LEGACY OF SURVIVAL

A next-steps guide for survivors, by survivors

Created by:
The Victim/Survivor Advisory Council

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Dear Survivor,

You’ve made it this far.

It has taken courage, determination, and much strength of spirit to survive the experience of sexual assault. We know.

This letter comes to you from a group of survivors who understand what it means to have your life interrupted by sexual assault. As fellow survivors, we can appreciate the changes and difficulties that an assault brings. Yet healing on a multitude of levels is possible and there are many opportunities for each of us to help end sexual violence and make this world a safer place.

As you move to the next steps of healing, the members of the Victim/Survivor Advisory Council at CONNSACS have prepared this packet of information for you. We hope these materials will give you ideas for healing, offer you support, and options for helping to end sexual violence in our communities, and let you know that you are not alone in this journey.

Whether your next steps are writing poetry, speaking publicly about your abuse, or simply being glad that you have come to this point, we welcome you to the larger circle of survivors and we honor the spirit that has brought you this far.

We welcome your feedback and we invite you to add your voice to the chorus calling for an end to sexual violence in our lifetime.

With peace and healing,

Members of the Victim/Survivor Advisory Council
Connecticut Sexual Assault Crisis Services
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"Healing may not be so much about getting better, as about letting go of everything that isn't you – all of the expectations, all of the beliefs – and becoming who you are."

-- Rachel Naomi Remen
A Survivor is…

- Alive and making choices
- Strong
- Empowered
- Taking strides down a difficult path
- No longer being victimized
- Spiritually motivated
- Tough
- Motivated
- Not going to take it anymore
- Compassionate towards other people
- Speaking out
- Aware of what really happens
- Embodied
- Happy
- Dangerous to mess with
- Not alone
- Dedicated
- Proud
- Without shame
- Without blame
- Your friend when you need one
- Powerful
- Growing
- Male or female
- Child or adult
- Someone you know
- Innocent
- Driven
- Able to speak the truth
- A friend to his/her self
- A person who gets excited about making a difference
- Able to laugh
- Not giving up
- Free
- Wiser than he/she ever wanted to be
- Able to be sexual again
- Able to recognize triggers
- Leery and cautious
- Bold enough to change
- Understanding of what we can change and accepting of what we cannot
- In his/her own skin and liking it
- Possessing courage
- Giving and offering strength
- Recognizing pain
- Recognizing that he/she can make a difference
- ME
Baby Steps

“A journey of one thousand miles begins with a single step.”

--Mao Tse-Tung
Some days it is impossible to take big steps in the healing process. We have put together the following list of baby-steps that can be taken at anytime to help us heal from the effects of sexual assault.

Tell a friend you are a survivor

PUT THE HOTLINE NUMBER IN YOUR WALLET

Laugh-watch a movie or read a book that makes you laugh out loud

Put the hotline number on your bulletin board at work

Donate a book to the library

Put a bumper sticker on your car

Exercise

Use your sense of humor to get through the tough days

GET EDUCATED

Say to yourself “I’m a Survivor”

Look in the mirror and say “I love you”

EAT HEALTHY FOOD

Pick up The Courage to Heal

Don’t think about it for awhile (Don’t obsess)

Eat chocolate

Buy yourself flowers

Forgive yourself

Dream of a world where it doesn’t exist

Watch a happy movie

Acknowledge your angry feelings

Turn anger into passion

Remind yourself that it is not your fault

DON’T QUESTION YOURSELF

Breathe

Change your routine

Educate someone in your life about sexual violence

Put positive self messages on the computer

Take good care of yourself

Join a self-defense class

Distribute CONNSACS brochures to a new location

Look at beautiful things

Take a nap

Take half a baby step and feel good about it
Self-Care

"The path to our destination is not always a straight one. We go down the wrong road, we get lost, we turn back. Maybe it doesn't matter which road we embark on. Maybe what matters is that we embark."

-- Barbara Hall
In this section survivors identify how they recognize when it is time to take a step back and practice self-care. They also give suggestions for practicing self-care and provide resources that have been helpful to them.

**WHAT IS SELF-CARE?**

Often times, many of us go through our lives, practicing daily routines in an almost automatic fashion. What we may be missing while doing this are the cues and signals our body and minds are sending us about what they might need, or what we might need to change. Self-care is simply that; paying attention to the cues we are receiving and attending to them.

It can be as simple as asking yourself, “What do I need to do to take care of myself right now?” It is recognizing that although we may appear okay on the surface, we may need to be paying a little more attention to certain areas of our lives so that small problems do not turn into larger ones. It is also accepting that we will have setbacks, that they are natural and okay, and that dealing with them will only help us on our journey of survival. Self-care should include activities that help you to relax, and in many ways reboot. It should feel more like relaxation than yet another thing to do, and ultimately should help make you feel more balanced and alive.

**WHEN DO YOU NEED TO PRACTICE SELF-CARE?**

- Everyone seems more irritating than usual
- Everyone seems less competent than usual
- You suddenly have very strong feelings that overwhelm you
- You try to talk yourself out of those feelings
- Your feelings seem out of proportion to your current situation
- You find yourself wanting to practice self-destructive behaviors
- You can’t decide whether you need to take care of yourself or not
- You isolate yourself from others
- You hear yourself being too whiny
- When activism feels too much like “work” and not enough like a voluntary contribution that you are happy to make

**WHAT CAN YOU DO TO PRACTICE SELF-CARE?**

- Stop and feel your breath move in and out, making sure it doesn’t stop at your throat
- “Come to your senses”: identify what you are feeling, hearing, smelling, or seeing
- Listen to other survivors letting them know you accept them and validate the power of their experience
- Create something: color, draw, knit, scribble, doodle, do origami, etc.
- Work on a committee to create and implement policies and procedures that increase awareness about sexual abuse and protect those who are abused
Do something physical: hike, walk, dance, practice tai chi or karate, build something, break something, bake something, etc.
Call someone – have a list of phone numbers in your wallet
Take time off from work
Go to a supportive meeting at church, a 12-step group, Sexual Assault Crisis Services support group, etc.
Find a therapist who validates your experience and supports you rather than trying to change you
Eat your favorite meal off a real plate with real silverware sitting at the table
Get rid of something that reminds you of the offender
Take a bath by candlelight
Increase your knowledge about abuse in general and healing (utilize the resources identified on the next page)
Make new friends
Make a list of goals you want to achieve during the healing process and cross off the ones you have already achieved
Read the writings of Holocaust victims
Speak out publicly
Find out from other survivors in your support group which doctors “get it” rather than sticking with a medical provider who does not understand and contributes to your sense of harm
Seek legal advice and hire an attorney if necessary to help you file a grievance, a civil suit, or assist you with committee work you are involved in
Practice yoga on your own or take a class
Go to the movies
Go out to dinner with someone you care about
Hang out with or email friends
Go to therapy
Play with pets
Write in a journal
RESOURCES FOR PRACTICING SELF-CARE

Reading about the subject of rape and sexual abuse can be very healing, allowing you to learn from what has worked for others. Below are some books that have been identified by survivors that may be helpful for you in practicing self-care.

