parent or caregiver fails to adequately provide for a child's needs, such as provision of food, shelter and clothing, access to medical care when necessary, providing love, care and support, adequate supervision, appropriate legal and moral guidance, and regular school attendance. Sometimes, a parent might not be physically or mentally able to care for a child. This may occur as a result of their own illness, injury, depression, anxiety or substance abuse. Neglect can sometimes be associated with socioeconomic status. Many parents don't have the resources to meet a child's need. Their financial hardship might also put them into contact with welfare services, which scrutinize their parenting practices, and so, are more likely to make a report. This has meant that poor families and communities have previously been stigmatized. However, it is important to recognize that emotional abuse and neglect occur in all families, rich or poor.

Signs in childhood (these signs are similar to those for emotional abuse) are dependent on the age of the child

Babies and young children may not seem to be close to their parent or caregiver. Some children appear over-anxious and lack confidence. Others are aggressive and too affectionate to strangers or people they hardly know. Older children may speak or act inappropriately for their age. They may be socially isolated, including from their parents. They may also have poor social skills, and struggle to manage their often intense emotions or outbursts.

<https://www.blueknot.org.au/Resources/General-Information/Types-of-child-abuse>

SARC in the Community



BREAK THE SILENCE 5K

July 21st, 2018

Playground of Dreams Park, Kennewick WA

The Stolen Crown Foundation and Hungry Generation partnered with SARC for their annual 5K run/walk to raise awareness against Human Sex Trafficking.

Guest speakers included Athena Clark, a RPD Officer who specializes in trafficking, and Benton County Prosecutor, Andy Miller.

The family-friendly event included face painting for kids as well as a finger printing station with the Kennewick Police Department.

All proceeds from the event went to support SARC's Human Trafficking program. Thank you to the Stolen Crown Foundation and Hungry Generation for their support in helping us fight against this issue in our community.

www.hungrygen.com * www.stolencrown.com

Thank You

Columbia Center Rotarians

Rotary members came to SARC with their tools and helped us assemble Adirondack chairs for our courtyard.

These chairs will be used for our clients when enjoying our new outdoor space. Thank you to Jim, Charlie, Janelle and Tom!



THANK YOU HAPO!

HAPO Community Credit Union graciously donated \$2,000 to the SARC Human Trafficking Program in July. These funds will be used to facilitate teen groups and activities later in the year.

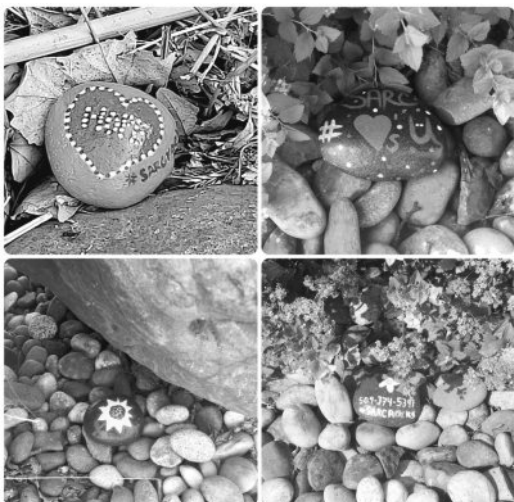
UBER Awareness

This summer, SARC partnered with UBER drivers in the Tri-Cities to provide awareness and resources for drivers who may have unknowingly been giving rides to trafficking victims or traffickers themselves.

Resources provided include:

- welcome kits with script cards
- red flags for exploitation
- brochures the drivers could give to potential survivors

Using money donated by Numerica, water bottles with SARC crisis line information were also made available for drivers to pass out during the hot summer months.



SARC Rocks!

Every year SARC makes it a point to show their employees how much they are valued at their Staff Retreat. This year SARC wanted to combine giving back to the community and give its staff a little time for vicarious trauma reduction. Staff decorated a collection of rocks with their own personal messages.

Once each of the messages were created, staff sporadically displayed them throughout the Columbia Park Trail by the river. Each rock was given the hashtag #SARCRocks to whoever finds each rock and their special message. While each rock was therapeutic to the staff members we also hoped our messages to the community gave a reminder of strength and perseverance.

Soroptimist International of Three Rivers

Thank you to Soroptimist International of Three Rivers for their generous donation of \$2,000. The funds were used to update and translate more of our outreach and awareness materials in Spanish. SARC is able reach more people at booths and other prevention events.

