

# Sexual Assault Center of Pierce County

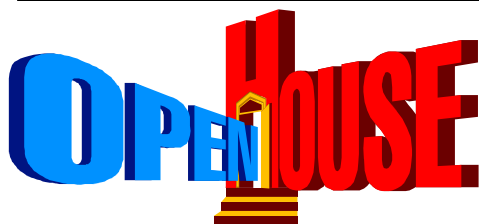
<http://www.sexualassaultcenter.com>



August 2008

**Support—Heal—Educate—Prevent: Helping the Community STOP Sexual**

**Do You Really Know SACPC? Come to our Open House on September 12<sup>th</sup>!**



**Bring a friend and come to  
our Open House on  
September 12, 2008 at noon**

The evolution of our name, over the last 36 years, from Pierce County Rape Relief to Sexual Assault Crisis Center to Sexual Assault Center of Pierce County didn't happen by chance. As we sought to become more proactive within our community and work on prevention, we changed our name in an effort to "sound more like the resource" we wanted to become for all of our community. Do you know that we welcome calls to our crisis line from parents who would like some language and preparation in talking about sex with their children? Do you know that we welcome calls to our crisis line from other victim service providers who have had a rough day or are dealing with a case they can't get

off their mind, so they might debrief and draw some strength for their work tomorrow? Do you know that we seek to give other community service providers Basic Sexual Assault Awareness Training so they might know how to handle sexual assault/abuse disclosures in their various service settings and refer victims for help and services? Do you know that we seek to help Pierce County businesses and organizations have more productive and safe work environments by teaming up with an attorney to provide business seminars and then in-house trainings when management desires further specific assistance? Do you know that we're available to come and talk to your scout troop, church, day care, group of friends or business/service organization in an effort to raise their awareness and begin meaningful discussion? Do you know that we're available to help a group or specific community with a community development project when you decide, "you've had enough" and want to do something to proactively change your environment?

Do you know that we're available to assist you with your church or school if your child is experiencing bullying or harassment?

We are your sexual assault center and we want to help and strengthen our community and better our collective lives!

Enjoy this unique opportunity to eat, meet our staff and board, bring ideas, ask questions and dialogue. ❖



**WHOSE FANCY FEET ARE THESE?** Heels, flats, boas, they donned it all at our annual fundraiser: **Walk A Mile In Her Shoes**. Keep reading for details...

### Board of Directors

Mary Huff	President
Ruth Ann Behunin	Vice President
Vacant	Secretary
Jody Putman	Treasurer

### Board Members

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Jo Jensen  
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Linda Schmidt  
Maureen Weber  
Barbara Neeb Director Emeritus



# Congratulations, FNES!!!

By Jennifer Quitugua, Advocacy Manager



It is not an easy task to build and maintain a responsive 24-hour service 7 days a week, 365 days a year. There are many things involved in making sure that service delivery is at an adequate level with the quality necessary to best serve people's needs. Those of us in the field are familiar with the pitfalls that plague us, including vicarious and secondary trauma concerns for our dedicated staff. Recruiting, hiring, training and maintenance of staffing levels pose on-going

challenges in the day-to-day running of any 24-hour program. I know first hand what is required: support from all levels of an organization and the up-most efforts of individuals who play key roles in furthering the program and improving it. So with this in mind, I CONGRATULATE the Forensic Nurse Examiner Services (FNES) program at Tacoma General Hospital for their acquisition of resources and personnel to develop and operate a 24/7 service. This 24/7 service delivery will permit them to meet the needs of the sexual assault victims who courageously decide to seek medical attention from the assault. Forensic Nurse Examiners are very dedicated and passionate about the work they perform for the victims they see. They can now fulfill their role whenever a sexual assault victim needs them. The nurses are not only available 24/7, but respond and



meet victims at all the hospitals in Pierce County! No longer will a victim have to wait for a Forensic Nurse or be told to go to another hospital. We are grateful to MultiCare, Tacoma General Hospital, and especially the dedicated nurses of the FNES program, who have all made this possible. For sexual assault victims, we know that not only is disclosing their sexual assault a major hurdle for them, but the exam can be as well. Because of the passionate and caring services that Forensic Nurses provide, this difficulty is minimized, giving victims a chance to start their healing process sooner. The Sexual Assault Center of Pierce County, its Board of Directors, staff and volunteers thank you for meeting the needs of victims in our community! We are allies in this work!