**After Silence: Rape & My Journey Back**, by Nancy Venable Raine
*Psychological trauma & society's implications on a rape victim's recovery.*

**The Courage to Heal**, by Ellen Bass and Laura Davis
*Self-help guide to healing for women survivors of sexual abuse.*

**Father-Daughter Incest**, by Judith Herman
*Hypotheses as to how or why a man might abuse his children.*

**The Flock**, by Joan Frances Casey and Lynn Wilson
*A journey to healing from multiple personality disorder that includes the discovery of past child abuse.*

**Garland from Ashes – Healing from Clergy Abuse**, by Sonja Grace
*Self-help guide to healing for survivors of clergy abuse.*

**Getting Through the Day: Strategies for Adults Hurt as Children**, by Nancy J. Napier
*Strategies for adults who were traumatized as children to meet the demands of daily living.*

**The Gift of Fear**, by Gavin De Becker
*Our intuition and learning to trust it to protect ourselves.*

**Girl, Interrupted**, by Susanna Kaysen
*Observations and philosophies on what makes us sane (or insane).*

**Goddesses in Every Woman**, by Jean Shinoda Bolen
*A new psychology of the woman that can be used as a tool for understanding yourself better.*

**How Little We Knew: Collusion and Confusion with Sexual Misconduct**, by Dee Ann Miller
*Anger associated with sexual abuse.*

**I Know Why the Caged Bird Sings**, by Maya Angelou
*An autobiography that chronicles the intersections of poverty, racism, and child sexual abuse, but ultimately survival.*

**I Never Called it Rape**, by Robin Warshaw
*For survivors of date and acquaintance rape to dispel myths and promote healing.*

**Is Nothing Sacred? When Sex Invades the Pastoral Relationship**, by Marie M. Fortune
*A response to the consequences of injustice for survivors of clergy abuse.*
Journey to Wholeness: Healing from the Trauma of Rape, by Monique Lang
   Workbook that provides guidance and direction for survivors to work through and process the emotional and psychological issues associated with sexual trauma.

Life Strategies, by Phillip McGraw
   "10 Life Laws" to inspire healing.

Lost in the Mirror: An Inside Look at Borderline Personality Disorder, by Richard Moskovitz
   A perspective on what is often present in survivors of sexual abuse.

Lucky, by Alice Sebold
   A rape victim's account of how she fought back by pressing charges and the trial process.

Men Who Rape: The Psychology of the Offender, by Nicholas Groth
   Rapists' testimonies, explanations, and reasoning.

No Visible Scars, by Alice Walker
   The hidden wreckage of rape revealed through poetry.

Obsession, by John Douglas
   The FBI's legendary profiler probes the psyches of killers, rapists and stalkers and their victims and tells how to fight back.

One Small Step: Moving Beyond Trauma and Therapy to a Life of Joy, by Yvonne M. Dolan
   Focusing on moving beyond even the survivor stage on to self-realization and hope.

Possessing the Secret of Joy, by Alice Walker
   Not about sexual abuse per se, but a woman's ability to overcome the abuse and degradation she has suffered.

Promiscuities, by Naomi Wolf
   The secret struggle for womanhood.

When Rabbit Howls, by Trudgi Chase
   About a woman who suffers from Multiple Personality Disorder from years of abuse by her step-father, and goes through her journey of first remembering bits and pieces to finally putting the picture together.

The Rape Poems, by Frances Driscoll
   Poems of great courage, terror, and beauty.

Reviving Ophelia: Saving the Selves of Adolescent Girls, by Mary Pipher, PhD
   Focus on reasons that so many adolescent girls fall prey to depression, eating disorders, addictions, and suicide attempts. Helpful for survivors of adolescent rape.

Secret Survivors: Uncovering Incest and Its Aftereffects in Women, by E. Sue Blume
   For survivors of incest.
The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse, by Wendy Maltz

An informative self-care book that deconstructs myths surrounding sexual abuse, and focuses on a healthy, positive approach to sexuality.

Surviving the Silence: Black Women’s Stories of Rape, by Charlotte Pierce-Baker

A book that places rape in a cultural context and includes the voices of various black women, and some of the men in their lives.

Telling: A Memoir of Rape and Recovery, by Patricia Weaver Francisco

A personal account not only of the rape and its aftermath, but the effect it had on her marriage and family, and the therapy that led to her recovery.

Transforming a Rape Culture, by Emilie Buchwald

Different perspectives of what perpetuates rape and measures that can be taken to work towards a rape free society.

Trauma and Recovery, by Judith Herman, M.D.

Demonstrates the link between private traumas such as sexual assault and domestic violence and the larger context of societal traumas that they are set in.


How to take care of yourself.

Working with Available Light: A Family’s World After Violence, by Jamie Kalven

Perspective of a loved one of a sexual assault survivor.
Arts

"Every artist dips his brush into his own soul, and paints his own nature into his pictures."

--Henry Ward Beecher
Using Art as Part of the Healing Process

WRITE A POEM

LISTEN TO MUSIC

PAINT A PICTURE

MAKE A COLLAGE

WRITE IN A JOURNAL

LOOK AT ART

DRAW

READ A BOOK

COMPOSE A SONG

CREATE A SCULPTURE

Have you ever thought about how artistic expression can be used as a step towards healing? You can use art as a form of self-expression that enables you not only to release your feelings of anger, pain, loss, and hate but allows you to communicate those feelings with other people. Sometimes releasing those feelings in an artistic way reduces the power they have over you. For example, if you can put your feelings on paper they can be outside of you instead of eating away at you on the inside.

Using art to express yourself can be something you do on your own. First, take a look at the many different forms of art that can be done on your own and think about giving one of them a try. If you find it difficult getting started you could take a class, go to the library and check out a how-to book, look on the internet, or visit an art gallery for inspiration.

If you decide that you need a more therapeutic environment you could visit an art therapist. Art therapy focuses on the process of creating art as a way to help survivors discover and express their feelings. The act of creating artwork is used in this setting primarily for its healing benefits rather than for the end result; in fact the piece of artwork may never be shown to anyone outside the therapy session and it is sometimes never finished.
Art therapy sessions are tailored to fit your individual needs and expectations. One session or a weekend workshop may be all you need. Conversely, you may find that meeting with an art therapist on a regular basis is more helpful.

