

MICHIGAN STATE UNIVERSITY

CENTER FOR
Survivors

WE BELIEVE YOU.
WE ARE HERE TO SUPPORT YOU.

Office number: 517-355-3551 | Program email: general@msu.edu

24/7 Hotline: 517-372-6666

Crisis Chat available daily 10 am - 10 pm via website:

CenterForSurvivors.msu.edu

Sexual Assault Healthcare Program | Open 24/7 517-353-2700

Student Services Building 556 E. Circle Drive Rm. 207 East Lansing, MI 48824

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Programs & Services



Advocacy Services



Advocates are confidential, trauma-informed, full-time staff who can provide information on survivor rights, discuss reporting options, and provide accompaniment throughout the reporting process. Advocates can assist with legal, educational, safety, housing, medical, and/or financial needs.



Crisis Services



- Crisis Chat: 10 am-10 pm daily via centerforsurvivors.msu.edu
- 24/7 Crisis Hotline: [517-372-6666](tel:517-372-6666)
- Walk-in appointments or crisis calls: M-F 8am-5pm Center for Survivors Office Student Services Building 2nd floor (556 E. Circle Dr.) or call [517-355-3551](tel:517-355-3551)



Therapy Services



Client-centered, trauma-informed therapy provided by clinicians with training to provide evidence-based treatment to survivors.



Groups & Workshops



A variety of groups and workshops are offered both online and in-person for survivors and co-survivors to gather in community and connect throughout the healing journey. Groups offer a wide variety of modalities including talking, movement, artistic expression, skill-building, and holistic healing.



Safe Place Shelter



Shelter for survivors of all genders and their minor-aged children who are experiencing emotional, physical, financial, or sexual abuse from a past or current intimate partner relationship.



Sexual Assault Healthcare Program



24/7 medical care and evidence collection (often called a “rape kit”) to any person who has been sexually assaulted in the past 5 days.

[517-353-2700](tel:517-353-2700)

Eligibility Key:



MSU Students



MSU Faculty & Staff



Community members (not affiliated with MSU)

CONTACT US

Phone: [517-355-3551](tel:517-355-3551)

Email: general@msu.edu

Student Services Building
556 E. Circle Dr Room 207
East Lansing, MI 48824

WHAT IS AN ADVOCATE?

Advocates are confidential and trauma-informed full-time staff members at the Center for Survivors.

We believe you. We care. We can help.

REPORTING

Understanding your rights and reporting options; coordinating the reporting process with law enforcement or the MSU Title IX Office; accompanying you to meetings; and assisting to navigate the criminal justice and university grievance processes.



ACCOMPANIMENT

Attending important meetings with you for accommodations, reporting, court or Title IX proceedings, accessing healthcare, and more.



RESOURCES & SUPPORTS

Referring and linking to community and campus resources to address basic needs, mental healthcare, or financial supports (including Crime Victim's Compensation), and mental healthcare.



ACCOMMODATIONS

Assisting to request academic, campus, housing, or employment-based interim and supportive measures or accommodations to make it easier for you to return to your normal level of success and help you feel safer on campus.



HOUSING

Safety planning; exploring options for temporary, emergency, alternate housing, or moving.



SAFETY

Filing for a Personal Protection Order (PPO), a campus-based No-Contact Order, safety planning, and other accommodations.



HEALTHCARE

Accompanying and supporting patients at the MSU Sexual Assault Healthcare Program and assisting with follow up medical care and ongoing health services.



To find a confidential Advocate, stop by the Center for Survivors on the second floor of the Student Services Building, or contact our office at [517-355-3551](tel:517-355-3551) or general@msu.edu for an appointment.

Therapy

What to Expect

The Center for Survivors offers individual therapy services to MSU students, faculty, and staff who have experienced any form of sexual or relationship violence at any point in their life.

Survivors work with their therapist to identify their goals and treatment options that are tailored to their individual needs. Below we highlight some of the types of therapy we offer:

Supportive Therapy

A flexible approach to therapy that allows the client to express themselves in a comforting and encouraging environment.