Thank you for helping more people in our community access our services!

Thank You Village Tavern

A special thank you to Village Tavern for their fundraising event in September. We are grateful for those that attended their Luau. Because of all this generosity and support, over \$4,000 was donated for our crisis program!



Legacy High School Fall Festival

SARC loves our community partners! Legacy High School hosted a Fall Festival with community service agencies available at the event for the students.

*Rosanna Brown, SARC,
Tobaski Snipes, ANSIL, &
Janell Felsted Waters,
NW Justice Project*

Camp SARC

Camp SARC, Strengthening & Revitalizing Children. Many thanks to volunteers and staff! We worked on confidence, coping skills, assertiveness, personal safety, respect, communication, teamwork, positively expressing feelings, identifying triggers, stress management, how to be a good friend and future thinking. We went on field trips to Kennewick Police Department, Chuck E Cheese and the movies. We also had a career day, drama clinic, yoga and participated in a drum circle. This was a very special week for us and hopefully our 23 campers feel the same!



Opportunities to Help

When a trafficking victim comes in, often times the only possessions they own are what is on their person. When we respond to a call with an individual, we can provide them with something comforting that humanizes them as well.

We are always in need of donations of the following items:

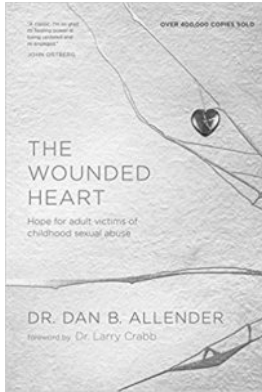
- Socks (men/women)
- Beanie hats
- Gloves
- Hand warmers
- Winter boots
- Athletic shoes
- Tote or duffle bags
- Full size shampoo & conditioner
- Mouthwash
- Bra's in all sizes
- Soft blankets
- Ziploc bags
- XL Sweatshirts
- Pajamas
- Coats
- Feminine hygiene products

If you have any of the items listed above and are willing to provide them to our program, please call or stop in the office Monday thru Friday, 8am-5pm. We greatly appreciate how our community supports this important program!

DID YOU KNOW?

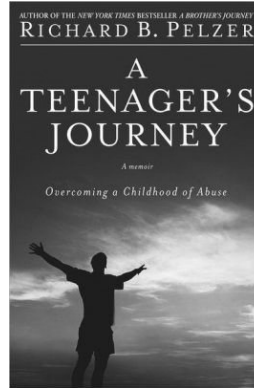
The Support, Advocacy and Resource Center has many books and videos available for survivors to learn about crime victimization and the healing process. Our extensive collection includes topics such as sexual abuse, human trafficking, crimes, prevention topics and self-care. These are available for free for check out to all community members. A few of the books we have available and their descriptions are listed below. Please come “check them out” for yourself or a friend!

Library Resources



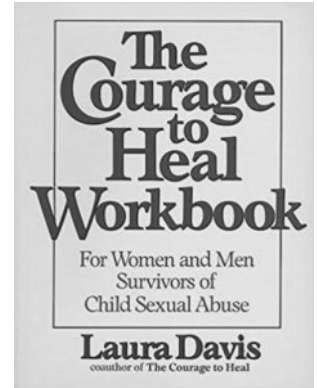
The Wounded Heart
By: Dr. Dan B. Allender

For those who have experienced childhood sexual abuse and those who love and care for them, *The Wounded Heart* offers a tender, compassionate window into the psychological effects of abuse and the theological foundations for healing. *The Wounded Heart* is an intensely personal and specific look at this most “soul deadening” form of abuse. Personal because it may be affecting you, your spouse, a close friend or neighbor. And specific because it goes well beyond the general issues and solutions.



A Teenager's Journey
By: Richard B. Pelzer

Richard reveals how the abuse inflicted on him as a child continued to affect his life as a teenager. He turned to drugs and contemplated suicide, while simultaneously trying to establish an autonomous life away from his destructive family situation. Yet as he stumbled toward adulthood, fighting and facing his demons, Richard's ultimate struggle toward victory was his alone. His salvation finally came when a surrogate family took him in, offering comfort, hope, and unconditional love - and ultimately the transformational power of forgiveness.