To find an art therapist near you, visit www.artherapistlocator.org. An art therapist should be a trained artist with additional art therapy credentials and be a member of the American Art Therapy Association (AATA).

Remember with or without formal training, art can be used in your healing process.

ADDITIONAL RESOURCES:

- **Managing Traumatic Stress Through Art: Drawing From the Center;** Barry M. Cohen, M.S., A.T.R., Mary-Michola Barnes, M.A., A.T.R., and Anita B. Rankin, M.A. – this is a workbook that consists of carefully structured step by step art projects.
- www.artherapy.org – this is a website that explains art therapy.
- www.ctarrtherapy.org – this is a website with art therapists in Connecticut
- Artworks 52 Broadway, PO Box 643, Norwich, CT 06360, (860) 889-2413, artworks4u@aol.com – this is where you can take an art class.
Victim Survivor Advisory Council

"The real voyage of discovery consists not in seeing new landscapes but in having new eyes."

--Marcel Provst
Dear Survivor,

You’ve made it this far.

It has taken courage, determination, and much strength of spirit to survive the experience of sexual violence. We know.

This letter comes to you from a group of survivors who understands what it means to have your life interrupted by sexual assault. As fellow survivors, we can appreciate the changes and difficulties that an assault brings. Yet healing on a multitude of levels is possible, and there are many opportunities for each of us to help end sexual violence and make this world a safer place.

As you move to the next stages of healing, the members of the Victim/Survivor Advisory Council (VSAC) at Connecticut Sexual Assault Crisis Services (CONNCS) would like to invite you to learn more about our work. CONNSACS is the statewide coalition made up of nine community-based rape crisis centers committed to ending sexual violence. VSAC is an all-volunteer group in existence since 1995. We have been working to end sexual violence by:

- Reviewing literature produced by CONNSACS to make sure it is victim/survivor sensitive
- Giving feedback to CONNSACS about its proposed plans for services
- Reviewing public service announcements for television
- Giving television and newspaper interviews
- Speaking to community groups including in schools and prisons
- Testifying at public hearings at the legislature
- Writing letters to the editor for newspapers and magazines
- Creating a “next steps” guide for survivors

Some of the benefits of regular participation in VSAC include:

- The opportunity to choose concrete, specific actions to raise awareness and help end sexual violence
- Developing a sense of pride and accomplishment at being able to make a difference
- Working with other survivors who are committed to this issue

How did VSAC start?

One component of CONNSACS’ mission involves representing the interests of victim/survivors on various policy and community issues. VSAC was created in order to provide an ongoing dialogue between victim/survivors and CONNSACS on a multitude of topics.
Who are the members of VSAC?

VSAC is made up of women and men who are racially and ethnically diverse. Everyone identifies themselves as a victim/survivor of sexual abuse or as the parent or partner of a victim/survivor of sexual abuse.

How does the group work?

We meet the first Monday of every other month from 5:30pm to 7:30pm. A typical meeting might include CONNSACS staff providing updates about new information from the field, presenting materials for review, as well as working on ongoing committee projects. Individual opinions are welcomed and members are encouraged to contribute what they would like to. Members’ limits are always respected and no one is expected to do something they aren’t comfortable with. There are also plenty of opportunities for people who want to be a part of VSAC but are unable to make the meetings to provide feedback and join in on specific activities.

The group is oriented to action, but everyone makes contributions in their own way. Some members prefer to give their feedback at meetings and remain out of the public’s eye. Other members are quite comfortable speaking out. Some members start out “behind the scenes” and eventually decide that they are ready to go on television! We are happy to say that staff at CONNSACS is always there as a sounding board to help members make decisions about the pluses and minuses of any next action steps that they might want to take. Enclosed is a timeline of VSAC history highlighting some of our projects over the years as well as testimonials from members.

Sound interesting? We hope so!

We would like the opportunity to speak with you more in depth about VSAC. We can do that in person or over the phone. If you are interested in joining or just have some questions please feel free to contact Stephanie Headley, Senior Victim Advocate at 860-282-9881 or stephanie@connsacs.org.

We hope to talk with you soon and we look forward to exploring whether participation in VSAC is right for you!

Thank you.

With peace and healing,

Members of the Victim Survivor Advisory Council
Connecticut Sexual Assault Crisis Services, Inc.
VSAC Through the Years

1995 The “Victim Advisory Council” is formed with 8 female and male survivors. Meetings first take place at the CONNSACS office on Burnside Avenue, and then at the Office of Victim Services in Wethersfield.

1996 The group changes its name to the Victim/Survivor Advisory Council, to reflect the continuum of moving from the status of “victim” to “survivorship.”

1997 VSAC encourages churches to participate in a bell-ringing event to call for an end to sexual violence. Members send support letters to the victims in two local sexual assault cases, including the Alex Kelly case.

1998 VSAC meets with sex offender treatment providers and assists with a brochure to help victims access advocacy services from CONNSACS.

1999 Viewers of local cable television programs see interviews with members of VSAC describing the impact of childhood sexual abuse.

2000 VSAC goes “on the road” to present information on child sexual abuse to school systems and PTAs. Some members go inside prisons to educate inmates about the impact of sexual violence on victims’ lives.

2001 VSAC creates its first pamphlet, “What About Me?” which alerts survivors to the services they can use if their offender has been convicted and put on probation.

2002 Work is completed on a brochure called “Not Where I Live,” which discusses the reality of who commits sex offenses. VSAC gets the brochures to public schools, laundromats, libraries, restaurants, pediatricians’ offices, and ATMs.

2003 Legislators hear from VSAC about the importance of training for judges on sexual assault issues. “Legacy of Survival” project started to support other survivors on their efforts to end sexual violence.

2004 Photos are taken of some VSAC members as part of the “Faces of Survival” project. The project displays photographs of local victim/survivors to make the fact of sexual assault visible to the public. Several founding members of VSAC are honored for their ten years of service to the council.

2005 VSAC began its second decade of working to end sexual violence! “Legacy of Survival” finished and ready to be distributed to victims.
VSAC Member Testimonials

“My experience on the Victim/Survivor Advisory Council started on my 35th birthday. That day I found out that I missed the deadline for a civil suit against my perpetrator by a matter of hours, literally. I was blind with rage. I called a dear friend of mine to tell her what had happened. She told me I might try calling Gail Burns-Smith (former Executive Director of CONNSACS) as she was putting together a committee of survivors who were looking for a positive outlet for their feelings. I made the call and talked to Gail and my life changed for the better there and then. I have found a channel for my energy.

