

RESOURCES FOR VICTIMS OF UNWELCOME SEXUAL BEHAVIOR

*It is your right to decide how much or how little support you would like.
We are here to offer our assistance to you.*

CAMPUS and COMMUNITY SUPPORTS/RESOURCES

LARAMIE COUNTY COMMUNITY COLLEGE RESOURCES

LCCC Title IX Coordinator:

Melissa Stutz, EdD • (307) 778- 1217 • Clay Pathfinder Building, Suite 205

If an individual wants to make an official report of unwelcomed sexual behavior to the college, she/he shall file a report with the College Title IX Coordinator.

LCCC Campus Safety:

(307) 778-1122 • (307) 630-0645

Provides students with options for maintaining and/or improving their experience of safety on campus.

Student Advocacy- Counseling and Campus Wellness

(307) 778-4397 • Clay Pathfinder Building, Suite 207

All services are free and confidential to students who have experienced unwelcome sexual contact, are participating in the campus conduct process and/or Title IX process, or are uncomfortable about an experience of which they may have been involved. Advocates and Counselors are not mandated to report to law enforcement or campus officials. Services offered include providing information about options and next steps, consultation, support, advocacy, and short-term counseling to students. Students reserve the right to take advantage of as many or as few of the services available.

LCCC Student Rights and Responsibilities:

lccc.wy.edu/life/handbook/

CHEYENNE COMMUNITY RESOURCES

Cheyenne Regional Medical Center Sexual Assault Nurse Examination Program:

(307) 633-7610 • 214 E 23rd St, Cheyenne, WY

More information about the SANE program is attached.

Family Planning/ City-County Health Department:

(307) 633-4000 • 100 Central Avenue, Cheyenne, WY

Public, non-profit organization that provides reproductive health care, contraceptive methods, counseling services, and testing for STIs to men and women in Laramie County and surrounding areas.

Safehouse Services:

(307) 634-8655 • Confidential 24-hour crisis line (307) 637-7233 • 714 W Fox Farm Rd, Cheyenne, WY

wyomingsafehouse.org

Safehouse is a private, not-for-profit organization providing confidential services to victims/survivors of domestic violence, stalking, and sexual assault. Safehouse operates a residential shelter for persons and/or their children who are in a violent or potentially violent environment, while also assisting in access to local support services.

Cheyenne Police Department:

Non-emergency (307) 637-6524 • Emergency 911 • 415 W 18th St, Cheyenne, WY

Victim Assistance: Leslie Burch • (307) 637-6507 • www.cheyennepd.org/Services/Victim-Assistance

Provide quality services to victims of crime as established by response from law enforcement within the Cheyenne Police Dept jurisdiction. Services may include crisis intervention, follow-up contact, emergency shelter, providing information and referral, property return assistance, orientation to the criminal justice system, court escort, case status/disposition notification, intervention services, assistance with restitution, emergency legal advocacy, and assistance with Crime Victim Compensation applications.

Laramie County Sheriff's Department:

Non-emergency (307) 633-4700 • Emergency 911 • 1910 Pioneer Ave, Cheyenne

[Victim Advocate: Tracy Walton \(307\) 633-4762](#) •

www.laramiecountywy.gov/officials/sheriff/VictimAssistance.aspx

Provides a list of services, and information on Victim & Witness Bill of Rights, VINE Program, etc.

Wyoming Division of Victim Services:

dvs.wyo.gov/home

Victims/survivors may access resources for the victim of unwelcomed sexual behavior. The Wyoming Crime Victim Handbook can also be located at this website.

Wyoming Crime Victim Compensation & Restitution Program:

dvs.wyo.gov/compensation

Provides explanation of Crime Victims Compensation Act, compensation applications, etc.

MILITARY RESOURCES**Air Force Victim Advocates**

www.warren.af.mil/Units/SARC.aspx

(307) 773-3482 • F.E. Warren Air Force Base • 5805 Randall Ave. Bldg. 242

Air Force victim advocates provide confidential essential support, liaison services, and care to a sexual assault victim. Services are provided to active duty service members and their dependents over the age of 18.

