

South Carolina Constitution: Victim' Rights

- A) To preserve and protect victims' rights to justice and due process regardless of race, sex, age, religion, or economic status, **victims of crime have the right to:**
- 1) Be treated with fairness, respect, and dignity, and to be free from intimidation, harassment, or abuse, throughout the criminal and juvenile justice process, and informed of the victim's constitutional rights, provided by statute;
 - 2) Be reasonably informed when the accused or convicted person is arrested, released from custody, or has escaped;
 - 3) Be informed of and present at any criminal proceedings which are dispositive of the charges where the defendant has the right to be present;
 - 4) Be reasonably informed of and be allowed to submit either a written or oral statement at all hearings affecting bond or bail;
 - 5) Be heard at any proceeding involving a post-arrest release decision, a plea or sentencing;
 - 6) Be reasonably protected from the accused or persons acting on his behalf throughout the criminal justice process;
 - 7) Confer with the prosecution, after the crime against the victim has been charged, before the trial or before and disposition and informed of the disposition;
 - 8) Have reasonable access after the conclusion of the criminal investigation to all documents relating to the crime against the victim before trial;
 - 9) Receive prompt and full restitution from the person or persons convicted of the criminal conduct that caused the victim's loss or injury including both adult and juvenile offenders;
 - 10) Be informed of any proceeding when any post-conviction action is being considered, and be present at any post-conviction hearing involving a post-conviction release decision;
 - 11) A reasonable disposition and prompt and final conclusion of the case;
 - 12) Have all rule governing criminal procedure and admissibility of evidence in all criminal proceedings protect victims' rights and have the rules subject to amendment or repeal by the legislature to ensure protection of these rights.

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The Law Enforcement Process

Usually, your first contact with law enforcement will be through the dispatcher or the patrol officer. It is this officer's job to respond to emergency situations and begin the investigation process (gathering information about the crime.) The patrol officer may play a major role in the investigation, but his work may be passed on to an investigator (or detective) who will be in charge of the investigation until the solicitor's office becomes involved in the case. The solicitor (or deputy solicitor), called district attorney in many states, is the attorney for the State. The police will conduct the investigation. The solicitor's office makes decisions about the prosecution of the case.

Note: In most cases throughout the text of this folder, the masculine gender is used to represent both sexes, as is proper in formal writing. If you do not understand a term used in the text, consult the glossary (Words You are likely to hear.)

The person who takes photographs, searched for fingerprints, and collects items of evidence at the crime scene is the **forensics officer** (sometimes known as crime scene technicians or criminologist), if your law enforcement agency has such a specialized officer. If you are the victim of an attack, you may actually be part of the "crime scene." Evidence may be on your person that needs to be collected (including clothing or samples taken by swabbing or scraping under the fingernails) or documented (such as by photographs.)

Some of the evidence that needs to be collected might require the service of a medical doctor. In those cases, you will be required to go to a doctor's office or hospital. The doctor has a list of things he must do to collect evidence. This list is often called a "protocol".

Anyone who has control over a person or property may give permission for the police to collect evidence. Sometimes when the police are not given permission to collect evidence, they must go to a **judge** to get a search warrant.

Anyone who has any information about your case is a potential witness. They might not have seen the crime committed, but what they know may help prosecute the case, and convict the offender.

The person who committed the crime is the **offender or perpetrator**. In the beginning, he is usually called the **suspect**. Once a warrant is issued charging him with the crime, he becomes the defendant. His attorney is the **defense attorney**. If the defendant cannot afford an attorney, the court may appoint one to represent him, or he may qualify to be represented by a defense attorney that is paid for by the taxpayers called a **public defender**.



The Law Enforcement Process

Anyone who knowingly helps the offender commit the crime, but doesn't participate in the criminal act is, an **accessory** and also may be charged with a crime.

The criminal **prosecution** begins when the police begin efforts to arrest a suspect. Up until that point, the police are conducting an investigation.

The investigation may take several days or more until the case is solved or it may never be solved. Your cooperation will likely be necessary throughout the investigation. However, your participation in the case may go on for much longer, perhaps years.

The person who will help you with your needs is the victim **advocate**. Your victim advocate may be at the police or sheriff's department, the solicitor's office, another government agency, or a private organization. You may have more than one victim advocate. The victim advocate's job is to answer your questions, help you with filing necessary paperwork, keep you informed about the status of your case, and provide you with information about the resources that are available to you. All solicitor's offices and all law enforcement agencies are required to have victim advocates. You can locate the appropriate victim advocate by searching the Resource Database at <http://www.scvan.org> on the web or calling SCVAN at (888) 852-1900.

The Governor's Office has a **Crime Victims' Ombudsman**. If you have problems getting the service you need from people in the criminal justice system, you may want to contact the ombudsman (see Resources List.) You will have to send the ombudsman a letter of complaint explaining your problem before he or she can look into the matter for you.

Law enforcement agencies must provide victims, free of charge, the following:

- A copy of the initial accident report of the case,
- Documents which describe your Constitutional rights as a crime victim,
- Your responsibilities as a crime victim,
- Local victim assistance contact information,
- Social services providers,
- Victim compensation information,
- Rights concerning harassment and threats,
- Assistance with creditors and employer,
- Information concerning the status and progress of the case and investigation.

It is the responsibility of law enforcement to provide a copy of the incident report, free of charge.

Compensation and Restitution/ Bill of Rights

Restitution. The judge of the Parole Board may order a convicted defendant to repay you for losses suffered as a result of the crime. In order for the judge or Parole Board to know what losses you have suffered, you must have a completed Victim Impact Statement (VIS.) Your victim advocate will help you complete the VIS. However, some losses may be the kind that cannot be repaid. The defendant may have a limited ability to make monetary restitution (he may have no money, may be unemployable, or he may be in prison for many years.) Therefore, restitution may not be complete.