I have spoken in public two times, I helped make a video for Special Services, and participated in numerous brainstorming sessions involving brochures, pamphlets, etc. I now know that I am not helpless and as a result I can help myself and more importantly help others. I don’t know where I would have gone or what I would have done if this opportunity had not come up. Thank God I did not have to find out.”

“Working together with the people on VSAC has been a powerful, inspiring experience. I am proud to be with these courageous people. Where others try to shut me up here my opinion is respected and valued. We support each other in our individual projects as well as working as a collective. Like sticks in a bundle, we are stronger together, confronting sexual abuse, doing the right thing, making a positive difference”

“When my daughter was sexually assaulted in 1994 we both began going to the Women’s Center in New London, CT for help. I went for two reasons. First, to find out how I could help my daughter and secondly, her assault had brought forth long-buried anxiety about my own sexual assault that I had kept hidden for 7 years. I became so enraged at what had happened to myself and my daughter that I could not find a constructive vent. In January of 1995 my counselor suggested that I volunteer for a new committee being formed by CONNSACS. This committee was called the Victims Advisory Committee (VAC) at first. It was designed to assist CONNSACS in helping victims. Its members were all victims. At last there was a way to use my anger as a fuel for change and here I am 10 years later no longer a victim but a survivor who has made a small difference.”
Legislative Advocacy

“Our lives begin to end the day we become silent about things that matter.”

-- Martin Luther King
Why be Involved in Advocacy?

This section has been designed to provide you with information about legislative advocacy. Whether you are calling your legislator, writing them a letter, going to meet with them or even testifying at a public hearing this section should be helpful. These are a few reasons why taking part in the legislative process is important:

❖ You can make a difference
❖ People can change laws and find real solutions to problems
❖ Lobbying is not hard
❖ Policymakers need your expertise
❖ Advocacy is one powerful way to help end sexual violence

You have a right to have your voice heard. As a Connecticut resident, you can contact your state and national legislators and let them know how you feel about laws and policies that:

❖ Make services available to survivors
❖ Hold offenders accountable
❖ Ensure adequate funding for sexual assault programs and services

At the state level, policymakers typically get very few letters on any one subject and they rarely hear about issues relating to sexual assault. Together we have the opportunity to make a difference by writing, calling, or meeting with legislators to talk about issues we care about. Advocacy is one powerful way to help end sexual violence. Let your voice be heard!

The following materials are drawn from the Health Advocacy Toolbox, written by The Connecticut Health Policy Project. The Health Policy Project is a non-profit, non-partisan research and educational organization dedicated to improving access to affordable, quality health care for all Connecticut residents. CONNSACS thanks the Project for making these materials available.

For the complete Toolbox, see the Health Policy Project’s website at http://www.cthealthpolicy.org.
If you only have 5 minutes to make a difference:

Advocacy doesn't have to take a lot of time, and it doesn't have to cost anything.

1. Call your legislator - You don't need a bill number, or a doctorate in sexual assault policy. Just tell them what concerns you, what you read and can't get out of your mind, your latest great idea, whatever. And if there is a bill, definitely call them. They would much rather hear from you before the vote than to get an angry call afterwards. They not only welcome such calls, they have staff hired waiting for you to call. Get their phone numbers from the blue pages in your phone book.

To call your legislators: Home numbers are listed in the blue pages of your phone book (they list them for a reason, it is OK to call) At the Capitol:

- Senate Democrats 1-800-842-1420
- Senate Republicans 1-800-842-1421
- House Democrats 1-800-842-1902
- House Republicans 1-800-842-1423

2. Get on the mailing list of an advocacy organization that addresses the issues you care about - You can join listservs and learn about upcoming issues, events, research, and other upcoming issues in Connecticut's sexual assault policy. You can also join lists for more specific organizations, from mental health to cancer to political lists.

3. Inform someone - Share your concerns with a friend, family member, even someone standing next to you in line. Never underestimate how powerful word-of-mouth can be. And it's a small world; you never know who you are talking to.

4. Write a letter to a policymaker - Writing down your concerns might take more than five minutes, but it is fairly simple. And as with phone calls, policymakers expect to receive letters, in many cases they rely on getting information from the public (and they trust you far more than a lobbyist). You will also most likely get a response, usually written, explaining the issue more fully and letting you know what they intend to do about it.

5. Visit a policymaker - Honest, this can be under the five minute limit. You may get a knock at your door or be greeted coming out of the grocery store during campaign time by a candidate with literature. Don't run away. Take a minute to stop and ask him/her what they would do about your issue if elected.

6. VOTE - It is critically important that everyone who is eligible to vote exercises that right. But you can do more to support candidates who support the issues you care about. For more on voting, go to the Connecticut League of Women Voters website, http://www.lwvct.org. If you aren't registered, the League site has the form you fill out.
Writing to Policymakers

Letters are an extremely important tool in advocacy. Public officials expect to receive mail from constituents. They depend on input from the public to do their jobs. Often legislators rely on letters and calls to help decide how they will vote. Letters are one of the best ways to communicate your message - you have time to be sure you are understood and it is permanent - they can refer back to it as needed.

- You don't have to be an expert, just explain your point of view.
- Be brief. You don't get extra points for more words or extra statistics. Try to keep it to one page.
- Be polite, respectful and reasonable.
- Use your own words - do not pull out a thesaurus.
- Personal stories and observations are the most persuasive.
- Be clear - avoid jargon or overly technical language.
- Be specific about your concern and what you want the official to do about it.
- It is best to address only one issue in a letter.
- If you are a constituent, say so in the first paragraph.
- Call the official's office or visit their website beforehand to get the correct address, title and spelling. For example -- who should be addressed "The Honorable" and who shouldn't.
- Be sure your letter is legible. It doesn't have to be typed, but it should be easy to read.
- Ask for a response.
- Include your name, address, phone number and other contact information on the letter. Don't rely on your return address -- envelopes often get separated from letters.
- Triple check your work. Have a friendly "editor" look it over before you send it.
- If you don't hear soon, call to be sure the official got your letter. Ask again for a response.
- Share the response with any coalitions or partners you are working with.
- Follow up and find out how the policymaker acted on your issue. Write to thank them, if appropriate.
- You can "recycle" the language from your letter in letters to other policymakers, to the same policymaker next year, a letter to the editor or a fact sheet.
Calling a Policymaker

Public officials expect to get calls from the public -- many have staff dedicated to the task. They rely on calls and letters to help them make the best decisions.

