

Confidential Advocacy Services

Resources and Support for
Survivors of Interpersonal Violence

FRESNO STATE
Student Health and Counseling Center

www.fresnostate.edu/victimadvocate

Dear Reader:

Fresno State's Confidential Campus Advocate has created this handbook for adult survivors of interpersonal violence (sexual assault, dating/domestic violence, stalking) in hopes that the information provided will help in the recovery of anyone impacted by this type of violence. Although some things included in this packet may be upsetting, it is our hope that you will find comfort in the following pages and come to realize that you are not alone, you are never to blame and there are support systems both on-and off-campus to help you in your recovery process when, and if, you choose to access those resources.

The campus advocate is Fresno State's primary confidential resource for addressing sexual violence, dating/domestic violence and stalking on the University campus. The campus advocate works closely with campus and community systems to foster a culture that prioritizes affirmative consent and respect and is committed to offering a visible support system for victim/survivors of sexual violence, dating/domestic violence, stalking and sexual harassment through confidential crisis intervention, resource referrals, education and support services. You can learn more about campus advocacy services through the website: www.fresnostate.edu/victimadvocate.

Sincerely,

Confidential Campus Advocate

559.278.6796

www.fresnostate.edu/victimadvocate



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Campus and Community Resources

Fresno State Campus Resources

Confidential Victim Advocate:	559.278.6796
Counseling and Psychological Services:	559.278.2734
Student Health and Counseling Center	559.278.2734
Cross Cultural and Gender Center	559.278.4435
Title IX Coordinator	559.278.2345
Fresno State Police Department	559.278.8400

Fresno County Community Resources

Rape Counseling Services (RCS)	559.222.7273
Marjaree Mason Center (MMC)	559.233.4357
Fresno County Victim Witness Center	559.600.2822
Centro La Familia Advocacy Services	559.237.2961
Central California Legal Services	800.675.8001
Fresno Police Department	559.621.7000
Clovis Police Department	559.324.2800
Fresno County Sheriff's Department	559.600.8401

National Resources

National Domestic Violence Hotline	800.799.7233
RAINN, Rape, Abuse and Incent National Network	800.656.4673
National Suicide Prevention Hotline	800.273.8255
GLBT National Hotline	888.843.4564

Helpful Websites

- Fresno State Violence Prevention and Advocacy Services: www.fresnostate.edu/victimadvocate
- Rape Counseling Services (RCS): <http://www.rcsfresno.org/>
- Marjaree Mason Center (MMC): <https://www.mmcenter.org/>
- National Domestic Violence Hotline: www.thehotline.org
- RAINN, Rape, Abuse & Incest National Network: www.rainn.org

Community Partners

Rape Counseling Services (RCS) is Fresno County's primary resource providing confidential help to sexual violence survivors in a trauma-informed and culturally competent manner. RCS operates a 24-hour confidential crisis line which is staffed by trained advocates who are also available to provide support during forensics exams 24 hours a day.

Marjaree Mason Center (MMC) is Fresno County's primary resource providing confidential support, emergency housing and other support services to victims of domestic violence. MMC operates a 24-hour crisis line which is staffed by trained advocates who are available to support victims of dating and domestic violence and stalking 24 hours a day.

Recovering From Sexual Assault

Impact of Trauma

Whether by a stranger or an acquaintance, sexual assault can be a frightening, disorienting, traumatic and lengthy process. Sexual assault impacts people regardless of sex, race, color, religion, age, disability, sexual orientation or gender identity. *Each sexual assault survivor responds differently to the trauma and crisis associated with this type of crime.*

After an assault, survivors often feel fearful, confused, guilty, ashamed, or isolated. If you have been sexually assaulted you do not have to deal with these or any other feelings on your own. There are many concerned people at Fresno State and you have the right to receive assistance from people who will believe you and assist you in your recovery. Please know that sexual assault is never your fault.

Please remember that the feelings described below do not describe all responses to sexual assault as each person responds differently. Whether you were assaulted recently or at some time in the past, you may find yourself experiencing any, all, or none of the reactions below:

- Difficulty relating with those close to you
- Changes in your normal sleeping pattern
- Changes in your appetite
- Headaches, stomachaches or other physical symptoms of stress
- Feelings that may be uncomfortable and/or frightening, including feeling generally "down" or angry at yourself or others (including the rapist)
- Mood swings, including crying more easily
- Difficulty with sexuality
- Difficulty in handling your classes
- Difficulty in concentrating

Taking care of yourself emotionally includes acknowledging that something bad happened, even if you're not sure whether it was sexual assault. Responses such as those listed above can occur after an assault and may be signals to reach out for help. You can seek immediate assistance from:

Confidential Support Services

Fresno State Counseling and Psychological Services (CAPS): 559.278.2734
Rape Counseling Services (RCS) 559.222.7273

The First Few Days or Weeks

In the first few days or weeks after an assault, many survivors want to put it behind them, to forget it, and "get on with their lives." This may be strengthened by feelings of

guilt, or shame or feelings that the attack could have been prevented. Some survivors then try to deny that the assault had any effect on them, or deny that it happened at all. This is also a time when survivors are likely to feel depressed, scared, or angry. You may find yourself being more concerned about being attacked again, and focus on locking doors and not being alone. You may also feel depressed and have difficulty with school, work, and other day-to-day activities.