The Courage to Heal Workbook
By: Laura Davis

For Women and Men Survivors of Child Sexual Abuse: In this groundbreaking companion to *The Courage to Heal*, Laura Davis offers an inspiring, in-depth workbook that speaks to all women and men healing from the effects of child sexual abuse. The combination of checklists, writing and art Projects, open-ended questions and activities expertly guides the survivor through the healing process. Laura David is a nationally recognized expert on healing from child sexual abuse.



Tri-Cities Coalition Against Trafficking (TC-CAT) Conference

The mission of Tri-Cities Coalition Against Trafficking (TC-CAT) is to collaborate to be a conduit for services and information regarding anti-human trafficking, both internally and externally within the community. Their vision is to respond efficiently and effectively as a community by utilizing resources and protocols to combat human trafficking using a victim-centered approach. One of the first of it's kind in the Tri-Cities area, a three day conference was held at the Red Lion Inn. Approximately 200 people from various social service agencies, law enforcement, and non-profits were in attendance. National speakers and survivors provided informative workshops, best practice training and keynote addresses to a crowd that was both moved and ready to fight against human trafficking.

Senator Sharon Brown, who is responsible for obtaining the needed funding for the conference, spoke about her passion for eliminating sex trafficking in our community and ensuring that survivors receive the services they need and desire.

#becausetheymatterSARC

THE VIGILANT

Fall
2018

Crime Types

- Arson
- Assault
- Bullying
- Child Physical Abuse
- Child Pornography
- DUI/DWI Crashes
- Fraud
- Harassment
- Hate Crimes
- Homicide
- Human Sex/Labor Trafficking
- Identify Theft
- Kidnapping
- Mass Violence
- Property Crime
- Robbery
- Sexual Assault
- Terrorism
- Vehicular Assault
- Vehicular Homicide
- Violation of Court Order
- Vulnerable Adult Abuse

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Abuse is a misuse of power intended to harm or control another person. The maltreatment can be physical, verbal, or emotional. All types of abuse can cause pain and psychological distress.

Abuse can leave psychological wounds that are harder to heal than bodily injuries. Survivors of abuse may have intense, negative feelings long after the abuse has ended. Anxiety, flashbacks, and trust issues are common in people who have experienced abuse. Abuse can impact a person's ability to form relationships and find happiness.

Yet the effects of abuse do not have to be permanent. A therapist can help abuse survivors overcome challenges and address symptoms. Therapy can also help those who engage in abuse to stop harmful behaviors, though the individual must truly wish to change.

Types of Abuse

There are many types of abuse. Abuse can be classified by its form or by its context. Forms of abuse include:

Physical Abuse: When someone deliberately causes physical harm to another. This type could include behaviors such as punching or whipping. It also includes actions which cause illness or disability, such as poisoning.

Sexual Abuse: Any form of sexual contact or behavior that occurs without consent. This can include rape, child molestation, incest, or other acts of sexual violence. Consent is agreeing to engage in sexual activity and both individuals know and understand what is being agreed upon. You cannot give legal consent to sexual activity or contact if you are: threatened, forced, coerced, or manipulated into agreeing; not physically able to (you are too drunk or high, drugged, passed out, or asleep); not mentally able to (due to illness or disability); or younger than 16 years old.

Emotional/Psychological Abuse: A chronic pattern of manipulation to control another person. Tactics include verbal attacks, isolation, humiliation, or threats. A person may also use gaslighting to make a target doubt their memories.

Financial Abuse: When someone uses money to gain control over a person. They may take over someone's bank account or steal their identity to rack up debt. Selling or taking one's property without permission also counts as abuse.

Domestic Abuse: Also called intimate partner violence or spousal abuse. Any form of abuse which occurs in an intimate relationship counts as domestic abuse. The relationship can be straight, homosexual, monogamous, polyamorous, and so on. In the United States (U.S.), an average of 20,000 phone calls are placed to domestic violence hotlines each day.

Elder Abuse: When someone harms, exploits, or neglects an elderly person. The abuser is often someone in charge of the elder's care, such as a family member or nursing home worker. In the U.S., roughly 1 in 10 Americans over age 60 have experienced elder abuse.

Child Abuse: When someone harms, exploits, or neglects a minor under 18. Estimates say one in four American kids have experienced neglect or abuse at some point.

A person can experience more than one type of abuse. For instance, someone who is psychologically abused may experience physical abuse at the same time. In fact, psychological abuse is often a precursor to physical violence.