- Look up their office or home phone numbers. It is OK to call elected officials at their published home numbers - they are listed for a reason. (But don't call late at night.) Legislators' published home numbers and numbers at the Capitol are listed in the blue pages of your phone book.
- Prepare for the call. Write down the issue you are calling about and what you would like the official to do.
- Identify yourself - give your name, where you live and why you are calling.
- Ask if this is a good time to talk - if not, when would be a good time to call back.
- Be polite, courteous and respectful of their time.
- Always remember to ask for the action you want.
- Say your piece, then listen. Don't interrupt or argue.
- If they want more information, let them know that you will get it to them.
- If they have questions you cannot answer, say so. Then get the answer and call them back with it.
- Finish the call by thanking them for their time and their support (if they are supportive).
- You may speak to an aide or an answering machine - leave a message with the issue you are calling about, your name, number and the best times to reach you.
- Don't be discouraged if they haven't returned your call in a few days, just call back.

To contact policymakers:

- **House Democrats**  1-800-842-8267
- **House Republicans**  1-800-842-8270
- **Senate Democrats**  1-800-842-1420
- **Senate Republicans**  1-800-842-1421
- **Governor**  1-800-406-1527
Sample Script for Phoning a Policymaker

Hi, I am Susan Voter calling for Senator Jones.
I live at 123 Morning Glory Circle in your district.

If you get the Senator – ask if this is a good time to talk. If not, when can you call back.

If you get the machine, leave a message:

I am calling to urge your support for current proposals to increase funding for sexual assault crisis services. These services help survivors recover from their assaults and help them to contribute to society.

In Connecticut, 19% -- or almost 1 out of every 5 residents – report having been sexually assaulted in their lifetime. (This comes from the Sexual Assault and Experiences Survey.) With the number of victims that need services, this funding is critical.

Again, I urge your support. If you have any questions or comments, please call me back at 555-5555. Thank you for your time and for your public service.

Visiting with a Policymaker

Meeting face-to-face with a policymaker allows you to fully explain your concerns, allows them to ask questions and develops a better understanding of the issue for both of you. It is also an important part of developing relationships into the future.

❖ Call their office or public home number to ask for an appointment. Leave a number where you can be reached. Legislators’ home numbers are listed in the blue pages of your phone book. They expect people to call them; but as the phone may ring in their home, don’t call at inappropriate hours.

❖ Choose a convenient place where you can talk without being interrupted - e.g. a school, library, their office. Be sure you and they have directions and know where to park.

❖ Let them know what issues you want to discuss.

❖ Learn what you can about the official - previous votes and actions on your issues, committee assignments, professional background, and any public statements on your issue.

❖ You can take one or two other people with you, but it isn’t necessary. Keep the group small.

❖ Prepare for the visit - define your goal, brief yourselves on the issue, plan what you want to say, even practice with a friend.

❖ Bring a fact sheet to leave with them, preferably one page. The sheet should contain your most important points, what you want them to do, and your contact information. Be sure to leave your contact information - name, address, phone and email (if available).

❖ Arrive on time but understand that they may not be. Be patient and understanding.
Introduce yourselves - describe your interest in the issue, any organization you are representing. If you are a constituent say so.

Be friendly and courteous. A little small talk is fine, but get to the point. Be respectful of their time.

Say your piece, but be sure to listen to what they have to say. You can disagree politely, but don't argue or interrupt.

Be sure to remember the point of the meeting - what it is you want them to do.

They may ask a question that you don't know the answer to. It happens to everyone - you can't know everything about any issue. Don't make one up. (You almost always get caught.) Say that you don't know, but you will get back to them.

Get back to them. If it is taking you a long time to find the answer, call to let them know that you are still working on it.

If by mistake, you say something that you later find out wasn't right - call right away and correct the error.

Send a follow up thank you note - It doesn't have to be long. Handwritten is best, but typed is fine. It should be signed by everyone who visited, but don't wait too long to get signatures. Include your contact information again and a copy of any materials or fact sheets you left with him or her.

How to Testify at a Public Hearing

Legislative public hearings have become less and less user-friendly over the years, but remain an important opportunity for advocates to raise awareness of their issues.

Public hearings are held early in the year by legislative committees to collect public comment on bills they are considering. If you are tracking a bill and want to testify about it:

• Hearings are listed in the Legislative Bulletin including date, time, hearing room at the Legislative Office Building, and the list of bills that will be considered at that hearing. The Bulletin is available on the legislative website http://www.cga.state.ct.us.

• Try to meet, call and/or write committee members before the hearing.

• Arrive early to sign up to speak. Find others who plan to testify on your bill.

• Each committee runs their hearings differently, but the first hour (or more) of the hearing is usually reserved for public officials - other legislators, agency representatives, other elected officials. Then the committee chairs begin calling speakers from the public sign up list, usually in the order you signed up. If you have a disability or a special need, talk to the committee staff.
✓ You will generally have only three minutes to speak, but do not rush. It is perfectly all right to speak for less than three minutes, but do not go over. A soft bell will ring when your time is up. Finish your sentence and thank the committee.

✓ Use your speaking time to summarize your points and refer the committee members to your written testimony for more detail.

✓ Speaking from your own experience is most persuasive.

✓ Try not to just repeat other speakers' remarks.

✓ After your three minutes, committee members may have questions for you. Answer briefly and accurately. If you don't know an answer, say so and tell them that you will get back to them.

✓ Be polite and respectful. Do not disparage anyone who testifies against your position. Point out the differences, answer any concerns, but do not get personal.

✓ Prepare written copies of your testimony. The Legislative Bulletin will note how many copies you need to submit to the Committee staff before you speak. Bring extras to share with other advocates and with legislators as you see them in the hall. See sample written testimony on the following page.

✓ Follow up - Write a thank you letter to the committee, include your testimony again and any updates or answers to their questions.

Again, testifying is often not a pleasant experience. You may arrive very early in the morning, only to find that you are far down the list of speakers. (In recent years, professional lobbyists and advocates have been arriving at the Legislative Office Building at 4:00 am to sign up.) You may not speak until late afternoon or later. You may find that only two or three legislators are still at the hearing and the rest of the public has left.

But there are instances where a bill did not pass out of committee because no one showed up to testify in favor of it.

The next page is an example of written testimony. Please feel free to follow the general structure.
Sample Written Testimony

JOYCE WOOD-MARTIN: Good evening, Senator McDonald, Representative Lawlor, and members of the Judiciary Committee.

My name is Joyce Wood-Martin and I am here today to express my support for raised S.B. 855, AN ACT CONCERNING TRAINING FOR JUDGES AND JUDICIAL BRANCH PERSONNEL WITH RESPECT TO CASES INVOLVING A SEXUAL OFFENSE.

On July 21, 1994 my fourteen year old daughter was raped by a sixteen year old boy at a movie party that was supposed to be co-ed with at least four other girls in attendance and chaperoned by a grandparent.

However, when she got there, there was no grandparent, no other girls showed up, just a group of boys who had been drinking. The moment she walked through the door, her choices were decided by someone else and she was only there for two hours.