While all these reactions are normal, remember that the **assault is not your fault**. Each person's healing process is different, but this is a time to allow yourself space to recover. It may help you to talk to family, friends, or someone you trust. If it is difficult for you to talk to family, friends or someone within your social network, counseling can be very helpful at this point. A counselor or victims advocate is a confidential, support person who is available to help and may be easier to talk to about the assault. It is your right, however, to heal in whatever way best suits you.

Confidential Support Services

Fresno State CAPS Counseling Services: 559.278.2734

Rape Counseling Services (RCS) 559.222.7273

Confidential Victim Advocate 559.278.6796

Long-Term Recovery

Survivors often fear that they will never be the same after a sexual assault. A goal of long-term recovery is to integrate the assault into your life so that it is not a driving force affecting your behaviors, feelings, thoughts, or relationships. Although the memory may always be difficult and uncomfortable, it is possible to be less affected by it as time goes by. Most survivors take some time to recover, but almost all DO eventually recover and are able to move on with their lives. It is normal, however, to experience some depression following the assault, and you may find yourself getting upset or frightened when something reminds you of the assault (e.g., TV shows, movies, yelling or arguments, a sexual experience, even if it is consensual, seeing someone who looks like the perpetrator, smells, music). Ongoing therapy, support groups, and help from friends and family can assist in the recovery.

Some survivors also find it healing to get involved in programs such as training to be an advocate at a sexual assault counseling program such as the Rape Counseling Services (RCS) <http://rcsfresno.org/> or becoming part of the Fresno State's Peer Education Program. Working to prevent sexual assault and help other victims become survivors can be healing and help with your own recovery.

Effects of Victimization

It is important to remember **that there is no one right way to heal** from a sexual assault and that different people recover in different ways. You should find the sources of support and help that are comfortable for you.

Everyone reacts to trauma differently. There is no one *right* way to react to being a victim of interpersonal violence. How a person responds to trauma is often determined by:

- The nature of the event: the actual or feared physical or emotional injury, including death
- What the event means to the survivor: some experiences, are traumatic for some but not others.
- Past history of trauma
- Current stressors in the survivor's life
- Support system and other life resources available to the survivor

Common Feelings after Being Sexually Assaulted

Sexual assault is a traumatic event and we all handle traumatic events in different ways. Although each person and situation is unique, the following list summarizes the possible range of reactions to sexual assault. This list may help you know what's normal to expect.

- **Emotional shock:** I feel so numb. Why am I so calm? Why can't I cry?
- **Disbelief or denial:** Did it really happen? Why me? Maybe I imagined it. It wasn't really a sexual assault.
- **Embarrassment:** What will people think? I can't tell my family or friends.
- **Shame:** I feel so dirty, like there is something wrong with me. I want to wash my hands or shower all the time. I feel like I have brought shame to my family.
- **Guilt:** I feel as if it's my fault, or I did something to make this happen. If only I had done something different.
- **Depression:** How am I going to get through this semester? I'm so tired. I feel so helpless.
- **Suicidal thoughts:** Maybe I'd be better off dead.
- **Powerlessness:** Will I ever feel in control again?
- **Disorientation:** I don't even know what day it is, or what class I'm supposed to be in. I can't remember my appointments. I keep forgetting things.
- **Triggers and flashbacks:** I'm still re-living it. I keep seeing that face all the time.
- **Fear:** I'm scared of everything. What if I'm pregnant? Could I get a sexually transmitted infection (STI), or even HIV? How can I ever feel safe again? Do people realize there's anything wrong? I can't sleep because I know I'll have nightmares. I'm afraid I'm going crazy. I'm afraid to go outside. I'm afraid to be alone.
- **Anxiety:** I'm having panic attacks. I can't breathe! I just can't stop shaking. I can't sit still in class anymore. I feel overwhelmed.
- **Anger:** I want to kill the person who attacked me!
- **Physical stress:** My stomach (or head or back) aches all the time. I feel jittery and don't feel like eating.

(Material adapted from University of Texas Counseling and Mental Health Center)

Regardless of the circumstances, sexual assault is NEVER your fault

Flashbacks

What is a flashback?

A flashback is when memories of a past trauma feel as if they are taking place in the current moment. That means it's possible to feel like the experience of sexual violence is happening all over again. During a flashback it can be difficult to connect with reality. It may even feel like the perpetrator is physically present.

Flashbacks may seem random at first. They can be triggered by fairly ordinary experiences connected with the senses, like the smell of someone's odor or a particular tone of voice. It's a normal response to this kind of trauma, and there are steps you can take to help manage the stress of a flashback.

What helps during a flashback?

If you realize that you are in the middle of a flashback, consider the following tips:

- Tell yourself that you are having a flashback. Remind yourself that the actual event is over and that you survived.
- Breathe.
 - Take slow, deep breaths by placing your hand on your stomach and taking deep breaths. You should see your hand move out with the inhalations, and watch it fall in with the exhalations.
 - When we panic, our body begins to take short, shallow breaths, and the decrease in oxygen can make you feel more panicked. Deep breathing is important because it increases the oxygen in your system and helps you move out of anxious state faster.
- Return to the present by using the five senses.
 - **Sight:** Look around you. Make a list of the items in the room; count the colors or pieces of furniture around you. What do you see?
 - **Smell:** Breathe in a comforting scent, or focus on the smells around you. What do you smell?
 - **Hearing:** Listen to the noises around you, or turn on music. What do you hear?
 - **Taste:** Eat or drink something you enjoy. Focus on the flavor. What do you taste?
 - **Touch:** Hold something cold, like a piece of ice, or hot, like a mug of tea. What does it feel like?
- Recognize what would make you feel safer.