- Uses different therapeutic methods, coping skills, and activities
- Is more conversational and often, less structured
- Designed around the client's current needs and healing goals

Eye Movement Desensitization & Reprocessing (EMDR)

An evidence-based treatment that enables people to heal from the symptoms and emotional distress resulting from disturbing life experiences. During EMDR, a therapist and a client will:

- Build a kit of resources (coping skills)
- Use bilateral stimulation (eye movements, tones, or taps) to safely reprocess past experiences
- Work on enabling the mind and body to feel safe in the present.
- Relieve painful emotions
- Develop more helpful thoughts
- Decrease physiological symptoms

EMDR has been shown to be effective in working on a variety of issues, including trauma. EMDR does not require you to discuss experiences in detail and can feel different than talk therapy.

Cognitive Processing Therapy (CPT)

An evidence-based treatment that follows a 12-week protocol designed to reduce trauma symptoms. Clients complete weekly out-of-session practice assignments to apply what is discussed during sessions. CPT does not require client to share the details of the traumatic event, the focus is:

- Identifying and challenging unhelpful thoughts (called stuck points) related to a traumatic event
- Learning skills to challenge these stuck points and develop more helpful thoughts
- Exploring themes related to safety, trust, power and control, esteem, and intimacy

Additional Approaches

Our team of therapists has various backgrounds, therapeutic approaches, certifications, and expertise ranging from ear acupuncture, ecotherapy, Somatic Experiencing, and trauma-informed yoga.



To get connected to a therapist contact the Center for Survivors at [517-355-3551](tel:517-355-3551) or general@msu.edu for an appointment.

Common Reactions

While each person responds differently, below are some common reactions to sexual and relationship violence.

Physical

Nausea/vomiting/
diarrhea
Tremors/shakiness
Loss of coordination
Sleep disturbances
Easily startled/jumpy

Chills
Chest pains
Rapid heart rate
Stomach pain
Headaches
Muscle aches

Difficulty breathing
Fatigue
Appetite changes
Crying
Tension
Changes in sexual libido

Emotional

Anxiety/worry
Feeling overwhelmed
Guilt/shame
Sadness/depression
Feeling lost/ abandoned
Fear/panic

Anger/outrage/fury
Feeling helpless/
powerless
Numbness
Shock
Irritability

Self blame
Grief
Negative body image
Sudden mood changes
Disgust

World View

Change or loss of connection with
university or community
Loss of sense of safety
Loss of the belief in a just world
Doubts about beliefs
Loss of trust in others

Changes in spiritual or religious
practices
Sense of relating to other survivors
Awareness of violence, privilege, and
oppression
Sense of shame

Cognitive

Delayed processing
Difficulty making
decisions
Flashbacks
Nightmares
Confusion

Disorientation
Difficulty with
concentration &
calculations
Memory problems
Decreased attention
span

Racing thoughts
Self-consciousness
Suicidal thoughts
Trying not to think
about it
Thinking about it
constantly

Behavioral

Withdrawal/isolation
Avoiding specific
situations, people, or
places
Suspiciousness
Increased alcohol/drug
use

Unusual behavior
Overly vigilant in the
environment
Excessive humor
Emotional outbursts
Missing classes

Changes in appearance
Changes in usual activities
Act like nothing has
changed
Changes in sexual
behavior
Self-injury

Coping with Common Reactions

Everyone reacts to trauma differently and everyone heals from trauma differently too, but healing *is* possible. If you are struggling, it may help to try some of the coping strategies below or reach out to our office for crisis support or other services to support you in your healing journey.

Relaxation & Grounding

- Talk to a friend
- Watch a show
- Do a puzzle
- Practice deep breathing
- Eat mindfully
- Download a mindfulness app or learn about meditation

- Notice sounds of nature
- Engage your five senses
- Remind yourself where you are in the present moment
- Take a hot bath or shower
- Light a candle
- Color in a coloring book

Emotional Release & Regulation

- Yell or scream
- Punch a pillow
- Let yourself cry
- Watch something funny
- Tell someone how you feel
- Identify feelings
- Try not label emotions as good or bad, remind yourself emotions are ok

- Journal
- Listen to music
- Draw a picture
- Rip up paper
- Squeeze a stress ball
- Observe your emotions without judgment
- Remind yourself it was not your fault

World View

- Surround yourself with nature
- Practice acceptance
- Practice gratitude
- Use affirmations

