BALL STATE UNIVERSITY



Phone: (765) 285-7844

Fax: (765) 285-7845

Informational Packet

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Resource Numbers

Office of Victim Services

Counseling Center

285-1736

Dean of Student Affairs

285-5344

Health & Women's Center

285-8431

Police & Emergency

285-1111

Student Legal Services

285-1888

Student Rights & Responsibilities

285-5036

| | OFF-CAMPUS | |
|------------------------|----------------|--|
| A Better Way | 747-9107 | |
| Ambulance | 747-7778 | |
| Delaware County Clerk | 747-7857 | |
| Delaware County Jail | 747-7811 | |
| Delaware County Police | 747-4877 | |
| Fire Department | 747-4877 | |
| Hospital | 747-3241 | |
| Indiana State Police | 282-1223 | |
| Muncie City Police | 747-4838 | |
| Prosecutor's Office | 747-7801 | |
| CHILD ABUSE HOTLINE | 1-800-800-5556 | |

Office of Victim Services

Health Center, Room 210

Phone: (765) 285-7844

Fax: (765) 285-7846

- 24-Hour on-call availability
- Guidance and emotional support
- Campus and community referrals
- Coordination with Judicial Review Board
- Protective Order filing assistance
- Accompaniment to court
- Guidance through Delaware County Court system.
- Coordination with Ball State Police Department

The Ball State University Victim Advocate provides campus and community resources for students, faculty and staff who have been victimized. This includes, but is not limited to, physical and sexual assault, relationship violence, and stalking. The program is designed to assist individuals in the recovery process by providing timely information and confidential support and guidance through the campus judiciary and criminal justice systems.



COUNSELING CENTER

Lucina Hall, Room 320

Phone: (765) 285-1736

Fax: (765) 285-2081

Individual, group and psychiatric counseling is available to students. All services offered are free and confidential. In addition to the counseling services, a virtual self-help library is available via the counseling center's

website: http://www.bsu.edu/students/cpsc/library/

BENEFITS OF COUNSELING

Defining an Incident as Sexual Assault

Many victims of sexual assault are left feeling confused and unsure of what actually happened, especially if the perpetrator is an acquaintance or dating partner. Counseling offers an opportunity to review the incident in question and become clearer about thoughts and feelings about the event.

Making Decisions About Legal and Judicial Options

Very often, victims feel unsure about how to proceed in terms of reporting the assault to police, pressing criminal charges, or initiating campus judicial proceedings. In counseling, individuals can discuss various options and arrive at a decision that will most likely promote healing and resolution.

Enhancing Academic and Social Functioning

Sexual assault is a traumatic experience that disrupts the victim's life and may temporarily make it difficult to function at her or his usual level. Counseling can help the survivor develop effective coping strategies that make it more possible to pursue school, work, and social relationships during the period of recovery.

Minimizing Negative Effects of the Assault

Victims of sexual assault typically experience a wide range of feelings, including anger, depression, guilt, and fear. In addition, there may be physical symptoms, difficulties with memory and concentration, nightmares or "flashbacks" of the assault, and disturbances in interpersonal relationships. Generally, counseling provides assistance with "working through" the trauma of sexual assault, with the goal of minimizing negative psychological and social effects so that the survivor can move on with her or his life.

OVS Sexual Assault Packet 2006

RECOVERY PROCESS...

First and foremost, remember that you are a survivor and the incident was not your fault. Recognize that healing takes time and give yourself the time you need to recover. It's ok if you need to do the following to help yourself heal.

Recovery tips immediately after the incident:

- Show your emotions
- Leave your lights on
- Rearrange your room/apt., or change to a completely different room/apt.
- Change your class schedule or withdrawal from a few classes
- Take a few days off from work

Ongoing recovery tips:

- Keep a journal. This is a wonderful way, not only to help process your thoughts but when you look back you can see patterns that need to be changed. It can also show you how much healing you have done.
- Sometimes we can't take 5 minutes but we can take 1 minute. Use it as a dedication to ourselves. As long as we take even 30 seconds it can be enough to help recharge ourselves.
- Listen to music **Watch a sunset or sunrise**Run** climb**dance.
- Help someone else. Local crisis centers, soup kitchens, hospitals, churches, schools, and senior citizens centers are always seeking for volunteers.
- Take a road trip with a friend or try something new, like dance lessons.
- Do something you've always wanted to do, but haven't gotten around to yet.
- Exercise-Research has proven that physical exertion can release endorphins that will help alleviate depression.