Wrap yourself in a blanket, or go into a room by yourself and close the door. Do whatever it takes for you to feel secure.

How do I prevent flashbacks?

You may be able to take steps to prevent future flashbacks by identifying warning signs and triggers:

- **Be aware of the warning signs.**

Flashbacks sometimes feel as though they come out of nowhere, but there are often early physical or emotional warning signs. These signs could include a change in mood, feeling pressure in your chest, or suddenly sweating. Becoming aware of the early signs of flashbacks may help you manage or prevent them.

- **Identify what experiences trigger your flashbacks.**

Flashbacks can be triggered by a sensory feeling, an emotional memory, a reminder of the event, or even an unrelated stressful experience. Identify the experiences that trigger your flashbacks. If possible, make a plan on how to avoid these triggers or how to cope if you encounter the trigger.

Where can I get help?

There is a relief that comes with the end of a flashback, but that doesn't mean it's a one-time occurrence. Flashbacks can worsen over time if you don't address them. They can also be an indicator of PTSD.

Managing flashbacks isn't easy work for anyone. Many survivors have found success working with a professional to identify triggers and develop tools to help them through flashbacks when they do occur.

To speak with someone who is trained to help, call Fresno State's CAPS (Counseling services) at 559.278.2734, RCS at 559.222.7273 or the National Sexual Assault Hotline at 800.656.HOPE (4673) or chat online at online.rainn.org.

Material adopted from RAINN <https://rainn.org>

Coping Strategies Following a Sexual Assault

Coping strategies are used to manage stress, reduce anxiety, lessen other distressing reactions, and improve the situation in a way that does not harm you further. Traumatic experiences can overwhelm a person's usual coping strategies so the list below seeks to offer healthy strategies when recovering from a sexual assault.

Healthy coping strategies that some survivors have found therapeutic include the following:

- Talking with friends or family
- Journaling
- Seeking professional help such as counseling services
- Praying or meditating
- Engaging in expressive arts such as drama, music, and dance
- Stretching or yoga
- Exercising in moderation: walking, jogging, swimming
- Muscle relaxing exercises
- Distractive activities including recreational or work activities: gardening, working out, going to the park, going out with friends, watching a movie, listening to music, arts and crafts
- Seeking assistance from the justice system (pressing criminal charges, obtaining protective orders, filing lawsuits, and pursuing restorative justice to hold offenders accountable).

Unhealthy coping strategies can make problems worse. The unhealthy strategies below may provide short-term relief but may also cause additional problems and compromise victims' safety, health, functioning, and well-being:

- Self-medicating with alcohol and other addictive substances
- Continuing to avoid thinking about the assault
- Aggressive or violent acts
- Compulsive shopping
- Social Isolation
- Cutting or hurting oneself
- Binge eating

Cycle of Violence

Violence in an intimate relationship is often cyclical. The dating/domestic violence cycle has three distinct phases which vary both in time and in intensity: the tension building phase; the explosion or acute battering incident; and the honeymoon phase. The cycle usually follows this pattern:

Tension Building: A period described as "walking on eggshells;" the batterer holds in stress and anger, and appears ready to explode at any moment. The battered person is unable to determine the cause of the anger, or to avoid the violence.

Violent Episode: A violent assault – physical, emotional, verbal, sexual, etc.

Honeymoon Stage: A period of apology, guilt and promises; the batterer is on his/her best behavior. Although the victim of abuse may rely on the hope that the abuse will end by focusing on the honeymoon phase instead of the abuse, the reality is that the overall violence tends to escalate as the cycle continues.

The cycle can happen multiple times in an abusive relationship. Each stage lasts a different amount of time in a relationship. As time goes on, the honeymoon period may disappear. Please note, not all abusive relationships will follow this model.



Victim/Survivor's Bill of Rights

The Federal Campus Sexual Assault Victims' Bill of Rights

The Campus Sexual Assault Victims' Bill of Rights was signed into law by President George Bush in July of 1992. The "Campus Sexual Assault Victims' Bill of Rights" exists as a part of the campus security reporting requirements, commonly known as the Jeanne Clery Act.

- Survivors shall be notified of their options to notify law enforcement.
- Accuser and accused must have the same opportunity to have others present.
- Both parties shall be informed of the outcome of any disciplinary proceeding.
- Survivors shall be notified of counseling and support services.
- Survivors shall be notified of options for changing academic and living situations.

