



UNDER THE UMBRELLA

www.forallseasonsinc.org

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APRIL 2011

For All Seasons, Inc.
Business
410.822.1018
Hotline
1.800.310.RAPE
(7273)
“NO MEANS NO”

FAS is a private not for profit human services agency providing outpatient mental health treatment for children, youth and adults and crisis support for victims of rape, sexual assault and other traumas. The umbrella in our logo is a metaphor for our support and services that includes:

- **Crisis Intervention.**
- **Therapy.**
- **Advocacy.**
- **Education & Prevention**

April is Sexual Assault Awareness Month

Sexual Assault Is the Most Under reported of Violent Crimes— Someone is Sexually Assaulted Every 2 Minutes (U.S. Department of Justice). Last year FAS Served 287 Children and Adult Sexual Assault Victims,

Take a Moment in April to Just Think about Sexual Violence.

30 Days set aside to contemplate rape, child sexual abuse incest and victims.

30 Days to think about how it must feel to be a Sexual Assault victim.

30 Days to think about what it must be like to have one's spirit and dignity stripped from them.

30 Days to think about the times we may have turned a deaf ear to the word “NO”.

30 Days to think about the times we did not listen to our children, our loved ones or believe a victim's words.

30 Days to think about the shame and blame a victim carries with them for something that was done To them Not by them.

30 Days to think about the impact of sexual violence on self defeating behaviors including alcohol and drug abuse, prostitution and unwanted pregnancies.

30 Days to think about how such acts of Sexual Violence strain relationships, destroy marriages and splinter families.

Think About It. At FAS we think about it 365 Days A Year. It's What We Do. Isn't It Sad!.

**Decide To End
Sexual Violence**

**A
RIBBON OF SUPPORT**

**For
SEXUAL ASSAULT
AWARENESS & EDUCATION**



Become a Volunteer....

FAS Sexual Assault Services Crisis & Prevention Coordinator invites you to become a Volunteer Advocate for our 24 hour Hotline and Advocate Program services. Our Hotline provides immediate confidential crisis assistance to adults and children who have been sexually assaulted. Our Volunteer Advocates receive a 40 hour training course. For more information on how to become a volunteer please contact Ivy Garcia at 410.822.1018 or email igarcia@forallseasonsinc.org

IT'S TIME ... TO GET INVOLVED

Engaging Bystanders in Sexual Violence Prevention

FACTS U SHOULD KNOW ABOUT RAPE

- If someone you are dating forces you to have sex, it is usually called "Date Rape".
- If some you know but are not dating forces you to have sex, it is known as "Acquaintance Rape".
- Force is not always physical: using threats of physical harm, getting someone drunk or high to the point they cannot say no, threatening to ruin one's reputation are some examples.
- The Right to Say "NO" At any time even if you have been making out, even if you said yes and then changed your mind, even if you have been going out for a long time, even if you have had sex before, even if you are dressed in sexy clothing, even if you are in a secluded place.
- What you should do if your partner says "NO", listen and stop, even if you think your partner is playing "hard to get" stop, pay attention to body language because a young person may not know how or be afraid to say "NO".
- When Does Yes Mean Yes: Ask yourself if you really want to have sex and have both you and your partner said "Yes"



MEN CAN
STOP RAPE



HOW CAN MEN STOP RAPE ?

- Learn to talk about sex with your partner.
- Discuss your expectations about sex with your partner.
- Listen and take "NO" for an answer.
- Recognize and share your own feelings about sex.
- Respect your partner's feelings.
- Ask your partner what makes her feel unsafe.
- Give your partner or any female space.
- Encourage your partner and all women to empower themselves through mutual respect.
- Develop full relationships and share each others feelings.
- Recognize and confront "women hating" attitudes.
- Avoid telling sexist jokes.
- Stop pretending submission is consent.
- Understand that rape hurts all women and is a crime.

WHAT'S NEW AT FAS

Many women survivors of sexual violence have found comfort in a support group. FAS wants to offer such a program to rape victims. The group would combine discussions, role playing, consciousness raising, assertiveness training and encourage the development of personal insight, and growth.

The ideal group size would be 8 to 10 and would be facilitated by a mental health professional and a Sexual Assault Victim Advocate. The group would be offered one evening per month in the Easton offices of FAS located at 300 Talbot Street. Participants would have to be 18 or older.

If you have been a victim of rape at some time in your life and are interested in participating, call Ivy Garcia at 410-822-1018. There is no charge for the group.

For All Seasons 24/7 Advocacy Program

The Rape Crisis Center, For All Seasons, provides services for victims of rape and sexual assault according to the wishes of the victim at no charge. The services, listed below, include culturally and linguistically sensitive services for Spanish speaking victims as well as all residents of the five counties of the Mid-Shore.

All services are private and confidential.

Services may be accessed by calling FAS 24/7 Hotline at 1-800-310-RAPE(7273)
or 24/7 Spanish Hotline at 410-829-6143.

- 24 Hour Hotline
- 24 Hour Advocacy
- Community Outreach and Education
- Legal Advocacy
- Case Management
- Victim Mental Health Treatment



FAS Human Services Center

In 1986, five local women gathered in a church basement with the concept of creating a place for victims of sexual violence to come and safely talk about their experiences. Soon thereafter, it became evident that rape, sexual assault, child sexual abuse and sexual harassment were not distant problems but occurred right here on Maryland's Mid-Shore. Today, FAS provides victims of sexual violence with 24/7 support to include Hotline and Emergency Advocacy to local Emergency Departments. These services as well as crisis counseling, case management, psychotherapy and psychiatric support are offered in both English and Spanish.

Last year, FAS served just under 300 child, adolescent and adult victims, family members and significant others with these services. Working with sexual assault victims for 25 years, FAS developed expertise in supporting trauma victims and individuals with a wide variety of mental health needs and today is a licensed outpatient mental health clinic with a staff of 38 full and part time professionals providing a wide range of mental health and related services throughout the Mid-Shore. FAS maintains offices in Kent, Queen Anne's, Caroline, Talbot and Dorchester Counties. In 2007, FAS established the FAS Human Services Center to house its Talbot County programs as well as those of other human services providers. The concept was to



create a single entry point for individuals with mental health needs who might also benefit from other supportive services. Today, Mid-Shore Council on Family Violence, Mid-Shore Community Mediation Center and Chase Brexton Health Services offer a wide variety of supportive and health care services through the FAS Human Services Center. For more information about the FAS Human Services Center call 410-822-1018.

For All Seasons is registered with the Maryland State's Attorney's Office as a 501(c)3 private not for profit corporation. We are a beneficiary of the Caroline, Queen Anne's and Kent County United Way Foundations and the United Fund of Talbot County.

