

What is a Support Group?

It's a group of people with a common bond, sharing their experiences, understanding and wisdom.

We listen, explore options and express our feelings. We do not prescribe, diagnose, judge or give advice; we suggest.

We encourage each other to share their strengths, skills, insight, successes and their hopes.

We know what we share is confidential and that we have the right to remain anonymous if we choose.

We have the right to take part in any discussion or not. We respect our fellow group members and actively listen and avoid having side conversations.

We encourage "I" statements, so that we own our feelings and speak in first person.

We recognize the need for offering our help to others after having benefited from the help of others.

Our goal is to accept each other and avoid making judgments.

We each share responsibility for making this group work.



Mental Health Association in
Orange County, Inc.

Rape Crisis Program

73 County Highway 108
Middletown, NY 10940
24 Hour Helpline/ Rapeline:
(800) 832-1200
Phone: (845) 342-2400
Fax: (845) 343-9665

www.mhaorangenyc.com

The MHA family shares a system of values and behaviors that recognizes and respects the presence and contributions of all diverse groups.



Seeds of Hope

*An Educational Peer
Support Group for Adult
Survivors of Sexual
Assault*

*A Service of the Orange County
Rape Crisis Program*



Session Topics

- ☞ Coping Strategies
- ☞ Keeping Safe
- ☞ Effects of Trauma
- ☞ Post Traumatic Stress Disorder (PTSD)
- ☞ Change
- ☞ Grief
- ☞ Relationships
- ☞ Stress Management Tips
- ☞ Self-Esteem

Goals

- ☞ To provide support to survivors of sexual assault
- ☞ To educate on new coping strategies or elaborate on current strategies
- ☞ To meet new people and bond over similar experiences
- ☞ To empower our group members
- ☞ To provide members with valuable resources in the community

Location:

Mental Health
Association in Orange
County, Inc.
73 County Highway
108 Middletown, NY



For additional information or questions, please call the Victim Services Coordinator at (845) 342-2400 ext. 267

Facts about Sexual Assault:

- ☞ 1 in 4 American women will be sexually assaulted in their lifetime. (National Institute of Justice, 2000.)
- ☞ 75% of women in substance abuse treatment programs are survivors of sexual assault. (Najavits, L.M., Weiss, R.D., and Shaw, S.R. (1997) "The Link Between Substance Abuse and Posttraumatic Stress Disorder in Women: A Research Review." *American Journal on Addictions*, 6: 273-283).
- ☞ About 1/3 of all rape survivors develop Post-Traumatic Stress Disorder (PTSD). (Rape in America: A Report to the Nation, 1992. National Victim Center and Crime Victims Research and Treatment Center, University of South Carolina, Charleston.)
- ☞ For every white woman that reports her rape, at least 5 white women do not report theirs; and yet, for every African-American woman that reports her rape, at least 15 African-American women do not report theirs (Bureau of Justice Special Report 2003).