Survivors' Rights at Fresno State

It is the right of a Sexual Assault, Dating/Domestic Violence, or Stalking Victim/Survivor at Fresno State who reports their experience to anticipate that:

- You have a right to compassionate and confidential support and assistance.
- You will be treated with dignity and respect and in a non-judgmental manner.
- All sexual assault, relationship violence and stalking cases will be treated seriously.
- You will be notified of all campus organizations and services that can assist you.
- You will be notified of your option to (1) not report (2) report anonymously (3) report confidentially (4) report to Title IX (5) report to Law enforcement if you disclose an incident of sexual assault, dating/domestic violence and/or stalking.
- You will never be forced to report or respond in a certain manner from Fresno State Personnel. We will provide options, you can choose which options you would and would not like to pursue.
- You will be provided with available on and off-campus counseling and other resources when reporting sexual assault, dating/domestic violence or stalking.

Time Sensitive Medical Attention

You Do NOT have to report the crime in order to receive medical care following a sexual assault.

Victim/survivors of sexual assault may be concerned about physical injuries, sexually transmitted infections (STIs) and possible pregnancy and should consider getting medical attention for the following reasons:

- **To treat any injuries that may have occurred during the assault.**
 - Even if you do not 'feel' injured, it is possible you have injuries that you are unaware of. You may have experienced bruising, lacerations, or internal injuries (particularly if you were forced to have vaginal or anal intercourse).
- **To obtain antibiotics to treat for, and for the prevention of, sexually transmitted infections (STIs).**
 - Treatment should be started as soon as possible after the assault, but can be taken within 72 hours of the assault.
- **To obtain emergency contraception.**
 - If you are concerned about pregnancy, you can prevent pregnancy by taking emergency contraception within 72 hrs (although it is possible to take emergency contraception up to 5 days/120hrs) after the assault. *Emergency contraception is most effective when taken as soon as possible after the assault.*
- **To provide for the possibility of collecting forensic evidence (rape kit)**
 - This may be useful if you wish to pursue criminal charges now or in the future. Evidence can be collected up to 5 days after the assault but should be done as soon as possible after the assault. You will not be charged for this procedure.
- **Screen for Date Rape Drugs**
 - Screening for date rape drugs can be done up to 72 hours after the incident but is optimally done within 12 hours as these drugs leave the system very quickly
 - If you are concerned that you may have been drugged, ask the medical provider to take a urine sample as these drugs are more likely to be detected in the urine rather than in the blood.
- **For Immediate Counseling and Referrals**
 - Medical and/or counseling staff can discuss STIs, pregnancy and any other medical concerns you may have regarding this assault.
 - Medical/counseling staff can also put you in contact with any additional campus or community resources if needed.

Please keep in mind, you can decide what medical care you want or don't want. All services, except medical evidence collection (rape kits) can be provided for Fresno State students at the Student Health and Counseling Center. *Please note that medical providers including nurses and physicians are mandated reporters for sexual assault and domestic violence*

Reporting Options

Please know that you can call a friend, family member or campus/community advocate to support you during the reporting process. You have the right to report to any or none of the options listed below.

Choosing Not to Report

You have the right to choose when, how, to whom, or even *if* you report the incident. Many survivors choose not to formally report what happened to them. We want you to get all the help that you deserve and encourage you to talk to someone who can support you. We do, however, respect your wish not to report and want you to know that you are entitled to receive medical care and support services regardless of whether you report the assault. You have the right to file a formal report at any time.

Anonymous Report

You have the option to report the incident anonymously through the Violence Prevention and Advocacy website at: www.fresnostate.edu/victimadvocate website or through the police department at fresnostate@tipnow.org or by calling/texting 559.664.3204. Completing this form does NOT constitute a police report nor a student conduct report but you can provide information that may prevent a future assault or alert police to high risk areas while maintaining your anonymity.

Making a Confidential Report

Regardless of when the assault took place, you can report the assault confidentially to the campus victim advocate or to Counseling and Psychological Services (CAPS) at the Student Health and Counseling Center where you can also receive support services. The information will not be shared with anyone else unless you want it reported formally.

Making a Report to the Title IX Coordinator/Fresno State University

If the alleged perpetrator is a student, staff or faculty member and a victim/survivor wishes to pursue disciplinary action through the University, the Confidential Victim Advocate will direct and accompany them (if requested) to meet with Fresno State's Title IX coordinator. The Title IX Coordinator will provide you with options for support and accommodations as well as possibilities for holding accountable the person who harmed you. If the alleged perpetrator is found to have violated Fresno State's policies, sanctions can range from probation to expulsion.

Making a Report to Law Enforcement

If you would like to report the assault to the police, for the quickest response, call 911 to be connected to the nearest police department. You can also report the assault in person at the Fresno State Police Department. This process may start a public investigation by the police department that could result in charges being brought against the alleged perpetrator. **The victim/survivor is entitled to request the presence of a Victim Advocate during the interview and any related medical and law enforcement procedures (if requested). If you would like to speak with an advocate or have an advocate present when reporting to law enforcement, contact the Victim Advocate on Campus 559.278.6796 or RCS 559.222.7273.**

What Happens If I Report this Assault to the Police?

If you would like to report the assault to the police, for the quickest response, call 911 to be connected to the nearest police department. You can also report the assault in person at the Fresno State Police Department located at 2311 E. Barstow Ave or by calling Fresno State Police Department at 559.278.8400.

Making the Report

- Fresno State Police officers are on duty 24 hours a day, seven days a week and are trained in working with survivors of sexual assault and dating/domestic violence.
- If the assault occurred on university property, contact Fresno State Police Department at 559.278.8400. If you are unsure whose jurisdiction (Fresno Police, Clovis Police, Fresno Sheriff's Department) the crime took place in, contact the Fresno State Police Department and they will assist you.
- The location of the crime will determine which law enforcement agency investigates the case, although Fresno State Police Department can take a courtesy report if needed.