Wyoming Air National Guard Sexual Assault Response Coordinator (SARC)

www.153aw.ang.af.mil/SAPR/

(307) 631-4908 • Call or click SafeHelpline.org at (877) 955-5247

The 153rd Airlift Wing SARC office provides confidential sexual assault response capability for all victims on the installation, and assigned to the 153AW and GSUs. Victim advocates will explain reporting options, and may meet you at the hospital for a medical evaluation, treatment and examination.

Cheyenne Veteran Affairs Medical Center, Military Sexual Trauma

www.cheyenne.va.gov/services/Military_Sexual_Trauma.asp

(307) 778-7349 • 2360 E Pershing Blvd, Cheyenne, WY 82001

Any Veteran who experienced sexual trauma while serving in the military can receive counseling or assistance accessing care such as mediations, talk therapies, social supports, and special inpatient or residential programs.

LARAMIE, WY RESOURCES**STOP Violence:**

www.uwyo.edu/stop/i-need-help/

(307) 766-3296 • University of Wyoming, Knight Hall room 118.

Offers University of Wyoming students on-campus advocacy and education programs to victims and survivors of sexual assault, domestic and dating violence, and stalking.

Albany County SAFE Project:

www.safeproject.org/

(307) 742-7273 • 319 S Lincoln St, Laramie, WY 82070

Located in Laramie, WY, our mission is to advocate for and empower survivors of stalking, intimate partner, family, and sexual violence.

Wyoming Coalition Against Domestic Violence and Sexual Assault:

(307) 755-5481 • www.wyomingdvsa.org

Located in Laramie, WY, our mission is committed to provide leadership, education, and systems advocacy to advance social change and end violence.

Laramie Police Department:

Non-emergency (307) 721-2526 • Emergency 911 • 620 Plaza Court, Laramie, WY

Located in Laramie, WY, our mission is committed to provide leadership, education, and systems advocacy to advance social change and end violence.

Sexual Assault Nurse Examination (SANE Program)

Cheyenne Regional Medical Center Forensic Nursing Coordinator: 633-7610

cheyenneregional.org/emergency-department-2/sexual-assault-nurse-examination/

If the coordinator is unavailable and you need immediate assistance, call the emergency department at 633-7670 and ask to speak with the on-call sexual assault nurse.

SANE Nurse Examination Located at:

Cheyenne Regional Medical Center Emergency Room • 214 East 23rd Street • Cheyenne, WY 82001

The Sexual Assault Nurses at Cheyenne Regional Medical Center strive to provide safe, compassionate and confidential care to anyone who has been affected by sexual abuse or sexual violence.

If you are sexually assaulted:

- Your safety is most important. Call 911 if you are in immediate danger. Go to a safe place as soon as you can and ask someone you trust to stay with you.
- Seek medical care as quickly as possible after a sexual assault. If you call 911, a police officer or ambulance will be able to take you to the hospital. If you do not want to contact the police department, come to the emergency department and tell the nurse that you need to be seen by a forensic nurse.
- If you are uncomfortable with coming into the ER or are unable to get to the hospital, call 633-7670 and provide the ER department secretary with your phone number. A forensic nurse will be asked to call you.
- Remember: bathing, wiping, eating, drinking, going to the bathroom, changing clothes or douching may compromise evidence that can be collected. If you feel comfortable, wait to bathe until after you have been to the hospital. If you have already done some of these things, don't panic or feel bad; there is still potential evidence present.
- Some medical concerns may not be immediately apparent, such as sexually transmitted diseases (STDs), small injuries or pregnancy. Even if you do not wish to have a doctor or nurse collect evidence for an investigation, you can obtain a medical exam to protect yourself from these things. Some medications, such as the "morning after pill" for pregnancy and antibiotics for STDs are most effective when administered as soon as possible. Medical care may also preserve evidence of the assault, should you wish to pursue criminal charges immediately or in the future.
- You will not be charged for any of the services required for a forensic medical examination. If you are over the age of 18, our services are confidential unless you give us written permission to contact law enforcement. If you are under 18, we must contact law enforcement as required by Wyoming State Law. It is always your decision if/when/who you talk to about the assault.