Restitution payments may be stretched out over several years. Payments are not paid by the offender directly to the victim but are paid to the clerk of court of the SC Department of Probation, Parole, and Pardon Services who issues a restitution check.

The SC Victim's Compensation Fund. A victim of a crime who has suffered some loss as a result of that crime may be eligible for compensation from the SC Victims' Compensation Fund. The fund may provide benefits when someone has medical expenses, loss of earnings, counseling expenses, or (in death cases) funeral expenses, if those expenses are not covered by other sources.

To qualify for compensation, one must report the crime to the police within 48 hours of its occurrence (if possible), cooperate with law enforcement and the State Office of Victim Assistance (**SOVA**), and complete an application (see **Resources List**). Your law enforcement or solicitor's office victim advocate will be able to help you with your application.

To receive funds, the loss must exceed \$100. As of July 1, 1996, the maximum allowable compensation for funeral expenses is \$4,000; for any one claim is \$15,000; and for extreme cases that are approved by the board, the maximum is \$20,000.

Suing the defendant. In addition to going through the criminal court process, you may consider suing the defendant for damages. This takes place in civil court. These matters are heard at your county courthouse, probably the same place the criminal trial did or will take place, but in a somewhat different kind of trial. In order to determine whether or not you should sue, you will need to discuss the matter with the attorney of your choice. *Before you decide whether or not to proceed with a civil action, please confer with the prosecutor of your criminal case first.* You may contact the SC Bar Lawyer Referral Service or SCVAN to help you find a civil attorney.

Other Financial Needs. Your victim advocate or SCVAN staff will gladly help you find additional sources of financial assistance if you feel additional resources are necessary. There are many organizations that can provide you with free or inexpensive clothing, food, furniture, medicine, doctor and dental care, and other vital services.

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LAWS THAT AFFECT YOU

The following summarizes the law (~ 16-2-1506, et seq.) that describes the responsibilities of the criminal justice system to you, as a crime victim (whether it be law enforcement, courts, prosecutors, the Attorney General, jails, other departments of confinement, the Department of Corrections, the Department of Probation, Parole, and Pardon Services, the Juvenile Parole Board, and the Department of Juvenile Justice)

First of all, we ask YOU to help us keep you informed.

Responsibilities of Victims and Prosecution Witnesses:

- Keep agencies apprised of your legal name, address, and phone number.
- In order to receive restitution, you must provide the solicitor or judge details of the financial impact of the crime upon you.
- Notify prosecutor or judge of your desire to be present for hearings.
- Submit your Victim Impact Statement in a timely manner to your Victim Advocate.
- Notify the solicitor of your desire to make an oral statement in court before sentencing~

The following are what you, as a crime victim, can expect from the criminal justice system:

Upon Report of Crime, Law Enforcement has the Following Duties to Victims:

- Provide you with a free copy of the incident report.
- Provide you with a description of your rights, services available to you and procedures if you are harassed or threatened.
- Assist you with filling out SOVA compensation and other social service applications.
- Assist you with problems with creditors, employer, schools, etc.
- Inform you of the status and progress of case and investigation.
- Provide you with the transportation to and protection in the courthouse.

Upon Arrest or Pick-up, the Appropriate Agency has the Following Duties to Victim:

- Notify you of the arrest or pick up of defendant.
- Notify you in advance of pretrial release proceedings.
- Provide you with information about victim assistance agencies.
- Notify you before proceeding with bail/bond/detention hearings, and verify that before a judge.
- Impose measures to protect you as a condition of defendant's pre-trial release.
- Notify you in advance of preliminary hearings.

Upon Release, Transfer or Escape, a Department or Agency Having Custody of a Defendant Must:

- Notify you of any release, transfer or escape by the defendant,

Upon Referral of Case to Summary Court for Disposition, the Summary Court has the Following Duties to Victims:

- Notify you of your rights and about practices and procedures of the Court.
- Provide you with a Victim Impact Statement form.
- Notify you in advance of all hearings.
- Return your personal property in a timely manner.
- Recognized and protect your rights.

Upon Referral of Offender to Department of Juvenile Justice, DJJ has the Following Duties to Victims:

- Inform and confer with you taking before taking action.
- Inform you of the status and progress of case.

Upon Referral of Case for Disposition in General Sessions of Family Court, the Appropriate Agency (usually the prosecution agency) has the following Duties to Victims:

- Provide you with a Victim Impact Statement form and assist you in completing it.
- Inform you of practices and procedures of the criminal justice system.
- Inform you of your right to legal counsel.
- Return your personal property in a timely manner.
- Inform you of compensation, fees, financial assistance and assist with applications.
- Inform you of status and progress of case.
- Talk with you regarding decisions on handling and disposition of your case.
- Notify you in advance of each hearing.
- Assist with creditors, employers, schools, etc.
- Respond actively to threats and intimidation.
- Minimize your inconvenience and familiarize you with the procedures in court and practices within the criminal justice system.
- Refer you to appropriate service and assistance agencies.

Laws that Provide for Protection of Your Constitutional Rights

- Employers must not retaliate, suspend, or reduce your wages or benefits if you are subpoenaed to court.
- Victims and witnesses may not be sequestered (kept out) of the courtroom.
- Law enforcement and prosecutors must have separate waiting areas for you and defendants and their witnesses.
- The Court must recognize your rights as diligently as those of the defendant.
- The Court must notify you of all proceedings in a timely manner. If notice was not given in a timely manner, hearings must be delayed.
- The Court must treat sensitively witnesses who have special needs (elderly, handicapped, children) by using closed or taped sessions.
- Judges must hear or review all victim impact statements before sentencing.
- Judges must address the issue of restitution.
- Judges must order reasonable expert witness fees and reimbursement to victims of reasonable out-of-pocket expenses associated with complying with a subpoena to testify.
- Prosecutors must forward victim impact statements and victim contact information to Department of Corrections, CDPPPS, DJJ, and/or the Juveniles Parole Board. All victim information must be kept confidential.
- Prosecutors must file the Victim Impact Statement with all indictments.
- Prosecutors must inform you about your responsibility to provide your current contact information to all agencies that may deal with the offender.
- Prosecutors must inform you about procedures for the collection of restitution, fees and expenses, and provide you with contact information for criminal justice agencies that can assist you with collection.