The Interview Process

- Although a patrol officer may be the first to respond, a trained detective will do the interview and investigation.
- **The survivor is entitled to request the presence of a Victim Advocate during the interview. The Victim Advocate on Campus can be reached at 559.278.6796 or a community advocate from at RCS can be reached at 559.222.7273.**
- The interview process can be lengthy.
- Questions asked during the interview are of a sensitive nature and may be uncomfortable. You have a right to ask for breaks whenever needed.
- The Detective may ask similar questions over and over again as even the smallest details may be of great importance.
- The case will be assigned a case number which will allow you to stay updated with the status of the case. You can also ask for the advocate to stay in contact with the police and provide those updates to you.
- As much information as you can provide, even if it does not seem important at the time, is helpful to the investigation.
- It's okay not to have all of the answers. If you can't remember something, simply state just that.

The Investigation Process

- In order to investigate the crime, police will question the survivor, collect evidence from the crime scene (if available), receive the evidence obtained at the hospital or forensics facility (if a forensics exam was

completed), take a formal statement from the victim/survivor, ensure their confidentiality, interview other witnesses and prepare a report for the District Attorney's Office.

- The investigation process may also be lengthy.

Report Sent to the District Attorney's (DA) Office

- After the investigation is complete, the report will be sent to the District Attorney's Office who will decide whether there is enough evidence to proceed with the case and file charges against the alleged perpetrator.
- An investigator with the DA's Office may contact you to ask additional questions. Participation is voluntary and you can request to have an advocate present with you during court proceedings.

What Happens if I Report this Assault to Title IX Coordinator/University?

The Title IX Coordinator will respond promptly to your complaint and schedule an intake interview. The Title IX Coordinator will discuss the investigation process, requests for confidentiality, provide interim remedies (e.g. academic changes, housing changes, etc. if requested and are reasonably available), provide security and support, assist victim/survivors in accessing available victim advocacy, academic support, medical/mental health services, and legal assistance both on and off-campus. You do not have to participate in any investigation or disciplinary process if you do not want to.

Fresno State's Early Resolution Process and Fresno State's Investigation Process are diagrammed on the following pages. For additional information, please contact Fresno State's Title IX Coordinator or Fresno State's Victim Advocate.

Unique Concerns for College Students

Class Attendance

Individuals who have recently been impacted by interpersonal violence (sexual assault, dating/domestic violence, stalking) or recently re-triggered, may find it difficult to return to their “normal” schedule following the assault. Although some individuals find it helpful to continue with their everyday routine, others find it challenging to return to class and have difficulties concentrating and focusing on their studies following an assault. Please know that there is class attendance assistance available through the Victim Advocate, the Violence Prevention and Advocacy Program, or through the Title IX Coordinator. We will not disclose any details surrounding the event to your professors but will simply indicate that flexibility is needed at this time.

Course Load Reduction Following an Assault

Experiencing interpersonal violence (sexual assault, dating violence, stalking) may result in feelings of isolation, guilt, shame, fear, anger, anxiety and a loss of control, all of which are normal responses to traumatic events. Sometimes these feelings impact our ability to maintain the same course load following the assault. Please know that the victim advocate, Violence Prevention and Advocacy Program and/or the Title IX Coordinator can assist you if needed with dropping or withdrawing from a course following an episode of interpersonal violence.

Attending the Same Class as the Person that Assaulted You

As most sexual assaults on college campuses are perpetrated by someone known to the victim, there is a chance that you may attend a class with, or next to, the person that assaulted you. Many individuals may avoid that class, or withdrawal altogether, following the assault. Please know that there are academic accommodations that can be made to ensure that you feel safe and comfortable while attending classes. Please contact the Victim Advocate, Violence Prevention and Advocacy, and /or the Title IX Coordinator to review the academic accommodations available to ensure you’re able to continue on with your studies.

Living in the Same Residence Hall as the Person that Assaulted You

Everyone has the right to feel safe and comfortable in their home. If you were assaulted by someone that lives in the same residence hall and you feel unsafe in your

dorm room, please know that there are housing accommodations that can be made to ensure your safety. If you do not live on campus, the victim advocate, violence prevention and advocacy program and/or Title IX Coordinator can still provide resources to assist with your safety.

Amnesty Policy Following an Assault

Many students are reluctant to seek services and assistance following a sexual assault, dating/domestic violence or stalking incident because they may fear repercussions for underage drinking or using substances prior to the assault. Please know that Fresno State has an amnesty policy and will not issue tickets or disciplinary violations for the use of alcohol or drugs prior to an incident of interpersonal violence (sexual assault, dating/domestic violence, stalking) unless the violation was egregious.

What will my Friends Think?

Since the majority of sexual assaults occur between acquaintances, there is a chance that the victim/survivor and perpetrator may belong to the same clubs and groups. In these types of situations, people may take sides and relationships amongst friends may be strained. It's important to surround yourself with people that will believe you and support you through this difficult time.