Psychological Effects of Abuse

Abuse in any form or context can harm an individual. Even after the abuse has stopped, survivors can still experience distress. Abuse survivors have a higher risk of mental health concerns. They may experience one or more of the following issues:

Anxiety: Survivors may be afraid of people or situations that remind them of their abuse experiences. They may be fearful of strangers, solitude, or sexual intimacy, depending on the nature of the abuse. Anxiety symptoms such as disrupted sleep or panic attacks are common in survivors of abuse.

Anger: Survivors of abuse may feel intense anger at their abusers. They may resent bystanders who knew of the abuse and failed to intervene. They might even be mad at themselves for being abused, believing they could or should have stopped it. Anger is a natural response to being abused. Survivors can learn to manage their anger in a constructive manner that will promote healing.

Depression: Feelings of sadness or emptiness are common among people who have experienced abuse. They may struggle to enjoy activities they used to like, especially if those activities remind them of the abuser.

Dissociation: Numbness, confusion, and out-of-body experiences may occur during or after abuse. Dissociation can help the person avoid the pain and fear associated with abuse. In rare cases, memories of abuse may be repressed. Some survivors may not have any conscious memory of the abuse.

Mood Issues: Irritability and mood swings affect many survivors of abuse. Nightmares, hypervigilance, flashbacks, and other symptoms of Posttraumatic Stress Disorder (PTSD) may occur. Survivors are likely to avoid certain settings and situations that remind them of the abuse.

Shame: Survivors often experience guilt and shame. They may believe they deserved the abuse, were responsible for it, or failed to stop it. Challenging these beliefs in therapy can help survivors of abuse transform these feelings.

Self-Destructive Behavior: Self-destructive behavior can take many forms. Some survivors will self-medicate with drugs or alcohol. Others might engage in self-harm, such as burning or cutting themselves. People may neglect their personal hygiene or sabotage any potential for success. These behaviors often indicate low self-esteem.

Trust Issues: Learning to trust others after abuse has occurred can be challenging. Someone who has experienced abuse may struggle with physical intimacy.

While abuse can lead to mental health concerns, not every case results in extreme distress. The severity of the consequences can depend on the situation. For instance, someone may feel differently about abuse from a parent and abuse from a stranger. Whether loved ones recognized or dismissed the abuse can have a large impact.

Demographic factors can also affect how someone responds to abuse. For example, someone during childhood is more likely to develop mental health concerns. Gender roles can influence how one responds to sexual abuse. Socioeconomic status may decide whether someone receives adequate treatment.

Effects of Child Abuse

In the U.S., Child Protective Services receives a report of abuse every ten seconds. According to state agencies, in 2014:

- 702,000 children experienced abuse or neglect
- Among these children, 1,580 died
- Over 70% of the children who died were under age two
- 80% of these fatalities involved at least one parent as a perpetrator

People who were abused as children are more likely to have psychological and legal concerns as adults:

- One study found 80% of 21-year-olds who had experienced child abuse met the criteria for a mental health diagnosis
- Survivors of child abuse are 1.5 times more likely to abuse drugs in adulthood
- Child abuse increases the likelihood of adult criminal behavior by 28%
- A U.S. Department of Justice study in 1999 found prison inmates were twice as likely to have been abused as children as the general public

Child abuse can create a ripple effect that touches every part of a child's life. It can hinder a child's academic performance and social skills. Missing developmental milestones can have a domino effect on a child's well-being. A 2014 study showed child abuse can affect nerve growth in young brains. The impact of child abuse can last a lifetime.

Why People Abuse

Abuse is a choice. There are certain factors which can make a person more likely to abuse others. Yet these influences do not cause abuse. They merely explain the behavior.

Someone who engages in abuse often has power over their target. This power could be social status, physical strength, wealth, or another form of influence. Due to their relative power, an abuser may feel entitled to treat the other person how they wish.

Some people abuse others to compensate for a lack of agency elsewhere in their lives. For instance, an adult who was fired from their job may lash out at their spouse to relieve stress. Low self-esteem and anger issues are common among abusers. They might try to control an individual to prevent the person from "abandoning" them.

Mental health issues can also play a role in abuse. Narcissistic personality and antisocial personality are strong risk factors for abusive behavior. Depression or substance abuse are also common among abusers. Not everyone who has these conditions will abuse others, but the diagnoses are relatively common among abusers.