These tips are to help you heal, or just learn to feel stronger each day. No one suggestion will work for every person.

Do not feel as though you must be healed NOW! Give yourself time!

POST-TRAUMATIC STRESS DISORDER

<u>What is PTSD?</u> It is a common emotional and psychological reaction to trauma (a painful, shocking, experience such as rape, war, natural disaster) that is outside of a person's normal life experiences.

Why should I learn about PTSD? Because you or someone you know may experience trauma at some time in your life! Learning about PTSD can help you cope with trauma, and/or help others.

Who is likely to suffer from PTSD? Anyone who experiences a traumatic event. PTSD can affect survivors of war, violent attacks, rape, car or plane accidents, and natural disasters. People who witness these events can also be affected.

<u>Symptoms of PTSD</u> Symptoms may include: recurrent memories, flashbacks of the trauma, nightmares, insomnia, and/or lack of interest in family, friends, or hobbies. The person may suffer from depression. He/she may also suffer from survivor guilt, experience overwhelming emotions, and be irritable or jumpy.

Recovery Takes Time

Survivors recover in stages. They may start with one stage, go to another, and go back. Each person processes the event his or her own way.

Here are some stages a survivor may go through:

- 1. Denial that the incident had any effect on their lives.
- 2. Fear it will happen again.
- 3. Feel sad because of a loss of their ability to trust in people, or places.
- 4. Anger at what happened.
- 5. Anxiety over the nightmares or flashbacks that may intrude on the life of the survivor.
- 6. Feel as if a part of them died during the incident.

<u>Survivors are not to blame for the crime committed to them by another person.</u>

We cannot control the actions of another person. If you or someone close to you is a survivor you also may want to check into counseling or find someone you can talk to.

HIV TESTING INFORMATION

What You Should Know

If you have been sexually assaulted, this fact-sheet will give you information that will help you make a decision about being tested for HIV/AIDS.

The choice to be tested is yours.

Your Concerns about AIDS

When someone has been sexually assaulted, it is not unusual for them to worry that they will get AIDS from the person who assaulted them. This fear is very real and painful.

It is important for you to know that the risk of getting HIV from the person who assaulted you is low.

In order to make sure that your fears and concerns about HIV and AIDS can be dealt with, you need to have information about being tested for HIV. You need to know what to expect, where to go and, most of all, you need to know that the choice to be tested is yours.

What is HIV/AIDS?

Human Immunodeficiency Virus (HIV) is the virus that causes AIDS. This virus attacks and damages our body's immune and nervous system and makes it difficult for us to fight off diseases and infections. Acquired Immune Deficiency Syndrome (AIDS) is the disease that often results when someone is infected with HIV. AIDS is a very serious disease and this is why most people are worried about getting HIV/AIDS if they have been sexually assaulted.

Being Tested for HIV

If you are infected with HIV, your body will begin to produce antibodies that try to fight off the virus. The HIV test measures whether or not you have these antibodies in your blood. In almost all cases, it takes 14 weeks after infection for your body to begin to produce enough of these antibodies to show up in a blood test. For that reason, if you are tested for HIV right after an assault, the results will show only whether or not you were HIV positive before the assault. This is called a "baseline test".

In order to find out if you have been infected as a result of the assault, you must be re-tested four months later. When you are tested for HIV/AIDS, you give a blood sample in the same way that you provide blood samples for other tests.

Anonymous Testing

You can be tested for HIV and Syphilis at the Ball State University Health Center with an appointment, by calling 285-3775. You can make the appointment without providing your name or any other identifying information - this is called anonymous testing. The results remain completely confidential.

INDIANA VICTIM RIGHTS

If you are victimized by a crime in Indiana, you have the right:

- To be treated with fairness, dignity, and respect throughout the criminal justice process.
- To be informed, upon request, when a person who is accused or convicted of committing a crime directly against you has been released from custody or has escaped.
- To have your safety considered in determining release from custody of a person accused of committing a crime against you.
- To receive information, upon request, about the disposition of the criminal case, the conviction, sentence, and release of the person accused of committing a crime against you.
- To be heard at any proceeding that involves sentencing or a post-conviction release decision.
- To prepare a written or oral statement to be used in the presentence report.