



# VICTIM SERVICE CENTER OF CENTRAL FLORIDA

June 2014

Newsletter

*Help. Hope. Healing.*

## Executive Director - 1 Year Anniversary

The Victim Service Center has seen great changes with Executive Director, Lui Damiani, in leadership. VSC has created stronger collaborations with key agencies to support victims of crime and sexual assault, started serving clients through our new in-house therapy department, and now provide around-the-clock services within Osceola County. We are so happy to have him as part of the leadership team and look forward to the future!

## In This Issue

[Congratulations, Lui!](#)

[Summer Safety Tips](#)

[Outreach & Prevention](#)

[Mark Your Calendar](#)

[Volunteer](#)

[Recycle Your Cell Phone](#)

[Wish List](#)

[Contact Us](#)

## Sign-Up for Our Newsletter



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Follow us on **twitter**



"We will continue to strengthen our structure, collaborate with our community partners and implement the best practices of those in our field. As we address important issues, we will be guided first and foremost by how this work contributes to our primary goal of helping victims of sexual assault, violence crimes, and traumatic circumstances." - Lui Damiani, Executive Director

### Summer Safety Tips

The summer months are a great time to enjoy family, friends, and great weather. Yet, evidence suggests an increase in sexual assaults during the summer months. This can be attributed to many factors, but one thing is certain... *it is never a victims fault.*

Below are some safety tips and steps for safe bystander intervention. Share these tips with those in your life.

- People are less likely to guard themselves against aggressive or coercive behavior while using alcohol and drugs. Make sure these substances don't cloud your judgement.
- Acknowledge and understand that consent to sexual activity can be withdrawn at any time. Without putting yourself in danger, leave if you feel uncomfortable. Most importantly, if you

Donate



### Volunteer Opportunities

- Guest Speaker - Join our Speakers Bureau and help educate the community about the many ways the Victim Service Center can help.
- Host an awareness event or fundraiser.
- Virtual Volunteer- invite others to join the the Victim Service Center team online through social media.
- Be on the look out for more volunteer opportunities!

### Give New Purpose to an Old Cell Phone!

Did you know the Victim Service Center collects used cell phones and chargers for reuse?

Cell phones that are not activated can still be used to call for help during emergencies. The Victim Service Center gives the re-purposed cell phones to clients. This safety measure is a lifeline for survivors.

Help save lives! Bring your cell phone and charger to our office, and we'll take care of the rest.

do not consent, verbalize it. Say "No!" and get up and go.

- Avoid secluded areas. Be conscious of exits and other escape routes.
- Have a code word/signal with friends and family. If you don't feel comfortable, you can call them and communicate your discomfort without the person you are with knowing.
- Always keep an eye on your drink. If you lose sight of it, don't consume it anymore - get a new one.
- Trust your instincts. If a situation or place makes you feel uncomfortable or uneasy, leave.
- Be aware of your surroundings. Knowing where you are and who you are with may help you find a way to get out of a bad situation.
- Make sure your cell phone is with you and charged and that you have money.

#### **Become an Active Bystander**

- Assess the situation. Ensure that all parties are safe and gauge whether the situation requires calling authorities. When deciding to intervene, your personal safety should be the #1 priority. When in doubt, call for help.
- Talk to a friend to ensure he/she is okay.
- Make up an excuse to help the friend get away from someone.
- Point out disrespectful behavior in a manner that will help de-escalate the situation.
- Call the police if you feel the situation is too unsafe to intervene.
- Recommend to a bartender or party host that someone has had too much to drink.
- Intervene with reinforcement. If safe to intervene, you're likely to have a greater influence on the parties involved when you work together with someone or several people. Your safety is increased when you stay with a group of friends that you know well.
- If you see a friend heading into a dangerous situation at a party, encourage them to leave or stay by their side if you feel safe doing so.

*Summer*  *Safety*



#### **Central Florida Community Foundation DonorEdge Portrait**

Learn more about the Victim Service Center - visit our DonorEdge portrait, established by the Community Foundation of Central Florida - helping donors validate the organizations they support.