Yet the largest predictor of abusive behavior is whether the perpetrator was abused themselves. Someone who was mistreated as a child may mimic the abusive behaviors of their caregivers. Instead of learning to negotiate or share, a person may only know how to use force to get their way. Some abusers do not realize their behavior is unusual.

In some cases, a court may order an abusive person to get treatment. Therapy often works best if the person sincerely wishes to stop abusing others. A psychotherapist can help someone understand why they abuse and how to stop the behavior. Therapy is a confidential environment where people can get help without judgment.

Resources for Abuse

Child abuse is any action by another person, adult or child, that causes significant harm to a child. It can be physical, sexual or emotional, but can just as often be about a lack of love, care and attention. We know that neglect, whatever form it takes, can be just as damaging to a child as physical abuse. An abused child will often experience more than one type of abuse, as well as other difficulties in their lives. It often happens over a period of time, rather than being a one-off event.

Abuse can be a difficult problem to solve alone. However, support is available. A mental health professional can help people assess and escape abusive situations. Abuse survivors can address their negative emotions and memories of the abuse in therapy. Therapy is also available for people who wish to stop abusing others. A therapist may treat underlying mental health concerns and teach someone healthy ways to solve conflicts. Therapy is most effective when a person truly tries to change, as opposed to someone who is only in treatment due to a court order.

Different situations call for different types of therapy. For example, couples counseling may help a survivor of child abuse be intimate with their spouse. Also, young children require different treatments than adults. Every individual has unique needs. Therapy can help abuse survivors leave unhealthy relationships or recover from their experiences. However, sometimes an abusive situation evolves into a life-threatening emergency. If you or someone you know is in danger, please call 911 or your local law enforcement. The following resources can also help people experiencing abuse:

- National Domestic Violence Hotline: 1-800-799-7233
- Childhelp National Child Abuse Hotline: 1-800-422-4453
- Lourdes Crisis Services: 509-783-0500
- Support, Advocacy & Resource Center: 1-800-846-RAPE

<https://www.goodtherapy.org/learn-about-therapy/issues/abuse>

What To Do If You Suspect Abuse

Abuse is one of the very worst things that can ever happen to a child but it's not always easy to pick up the signs. A child might not even know that what's happening is wrong. You might have noticed bruises on a child that seem concerning, but you're not sure they're being abused. By being prepared and knowing what help is available, you can make a real difference to a child's safety and well being. If you're in a situation where you suspect abuse of a child but they haven't actually said anything to you, there are a number of steps you can take:

- * **Continue to talk to the child.** Most children who are being abused find it very difficult to talk about it. By having ongoing conversations, the time may come when they're ready to talk.
- * **Keep a diary.** This is a good way to keep a note of your concerns and the way your child is behaving. It can also help to spot patterns of behavior.
- * **Talk to the child's teacher.** The professionals who come into contact with the child may also have noticed them acting unusual.
- * **Get someone else's perspective**
- * **Talk about your worries** with a trusted friend/family member or call to talk with a SARC counselor or advocate at 509-374-5391. Ask what they think about your concerns.
- * **You can also report your concerns** to Child Protective Services (Tri-Cities): 509-585-3000. You don't have to give your name if you'd prefer to remain anonymous.

If you suspect that someone is abusing a child, reporting the abuse may not be something you want to consider, especially if the alleged abuser is a friend or family member. Your initial reaction may be to dismiss it or try to prove it's not true but it's vital that you report your concerns if you feel a child is in danger. By not reporting your concerns, it could mean that the abuse will continue.

SARC Program Reports



SARC Crisis Program

During the 2017-2018 fiscal year, SARC served **441** new sexual assault victims, **76** new human trafficking victims and **232** new general crime victims.

Types of Sexual Assault

Date/Acquaintance Rape:	25%
Family Molestation:	23%
Acquaintance Molestation:	15%
Other/Unknown:	14%
Family Rape:	12%
Stranger Rape:	4%
Adult Survivor:	4%
Stranger Molestation:	1%
Marital Rape:	1%
Sexual Harassment:	1%

SARC's Sexual Assault Advocates invested **2,036 hours** providing advocacy for their clients.

They provided a total of **6,522 follow up services** and made **1,817 contacts** on behalf of their clients.

SARC's Human Trafficking and General Crimes Advocates invested **2,581 hours** into providing services for clients.

