

VICTIM COMPENSATION

If you have been the victim of a crime, you may be eligible for victim compensation to assist you with financial expenses you have incurred as a result of crime. These funds may be able to help you with out of pocket costs for medical, dental, or mental health expenses; wage loss; crime scene clean up; and limited transportation costs. Property loss/repair, pain and suffering, and attorney fees *are not* covered expenses. Victim compensation awards are not guaranteed. You must complete a victim compensation application to be considered for assistance. For more information, contact Maricopa County Victim Compensation at (602) 506-4955.

VICTIM ASSISTANCE & COUNSELING

The Glendale Family Advocacy Center has Victim Assistance caseworkers to help you with crisis intervention, emotional support, case management, and navigation through the criminal justice system. A caseworker can be with you when police interview you, provide you a status update on your case, and refer you to various services such as specialized trauma counseling. Services are available by phone (623-930-3720), in person (6830 N 57th Drive), or by email (pdva@glendaleaz.com).

COMMUNITY RESOURCES

RAINN (24-Hour National Sexual Assault Hotline)
(800) 656-4673

EMPACT (24-Hour Sexual Assault Hotline)
(480) 784-1500

Crisis Response Network (24-Hour Mental Health)
(602) 222-9444

Community Information & Referral
(800) 352-3792

www.GlendaleAZ.com/GFAC



Glendale Family Advocacy Center
(623) 930-3720

Glendale Victim Assistance
(623) 930-3030

Glendale City Court
(623) 930-2400

Glendale City Prosecutors Office
(623) 930-3475

Maricopa County Attorney's Office
Victim Services Division
(602) 506-8522

This project is supported by **Grant No. 2018-VA-GX-00162** from the US Department of Justice – Office for Victims of Crime (OVC).

The opinions, findings, and conclusions or recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the US DOJ or the Arizona Department of Public Safety.

August 2020

**SURVIVING
SEXUAL VIOLENCE**



GLENDALE POLICE DEPARTMENT

The term sexual violence encompasses a wide range of unwanted sexual acts, all of which are criminal, however not all acts may include direct physical contact. Sexual violence may include indecent exposure, public sexual indecency, sexual assault, attempted sexual assault, sexual abuse, sex trafficking, surreptitious photographing/videotaping, unlawful distribution of images and voyeurism.

Sexual violence can happen to anyone regardless of age, gender identity, race, socioeconomic status, or sexual orientation. The suspect is often known to the victim creating increased safety concerns and vulnerability. Sexual violence can leave physical and emotional scars and can be a very traumatic experience for victims.

UNDERSTANDING YOUR FEELINGS

There is no textbook or right way for you to feel after an unwanted sexual act was committed against you. You may feel dazed, confused, raw, numb or vulnerable. You may have dramatic mood swings. You may be irritable and get upset over small things. You may be calm and controlled. These are all normal reactions to sexual violence. We all react differently to trauma and victimization.

Most victims of sexual violence experience a range of emotions after their victimization. Some of these feelings may include shock, numbness, isolation, denial, guilt, self-blame, and anger.

Shock and Numbness

You may be in disbelief and question the events that took place. You may feel disorganized attempting to recall the events or what happened to you. Shock can include feelings that your body is shutting down or withdrawing. You may feel emotionally detached or drained. At times, life may not seem real. You may feel like you are going through the motions but are unaware of all that is happening around you.

Denial and Isolation

Disbelief can often be a protection from overwhelming feelings associated with trauma. Denial often contributes to shutting people out and avoiding the subject of what happened. You may also make attempts to minimize or deny the crime took place. You may withdraw or distance yourself from friends or family.

Guilt and Self Blame

You may have some thoughts that you could have or should have done something different to avoid or prevent the sexual violence. You might start to doubt your ability to make good judgements or trust your own instincts.

Anger

You might have many different reasons to feel angry. You may be angry towards the perpetrator, the police, the prosecutor, your family, the medical staff, your counselor, or towards yourself. If you are religious or spiritual, you may be angry at your faith or why this happened to you.

HEALING REMINDERS

Understand that you are having normal reactions right after a trauma. Reassure yourself that these feelings will diminish over time. Remind yourself that you did not cause this to happen. Realize that guilt and self-blame are efforts to feel some control over the situation. It is normal for feelings of fear and vulnerability to linger.

Do what you need to do to feel safe. Take your time rebuilding trust. If something makes you uncomfortable, you do not have to pursue it.

Express your feelings and needs to those who care. Be clear about what you want them to do or not do. Try to make as many of your own decisions as possible. Even small decisions can help you regain a sense of control. Seek out professional resources such as trauma counseling, legal aid or spiritual support if needed.

REACTION OF OTHERS

Your family and friends may also have mixed feelings and confusion over the crime. They may be uncomfortable around you because they are afraid of making things worse. Romantic relationships may also become strained. You may feel uncomfortable resuming sexual relations following an assault. Many spouses and partners of the victim can conceptually understand these feelings, however, they still may feel rejected or blamed in some way. Encourage your significant other, family, and friends to seek help if they are having a difficult time adjusting.

REPORTING OPTIONS

Consider making a police report to the law enforcement jurisdiction where the crime took place. If the crime happened in Arizona, there are no statute of limitations on reporting sex crimes.

If you choose not to report your incident to the police, you are still entitled to get a sexual assault forensic exam. These exams, called VAWA examinations, are scheduled by appointment and can be requested within 120 hours of a sexual assault by calling Honor Health at (480) 312-6339.

POLICE INVESTIGATION

If an arrest was not made immediately, a detective will be assigned to investigate your case. You may be asked to go to the Glendale Family Advocacy Center for a more detailed interview called a Forensic Interview. Report any new information that you may learn or recall to the assigned case detective. You may be asked to assist with a composite sketch of the suspect via computer program or with a sketch artist. You may also be asked to view a photo-lineup to identify the suspect. These are investigative tools for law enforcement and without positive identification of the suspect, prosecution can be very difficult.

GOING TO COURT

If the suspect is arrested, he/she may be (1) held without bond (2) held with a high bond or (3) released from jail with a promise to return for court. Often, the judge will order the suspect not to have any contact with you. Report any violations of this order to the police. If charges are filed, your case will be handled by the County Attorney's office for felony crimes and by the City Prosecutor's office for misdemeanor crimes.

You, as the crime victim, have specific rights under Arizona laws and the Rules of Criminal Procedure. Some of these rights are automatic and some must be requested. You will receive more information on these rights prior to any court action and a victim's rights brochure will be given to you by the officer/detective taking your police report.

You may be subpoenaed to testify in court about what happened. The court process can take many months or years and can be confusing and scary. Try not to be discouraged by delays as they are common and likely to happen. Your input and participation are important at various times throughout the case. It is important to keep your contact information current with both law enforcement and the prosecution agency handling your case.