The Criminal Court Process

For you to request notification of court hearings and other proceedings: post-sentence hearings affecting probation, parole, and release; and notification in the event the offender escapes. The VIS is used by the solicitor to prepare a sentence recommendation and by the judge to determine the sentence and restitution, if any. Depending on the sentence, your VIS also may be sent to the SC Department of Corrections and/or Probation, Parole, and Pardon Services. The Parole Board may use your VIS to determine the restitution. Make sure that you ask for and complete a VIS. This ensures your voice is heard and that the criminal justice system knows how the crime affected you. Make sure it is filed with the solicitor's office if your case is going forward to General Sessions Court.

Completing the VIS may be the most important thing you do.

Your victim advocate is required to advise "all victims of their right to submit to the court, orally or in the writing at the victim's option, a victim impact statement to be considered by the judge at the sentencing or disposition hearing in general sessions court and at a parole hearing" and provide you with a copy of the VIS form (SC Code ~16-3-1550.) You may make your statement orally in court, if you wish, instead of in writing, but a written VIS can be sent places where it is useful, such as to the SC Department of Corrections (SCDC), the Department of Probation, Parole, and Pardon Services (DPSS), AND THE Parole and Community Corrections Board to be considered every time the defendant has a hearing.

Pre-trial intervention (PTI.) The defendant may be eligible for the Pre-trial Intervention Program. The program serves mostly first-time offenders charges with a less serious offense. However, the solicitor may request that any defendant be allowed to participate. The defendant pays for this program. It allows him to make restitution (to pay for the damage or injury he has caused) and to attend classes that teach him the impact of his behavior and how to avoid repeating his offense. You should be notified when the defendant applies for PTI and be allowed to express your opinion to the solicitor regarding the defendant's participation. If he successfully completes PTI, his case will be dismissed. If he fails to complete PTI, his case will be sent back to court.

Sentencing. After a plea of "guilty" is entered or a verdict of "guilty" is reached in the case, the judge will sentence the defendant (except in death penalty cases, in which the jury decides the sentence.) The judge will consider all the information he has, including your VIS, as well as the information the defense presents.

Testifying in Court. Testifying means telling the truth. Always tell the truth. If you learn that you will be asked to testify, you will want to talk with eh solicitor about what to expect. The solicitor's office victim advocate may help you prepare to testify. In court, all you need to do is tell what you know and answer the question you are asked. You might be nervous, and the defense attorney might try to upset you, but do your best to stay calm, take your time, and answer questions with simple, truthful answers.

Criminal Law. The purpose of criminal law is to enforce the laws regarding how people behave. Those who disobey the criminal law must answer for their crimes and be made to obey the law. Both the State of South Carolina and the United States government have laws that define crimes. Most criminal cases are tried in state courts.

Constitutional Law. The Constitution of the United States (and its amendments, or changes) guarantees the rights of citizen. One who is charges with a crime is presume innocent until he is proven guilty beyond a reasonable doubt. Crime Victims have rights in our State Constitution.

Definition of crimes. The definitions of crimes are found in the statutes (laws) that make up the criminal code and in the common law. The common law is the entire set of court division of both the United States and England.

Jurisdiction. In order for a court to hear a case, it must have jurisdiction, the authority to hear it and make a decision. Which court has jurisdiction is determined by what kind of crime was committed and where it happened.

Juveniles. Juveniles (persons 16 years of age and younger) who commit crimes usually are not tried in criminal court. Instead, the juvenile's case is heard in family court. There is another section in this folder dealing with juvenile cases. There is no way to predict the outcome of the criminal court process. What is important for you is to go through the process to its conclusion. Once a defendant found guilty is sentenced, you may register to be notified about hearings regarding probation and parole conclusion. Once a defendant found guilty is sentenced, you may register to be notified about hearings regarding probation and parole and request the solicitor's office and the Attorney General's Office to keep you posted regarding the phases of the appeals process.

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Where you fit in the process. As a victim, witness, or the survivor of a victim, you may feel that you are not part of the process, but you are! Don't be afraid to ask all the questions you have or to be kept informed each step of the way. You will be asked or allowed to participate at various points throughout the prosecution of the case and later during the defendant's incarceration, if he is convicted. You have rights, which are stated in the South Carolina State Constitution (and in this folder.) If you are a victim, or the survivor of a victim, how the crime has affected you is a very important part of the case.

Warrant and arrest. If a suspect has been positively identified, you, a witness, or a police officer may be the person who signs the arrest warrant that charges the suspect with the crime. The police will be able to tell you who must sign the warrant. If you are to sign the warrant, you will have to go to an office to do so. It may be the magistrate's office, an office at the county courthouse, or at the city court. You will speak with a judge or a clerk who will prepare the warrant. You will be required to swear that the crime happened and that the suspect did the crime. Whoever listens to what you have to say must be satisfied that there is probably cause to issue the warrant. If they believe what you tell them, a warrant will be issued at that time. Once the arrest warrant is issued, a police officer will serve it (read and give a copy) to the defendant will be photographed, fingerprinted, and placed in a cell. Usually, as soon as he can after he is arrested, the defendant contacts his attorney to help him with his defense against the charges made against him. In less serious or juvenile cases, the defendant may be released instead of being kept in custody. The defendant may be required to post bond before he is released. The purpose of the bond is to assure that the defendant will appear in court. It is not intended to make it impossible for the defendant to get out of jail. **You** have a right to be notified of **and to be present at a bond** hearing. If you are not notified, please call SCVAN. Very often the defendant will be out of jail in a matter of hours after he is arrested. Typically, within a day or two after the arrest warrant is served, the defendant is brought before a judge to be arraigned (formally charged.)