I want acknowledge the following nurses for the tremendous work they do:  
 Janice Agen, ARNP, Niki Albery, RN, Marilyn Edwards, RN, Kay Frey, ARNP, Patricia Gaspar, CNM, Cheryl Killen, RN, Kiersten Lile, RN, Tara Lopez, RN, Shirley Pate, RN, Michelle Tussey, RN, and Alycia Wolfstone, RN.

Special thanks also goes out to:  
 Diane Cecchettini, CEO, MultiCare Health System  
 Pam Shull, Clinical Director, Emergency Services, Tacoma General Hospital, Shelly Mullen, VP and Administrator, Tacoma General Hospital, and Dr. George Brown, Chief Operating Officer, MultiCare Health System. ❖



## Se habla Español Therapy Services in Spanish

This June, with the hire of Yolanda Villegas, we began offering sexual assault therapy services in Spanish, without needing to hire an interpreter. Spanish is the second most common language spoken in Pierce County. For Spanish-speaking sexual assault clients, there are very few treatment resources.

When working with Hispanic clients one needs to be cognizant of cultural values, barriers, and myths that prevent victims from disclosing sexual assault. For instance, family homeostasis (unity/reputation) is especially crucial with members of this community since disclosing sexual abuse or incest will likely disrupt the family's stability, as victims and their families often keep such personal matters to themselves. Thus, issues such as sexual abuse are kept within the family and are often perpetuated from generation to generation. For many, it is the shame, blame and myth that "they asked for it", given the way they dressed or the way they behaved, that stops them from voicing their assault.

Sexual abuse is very real



within this community.

Many are sexually abused when crossing the border and victims fear coming forward because it happened during this unlawful journey; they may feel that it is part of the

"price" for crossing the border. Others may be oppressed by their husband due to *machismo* "maleness or virility... machismo is manifested through physical dominance of women and excessive alcohol consumption" (Aronso-Fontes, 1995, p 40 as cited by Giraldo, 1972). Therefore, victims are coerced and forced to have sex because the husband/father is seen as "the man of the house" and the women have to submit to him. Another reason it is often difficult to voice sexual assault is their immigration status and the fear of getting deported. If they are not legal citizens, the worry can be, 'If I report the SA, will my husband, children, or I be deported and how will we manage if that happens?' As a

result, many try to "deal with it" on their own, seeing that as their only option.

Regardless of immigration status, we feel that any sexual assault victim deserves support and a chance to heal. Victims are more prone to work with someone who speaks their language and understands their cultural issues. We invite you to help us reach Hispanic sexual assault victims in our community by letting others know of our new Spanish therapy services.

If you or anyone you know have any questions, please call Yolanda Villegas at 253-597-6424 ext 11. While we realize that reaching out for help is very difficult for any survivor, we are thankful that language will no longer be an additional barrier for those whose primary language is Spanish. ❖





## Let's Meet Yolanda . . . . Our New Spanish Speaking Therapist

**M**y name is Yolanda Villegas. I am the new Spanish speaking therapist. I feel fortunate to be part of the sexual assault center staff: people of integrity, who are passionate about making this world a better place. I was born in Brooklyn, New York, but at age four moved to Puerto Rico where I was raised by my grandparents. At age 15, I moved back to the East Coast and a culture completely unknown to me, including the language. I came to understand the difficulties of living in two worlds and not knowing which one I belonged to. Gratefully, I have acculturated and I do well in both worlds. I obtained my Master's Degree at Chapman University with an emphasis in Marriage and Family Therapy. Before working for the Sexual Assault Center of Pierce County, I worked as a therapist at Sea Mar Community Center for about a year and half, where I mainly saw Hispanic children, adolescents, and their families. I have worked with the Hispanic Community in Tacoma since 1990 in a number of ways through the church I attend. It is my desire to continue to work with the Hispanic community through the Sexual Assault Center and provide psycho-education, hope, and progress toward breaking the cultural barriers and myth about sexual assault. ❖