The secondary impact of this singular event has been tremendous. It is ongoing and influences our outlook to this day.

One of the most difficult things for me to understand is the insensitivity my daughter and my family faced within the court. The state investigators determined the assault was deliberate, premeditated and the extent to which this boy went to set up my daughter was overwhelming.

These investigators felt we had sufficient evidence to request the case be turned over to adult court. Our request was denied by the judge, even though this boy was just two weeks shy of being considered an adult by the law.

While we were fortunate that my daughter was able to testify with only the offender’s attorney present, in the end, the rapist was sentenced to only 18 months at Long Lane, a sentence which was immediately suspended. He never served one day, nor does this violent crime appear in his criminal record.

With the offender free and living in the community, our daughter and my family face continued and consistent harassment from the offender and his family. Even before the hearing in juvenile court, on the rape charge, the rapist would harass my daughter verbally, his mother would call and harass me.

After his conviction, his family members vandalized our property and, in fact, made it necessary to file suit in court for restraining orders and property damage claims. While we requested the judge deny the request for accelerated rehabilitation in the vandalism cases, we were denied. This even, after I testified that we believed the vandalism was retaliation for the juvenile court prosecution for sexual assault.

No one has ever served any time at all except for my family. There have been financial impacts we will never recover from, legal fees for the hearing, legal fees for the property damage claims, and, of course, counseling fees.
All these ripple effects provoked by the rapist, all that we had to endure, and this will never appear on his record.

Nine years later, we are still recovering, we are still healing. However, we are productively using our anger and our knowledge and our growing convictions to work hand-in-hand to prevent this assault from impacting other families and to change the perceptions of our school systems, our society, and our justice system.

My daughter and I are both members of the Victim/Survivor Advisory Council of the Connecticut Sexual Assault Crisis Services. We attempt to ensure children are educated and hopefully never become victims. We attempt to ensure victims are recognized, vindicated, and healed and we attempt to have perpetrators punished and hopefully prevent it from striking again.

Without training for judges, victims brave enough to see their offenders prosecuted for these violent crimes will continue to feel as though they are the only ones being punished. Judges are not free from the misconceptions about victims and offenders that pervade our society. We learned first hand that victims are blamed by others who think it cannot happen to them. If we do not educate judges about the dynamics of sexual violence, more families will experience the frustration with the justice system and come away with a lack of trust in its ability to hold perpetrators accountable the way that we did.

Meanwhile, it is interesting to note that the boy who raped my daughter is now an adult and has been arrested five times, arrests which will be at long last on his record.

The latest arrest was just two weeks ago for disorderly conduct and possession of illegal substances. Imagine how his life might be different today if the justice system had taught him there were consequences to his actions.

Thank you.
Rules and Customs for Navigating within the Legislative Office Building and the State Capitol

**Food/Drinks:** First things first. The LOB cafeteria is on the first floor - enter down a little hall to the right of the elevators. The cafeteria offers coffee, snacks, sandwiches, pasta, a grill, salad bar, etc. The cafeteria opens at 7:00 am and closes at 3:00 pm, 4:00 pm during session. There is a Newsstand with snacks, aspirin, newspapers, etc. in the first floor of the LOB. There are snack and drink machines in the hall behind the stairs on the first floor of the LOB and in the basement of the Capitol. During session, there are tables outside the Hall of the House on the eastern side of the second floor of the Capitol. At lunchtime, there are carts offering food on Elm Street near the park.

**ATM machine:** There is an ATM machine on the first floor of the LOB, on the right as you are walking from the LOB toward the Capitol through the underground concourse.

**Quiet places to sit:** This will become critical - there is a lot of waiting around - bring something to read. You can sit in the cafeteria (it is best if you buy something), in the "break out area" on the western end of second floor of the LOB by the big windows, on the soft chairs on the eastern end of the second floor of the LOB by the bigger windows and the exit to the Capitol, on benches in the center of the LOB lobby, in empty hearing rooms, on benches throughout the Capitol and usually in the Old Judiciary Room (gorgeous room, on the eastern end of the third floor of the Capitol) and in other rooms throughout the complex.

**What to wear:** Most important are non-slippery, comfortable shoes. You will do a lot of walking and the stairs in the Capitol are very smooth. Many people have been hurt falling on those stairs. As for dress - there is a wide range, you certainly don't have to wear a suit (although you wouldn't be out of place) but don't wear jeans if possible. It is best to wear comfortable clothing.

**Restrooms:** In the LOB, there are restrooms to the left of the elevators on the first floor, down the hall to the right of the elevators on the second floor, and several others in somewhat hidden places. Ask someone who works there. In the Capitol, there are restrooms on the North side of the building on the first, second and third floors.

**Entry and Security:** Since September 11th, the LOB and Capitol are on alert. Don't joke around about security issues. If you aren't sure if you're allowed to do something, ask the Capitol Police. You can enter the LOB through the third floor skywalk from the garage, the east end of the second floor door, or the first floor through the revolving doors on the western end. You can enter the Capitol from the underground concourse from the LOB or the southwesterly or east side doors on the first floor.

**Between the LOB and Capitol:** You can travel between the LOB and the Capitol by the underground concourse (kids love the people mover). Enter the concourse from the eastern end of the first floor of the LOB (past the store and the ATM machine) or from the Capitol escalators on the southern side of the first floor. You can also walk between the LOB and Capitol across the bridge over the highway from the second floor of the LOB to the first floor of the Capitol.

**Information desk:** There is an information desk, manned by the League of Women Voters, by the revolving doors at the western end of the LOB first floor. That desk is also where you can find out
about tours of the Capitol - a great idea, if this is your first time. For more information on tours, go to http://www.cga.state.ct.us/capitoltours/.

**Velvet ropes and galleries:** To watch the House or Senate in session, you can go to their respective galleries. The House Gallery is on the south side of the fourth floor of the Capitol. The Senate has two galleries (depending on which side of the Senate circle you want to watch) - both are on the north side of the fifth floor. If you want to talk to a legislator, you should wait outside the chambers for them to walk by. There are velvet-roped areas that registered lobbyists must stay behind. As a member of the public, a legislator may invite you to accompany them to seats within the chamber - in the Senate, in chairs behind theirs - in the House, on benches in the "well of the House". It's kind of cool for the first ten minutes or so. You can send a note to a House member through the staff at the desk by the phone booths to the right of the chamber. Use this resource sparingly.

**To access bills and legislative language on-site:** There are three sources - sympathetic staffers or lobbyists, in the basement of the Capitol there are public computers available to access the General Assembly web site (http://www.cga.state.ct.us) and the Bill Room, in the first floor western end of the LOB, just past the ATM machine on the left. Staff in the Bill Room can get you a copy of any filed legislation.