Attorneys. There are two kinds of attorneys in criminal cases:

The solicitor (or deputy solicitor or assistant solicitor), who prosecutes the case for the State, and the defense attorney, who represents the defendant. However, if you are considering a civil lawsuit regarding the case and you have retained an attorney, he may want to follow the progress of the criminal case. Your attorney will not participate in the criminal trial. The victim advocate in the solicitor's office will keep you informed of the case's progress. You do not have to talk with the defendant attorney prior to trial. However, he may request to interview you. Before you do, please discuss whether or not you should speak to him with the solicitor handling your case. Always keep the solicitor's office informed before you start a civil case.

Preliminary Hearing. Before a case goes to trial, it typically goes through at least two hearings. The first is the preliminary hearing. The purpose of the preliminary hearing is to present the basic elements of the case so that the judge may decide whether or not there is probable cause and sufficient reason to go forward with the case and to continue to hold the defendant to the requirements of his bond. Sometime the defendant chooses not to be present at the preliminary hearing. However, the defense attorney may be present at the hearing. He has a right to know what evidence exists against his client. This is called the "right of discovery." The defense attorney may ask questions at the preliminary hearing. The preliminary hearing is open to the public. You do not need to attend unless the police or solicitor asks you to. You might wish to attend in order to follow the progress of the case, and you have that right.

The plea. After probable cause is established at a preliminary hearing, the defendant is formally arraigned and charged with the crime and advised of his rights. At the arraignment, the defendant pleads either "guilty" or "not guilty." If he pleads "guilty," he may be sentenced immediately or at some future time. He may change his plea up to the point where the judge accepts his plea of "guilty." If he pleads "not guilty," his case will go to trial. He may change his plea to "guilty" up to the point where either a judge or a jury declares a verdict. **The vast majority of criminal cases in South Carolina are handled through guilty pleas, and not trials.**

Grand Jury. The second hearing is held before the Grand Jury, a group of eighteen citizens. Grand Jury hearings are not open to the public. The grand jury listens to the basic elements of lots of cases, one right after the other. The solicitor may be the only one who presents your case, or several witnesses may testify. The solicitor might ask you to testify. If the Grand Jury issues a “No Bill,” the case will not go to trial. If the Grand Jury issues a “True Bill” (or indictment), the case will be handled in the General Sessions Court.

Trials. A trial may be held before a judge and jury (a jury trial) or before a judge with no jury (a bench trial.) The more serious criminal trials are held in General Sessions court. The judge or jury must listen to all the facts of the case and decide whether or not the defendant is guilty of the crime. If the defendant is found “not guilty,” he will be released from custody. If the defendant is found “guilty,” he may be sentenced right then or at a later time. Almost always the judge decides the sentence. Under South Carolina law, the jury decide the sentence only in cases in which the solicitor asks for the death penalty (called “capital” cases.)

Victim Impact Statement (VIS.) The VIS is a voluntary, written or oral statement by the victim telling how the crime has affected the victim’s life and family. The VIS form has a place

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Summary

If your child has been abused, a mental health assessment provided by the CAC can provide you information about how the abuse has impacted your child, and what next steps to take towards healing. If your child experiences traumatic stress, he or she deserves evidence-based treatment services, or services that are shown to be effective in reducing harmful symptoms of traumatic stress. You, the caregiver, are critical to the healing of your child, and you also deserve to have help in dealing with this experience.

CACs are a resource for you to receive support, information and services for your child. The CAC will link you to mental health professionals for assessments and evidence-based treatments to reduce difficulties you or your child may be having as a result of the abuse, and our Family Advocate will support you through whatever treatment is needed. This support and the services of the CAC are designed to help you, your child, and your family move forward in your lives with hope and healing.

For information regarding effective mental health treatment for traumatic stress, visit the National Child Traumatic Stress Network at www.nctsn.org or the California Evidence-Based Clearing House for Child Welfare at www.cebc4cw.org. Both are excellent resources for learning more about evidence-based trauma therapies available to you and your child.

How Is My Child Affected

We know from research that children may experience anxiety, depression, and withdrawal from past normal activities in response to a potentially traumatic event. Children also often develop behavior problems, as they have difficulty managing their feelings and thoughts about what happened to them. Some problems may be very specific to the abuse. He or she may avoid locations where the abuse occurred (such as a bathroom, bedroom, or school) to avoid a feeling of re-experiencing the abuse. In addition, a child may attempt to cope by using drugs and alcohol or engaging in other "risky" behaviors. The consequences of untreated traumatic stress can affect a child's success in school or their relationships with friends and family, and this can continue to impact an individual throughout his or her life. The good news is that treatment can help, and children can heal from abuse.

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The CAC uses many evidence-based treatments that reduce common problems of children who have experienced abuse. For example, many children who have completed these treatments report reduced sadness and anxiety and understand that they are not responsible or to blame for the abuse.

As you deal with the impact of the abuse of your child, it can also be helpful for you to receive support through the CAC. Our Family Advocate and mental health professionals can help connect you. CACs are dedicated to providing the best services to you and your child and are committed to matching you with the most qualified therapists in working with child abuse victims and their families.

Evidence-based treatments (EBTs) are therapies that have been extensively studied and repeatedly shown to work in reducing problematic symptoms, such as nightmares, feeling "on-edge," and losing interest in activities.



Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

What is TF-CBT?

TF-CBT is a therapy that helps children, youth and their families who have been affected by traumatic events. Traumatic events include physical and sexual child abuse, rape or assault, exposure to domestic or community violence, serious accidents, natural or human disasters, violent crime, violent or sudden death, or any other experience that creates threat or fear. The child/youth may actually experience the event, witness the event or have a close loved one who experienced the event.

How to tell if TF-CBT is the right plan.

TF-CBT is mainly for traumatic stress, but it works for depression, other anxieties, and some behavior problems that might go along with the traumatic stress. Traumatic stress is reactions to the trauma events that are very upsetting or cause problems for the child/youth at home, school or in other activities.

Traumatic stress includes having upsetting memories or being upset at reminders; sleep problems or nightmares; avoiding people or situations that are reminders of the trauma; shutting down or becoming numb; having concentration problems; being irritable or being overly alert or jumpy.

An assessment of the child/youth to find out how much traumatic stress s/he has is how the treatment plan is decided. If the child/youth has significant traumatic stress then TF-CBT is the right therapy. Finding this out involves talking with the child/youth and the parent/caregiver and giving checklists for traumatic stress.

How do we know that TF-CBT is effective?

Many studies have shown that traumatic stress and depression improve more with TF-CBT than with non-specific therapy. Children/youth with all kinds of different traumas, boy and girls, and children/youth from different ethnic and racial backgrounds benefit just as much.

What does TF-CBT involve?

TF-CBT has specific components:

Psychoeducation. The child/youth and parent/caregiver learn about traumatic stress; typical reactions and why they happen; about the systems that may be involved (e.g., medical, CPS, police and prosecutors, etc) and may affect reactions; the connection between thoughts, feelings and behavior; and what is involved in therapy.

TF-CBT Harborview 2008

Suggested Tips for Caregivers

Do:

- Tell your child and reinforce that the abuse wasn't his/her fault.
 - Ask what your child needs to feel safe (e.g., a night light, door locks, stuffed animal, safety plan)
 - Let your child know it is normal to be confused about the abuse and what is happening now that they have disclosed.
 - Know that it is OK to let your child know you're sad or to see you cry.
 - Keep your child appropriately informed about what might happen next, encourage them to talk with you and/or their therapist to get guidance about how to best handle this.
 - Reassure your child that you want to protect him or her.
 - Ask the family advocate for help in responding to children's questions and concerns.

Don't:

- Express disbelief to your child about her/his disclosure.
- Minimize your child's feelings.
- Ask probing questions about the abuse or stop them from talking about it; allow the child to talk freely but leave the interviewing to the professionals.
- Evade your child's questions about the process and next steps.
- Make promises you can't keep.
- Make too many changes in routines right after the disclosure.

What You Can Do: Suggestions for Friends and Family

Friends and family members want to support a loved one after a sexual assault but are often unsure how to do so. A sexual assault is an intimate and traumatic violation that affects not only the victim but everyone in their life. Although there is no "right" way to respond, some of the following suggestions may help you support your loved one after the assault.

- **Stay calm.** Expressing outrage and shock may cause your loved one further trauma. Remaining calm will create a safer environment for him or her to talk.
- **Allow the survivor to lead the conversation.** Let him or her tell you as much or as little as he or she is ready to tell. Do not press them to share details they do not wish to.
- **Reassure the survivor that you love and support him or her.** The survivor needs to know that regardless of what happened, your relationship remains intact.
- **Let the survivor know the assault was not her fault.** It is never the victim's fault when someone assaults him or her. The assault was a crime caused by the person that committed it. Many victims feel responsible for their assault or feel as if there was something they could have done to prevent the assault. The investigation and law enforcement process may reinforce these feelings. Let your loved one know that he or she is not to blame for the assault.
- **Be patient.** Understand that because anger and frustration cannot be taken out on the offender, survivors may release their feelings on loved ones. Old problems may get worse and new ones may arise.
- **Do not tell the survivor to do something differently in the future or ask why she did something.** In an effort to protect, loved ones may try to advise survivors what they believe they should do differently in the future (not drink alcohol, not go out with these friends anymore, etc.). This advice can make the survivor feel as if she was at fault. Asking "why" questions ("Why did you leave the bar with him?" or "Why were you alone?") can also make the survivor feel like she was at fault.
- **Do not touch the survivor without permission.** Physical touch may startle the survivor and may trigger flashbacks after assault. Ask before initiating physical contact.
- **Give the survivor control and support his or her decisions.** During an assault, all the power and control was taken away from the victim. The healing process after the assault begins with reclaiming power. Whom to tell about the assault, whether to prosecute, and other decisions belong to the survivor. You may encourage the survivor to report the assault or to seek therapy, but support them even if their decision is not the decision you wish they would make.
 - **An exception exists if the victim is a child, in which case the assault must be reported to the police.**
- **Encourage the victim to seek counseling.** However, this is the survivor's decision to make. Encourage her to seek professional help but support her in whatever decision she makes.
- **Consider counseling for yourself.** A professional can help you maintain the strength and understanding your loved one needs.
- **Respect the survivor's confidentiality.** Decisions about whether to tell and whom to tell belong to the survivor. It is not your story to tell unless the survivor expressly asks you to do so. **** Unless the survivor is a minor**

Breathing Exercises

The importance of breathing:

Breathing slows down heart rate, blood pressure rate, and mind. When experiencing anxiety, it is always important to concentrate on breathing rather than causing hypervigilance (shortness of breath, dizziness, and confusion}.