Click [here](#) to see our Victim Service Center portrait.

#### **Want to make your community safer?**

Schedule a personalized training by the Outreach and Prevention Specialist! You can find out more information about:

- Sexual Assault
- Stalking
- How Men Can Prevent Sexual Violence (Sensitivity Training)
- Crime & Crime Prevention
- Bullying
- Healthy Relationships (Teens)
- Intimate Partner Sexual Violence
- Identity Theft/Internet Safety
- Personal Safety Planning

Call (407) 254-9415 or

### Outreach & Prevention

According to the report prepared by the White House Council on Women and Girls and the Office of the Vice President, "college students are particularly vulnerable: 1 in 5 women has been sexually assaulted while in college."

Victim Service Center and Valencia College are excited to partner and develop strategies to support victims, prevent incidences of sexual assault, and help ensure all Valencia College campuses are safe. In a proactive approach, VSC has begun training security staff, administrators, and personnel regarding awareness, response, and prevention of sexual assault on campus.



*"It is up to all of us to ensure victims of sexual violence are not left to face these trials alone. Too often, survivors suffer in silence, fearing retribution, lack of support, or that the criminal justice system will fail to bring the perpetrator to justice. We must do more to raise awareness about the realities of sexual assault; confront and change insensitive attitudes wherever they persist; enhance training and education in the criminal justice system; and expand access to critical health, legal, and protection services for survivors." - President Obama*

### Mark Your Calendar

#### Join Us for our Monthly Lunch and Learn!

Last Wednesday of Every Month

#### Next Lunch and Learn

Wednesday - June 25, 2014

12:00 PM - 1:00 PM Victim Service Center

2111 E Michigan St, Suite 210

Orlando, Florida 32806

By attending, you will learn about our history, mission, services, goals, and ways to get involved.

email [Rhonda here](#) to schedule a presentation.

### Wish List Items

- New under garments in all sizes - (Thank You Donors!)
- Comfortable clothing - (Thank You Donors!)
- Office Supplies
- Individually wrapped snacks for survivors
- Hygiene products (Thank You Clean the World!)
- Bedding - non-fitted sheets - Twin Size
- Gift Cards for client needs - Bus Passes, Wal-Mart, Target, Publix

Thank you for all of your support. Call the Victim Service Center at (407) 254-9415 if you have questions about how to donate these items or [visit our website](#) to learn more. Thank you for your consideration in helping to meet this need.

Please let us know by close of business Friday, June 20, 2014 if you will be attending; space is limited and lunch will be provided. We hope to see you there!

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

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### Support Groups

The Victim Service Center offers many opportunities for empowerment. Join one of our support groups to continue your healing and growth.

- **Support Group for Sexual Assault Survivors**
  - Every Tuesday 5:30pm -6:30 pm
- **Art of Healing**
  - Therapy group for trauma survivors using art therapy.
  - Every Friday from 12:00pm - 1:00pm
- **Evolve (2 groups)**
  - Therapy group for adult survivors of childhood sexual abuse and incest (12-wk program)
  - Therapy group for survivors of sexual assault

If you are interested in learning more information about these groups please do not hesitate to call (407) 254-9415 to schedule an intake appointment.

### 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  
Toll Free: 1(866) 757-2046**

**[VictimServiceCenter.org](http://VictimServiceCenter.org)**

**VICTIM SERVICE CENTER OF CENTRAL FLORIDA IS REGISTERED WITH THE STATE OF FLORIDA TO SOLICIT CONTRIBUTIONS #CH18390. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE.**

**Your gift is tax deductible as allowed by law; the Victim Service Center is registered with the state under the Solicitation of Contributions Act, 1992, under Federal Tax Identification Number: 75-2978885.**

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**The Victim Service Center is a 501(c)(3) not-for-profit organization  
A Private/Public Partnership - Providing Services to Victims of Crime and Sexual Violence**

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