**How to know what's going on:** So you get to the LOB, but how do you find out what is happening that day and where? There are TV sets throughout both buildings with the day's schedule scrolling, including times and locations. During session, you should also go to the Bill Room (the first floor western end of the LOB, just past the ATM machine on the left) for a copy of the Bulletin. The Legislative Bulletin has the schedules for today and into the future, agendas for public hearings and committee meetings, tells when they will go into session, any other events (press conferences, group meetings, etc.) and the rules of the place.

Registered lobbyists have extra rules for working within the LOB and Capitol. They must wear badges that identify them and cannot go beyond the velvet ropes to talk with legislators (see above). However, they have a vast store of knowledge in how the building and the system works - both the process of passing (or killing) legislation, and the logistics of the setting. Connecting with one for advice can be invaluable.

**Cell phones:** Cell phones are a critical piece of staying in touch while working in the LOB and Capitol. However, you cannot use them in hearing rooms or galleries. Either turn them off or set them to silent mode. Take any conversations - phone or in person -- outside the room.

**How to connect with a legislator:** First, find their aide and let them know that you'd like to speak with the legislator. You can find the aides by going to the Caucus offices. For Senate Democrats and Republicans, the offices are in the northwest and southwest corners, respectively, of the third floor of the LOB. For House Republicans and Democrats, the offices are in the southwest and northwest corners of the fourth floor, respectively. Leave a note if you miss someone, with your contact information and a fact sheet or letter if you have one.

**Legislative library:** A phenomenal resource to the right of the stairs on the fifth floor of the LOB. This is the resource for legislative staff - this is where they go first for information and research. The library has many journals and the librarians are extremely helpful. Unfortunately, there is no way for
the public to make copies of any materials. After the session, the library has summaries of legislation that passed each year. The library is also a quiet place to sit.

**Coming to a public hearing or a committee or task force or council meeting:**

For a public hearing, come early to sign up and bring copies of your written testimony (see How to Testify at a Public Hearing). Usually the sign up for speakers is outside the room where the hearing will be held, you can ask in the Committee room or, if it’s too early, ask people in line. Most are helpful - everyone is in the same boat. You need to sign up on the public list (not the state officials list, which is shorter and they go first).

In the hearing room, you must turn off your cell phone or turn it to silent mode. You cannot bring food or drink into the hearing rooms. Take any loud or long conversations into the hall. You cannot speak up at a hearing or committee meeting (this should be obvious when you get there). Only the legislators and members of committees, councils or task forces can ask questions.

If you have been invited to serve on a commission, council or task force, talk to the staff person (usually sitting at a desk near the front of the room) to ask where you should sit, get your name card, etc. You get to sit in the cushy chairs and ask questions of speakers and other members. It is best to sit and watch for a while in your first meeting, to see how the group works. When you do speak up, you must push the button below the speaker in front of you to be heard by other members, staff (for the minutes) and for the TV cameras (see CTN and CT Government on TV at http://www.ctn.state.ct.us).

The best advice is to ask questions, wait and see what everyone else does, and follow a more experienced advocate or lobbyist. Good luck!
Resources

“There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered.”

-- Nelson Mandela
In this section we have included information that we believe may be helpful for you as you continue in your healing process. You will find the following information:

- Basic information about CONNSACS
- Basic statistics on sexual assault
- A list of all of the Sexual Assault Crisis Services centers in CT, their contact information and the towns that they serve.
- Additional websites that may have helpful information

***Please be aware that these specific websites are considered to be helpful and accurate. There is a chance that while conducting an online search about sexual assault offensive and upsetting websites may come up. Please exercise caution when conducting your search
What is CONNSACS?

Connecticut Sexual Assault Crisis Services, Inc. (CONNSACS) is a statewide association of individual sexual assault crisis programs working to end sexual violence through victim assistance, community education, and public policy advocacy. CONNSACS' mission is to end sexual violence and ensure high quality, comprehensive, and culturally competent victim services.

What is a Sexual Assault Crisis Service (SACS)?

Each one listed is:

- An individual community-based organization
- A member of and funded by CONNSACS
- Staffed by certified sexual assault crisis counselors
- Held to CONNSACS' Member Agency Criteria and Standards of Operation and
- Committed to providing confidential services to victims of sexual assault.

What Services are Provided?

All centers provide:

- 24-hour hotline with immediate access to trained, certified counselors
- Crisis intervention and short-term counseling
- Accompaniment and advocacy through the medical and police systems
- Preparation, accompaniment, and advocacy throughout the court system
- Information and referral for other needs
- Support groups
- TTY access available during office hours (M-F, 9-4:30)
- After hours, use CT relay 800-842-9710
- Sign language interpreters available
- Bilingual staff
- Male counselors
- Emergency transportation by arrangement
- Professional training, community education, and child sexual abuse prevention programs.

How Much Does it Cost?

- All direct services to victims are free of charge.
- There is a statewide toll-free hotline. By dialing (888) 999-5545 from anywhere in Connecticut, the call will be automatically routed to the nearest sexual assault crisis service.
- En espanol, llame (888) 568-8332.
- There may be a fee for some trainings and educational programs.
Who Can Use the Services?

- Victims of any type of sexual violence, including sexual assault, child sexual abuse, incest, sexual harassment, stalking etc., even if the assault happened a long time ago.
- All victims of sexual violence regardless of their race, color, religion, age, marital status, sexual orientation, gender, mental or physical disability.
- Family, friends, partners, or parents of victims of any type of sexual violence.
- Services are provided regardless of town or city of residence.

Is What I Say Confidential?

- All sexual assault crisis counselors adhere to the Connecticut law which ensures confidentiality for communication between a sexual assault counselor and a sexual assault victim (CGS Sec. 52-146k).
- All centers have a written confidentiality policy.
- We do not subscribe to Caller ID.
- We have “line blocking” on all phone lines. Our phone number will not appear on Caller ID boxes.

Who is a Certified Sexual Assault Counselor?

- Any person who works for a sexual assault crisis center who has successfully completed a minimum of 30 hours of training;
- And receives at least 4 hours of advanced training annually;
- And is certified by the center which provided the training;
- And is under the direct supervision of a staff at the sexual assault crisis center;
- And their primary purpose is to provide advocacy, support, information, referrals, crisis counseling and other types of assistance to victims of sexual assault.