Financial Reimbursement for Crime-Related Expenses

The California Victim Compensation Program (CalVCP) provides compensation (reimbursement for many crime-related expenses) to eligible victims of violent crimes. CalVCP can help pay bills and expenses that result from certain violent crimes. Victims of crime who have been injured or have been threatened with injury may also be eligible for help.

What Crimes are Covered?

- Domestic Violence
- Child Abuse
- Assault
- Sexual Assault
- Elder Abuse
- Homicide
- Robbery
- Drunk Driving
- Vehicular Manslaughter
- Hate Crimes

What expenses can CalVCP help Pay?

- Medical and dental treatment
- Mental health services
- Income loss
- Funeral and burial expenses
- Loss of support for dependents when a victim is killed or disabled because of a crime
- Home or vehicle modifications
- Home security
- Relocation
- Crime scene cleanup

How do I Apply?

- You can contact someone from the Violence Prevention and Advocacy (VPA) Program on campus (559.278.6796) to help you complete and submit the application.
- You can call CalVCP at 800-777-9229
- You can download the application directly from the website:
http://www.vcgcb.ca.gov/docs/forms/victims/apps/victimcompensationapp_eng.pdf

Please Note: CalVCP cannot pay for any expense not related to the crime, any expenses paid by insurance or another source of reimbursement or coverage, expenses for lost, stolen or damaged property, or damages for pain and suffering. In addition, there are limits on how much can be paid for each loss. The program cannot pay any expense for a person who is on felony probation, on parole, in county jail or prison.

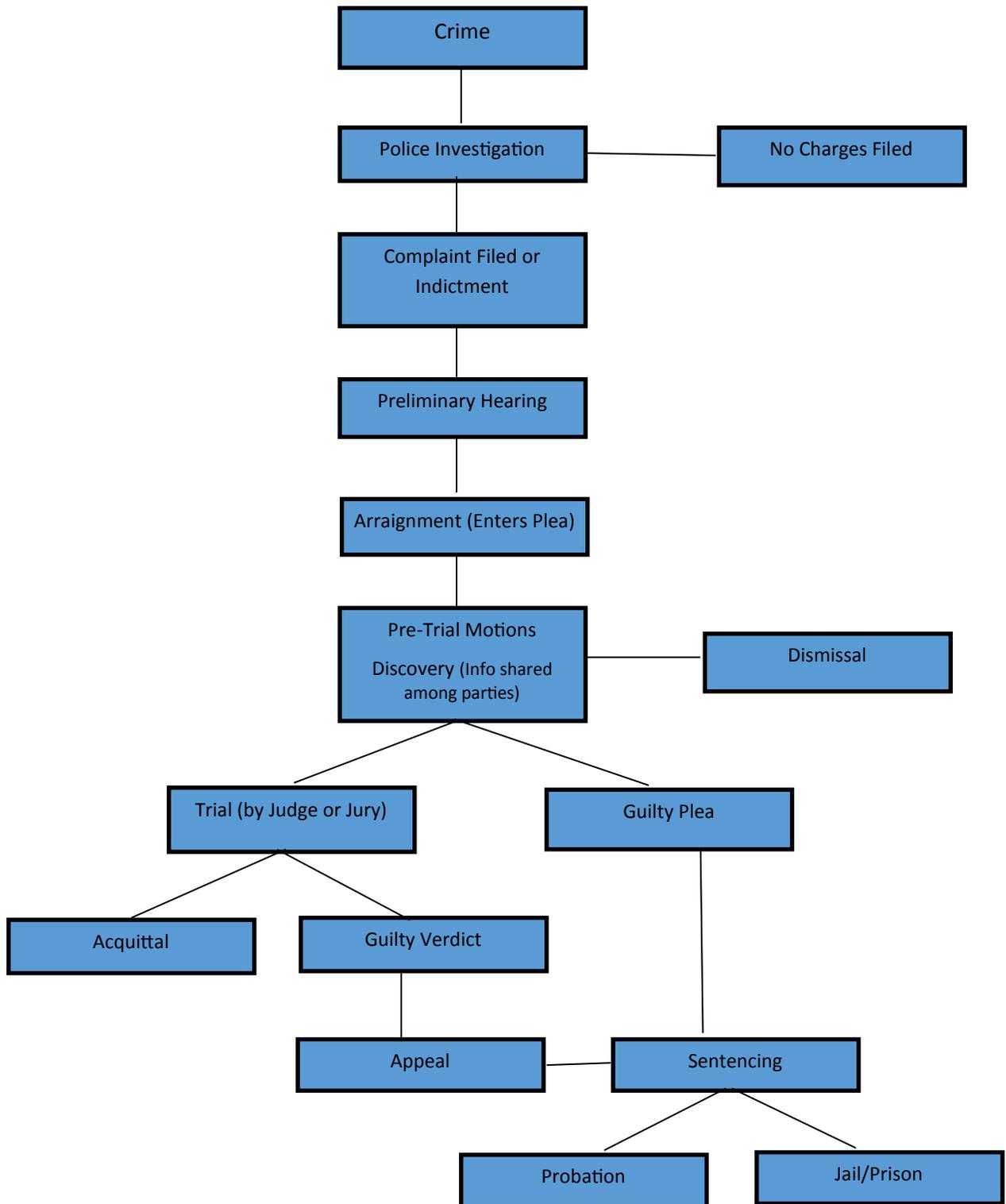
Survivor's Measure of Growth

Use the checklist below to better understand your recovery and to help you develop your own list of goals.

