

FREE, CONFIDENTIAL AND CARING SUPPORT FOR SURVIVORS OF SEXUAL ASSAULT AND DOMESTIC VIOLENCE

- Advocacy/Supportive Counseling
- Prevention, Education and Outreach
- 24-Hour Domestic Violence and Sexual Assault Crisis Line
- Sexual Assault Program – for survivors and their families
- Domestic Violence Program – for survivors and their families
- Weekly Sexual Assault & Domestic Violence support groups in various communities
- Assistance in obtaining a personal protection order
- Legal advocacy and accompaniment to court proceedings
- Information and referral to other services in the community, including obtaining clothing, emergency medical services, financial assistance, transportation and child care.
- Assistance developing parenting skills
- Safe Shelter – Available 24/7

24-Hour Help Line
(toll-free)
Free, Confidential and Caring Support
1-800-828-2023
or
269-279-5122
dasasinfo@dasasmi.org

OUR MISSION

Domestic and Sexual Abuse Services (DASAS) will lead efforts to end domestic violence and sexual assault in southwest Michigan. DASAS will assist domestic violence and sexual assault survivors in clarifying their options, accessing community services that support personal choice, and provide a safe place for survivors and their children.

To learn more about DASAS, its services, or how you can help support hope and healing in our community, contact us at:

P.O. Box 402
Three Rivers MI 49093
800-828-2023 (24-Hour Toll-Free Help Line)
269-782-0304 (Cass County)
269-273-6154 (St. Joseph County)
888-655-9008 (Van Buren County)
269-279-5122 (Hillmann House Shelter)
dasasinfo@dasasmi.org

ALL SERVICES ARE FREE AND CONFIDENTIAL

- In the U.S., 1 of 6 women and 1 of 33 men has experienced an attempted or completed rape as a child and/or an adult. One of three women will experience domestic violence in her life. *(U.S. Department of Justice)*
- Rape or sexual assault is the violent crime least often reported to law enforcement. The rate of "false reports" or false allegations of rape is 2% to 3%, no different than that for other crimes. *(U.S. Department of Justice)*
- Slightly more than half of female victims of intimate violence live in households with children under age twelve. *(U.S. Department of Justice)*
- One out of five, 21% of Michigan women with current partners reported sustaining some type of violence in that relationship. *(Michigan Department of Community Health)*

There are many ways you can support the work of DASAS.
You can:

- Make a **donation** of money, supplies, or your professional services.
- **Volunteer** your time; volunteers are vital to our programs and we will train you.
- Become an **advocate** and speak out against domestic violence and sexual assault; invite us to be a speaker; call us for information.
- If you know of someone who has been abused or sexually assaulted offer your support and **share our information** with them.

DASAS wishes to thank the Michigan Domestic Violence Prevention and Treatment Board, Crime Victim Services Commission, the St. Joseph County United Way and the United Way of Southwest Michigan for their support of this project.

Points of view in this document are those of the author and do not necessarily represent the official position or policies of the Michigan Domestic Violence Prevention and Treatment Board.



You Are Not Alone...

800-828-2023

*Free, Confidential and Caring Support
Including Emergency Shelter
For Survivors of Sexual Assault
and Domestic Violence*

Crisis Intervention
Support
Advocacy
Education
Shelter
Outreach

Serving Cass, St. Joseph, and Van Buren Counties

WHAT IS ABUSE?

Abuse is a method used to gain power and control over another person. Abuse can be physical, sexual, emotional, psychological or financial.

Sexual abuse includes any sexual act that you did not give your consent to that is forced, coerced or manipulated. **Physical abuse** includes actions such as shoving, punching, slapping, hitting, or kicking; denying sleep, food and drink, or medical care. **Emotional or psychological abuse** includes calling names, making threats of physical or sexual violence, blaming you for the violence, showing extreme jealousy and possessiveness or isolating you from family and friends. **Domestic violence** is any type of abuse within an intimate relationship.

WHAT IS SEXUAL ASSAULT?