- Pray or practice your religion
- Connect with others
- Volunteer for a good cause

Thought Challenging

- Ask yourself: Is this a fact or a thought?
- Examine pros and cons of situations
- "Fact check" your negative thoughts, think of reasons they may not be true
- Identify your triggers

- Think about what you would tell a loved one if they were having negative thoughts
- Notice the feelings that go with the thought

Coping through Movement

- Clean or tidy your space
- Do yoga, tai chi, or gentle stretching
- Walk or run
- Dance
- Workout/exercise

- Throw or kick a ball
- Practice a sport
- Do jumping jacks for 30 seconds
- Take a cold shower
- Punch a pillow

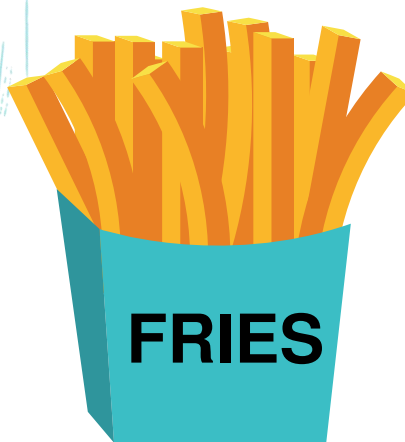
Sexual Violence 101

Sexual violence and relationship violence are forms of oppression in which one person exerts power and control over another by engaging in abusive actions.

The sexual violence umbrella encompasses a broad continuum of these actions that occur without consent. You can see more specific terms and definitions on the next page.



Freely Given
Reversible
Informed
Enthusiastic
Specific



Consent can never be given if a person is impaired by drugs or alcohol, mentally incapable, underage, unconscious/asleep, physically restrained, forced, or coerced.

Terminology

We choose to share these definitions for individuals who are looking for language to help understand what they have experienced. We recognize this is not an exhaustive list and everyone may not identify or define their experience with these terms.

Survivor

At the Center for Survivors, when we refer to survivors, we are describing any person who has experienced any form of sexual or relationship violence. We understand that not everyone will identify with this word, and we respect everyone's right to self-identify. In other systems and professions, you may hear the terms victim, claimant, or patient, and some people may identify with those terms. We use the term survivor as an all-inclusive descriptor to broadly define the community that we serve.

Sexual Assault

Any unwanted sexual contact or behavior that takes place without explicit consent or with force or coercion. Includes many behaviors including rape (which often refers to non-consensual sexual penetration).

Sexual Coercion

The use of pressure, manipulation, threats, deception, or the misuse of authority, status, power or trust, to gain sexual contact without consent.

Sexual Harassment

Unwanted sexual advances, requests for sexual favors, sexual innuendos, repeated unwanted sexual invitations, or other verbal, visual, or physical conduct of a sexual nature.

Stalking

Two or more unwanted actions towards another person intended to control, threaten, harass, or frighten them.

Relationship Violence

When one person in a past or current intimate partner relationship uses a variety of abuse tactics to exert power and control over the other person (also referred to as domestic, dating, or intimate partner violence or abuse).

RVSM

At Michigan State University, this acronym stands for Relationship Violence and Sexual Misconduct and is used as broad acronym to include all activities under the sexual and relationship violence umbrella. MSU's Title IX & RVSM Policy prohibits members of the university community from engaging in these actions and provides specific policy-based definitions. The policy describes the process for reporting policy violations; how they are investigated and adjudicated; and available resources.

Criminal Sexual Conduct (CSC)