- I acknowledge that something terrible has happened to me.
- I am beginning to deal with my feelings about the crime.
- I am angry about what was done to me but recognize that my anger is not a constant part of my feelings. It intrudes into other parts of my life in a negative way.
- I can talk about the crime experience with an advocate on or off-campus, with a counselor or therapist.
- I am beginning to understand my feelings about the crime.
- I can give responsibility for the crime to the person that victimized me. The responsibility is not mine to accept.
- I could have not prevented the crime and I recognize that I did the best that I could to get through it.
- I am developing a sense of my own self-value and am increasing my self-esteem.
- I am comfortable with choices I make for myself.
- I am developing a sense of being at ease with the subject of my crime.
- I recognize that I have a choice about whether or not to forgive the offender(s).
- I recognize that I have begun to get back control in my life and that the offender(s) does not have power over me.
- I recognize that I have the right to regain control.

*The Survivor's Measure of Growth is adapted from the New York City Task Force Against Sexual Assault.

Criminal Justice System Process



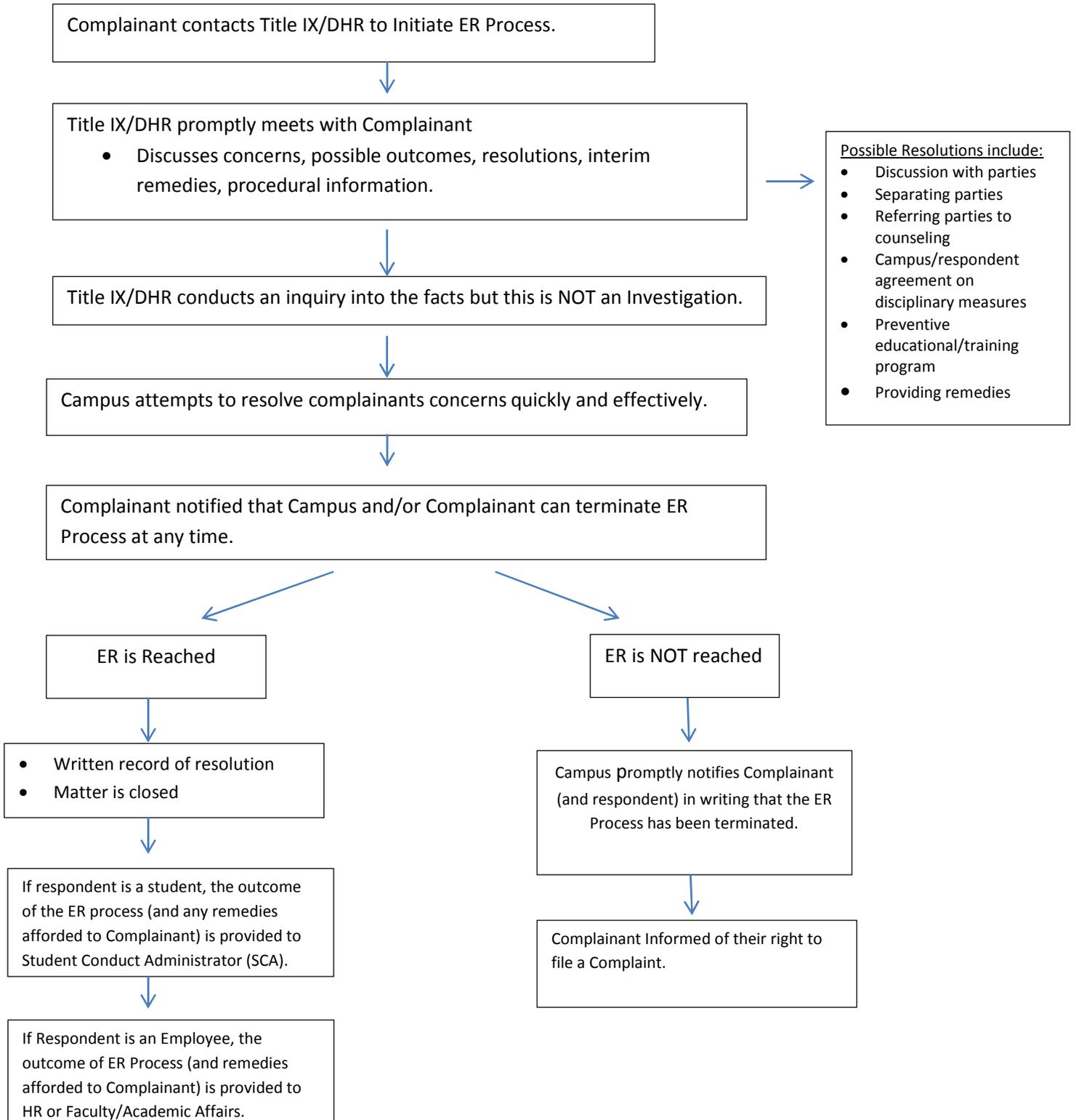
For additional information on the Criminal Court Process, please reference:
<http://www.courts.ca.gov/1069.htm>

Fresno State Early Resolution (ER) Process for DHR/Title IX

Purpose of the ER Process: To explore whether a Complainant's concern can be resolved by the Campus without an Investigation.