Practice Exercise

Calming Count

1. Sit comfortably.
2. Take a long deep breath and exhale it slowly while saying the word "relax" silently.
3. Close your eyes.
4. Let yourself take ten natural, easy breaths. Count down with each exhale, stating with "ten."
5. This time, while you are breathing comfortably, notice any tension, perhaps in your jaw or forehead or stomach. Imagine those tensions loosening.
6. When you reach "one," open your eyes again.

Make sure you also work on changing your negative thoughts, as well as your breathing, during panic. These skills work to the degree you are willing to concentrate on them. Put most of your effort into not thinking about anything else, not your worried thoughts, not what you will do after you finish the breathing skill, not how well you seem to be at this skill, just relax and allow the exercise to become natural.

Mandalas

Purpose of Mandalas

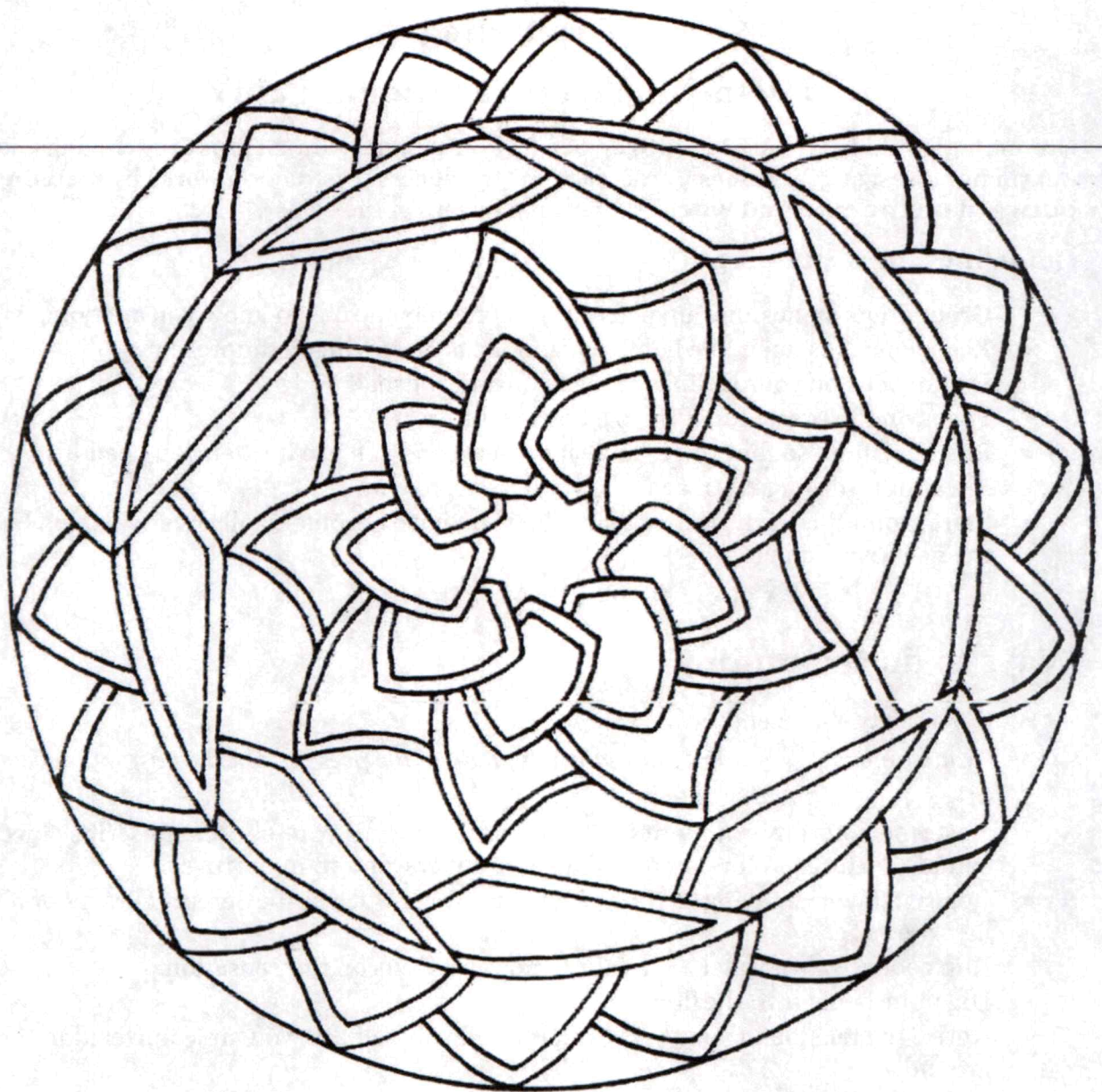
When coloring a mandala, it is best to focus; it helps create a deep sense of calm and well-being. Mandalas allow your attention to be focused on expressing your creative side that is often neglected daily.

How to create a Mandala

There is a Mandala provided on the back of this sheet, but feel free to create one from scratch. All that is needed for this exercise is a: blank piece of paper round object to trace a circle (lid of a tin, drinking glass, Frisbee), and something to draw with (crayon, marker, pen/pencil).

Creating a mandala is simple. Trace a circle onto a piece of blank paper. Once you have completed the circle, begin to draw the inside of the mandala. Take a deep breath, and start with a pattern, shape, or color, and just allow your drawing to be free. After you have finished your mandala, think about how you felt before, what you felt during the process of creating a mandala, and how you felt after you finished.

Note: Mandalas can be completed at any time and in any place. They can be completed when anxious or upset and also when you are feeling comfortable and calm.



Red for strength, high energy and passion

Pink for love, intuition and the feminine

Orange for creativity, transformation, self-awareness and intuition

Yellow for learning, wisdom, laughter and happiness

Green for physical healing, psychic ability, love of nature and caring

Blue for emotional healing, inner peace and meditation

Purple for all things spiritual

Grounding

(Detaching from Emotional Pain)

Grounding is a skill that can be used to detach from emotional pain, such as drug cravings, self-harm impulses, anger, sadness, and reactions to triggers. Distraction works by **focusing outward on the external world** rather than inward at the self.