Volunteering at a Sexual Assault Crisis Center

All of the nine community-based sexual assault crisis centers utilize volunteers. By becoming a volunteer you can help with answering the hotline, providing sexual assault crisis counseling and advocacy to victims, as well as conducting outreach in the community. Periodically centers hold trainings for people interested in becoming volunteers. For more information on where centers are located and how to contact them, refer to the list of centers in this document.
Sexual Assault Statistics

- Only 16% of rapes are reported to police. ("Rape in America: A Report to the Nation")

- 1 in 4 girls and 1 in 6 boys will be sexually assaulted before age 18. ("Rape in America: A Report to the Nation")

- 1.3 women (age 18 and over) in the United States are forcibly raped each minute. This translates to 78 per hour, 1871 per day or 683,000 per year. (National Victim Center)

- More than 75% of female victims age 18 or older were raped or physically attacked by someone they know, including a date, live-in partner, or husband. (U.S. Department of Justice)

- Teens 16-19 are 3.5 times more likely than the general population to be victims of rape, attempted rape or sexual assault.

- 1 in 33 men in the United States has experienced an attempted or completed rape in his lifetime and approximately 92,700 men and boys are forcibly raped each year. (U.S. Centers for Disease Control and Prevention and the National Institute of Justice, 1998)

- Males are victims in 15% of all sexual assaults. (U.S. Centers for Disease Control and Prevention and the National Institute of Justice, 1998)

- The cost of rape for one year in the United States is $127 billion (T.R. Miller, "Victim Cost and Consequences: A New Look", National Institute of Justice)

The Sexual Assault Attitudes and Experiences Survey from September 1999 to February 2000 found the following:

- 19% of Connecticut residents experienced sexual assault in their lifetime.

- 14% of Connecticut residents experienced child sexual abuse.

- 26% of female Connecticut residents were sexual assault survivors and had experienced one or more types of sexual assault.

- 79% of Connecticut residents consider sexual assault to be a problem in their community.
CONNSACS Member Centers
Statewide Hotline: 1-888-999-5545
Spanish Hotline: 1-888-568-8332
* denotes bilingual services

Bridgeport*
Center for Women and Families
E. Fairfield County Inc. Rape Crisis Services
753 Fairfield Avenue
Bridgeport, CT 06604
Office: 203-334-6154
Hotline #: 203-333-2233
Service Area: Bridgeport, Easton, Fairfield, Monroe, Stratford, Trumbull

Danbury*
Women’s Center of Greater Danbury Sexual Assault Crisis Services
2 West Street
Danbury, CT 06810
Office: 203-731-5200
Hotline #: 203-731-5204
Service Area: Bethel, Bridgewater, Brookfield, Danbury, New Fairfield, New Milford, Newtown, Redding, Ridgefield, Roxbury, Sandy Hook, Sherman, West Redding

Hartford*
YWCA Of New Britain Sexual Assault Crisis Services
163 Murphy Road
Hartford, CT 06114
Office: 860-241-9217
Fax: 860-547-0775
Hotline #: 860-547-1022
Service Area: Andover, Bloomfield, Bolton, Broad Brook, Collinsville, East Hartford, East Windsor, Ellington, Enfield, Glastonbury, Hartford, Hebron, Manchester, Marlborough, Somers, South Glastonbury, South Windsor, Stafford, Stafford Springs, Suffield, Tolland, Vernon, Windsor, Windsor Locks

Meriden/Middletown/New Haven*
Women & Families Center
169 Colony Street
Meriden, CT 06451
Office: 203-235-9297
Hotline #: 203-235-4444
Service Area: Bethany, Branford, Centerbrook, Cheshire, Chester, Clinton, Cobalt, Cromwell, Deep River, Durham, East Haddam, East Hampton, East Haven, Essex, Guilford, Haddam, Hamden, Higganum, Ivoryton, Killingworth, Madison, Meriden, Middlefield, Middletown, Moodus, New Haven, Niantic, North Branford, North Haven, Old Saybrook, Portland, Rockfall, Stony Creek, Wallingford, Westbrook, Yalesville, Woodbridge
Milford
Rape Crisis Center of Milford
70 West River Street
Milford, CT 06460
Office: 203-874-8712
Hotline #: 203-878-1212
Service Area: Ansonia, Derby, Milford, Orange, Seymour, Shelton, West Haven

New Britain*
YWCA of New Britain Sexual Assault Crisis Services
22 Glen Street
New Britain, CT 06050
Office: 203-225-4681
Hotline #: 860-223-1787

Stamford*
Sexual Assault Crisis and Education Center
One Dock Street
Suite 320
Stamford, CT 06902
Office: 203-348-9346
Hotline #: 203-329-2929
Service Area: Darien, Greenwich, New Canaan, Norwalk, Stamford, Weston, Westport, Wilton

Torrington
Susan B. Anthony Project, Inc.
P.O. Box 846
Torrington, CT 06790
Office: 860-489-3798
Hotline #: 860-482-7133

Waterbury*
Safe Haven of Greater Waterbury
29 Central Avenue
Waterbury, CT 06721
Office: 203-753-3613
Hotline #: 203-753-3613
Service Area: Beacon Falls, Bethlehem, Middlebury, Naugatuck, Oakville, Oxford, Prospect, South Britain, Southbury, Thomaston, Waterbury, Watertown, Wolcott, Woodbury
Willimantic*
Sexual Assault Crisis Center of Eastern Connecticut
90 South Park Street
Willimantic, CT 06226
Office: 860-456-3595
Hotline #: 860-456-2789

COALITION:
Connecticut Sexual Assault Crisis Services, Inc.
96 Pitkin Street
East Hartford, CT 06108
Office: 860-282-9881
Fax: 860-291-9335
info@connsacs.org
Helpful Websites

STATEWIDE
Connecticut General Assembly
www.cga.ct.gov
CONNSACS
www.connsacs.org
Permanent Commission on the Status of Women
www.cga.ct.gov/pcsww

NATIONAL
The Advocate Web
www.advocatweb.org
Bureau of Justice Statistics
www.ojp.usdoj.gov/bjs
Center for Sex Offender Management
www.csom.org
Centro Nacional de Informacion de la Salud de la Mujer
www.4woman.gov/spanish/index.htm
Communities Against Violence Network
www.cavnet2.org
National Center for Victims of Crime
www.ncvc.org
National Criminal Justice Resource Service
www.ncjrs.org
National Health Resource Center on Domestic Violence
http://endabuse.org
National Sexual Violence Resource Center
www.nsvrc.org
National Violence Against Women Prevention Resource Center
www.vawprevention.org
Office of Justice Programs, Violence Against Women
www.ojp.usdoj.gov/vawo/
Office on Women’s Health
www.4woman.gov
Office for Victims of Crime
www.ovc.gov
Stalking Resource Center
www.ncvc.org/src
Updated Information on Federal Legislation
http://thomas.loc.gov
Violence Against Women Online Resources
www.vaw.umn.edu