



August 2015

Newsletter

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A Message from Lui

As the summer months are quickly coming to an end, the Victim Service Center Team is looking ahead to the Fall. We have been gearing up for the start of the new school year and working with community partners to actively prevent sexual violence and increase active bystander intervention.

We know that 1 in 5 women will be a victim of sexual assault while in college, with the likelihood dramatically increasing during their Freshman and Sophomore years. According to the White House, 1 in 9 teen girls will be forced to have sex. Our Team is working with students,

fraternities and sororities, and campus personnel to actively prevent sexual violence in our community.

With all of the recent media coverage surrounding college sexual assaults, our Team is developing new ways to engage young adults and the business community in taking a stand

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against sexual violence. In the upcoming months, through partnerships with the Orlando Police Department and the University of Central Florida, we will begin implementing BarTAB, an initiative to educate bartenders, bouncers, and wait staff on active bystander intervention, the ways in which they can proactively be on the lookout, and how to take action to help protect potential victims. [Read More](#)

The Secondary Victim

Written by: David Sines, Husband of a Sexual Assault Victim

No one expects to receive a phone call like this... one that instantaneously turns your world completely upside down, chews it up, then spits it back out into a million pieces. For the rest of my life I will be able to pinpoint the exact location on the planet from where I received such a call. The human brain has an innate ability to burn a location into your memory forever when it is given information that is so devastating.



I'll never forget the sound of her voice... "Something happened..." I tried to steady myself as the words came from the phone. A myriad of emotions hit me simultaneously - a haze of disbelief bundling immense heartbreak, sympathy and anger. What do you say at a moment like this? I remember trying to say words of comfort and reassurance just to get to give her any kind of relief. [Read More](#)

VSC Hosts Wellness Support Group in Osceola County

View our videos on 



Wish List

Gift Cards in \$5-\$10 increments
T-Shirts (Large and XL)
Elastic Waist Pants in all sizes
Sports Bras
Flip Flops (6,7,8)
Office Supplies
Bus Passes
Children's DVDs
Children's Books

[For our full list of top needs, visit our website!](#)

Welcome to our New Victim Advocate!

VSC is happy to welcome Victim Advocate, Brandi Godbee! Brandi holds a Master's Degree in Mental Health Counseling from Rollins College and a Bachelor's Degree from the University of Central Florida. She is a

We are excited to share that throughout the month of July, the Victim Service Center held a Wellness Support Group series at our Osceola Office for Trauma Survivors.

Led by Victim Advocate, Jessica Mueller, and Therapist, Theresa Zephirin, each session was an hour and a half in length and discussed important topics including Relationships and Boundaries, Vulnerability, Anger, and Identity.



The Victim Service Center expanded its reach and began serving Osceola County in 2012. We were pleased to be able to begin offering support group opportunities in Osceola County. Our team received great feedback from the participants. Several women residing in Osceola County shared they had been looking forward to group sessions for some time and were pleased to have the opportunity to get help closer to home.

Group work is an important piece of the healing journey and can allow opportunities for isolated survivors to connect with peers. This is just another way our team is actively working to be a Best Practice agency and better support victims in our community.

Serving First Responders- A Victim Advocate's Story



The Victim Service Center operates the 24/7 Sexual Assault Crisis Hotline which not only serves victims, but also professionals in the community.

Occasionally, we receive calls that require a Victim Advocate to provide services to both the victim and also first responders.

Following a sexual assault, a victim may not know where to go for help which may lead them to the nearest hospital emergency room where they are met

Registered Mental Health Counselor Intern, currently working towards licensure. Welcome, Brandi!

Education

Learn how you can make our community safer! Schedule a personalized training with our Outreach and Prevention Specialist!

You could learn about:

- Sexual Assault
- Stalking
- How Men Can Prevent Sexual Violence (Sensitivity Training)
- Crime Prevention
- Identity Theft
- Internet Safety
- Personal Safety Planning

[Click here](#) to setup your training today!

Join a Support Group

VSC offers many opportunities for empowerment. Join one of our support groups to continue your growth and healing.

If you are interested in learning more information please do not hesitate to schedule an

by a nurse. Once the nurse becomes aware a sexual assault has occurred, the critical management of the victim's care becomes the utmost importance. During this time, we will receive a call through our Crisis Hotline from hospital staff who may be uncertain of how to properly preserve forensic evidence, care for the patient's emotional needs, and advise them on legal options. At this point, the VSC Team is alerted, and our Crisis Response Team steps in.

On one particular night, I received a call on the crisis hotline after an elderly woman disclosed to hospital staff that she had been the victim of a sexual assault.

[Read More](#)

Orange County Jail: Sexual Trauma Survivor Program

It is estimated that 80% of incarcerated females have experienced sexual trauma or victimization, which may lead to substance abuse and mental health issues. Over the last six months, the Victim Service Center of Central Florida has been providing services for Female Inmates at the Orange County Detention Center. We are contracted as the Sexual Trauma Provider and are offering group and orientation series for inmates including sentenced women, juvenile females and pre-sentenced inmates.

This program creates a safe, secure environment where the participants can address emotional issues resulting from sexual trauma. The program offers the opportunities for the participants to identify and replace dysfunctional coping patterns with appropriate coping skills which is essential for long-term change and recovery to occur.

We had 167 female inmates attend the Sexual Trauma Orientation over the course of 15 Orientation classes. One of the participants said, "It's wonderful to know healing is possible." Another participant said, "I learned things I never knew about myself."

Mark Your Calendars

appointment (407) 254-9415.

Lunch & Learn

Wednesday - August 26, 2015

12:00pm - 1:00pm

RSVP by calling (407) 254-9415 or e-mail [Rhonda Wilson](mailto:Rhonda.Wilson@vsc.org).

Held the Last Wednesday of Every Month

By attending, you will learn about our history, mission, services, goals, and ways to get involved. To attend our Monthly Lunch & Learn, you must RSVP. Space is limited and lunch will be provided. We hope to see you there!

Victim Service Center of Central Florida

Contact Information

Hours: Monday - Friday (8AM-5PM) | Office: (407) 254-9415

2111 E Michigan St, Suite 210

Orlando, Florida 32806

24-Hour Sexual Assault Hotline: (407) 497-6701

www.VictimServiceCenter.org