### Monthly Group Meetings

*Did You Know That SACPC Has A Support Group That Meets  
On The Second Tuesday Of Every Month?*

*5:30 p.m.—6:30p.m. Please arrive 15 minutes early*

*For more information, contact our 24-hour crisis-information and  
referral line at: (253) 474-7273 or (800) 756-7273*

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Helping the Community STOP Sexual Abuse

**Here is what previous attendees had to say:**

*“Excellent!*

*Thank you! How validating! I can't wait to go back to work to share this information!”*

*“This workshop was excellent! This is a topic that does need to be shared early in one's career. I truly appreciate the presenter's vulnerability and honesty with her own VT. Excellent!!”*

*“The Presenter had lots of great information on Vicarious Traumatization. I'm glad we had this presentation because too many people ignore this. The presenter's approach to teaching was excellent. She was warm, compassionate and respectful. Thanks!”*

## VICARIOUS TRAUMA AND YOU

**J**f you work with a high caseload of traumatized individuals, this workshop is for you. We know that trauma impacts the clients we serve, but how does witnessing, helping with or hearing about trauma day after day affect you personally and professionally? What is the impact on the organizations we work in? Come and find out what the “occupational hazards” are and find out what you can do to minimize the risk to yourself and your organization.

This workshop is suitable for social workers, mental health therapists, residential counselors, case managers, medical personnel, law enforcement, fire fighters, CPS workers, and foster parents; anyone who has had repeated exposure to trauma through work or volunteer activities. Administrative personnel at agencies who focus on trauma or supervise direct line staff are also welcome.

- When:** Thursday, August 21, 2008  
**Time:** Check in at 8:45 a.m.  
Workshop 9:00 a.m.—12:00 noon  
**Where:** Sexual Assault Center of Pierce County offices  
633 N. Mildred, Suite J  
Tacoma, WA 98406  
**Cost:** \$35 per person pre-registered by August 14, 2008  
Special group rate of \$25 per person for three or more from the same organization registering together by deadline

SPACE IS LIMITED—SIGN UP TODAY! CEUs available with advanced notice and additional \$5 fee.

### Registration Form

Vicarious Trauma and You – Registration Deadline August 14, 2008

*Sorry – No refunds after deadline – Substitutions permitted*

Please register \_\_\_\_\_ from our agency/organization @ \$\_\_\_\_\_ per person

Total \$\_\_\_\_\_ enclosed or charge card expiration date \_\_\_\_\_

Card number \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

Name (s) \_\_\_\_\_ /Title(s) \_\_\_\_\_

\_\_\_\_\_/ \_\_\_\_\_ (please copy)

Organization \_\_\_\_\_

Address/City/State/Zip \_\_\_\_\_

Phone number \_\_\_\_\_ Fax \_\_\_\_\_

E-mail \_\_\_\_\_

Mail or fax registration to SACPC, 633 N Mildred Suite J, Tacoma, WA 98406-1725  
(253) 597-6424 – Fax (253) 597-6443



## WALK A MILE IN HER SHOES

### The Men's March to Stop Rape, Sexual Assault And Gender Violence®



MANY OF THE WALKERS FOR 2008

**T**hey came, they walked...grandfathers, fathers, sons, brothers, husbands, concerned young men, and the women that came to support them. Well over 100 walkers strutted the streets. Master Builder's Association provided their *Miracle Milers* team with many walkers, as did law enforcement, Pierce County Department of Corrections, PLU programs, and attorneys, social workers, bikers and folks from all walks of life. From the look of things, the walkers had fun, too. Smiles and laughter abounded.

We were honored to have County Prosecutor, Jerry Horne, return to address the crowd as our Master of Ceremonies. Jerry walked again, for the 3<sup>rd</sup> year, with his *Horne's Heels of Justice* team. Molly Shen, news anchor for KOMO News 4, presented awards to our walkers of year's past and told the walkers "what their walk means to survivors".