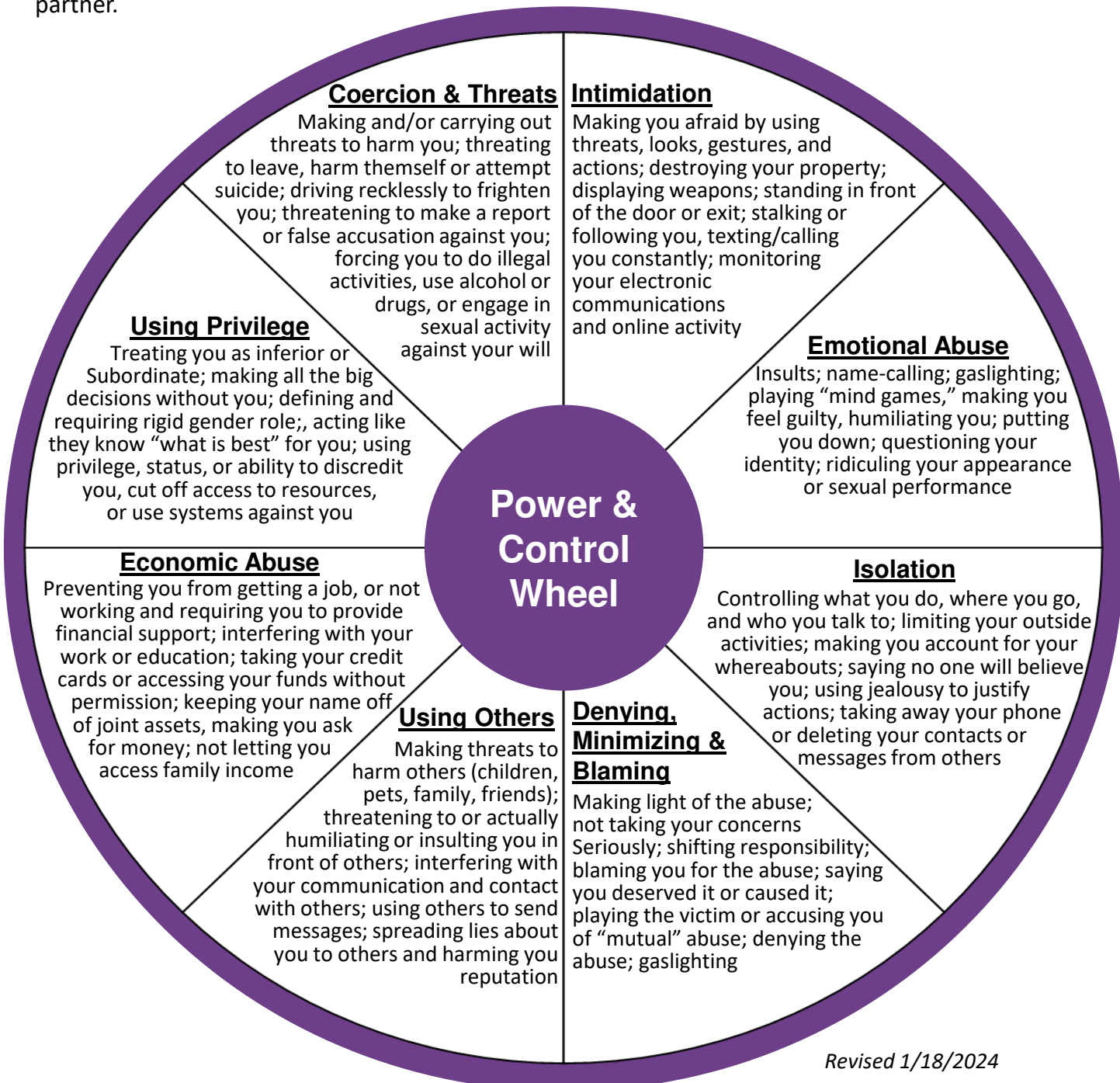
The legal terminology given to the broad category of criminal charges that include most sex related crimes.

Healthy vs. Unhealthy Relationships

Being in a HEALTHY relationship means...	If you are in an UNHEALTHY relationship...
Loving and taking care of yourself before and while in a relationship	Caring for and focusing on your partner only, neglecting yourself, or focusing only on yourself and neglecting your partner
Respecting individuality, embracing differences, and allowing each person to “be themselves”	Feeling pressured to change to meet your partner’s standards, afraid to disagree with your partner, and being criticized. Or you pressure your partner to meet your standards and criticize their ideas
Doing things with friends and family and having activities independent of each other	One of you has to justify what you do, where you go, and who you see
Discussing things, allowing for differences of opinion, and compromising equally	One of you makes all the decisions and controls everything without listening to the other’s input
Expressing and listening to each others’ feelings, needs, and desires	One of you feels unheard and is unable to communicate your wants and needs
Trusting and being honest with yourself and each other	Lying to each other making excuses for the other person
Respecting each other’s need for privacy	Not having any personal space and being expected to share everything with your partner
Sharing sexual histories and sexual health status with a partner	One partner not disclosing their sexual history or hiding a sexually transmitted infection from the other
Practicing safer sex methods	Feeling afraid to ask your partner to use protection or your partner refusing your requests to practice safer sex methods. Or you refusing your partner’s requests to use safer sex methods and making them feel afraid
Respecting sexual boundaries and practicing affirmative consent; being able to say no to sex	Being forced to or to have sex when you did not want to, or forcing or coercing your partner to have sex
Resolving conflicts in a rational, peaceful, and mutually agreed upon way	One partner yells, hits, shoves, or throws things at the other in an argument
There is room for positive growth and learning more about each other as you develop and mature	You feel stifled, trapped, and stagnant. You are unable to escape the pressures of the relationship.