They provided a total of **13,152 follow up services** and made **5,516 contacts** on behalf of their clients.

Crime Type

Assault:	30%
Harassment:	27%
Child Physical Abuse:	20%
Homicide:	5%
Robbery:	4%
Elder Abuse:	2%
Kidnapping:	2%
Property Crimes:	2%
Fraud/Forgery:	2%
Vehicular Assault:	2%
Identity Theft:	2%
Hate Crimes:	2%

Age of Victim Sexual Assault

0 thru 5:	13%
6 thru 11:	24%
12 thru 18:	34%
19 and over:	29%

Age of Victim General Crimes

0 thru 5:	6%
6 thru 11:	10%
12 thru 18:	18%
19 and over:	66%

"My advocate has been amazing. She has made an uncomfortable situation comfortable." - sexual assault client

Kids Haven Program

During the 2017-2018 fiscal year, **321 interviews** were conducted at Kids Haven.

Crime Type

Sexual Abuse:	80%
Physical Abuse:	14%
Witness to Violence:	5%
Other:	1%

Age of Victim

0-5:	25%
6-11:	47%
12-18:	27%
Over 19:	1%

Gender

Female:	66%
Male:	34%

"Thank you for all you do and the kindness during an extremely hard time"
- parent of a child interviewed

Prevention Program

SARC's Prevention Program provided **1,150 presentations** during the 2017-2018 fiscal year, reaching **30,726 individuals**. Additionally, through outreach efforts such as community fairs and media, **903,032 individuals** were reached.

Programs

Body and Boundary Safety:	10
Harassment and Bullying Prevention:	313
Safe Bodies, Healthy Minds:	226
Creating Healthy Relationships:	145
Personal Body Safety:	121
SARC Services:	49
Technology Safety:	217
Other:	27
Parent Education:	11
Trafficking:	31

"I know I can always come to you (SARC) for help."

"I liked that this will help me throughout my lifetime."

- student comments about presentations

Age of Audience

Preschool	409
K-2nd	5,509
3rd-5th	4,955
6th-8th	12,182
9th-12th	3,955
Adults	3,716

Gender of Audience Members

Female:	7,604
Male:	6,973

For more information regarding these reports please contact Rosanna Herrera, rherrera@supportadvocacyresourcecenter.com

New SARC Employees



Maricela Garcia **Sexual Assault Advocate**

My name is Maricela Garcia and I have a Bachelor's Degree in Psychology from Washington State University. Previous to working with SARC, I had experience working for WSU as a Research Assistant in the Human Development field. During my time as a research assistant I gained valuable experience working with at-risk youth and families.

My team and I would research, investigate and implement several family programs including a stress and coping program for Latina mothers and Strengthening Families. I also partook in the development of a truancy prevention program that is currently being tested around the state that uses data-driven procedures to track and improve interventions with students. During my free-time I enjoy exercising and I volunteer as a facilitator for a child grief support group in our area. I am delighted to be a part of SARC and I love advocating for others.



Maria Zuniga **Sexual Assault Advocate**

My name is Maria Zuniga and I am the new Sexual Assault Advocate here at SARC. I graduated from Washington State University-Pullman Campus, with a BA in Criminal Justice and Psychology as my additional major. I am excited to get to know people from all the agencies that come together to help victims of crime.

I am also excited to get to know the volunteers who put in countless hours for SARC. Most importantly however, I am excited to serve my community and work with survivors of sexual violence.



Rebecca Schmieman **Counseling Intern**

My name is Rebecca Schmieman and I am an MSW student at EWU and look forward to graduation in June 2020. I earned my BA in secondary education with an emphasis on English education in 2015. I have worked at CBC since 2015 as a writing tutor in the Academic Success Center and enjoy working with students to polish their writing skills. I have been married for 6 years and currently have two cats that serve as our children named Sherlock and Mori. I have a passion for reading fantasy and fiction books with my favorite series being The Lord of the Rings. I'm looking forward to learning and experiencing new and helpful lessons at SARC.

Volunteer Advocates

SARC volunteer advocates have provided a total of **12,686 hours** for our after hours crisis and hospital lines so far this year.

Thank you for your compassion and dedication for victims of crime in our community!