What to expect from a SANE exam

Forensic/SANE exams can be performed up to 120 hours after the assault. An exam typically takes about three hours. While forensic exams are invasive, they are done to protect you.

The initial part of the exam consists of an interview. This the SANE will ask you to tell about the assault. She will ask you specific questions concerning details of the assault. It is always your choice not to answer any question or questions about the assault, but the more information the SANE can have concerning the assault, the more thorough the examination can be.

The second part of the exam is a physical exam. For females, it is very similar to a well-woman exam. Swabs will be obtained from the pelvic area and a speculum exam is done if indicated. This exam may also consist of swabbing with a cotton applicator any other areas of the body indicated in the interview. An alternative light source may be used to look for saliva or semen on the body to obtain swabs from those areas as well. A thorough exam may also require nail clipping, hair samples, and photographs, all of which are completely confidential. If available, the SANE will ask for clothing worn during or immediately following the assault to be sent with the kit as evidence.

The final part of the exam is a blood and urine collection. If the interview indicates a possible Drug Facilitated Assault, blood and urine samples will be obtained and sent with the evidence kit.

Common Feelings after Unwelcome Sexual Contact

After a rape or sexual assault, it is normal to experience a lot of different feelings or physical reactions. While there are similarities in how people may respond, each person will react to the incident in his/her own way. One person may feel intense anger and have feelings of revenge, while another may feel numb. Sexual assault can be extremely traumatic and life changing. It's important to remember that your responses are not "crazy." They are normal reactions to a traumatic situation. Below are some of the common types of reactions a person might have:

Shock and Disbelief

Immediately after the assault, many people are in a state of shock. Some will act as if nothing has happened, trying to make life seem normal. Others find themselves in a daze or have difficulty focusing.

Recurring Thoughts

There may also be periods when a person is preoccupied with thoughts and feelings about the assault. The person may have unwanted memories, flashbacks or nightmares. When the person thinks about what happened, he/she may re-experience some of the sensations and feelings that happened during the assault.

Difficulty Controlling Emotions

While some people experience an overwhelming amount of emotions immediately after an assault, others find that days, months or even years may pass before feelings surface. Emotions can change rapidly. Sometimes they start crying uncontrollably or laughing nervously. Feelings can be overwhelming, and some people feel like they are going "crazy."

Self-blame and Shame

Many survivors are blamed by individuals they tell about the incident. These reactions are fueled by society's myths about sexual assault. Survivors may also feel that the rape or assault was their fault or that they could have done something to prevent it. These feelings can make it difficult to get help, as a person may feel that others won't believe them or will judge them. No one deserves to be sexually assaulted, and being sexually assaulted does not make you a bad person.

Difficulty in Relationships

Sexual assault impacts a person's ability to trust others. People may feel alone in their experience and that no one can understand. Withdrawing from others or changes in relationships are common. People who have been assaulted may feel irritable or angry with the people in their lives. Sexual intimacy may be difficult and could bring up painful memories or a fear of losing control.

Concern for the Assailant

Some survivors express concern about what will happen to the assailant if the attack is reported or prosecuted. Others express a concern that an assailant is sick or ill and needs psychiatric care more than prison. It is human to show concern for others, especially those who are troubled, destructive, and confused. Some of these attitudes may be the result of the survivor's effort to understand what happened, particularly if there was a previous relationship.

Other Emotional or Psychological Effects May Include:

- Sadness
- Anger
- Fear
- Hopelessness or Powerlessness
- Loneliness or Isolation
- Confusion
- Grief
- Numb, detached or empty
- Depression
- Impaired memory
- Loss of appetite
- Thoughts of suicide and death
- Substance abuse
- Loss of control
- Feeling that others can tell that they have been sexually assaulted just by looking at them