

our mission

King County Sexual Assault Resource Center (KCSARC) is a change agent that challenges society to address issues contributing to sexual assault.

KCSARC provides comprehensive services, which enable clients to move from victims, to survivors and beyond. KCSARC creates and delivers diverse educational programs.

KCSARC is committed to the elimination of sexual assault.

what you can do

- ▶ **Refuse to tolerate sexual abuse of any kind in our community.**
- ▶ **Base your own relationships in respect.** Listen to and honor your partner's wishes; help your children/family understand healthy relationships.
- ▶ **Confront attitudes and beliefs that support sexual assault.** Openly disagree with people who blame victims. Point out that rigid beliefs about sex role stereotypes add to the risk of interpersonal violence.
- ▶ **Contribute generously to support KCSARC's work in our community.**



24-hour Sexual Assault Resource Line

888.99.VOICE

Toll-free in Western Washington only

King County Sexual Assault Resource Center

PO Box 300, Renton, WA 98057

tel **425.226.5062**

Business Line (Voice/ TTY)

KCSARC is registered under the Washington State Charitable Solicitation Act (Chapter 19.09 RCW) and information relating to our financial affairs is available by contacting our office or the office of the Secretary of State. 86% of revenues are applied to charitable purposes

Women's Funding Alliance Member

Accredited by: Office of Crime Victims' Advocacy

end the silence

KCSARC offers straight talk and effective answers for battling sexual assault in our communities.

our vision

Our purpose is to alleviate, as much as possible, the trauma of sexual assault for victims and their families. As an agency, we ultimately want to eliminate sexual assault and to ensure the freedom to live without fear.

KCSARC operates from the following beliefs:

- ▶ Sexual Assault is a problem that impacts everyone, having roots in large social issues of sexism, racism, and homophobia.
- ▶ Services are focused to meet the victims' needs. Services are provided in a no-cost, confidential manner.
- ▶ The agency maintains a balance of services to victims and prevention education to the community.



client services

We work to empower women, children, and men who have been sexually victimized, and assist them in making the transition from “victim” to “survivor” and beyond. We are committed to providing survivors with services that support their own strengths, encourage them to make their own decisions, and empower them to regain control of their lives through their individual healing process.

ADVOCACY SERVICES

Advocacy services are offered at no cost to residents of King County:

Sexual Assault Resource Line

Crisis intervention, information/referral, medical advocacy and on-going support is provided by trained counselors; 24 hours a day, 7 days a week. This vital resource is for victims, their family, friends, or anyone who is concerned about sexual violence in their community. **1.800.825.7273**

Medical Advocacy

During forensic medical exams, we provide support and information.

Legal Advocacy

Working with victims through the legal process, we provide information and support while navigating the often lengthy and confusing legal proceedings.

Child Advocacy

Child Advocates assess the needs of the child and family affected by sexual assault, as well as provide support, parent education and advocacy at the forensic medical exams.

THERAPY SERVICES

Groups

Therapy groups are routinely provided for adults.

Individual Therapy

Crisis intervention and on-going trauma-specific treatment is provided to children, adolescents, and their families.

COUNSELING

For children, adolescents, and families who live in King County, our clinical staff provides:

Crisis Intervention

Counseling for the initial trauma and disclosure of sexual assault.

Individual Therapy

Trauma-specific therapy to treat issues related to sexual assault.

education services

While we work to facilitate healing for survivors, we also strive to end sexual violence. We believe that education is the key to preventing and eventually eliminating sexual assault. Our education services provide people with the tools to identify and confront the social and individual conditions which support and perpetuate sexual violence.

CONTINUING EDUCATION

Nationally recognized workshops, trainings and printed materials provide awareness and prevention information to individuals, teachers, schools, community groups and organizations. Workshops are offered for clock hour and college credit.

COMMUNITY DEVELOPMENT

This service focuses on the needs of students, schools, and neighborhoods to define and confront the issue of sexual violence. Our education team provides trainings, facilitation expertise and other resources to empower communities in their efforts to prevent and eliminate sexual assault.

COMMUNITY PRESENTATIONS

Presentations about sexual assault or sexual harassment can be arranged for any workplace, school, or community group. Seminars are designed to meet specific group needs.

PROFESSIONAL CONSULTATIONS

Specialized consultation is also available.

RESOURCE MATERIALS

KCSARC produces a variety of booklets and brochures on issues related to healing and prevention of sexual assault.

KCSARC provides services which are sensitive to people of all backgrounds. We strive to increase the accessibility of our services by addressing the specific needs and concerns of under-served communities.

what we know

- ▶ One in three girls and one in five boys will be sexually assaulted by the time they are 16 years old.
- ▶ Almost one third of all rape survivors develop Post-Traumatic Stress Disorder sometime during their lives.
- ▶ 84% of all sexual assaults are committed by an acquaintance of the victim.
- ▶ Child and/or adult history of sexual and physical abuse frequently appear to be the first experience in a sequence that leads to homelessness for women and men.
- ▶ Estimate of the total annual cost of mental health care for victims of attempted or completed rape is \$863 million. Estimate of the same costs for adult survivors of child sexual abuse is \$2.1 billion.
- ▶ Male victims of sexual assault experience the same reactions as women, as well as an increased sense of vulnerability, damaged self-image, and emotional distancing. Because of the cultural belief that men should be capable of defending themselves, males often blame themselves for the attack.

WE ALSO KNOW THAT

We must create places in our lives to talk about sexual assault with our children, our family, and our loved ones. We must encourage prevention programs in schools, faith communities, and other venues where youth learn new skills. We must speak out at work, in our neighborhoods, at the polls.

We can, and must, end the silence.