Sexual assault is any forced, coerced or manipulated sexual act that happens without your consent. It is any unwanted physical contact of a sexual nature. It is a violent crime, not a sexual one. Sexual assault can happen within an intimate relationship, on a date, with an acquaintance, with a family member or with a stranger. It can happen to anyone.

- If you or someone you know has been sexually assaulted:
- Get to a safe place as soon as possible.
- Call us at 1-800-828-2023; we are here to help you identify what your options are and to offer you assistance. We will meet you at the hospital, police station, or any other safe place.
- Call the police.
- Do not wash any part of your body. Do not eat, drink or smoke. Do not douche.
- Do not change your clothes, but if you have, put the clothes you were wearing, including your shoes, into a paper bag.
- Do not change anything at the scene of the attack; the police will need to see exactly what it looks like.
- Get medical attention as quickly as possible. You could be injured internally as well as externally. You may have contracted HIV or a sexually transmitted disease. If you are female, you may be pregnant.

We can help you decide what to do, even if you were sexually assaulted and time has passed or you have not followed the suggestions above. Call us, we can help you and all of our services are free and confidential.

MANY SERVICES AVAILABLE

From community education and prevention programs to supportive counseling services and assisting survivors in crisis situations, DASAS provides comprehensive services to those impacted by sexual assault and domestic violence.

WE CARE, LISTEN AND HELP

Our trained, compassionate advocates are available 24/7 to help survivors (and their family and friends if needed) deal with the issues surrounding sexual assault and domestic violence. Our staff members are good listeners who are understanding, knowledgeable and helpful.

DASAS provides **emergency shelter** – a safe haven for

children – at Hillmann House. Do you need to get out of a violent situation at home? You and your children can stay at our shelter for up to 30 days at no cost to you. We have information about social services and legal processes that can help you, as well as referrals for job and educational opportunities. You are welcome to attend our support groups that meet weekly and include those who can relate to your experience. All of our services are free and confidential. This can give you time away from abuse, for you to think about what you want to do next. Call us at 1-800-828-2023.

You are not alone... and it is never your fault

Are you in a relationship? Does your partner:

- Inmdate you; force or coerce you into having sex?
- Control what you do, who you see or talk to, where you go or what you wear?
- Prevent you from driving, working or going to school?
- Take your money; make you ask for money or refuse to give you money?
- Tell you that you're a bad parent; threaten to take away or hurt your children?
- Throw things, shove you, slap you, hit you, spit on you or strangle you?
- Create an atmosphere where you feel you are walking on egg shells.
- Cause you to feel like whatever you do just isn't good enough?

Did you answer "yes" to even one of these questions? Then you may be in an abusive relationship. We are here to help you.

HOW WE CAN HELP

If you have been sexually assaulted:

Call us; we can help you understand what your options are and the services that are available. We will assist you through the legal process, including help with Personal Protection Orders. We have **support groups** and **supportive counseling services**. We can connect you with other organizations that have services to assist you and we will **provide transportation** to and from the hospital, police station, court and professional counseling appointments if you need it.

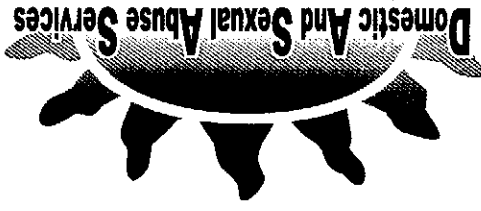
If you are a victim of domestic assault:

You don't need to leave to get help. Call us at 800-828-2023 any time of the day or night if you need someone to talk to. If you want, we can meet with you at any place that's safe for you. There are others who are going through what you are; you are not alone. You can attend one of our **weekly support group meetings** and we can provide **child care and transportation** if you need it.

If you decide to leave, our advocates will help you through the legal process and we can assist you in finding financial and housing resources. All of our services are **free and confidential**. If you decide to return to your partner we will support you, if you need to come back, our doors are always open to you.

Perhaps most importantly, we can help you put together a **safety plan**. Having a plan could be very important for you and your family.

For all survivors of sexual assault and domestic violence:



Empowering Victims, Supporting Survivors for Over 20 Years