Guidelines for Grounding

- Grounding can be done anyplace, anywhere - no one has to know you are doing it!
- Keep your eyes open, the lights on, and focus on staying in the present.
- Do not focus on your feelings or write in your journal.
- Focus on the present, not the past or the future.
- Practice often, so that you'll know it by heart and can use it when you need it.
- If it is not working, try it again or try it a different way.
- Start grounding early, rather than when you have become totally overwhelmed by the negative feeling.

Ways to do Grounding

- Say a safety statement
- *"My name is _____ and I am safe now. I am in the present, not the past. I am located in _____ and the date is _____"*
- Describe your environment in great detail using all your senses: Describe objects, sounds, textures, colors, smells, shapes, numbers, and temperature.
- Repeat a favorite saying to yourself over and over, such as the Serenity Prayer or a favorite song.
- Run cool or warm water over your hands and focus on the sensation.
- Dig your heels into the floor.
- Notice the tension in your heels and remind yourself that you are connected to the ground.
- Carry a grounding object (rock, bead, cloth, etc.) can be touched when you feel triggered.
- Focus on breathing.
- Notice each inhalation and exhalation, and repeat a pleasant word on each inhalation.
- Remember a safe place.
- Describe this place in great detail.
- Say a coping statement: *"I can do this."*

Provided by Sexual Trauma Services of the Midlands

Coping Strategies List

Examples of coping strategies

1. Take deep breaths
2. Do a positivity activity
3. Play sports
4. Think of something funny
5. Take a quick walk
6. Practice yoga
7. Stand up and stretch
8. Listen to music
9. Take a time out
10. Slowly count to ten
11. Use positive self-talk
12. Say something kind to yourself
13. Talk to a friend
14. Talk to an adult
15. Close your eyes and relax
16. Say, "I can do this"
17. Visualize your favorite place
18. Think of something happy
19. Think of a pet you love
20. Think about someone you love
21. Get enough sleep
22. Eat a healthy snack
23. Read a good book
24. Set a goal
25. Jog in place
26. Write in a journal
27. Hum your favorite song
28. Doodle on paper
29. Draw a picture
30. Color a coloring page
31. Clean something
32. Meditate
33. Use a stress ball
34. Dance
35. Write a letter
36. Look at pictures you've taken
37. Make a gratitude list
38. List your positive qualities
39. Do something kind
40. Give someone a hug
41. Put a puzzle together
42. Do something you love
43. Build something
44. Play with clay
45. Hug a stuffed animal
46. Rip paper into pieces
47. Play an instrument
48. Watch a good movie
49. Take pictures
50. Garden
51. Write a list
52. Keep a positive attitude
53. Schedule time for yourself
54. Blow bubbles
55. Write a positive note
56. Chew gum
57. Paint your nails
58. Write a story
59. Blog
60. Read a joke book
61. Write a poem
62. Drink cold water

Outreach in Downtown Greenville: If you have a non-emergency question or concern for the outreach team to address, [United Housing Connections](#) has an outreach email to help address concerns, it is outreach@uhcsc.org.

Emergency Shelter Options

- **Men**
 - **Greenville Rescue Mission** 575 West Washington, Street Greenville, SC 29601 (864) 242-6933
 - Men can sign up in person for a bed starting at 5 a.m. At 8 a.m., eligibility and availability for a bed is determined. Men have to pass a breathalyzer for entry.
 - **Salvation Army** 417 Rutherford St, Greenville, SC 29609 (864) 235-4803
 - Men are encouraged to call to check on shelter space. If there are no beds available the person will be told to contact the shelter again to check for space. A person must meet the HUD definition of homelessness to gain admittance to any Salvation Army shelter accommodations. Which excludes those persons exiting an institution of care (hospital/jail/prison). ****Beds are not held****
 - **United Ministries Emergency Housing** (864) 271-3424
 - Only shelter for single fathers with children age 18 or younger. Call for intake or information. Calls are usually taken/returned Monday-Thursday 12:30 p.m.-4:30 p.m. ****No walk-ins****
 - **Safe Harbor** 1.800.291.2139
 - Serves survivors of domestic violence (DV) who are attempting to flee their homes. Partnership is established with [Salvation Army of Greenville](#) to accommodate male victims of DV who need emergency shelter. ****This must be initiated by male survivor of DV contacting Safe Harbor and completing their telephone intake.****
- **Women and Children**
 - **Shepherd's Gate** 11 Regency Hill Drive Greenville SC 29607 (864) 268-5589
 - Intake begins at 2:00 p.m. This is for women and children (Girls of any age and boys to age 10).
 - **Salvation Army** 417 Rutherford St, Greenville, SC 29609 (864) 235-4803
 - Women with and without children are encouraged to call to check on shelter space. If no beds are available the person will be instructed when to contact the shelter again to check for space.
 - **United Ministries Emergency Housing** (864) 271-3424
 - Emergency shelter for families with children or single mothers with sons 11 - 18 years old. Call for intake or information. Calls are returned within 24 hours M – F or 48 hours if on the weekend. ****No walk-ins****
 - **Safe Harbor** 1.800.291.2139
 - Safe Harbor provides emergency safe shelter for survivors of domestic violence and their children.
- **Youth** – see below for emergency shelter and day shelter information on next page for youth ages 17 up to age 24 years old
 - **Pendleton Place** 1133 Pendleton St, Greenville, SC 29601 864-551-0781
 - Emergency shelter for ages 12 – 17 & 18 - 21 who has run away from home, experiencing homelessness, or forced to leave home. Text or call 551-0781. Email aegreen@pendletonplace.org.