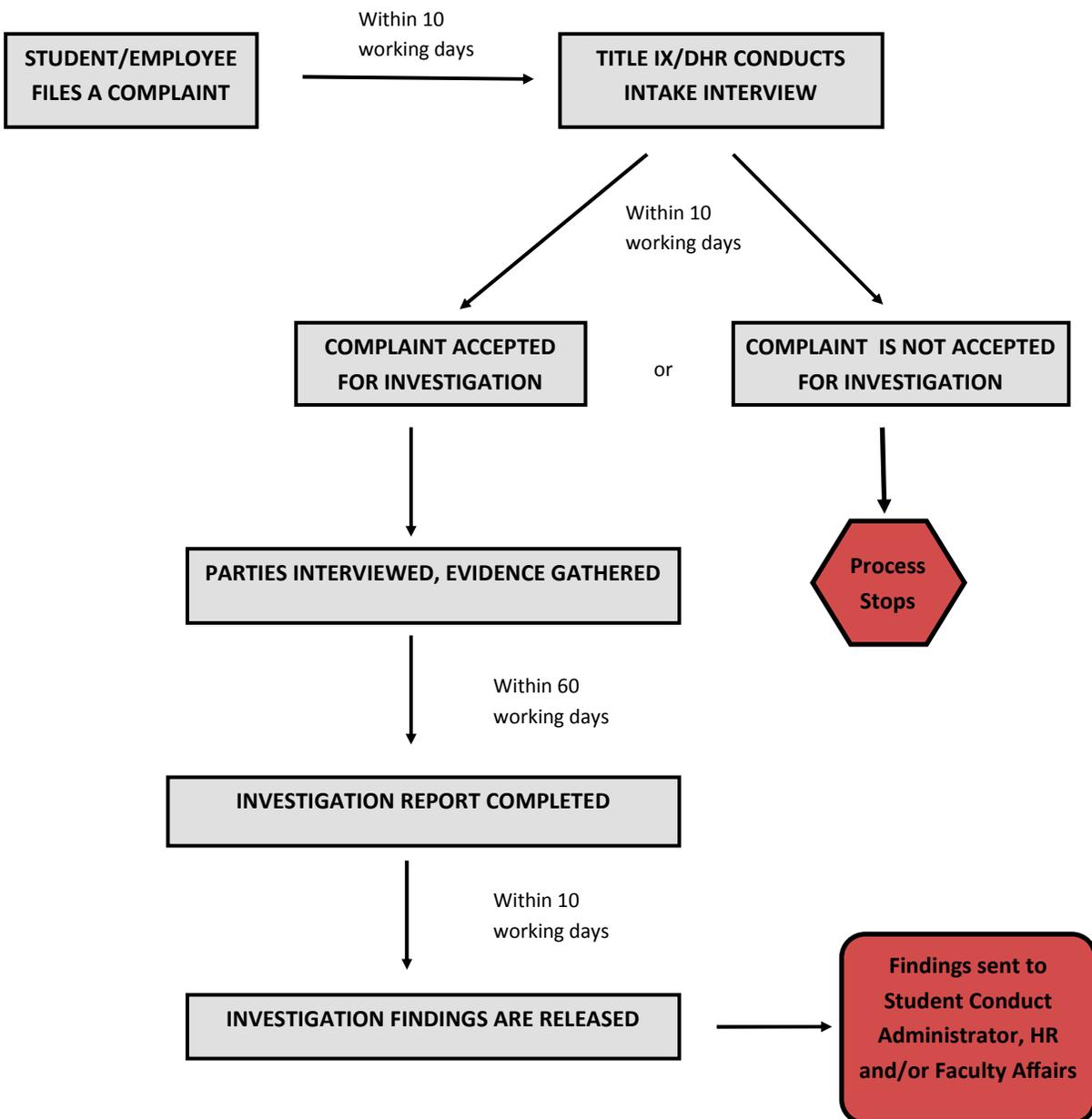
- The ER Process is NOT required and participation is **Voluntary**

Note: Mediation cannot be used (even if voluntary) to resolve Sexual Misconduct, Dating/Domestic Violence and Stalking



FRESNO STATE TITLE IX/DHR INVESTIGATIVE PROCESS

- Fresno State will investigate a complaint unless an Early Resolution (ER) is reached, whether or not a formal written complaint is submitted.
- The DHR/Title IX will determine whether to open an investigation after a preliminary inquiry into allegations.
 - ◊ An investigation may not be warranted where the reported information is insufficient.
 - ◊ An investigation may be warranted even if complaint isn't filed and independent of Complainant's wishes.
- The DHR/Title IX will weigh requests for confidentiality with the duty to provide a safe and nondiscriminatory campus community. **Confidentiality, therefore, cannot be ensured.**



For additional information, contact the Fresno State's Title IX Coordinator, Erin Boele @ 559.278.2345 or eboele@csufresno.edu. Additional resources include the Campus Confidential Advocate @ 559-278-6796 or the Student Health and Counseling Center @ 559-278-2734.

Fresno State Title IX/DHR Investigation Process

- Fresno State will investigate a complaint unless an Early Resolution (ER) is reached, whether or not a formal written complaint is submitted.
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