Congratulations to the following individuals who recently completed our 32-hour Advocate Training in September 2018:

Joyce Nevins-Ginsberg, Madison Murphy, Brooke Fedchuk, Chrissy Langdon, Andreanna Flores, Lizette Gonzalez, Cristy Egger, Shari Frazier, Susan Schmieman, Stephanie Massart, Rachel Shaw, Laurie VanScotter, Alicia Flores, Brenda Losey, Fabiola Carrasco, Janine Hales, Kimberly Spencer

SARC NEWS



Nov 22-23	Thanksgiving Holiday- Office Closed
Dec 24-31	Holiday Break- Office Closed
January	Human Trafficking Awareness Month
January 1	Happy New Year!- Office Closed
January 11	Human Trafficking Awareness Day
January 21	Martin Luther King Jr Holiday- Office Closed
February 18	President's Day- Office Closed
April	Sexual Assault Awareness Month

SARC Staff Members

JoDee Garretson <i>Executive Director</i>	Alejandra Cardoso <i>Crime Victim Advocate</i>
Mitzi Veng <i>Office Administrator</i>	Ashlea Walton <i>Crisis Program Assistant</i>
Anna Hahn <i>Clinical Director</i>	Desiree Reynolds <i>Program Director, Human Trafficking</i>
Sherrie Lennox <i>Counselor</i>	Gabriela Navarro <i>Human Trafficking Advocate</i>
Rebecca Schmieman <i>Counseling Intern</i>	Anna Olson <i>Human Trafficking Assistant</i>
Rosanna Herrera-Brown <i>Program Director, Client Services & Prevention</i>	Denise Martin <i>Prevention Specialist</i>
Maricela Garcia <i>Sexual Assault Advocate</i>	Andrea Garcia <i>Prevention Specialist</i>
Maria Zuniga <i>Sexual Assault Advocate</i>	Andrea Aldous <i>Prevention Assistant</i>
Rylie Dixon <i>Sexual Assault Advocate</i>	

Where Shopping & Giving Unite

Support SARC just by shopping at Fred Meyer with your Rewards Card. All you have to do is link your Rewards Card and scan it every time you shop at Fred Meyer. You can link your card and/or sign up for a rewards card in just 2 simple steps:

1. Sign into your account at:

[www.fredmeyer.com/
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(you can obtain a rewards card on this same link if you do not have one)

2. Enter your Fred Meyer Rewards Card Number and the SARC non-profit number which is: **86721**

Each time you shop, SARC receives a percentage at NO COST TO YOU and without affecting your benefits you are currently receiving utilizing your card!

Please join and share - we appreciate your help!

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When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate **0.5%** of the purchase price.

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To shop at Amazon Smile simply go to smile.amazon.com from the web browser on your computer or mobile device.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and Amazon Smile.

How do I select SARC to support when shopping on Amazon Smile?

On your first visit to Amazon Smile (smile.amazon.com), select SARC. Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

Happy Shopping!!

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Striving for a "Community without Victims"



about the program

The Support, Advocacy & Resource Center serves Benton and Franklin Counties with sexual assault crisis and education services. We provide free and confidential assistance for victims of all crimes.

SARC also provides prevention education for our schools, day cares and community groups on sexual abuse and safety issues. Our services are available to all people regardless of age, gender, religion, ethnicity, sexual orientation, or physical and mental ability.

The Washington State Office of Crime Victims Advocacy accredits SARC as a Community Sexual Assault Program. SARC is a member of the Washington Coalition of Sexual Assault Programs.

Services are provided through grants from the state and federal government, local and regional foundations, and through donations from our generous community.

The opinions expressed in the "Point of View" section of this publication do not necessarily reflect the views and opinions of staff, board of directors, volunteers and sponsors of SARC.

The SARC Advocate is designed to educate, inform and promote community awareness regarding crime issues.

Reader feedback and submissions are always welcome. Mail to: 1458 Fowler St, Richland, WA 99352 or contact via e-mail.

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Dear Valued Readers-

Starting with our newsletter in the Spring, we are pleased to offer our readers an opportunity to receive our informative newsletter electronically, instead of by mail. The transition only requires you to send your name, company and email address to aaldous@supportadvocacyresourcecenter.com. If you would like to continue to receive the paper newsletter, simply do nothing and you will continue to enjoy it arriving in the mail! Thank you for helping us be more environmentally friendly!



24-Hour Crisis Line: (509) 374-5391 ~ Business Phone: (509) 374-5391
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