Cold Weather Emergency Shelter Beds

Available at [Miracle Hill Ministries](#) when the overnight low temperature drops below 40° (or 43° with a 60+% chance of rain) to anyone to stay after **9:00 p.m. – 8:00 a.m.** Sobriety not required. Beds may open earlier depending on temperatures.

- **Men Greenville Rescue Mission** 575 West Washington Street, 29601 (864) 242-6933
- **Women and Children Shepherd's Gate** 11 Regency Hill Drive, 29607 (864) 268-5589 Also serving girls of any age & boys up to age 10 years old)



What if an individual is intoxicated?

- Outside of overflow emergency shelter beds at Miracle Hill Ministries during cold weather, there is not a clear option for intoxicated individuals. The hospital or a detox center might be the only option.

Day Shelters and Additional Services

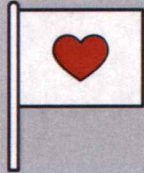
- **Triune Mercy Center** 222 Rutherford St, Greenville, SC 29609 (864) 233-8020
 - Social workers, rehab case managers, sex trade social workers available during daytime hours, every day except Friday. Lunch offered on Saturday and Sunday, breakfast on Monday each week.
- **United Ministries** 606 Pendleton St, Greenville, SC 29601 (864) 232-6463 ○
 - **Place of Hope** 600 Pendleton Street, Greenville, SC 29601
 - Open M-F from 8 a.m.-11 a.m. for services such as access to a shower, restroom, laundry services, lockers, and telephone. For interested participants, an advanced level of intensive case management is offered: assistance obtaining identification documents, securing treatment for substance abuse or mental health issues, securing long-term housing, obtaining legal services and more.
 - Transportation assistance for individuals not from Greenville and whom have never been to Place of Hope. The counselor must talk to a family member in the returning town.
- **Pendleton Place Youth Resource Center** 1133 Pendleton Street, Greenville, SC 29601 (864) 467-3650 ○ anyone ages 17 to 24 can drop in to do laundry, eat, take a hot shower, use the computer lab, and relax from 2-5 p.m. on Mondays and Wednesdays. Fridays from 12 – 3 p.m.
- **Buncombe Street United Methodist Church Crisis Ministry**
 - Case management and resource coordination for clients experiencing crisis or a destabilizing event. ****No walkins**** Referrals are made through a community partner.
- **Community Fresh Start** – holistic care management services, education, and encouragement. Call (864) 526-1163 or email freshstartofsc@gmail.com.
- **Sunday Dinner with a Twist** – free dinner that goes to people experiencing homelessness and provides connections to resources. Call John “Redd” Martin at 864-380-5336 or email at sundaydinner2018@gmail.com.
- **Project Host Soup Kitchen** 525 S. Academy Street – free lunch Sunday – Friday from 11 a.m. – 12 p.m.

Emergency Mental Health Crisis

- **Dial, Chat, or Text 988** or call **Greater Greenville Mental Health** After Hours Crisis Line (864) 241-1040 • **Mental Health America of Greenville County** Dial, Chat, or Text 988

REASONS TO CONTACT A Chaplain

SUPPORT



- To offer resources for self or family after trauma.
- Assistance with making meaning after trauma.
- Pastoral support in difficult or unexpected situations.
- For prayer in anxious times.

GUIDANCE



- To offer a listening ear as spiritual issues arise.
- Help with questions of faith.
- To offer spiritual coping tools.
- Provide a conversation partner for those struggling with topics such as hope, doubt, anger, evil, suffering, purity, or forgiveness.

CLARITY



- To process concerns of spiritual abuse.
- Resource to identify clergy misconduct or abusive congregational practices

HOW TO REACH OUT



Carrie Nettles
Monday-Friday 9am-3pm
Office: 864-331-0560 x 230
Email:
cnettl@julievalentinecenter.org

SOURCE:

<http://topyaps.com/top-10-reasons-to-donate-to-charity>

READ FIRST: Before you decide whether or not to let Julie Valentine Center (JVC) share some of your confidential information with another agency or person, an advocate at JVC will discuss with you all alternatives and any potential risks and

I understand that JVC has an obligation to keep my personal information, identifying information, and my records confidential. I also understand that I can choose to allow JVC to release some of my personal information to certain individuals or agencies.

I, _____, authorize _____, an employee of JVC, to share the following specific information with:

| | |
|---|--|
| Who I want to have my information: | Name: Specific Office at Agency: Phone Number: |
|---|--|

The information may be shared: in person by phone by fax by mail by e-mail
 I understand that electronic mail (e-mail) is not confidential and can be intercepted and read by other people.

| | |
|---|--|
| What info about me will be shared: | <i>(List as specifically as possible, for example: name, dates of service, and any documents).</i> |
| Why I want my info shared: (purpose) | <i>(List as specifically as possible, for example: to receive benefits).</i> |

Please Note: there is a risk that a limited release of information can potentially open up access by others to all of your confidential information held by JVC.

I understand:

- That I do not have to sign a release form. I do not have to allow JVC to share my information. Signing a release form is completely voluntary. That this release is limited to what I write above. If I would like JVC to release information about me in the future, I will need to sign another written, time-limited release.
- That releasing information about me could give another agency or person information about my location and would confirm that I have been receiving services from JVC.
- That JVC and I may not be able to control what happens to my information once it has been released to the above person or agency, and that the agency or person getting my information may be required by law or practice to share it with others.

This release expires on _____
 Date

I understand that this release is valid when I sign it and that I may withdraw my consent to this release at any time either orally or in writing.

Signed: _____ **Date:** _____ **Witness:** _____

Reaffirmation and Extension (if additional time is necessary to meet the purpose of this release)

I confirm that this release is still valid, and I would like to extend the release until _____

New Date