We are pleased to begin presenting awards and documenting this annual event's stellar walkers through three categories of awards: Most Money Raised by an Individual, Most Money Raised by a Team, and Best Shoes. Engraved plaques will be displayed at the Annual Event and proudly on the walls of our agency during the year. Award winners will be presented with certificates suitable for framing. While we consider all walkers and supporters of this event winners, we proudly recognize the following:



Molly Shen & Jerry Horne presented us well!!

**Most Money Raised - Individual:**

Sean Watson '06; Matthew Whitehead '07 and Charlie Elms (\$2,358) '08

**Most Money Raised – Team:**

Labor Ready '06; Master Builders Association '07 and *Miracle Milers* of

Master Builders Association (\$7,513) '08

**Best Shoes-** Charlie Elms '06; Jonathan Grove '07; and Kevin Iverson '08

What a sight! What a great thing to do! We are so grateful for the "show of support" and the \$ 21,810.07 raised by this year's **WALK A MILE IN HER SHOES** event!!

Mark your calendars now for the 4<sup>th</sup> Annual event on **April 24, 2009** and start gathering supporters—make that mile and those blisters count! ❖



Molly Shen presents Charlie Elms with his "Best Shoes-06" Certificate. He is also our "Most Money Raised by an Individual" winner for 2008

Support—Heal—Educate—Prevent  
*Helping the Community STOP Sexual Abuse*

## **Save the Date!**

### **Business Seminar**

#### **Harassment in the Workplace & 2008 Employment Law Update**

**November 6th, 2008 \* 8:00 a.m. – Noon (continental breakfast included)**

**LaQuinta Inn & Suites Conference Center—Tacoma, WA**

**\$195 per person ~ \$165 for three or more per company registering together**

To register or if questions, please contact Tracy Hare, Administrative Assistant at  
email: [tracy@sexualassaultcenter.com](mailto:tracy@sexualassaultcenter.com)  
phone: (253) 597-6424 Ext. 10

**SACPC  
OPEN HOUSE  
September 12, 2008  
Noon - 4p.m.**

**NEXT BASIC SEXUAL ASSAULT AWARENESS TRAINING  
BEGINS OCTOBER 9, 2008**

*For further information,  
contact Allen Trimmings, Education Director, or  
Kathy Ward, Education Coordinator at (253) 597-6424,  
extension 13 or 16 respectively.*

### **Connecting with Our Community- How do we most Effectively do this?**

**By Carolee Wynhoff, Executive Director**

**A** long time supporter of our organization told me that through our newsletter, we're "preaching to the choir"—those who support our work and understand the issues surrounding sexual assault and abuse. While she felt our readership appreciates our publications, she didn't feel they were effective toward reaching new people. So how do we reach more people and connect with our community? We've decided to generate and send our Newsletters and Annual Reports electronically next year, so that our readers might forward them on to others while we save money, which can further fund programs. In order to do this, we need your e-mail address. The back page has a "cut out area" which includes your name and mailing address. If you will cut on the "dotted lines", **fill in your e-mail address**, and mail it back (or bring it to our Open House on September 12<sup>th</sup> at noon), we'll update our files and we'll continue to "connect". We don't want to miss you, so please take a minute and send us your e-mail address. ❖





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Sexual Assault Center of Pierce County  
633 N. Mildred Suite J  
Tacoma, WA 98406-1725  
Administration (253) 597-6424  
Fax (253) 597-6443 \* TTY (253) 274-0448  
Crisis, Information and Referral  
Line (253) 474-7273 or  
(800) 756-7273

**RETURN SERVICE REQUESTED**



“Going Electronic”—We request that you return this section with your email address: \_\_\_\_\_ . As always, we will honor your request not to send our correspondence, but we hope you’ll want to stay ‘connected’—we do!

**SACPC Staff/Volunteers**

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**Matty Nelson, Client Advocate**  
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**On-Call Advocates:**  
**Aleshia, Carolyn, Jackie, Linda, Mary, Randi,  
Tamikkai, Tina, and Veronica**  
**Volunteer Advocates:**  
**Abi, Alison, Carly, Christina, Dawn, Emili, Jon,  
Leah, Lisa, Tracy, and Velma**