

Sexual Assault is any non-consensual sexual contact. This includes any unwanted touching, forced or coerced sexual activity and **any** sexual contact with a child.

Sexual Assault can happen to anyone. People of any gender, age, race, sexual orientation, religion or profession can be victimized.

Sexual Assault will affect someone in our lives. As many as one in three women will be sexually assaulted in their lifetime. It is estimated one in four girls and one in six boys are sexually abused as children.

Sexual Assault is a crime of violence and power. The perpetrators of sex crimes can be a stranger, acquaintance or someone you trust. They use power and violence to abuse their victims. In cases of child sexual abuse and acquaintance rape there is a betrayal of trust as well.

Sexual Assault is never the victim's fault. No one ever asks to be raped. Often people will blame the victim: what she wore, where she was or what she was doing. The only one responsible for the assault is the perpetrator.

Rape & Sexual Abuse Hotline

VIBS
6 3 1 . 3 6 0 . 3 6 0 6

confidential phone counseling • medical & legal information • hospital accompaniment

Contact our hotline counselors on the web

hotline@vibs.org

www.vibs.org



VICTIMS INFORMATION BUREAU OF SUFFOLK

PO Box 428, Holbrook, NY 11741

24 Hour Hotline: (631) 360-3606

Business Phone: (631) 360-3730

www.vibs.org

info@vibs.org

Participating Agency



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Breaking the Silence:

Rape & Sexual Assault





"At the SANE center a nurse talked to me about preventing disease and pregnancy."



"I always thought it was my fault — I now know that it was not."

The Impact of Sexual Assault

The impact of sexual assault can be traumatic for the victim. There are a wide variety of reactions with one thing in common... they are all normal.

**Anger Shame Mistrust
Guilt Fear Nightmares
Depression Flashbacks
Difficulty Concentrating
Problems Sleeping and Eating
Feeling Unsafe**

Survivors' Words:

"I blamed myself for the whole thing. I used to say, 'I never should have gotten in his car, I should have fought back.' I thought it was my fault. Now I know I did nothing wrong. I trusted him and he betrayed me."

"I never told anyone about being sexually abused as a boy. I realized my past was affecting my relationship with my family. Once I started talking about it, I found I wasn't alone. I know there was nothing I could do about it then but I can help myself now."

VIBS Rape Crisis Center

Assisting Survivors of Rape and Sexual Assault

Counseling Services For Victims of Rape/Sexual Assault/Incest

VIBS counselors are all Licensed Social Workers with specialized training in Trauma Therapy.

Crisis Appointments: The crisis appointments are designed to help the client with immediate issues related to being a victim of rape/sexual assault/incest prior to longer term ongoing counseling.

Individual Counseling: The counselor works with the client on issues related to the rape/sexual assault/incest and helps guide the client on healing from the trauma.

Group Counseling: The counselors facilitate a group(s) for victims of rape/sexual assault or incest. The focus of the group is to help each client heal from the trauma, break the isolation a client may feel and to help the client end the self-blame that may occur when one is a victim of rape/sexual assault and/or incest.

Services are for both male and female adults and adolescents.

Children's Program

Licensed Therapists offer creative, clinical counseling sessions to children ages 3 to 12. Specializing in trauma specific art, play and drama therapy, VIBS' child therapists use toys, games and creative arts materials to interact with each child and facilitate the healing process.

VIBS' Children's Program offers state of the art, child centered, treatment spaces where children can feel relaxed and safe. VIBS' Children's Therapists work conjointly with our Advocates who provide court accompaniment, information and assistance navigating the criminal justice system.

Weekly parental sessions and consultations are designed to meet the needs of each individual family.

Services are available to children who have been sexually abused and or raped by a non-family or family member.

Rape Crisis Services

Hotline: 24 hours a day, 7 days a week, a certified rape crisis counselor is available to provide telephone counseling, information, referrals, make counseling appointments, and provide access to Emergency Room Companions and SANE Centers. TDD is available for deaf and hearing impaired clients. (631) 360-3606

Emergency Room Companion Program: ERC's (Emergency Room Companions) are specially trained rape crisis counselors who are on call 24 hours a day to meet children and adults in hospital emergency rooms. These counselors are a crucial point-of-contact for survivors of rape and sexual assault by providing non-judgmental emotional support, a change of clothes, information and referrals.

Sexual Assault Nurse Examiner Program (SANE): SANE joins medical, legal and emotional support to assist rape and sexual assault survivors. SANE Centers provide victim-centered care, a private setting, medical evaluation, preventive medication for pregnancy and/or sexually transmitted diseases, evidence collection and storage, and a change of clothes and use of a shower. These centers are located in Good Samaritan Hospital, John T. Mather Hospital, and Peconic Bay Medical Center. The SANE Centers' approach honors victims' rights to make choices about medical and emotional care and legal prosecution.