Power & Control

Relationship violence (also referred to as **domestic violence, intimate partner violence or abuse**) refers to the abuse of power and control within a past or current intimate partner relationship. Although physical abuse and violence is one tactic used by abusive partners, physical violence is not a required component of relationship violence. The **Power & Control Wheel** is a helpful tool to identify the other tactics that abusive partners may use to exert power and control over their partner.



Frequently Asked Questions by Survivors

Q. “Why did this person do this to me – could they not control their sexual urges?”

A: Sexual violence has nothing to do with a person’s lack of control over their sexual urges and is more about that person choosing to use sex to exert power and control over another person.

Q. “Is this my fault because I was drinking?”

A: You have the right to drink without fear of sexual or relationship violence. Alcohol usage does not imply consent. No one asks to be assaulted and it is never the survivor’s fault. Alcohol, however, is often used to coerce or incapacitate someone in order to initiate unwanted sexual contact. Furthermore, those who cause harm may often use their own alcohol consumption as an excuse and a way to avoid accountability for their behavior.

Q. “Why didn’t I do anything when it was happening?”

A: In any traumatic moment, our brains and bodies do what is necessary in order to survive. Often, the parts of our brain responsible for problem-solving and rational thinking shut off during a traumatic event; so our brains can go into “survival mode” and act automatically to keep us safe. Additionally, some people experience tonic immobility, a biological response to trauma in which one feels paralyzed and physically cannot move.

Q. “Why do I sometimes feel like it’s happening all over again?”

A: Traumatic memories can be different from normal memories. Due to the stress chemicals that our bodies release during and after a traumatic event, a person can feel like they are reliving these memories in the current moment. This is often called a flashback. Sometimes flashbacks are in response to a trigger, which could be a sight, sound, smell, touch, or taste that can remind someone of the traumatic event.

Frequently Asked Questions by Survivors

Q. “Why am I so jumpy?”

A: Sexual assault, relationship violence, and other traumas affect parts of the brain that control the “startle response.” Those parts of the brain are linked to anxiety and the effects can be lasting if left untreated. (Look at the [Trauma & the Brain](#) handout on page 14 to learn more.)

Q. “Why can’t I just get over it?”

A: No one was taught how to heal from trauma, and it can be scary. Healing is not linear and can take time; everyone’s healing journey looks different. It is understandable for survivors to feel frustrated about how this has impacted them over time. Reaching out for help can make a big difference.

Q. “Why did someone I love do this to me? Is it still sexual assault if it was my friend/family member/partner, etc.?”

A. Most sexual assaults are committed by someone the survivor knows; in fact, people often use that relationship in order to gain power and control over the survivor. A past or current romantic or sexual relationship with the person who caused harm does not constitute consent and does not give them the right to have sexual contact without consent.

Q. “What if I think what happened is my fault?”

A. Thoughts about responsibility and feelings of guilt are really common responses. Sometimes we blame ourselves for what happened because there are many victim-blaming messages in society. Victim-blaming occurs when survivors are made to feel that the sexual or relationship violence is their fault. Sometimes these statements are made by friends, family, or acquaintances, but can also come from societal messaging that all of us may internalize. Despite all of those harmful messages, the reality is that sexual and relationship violence is never the survivor’s fault and all of the blame should be put on the perpetrator. (Look at [Common Reactions](#) on Page 5 to learn more.)

Frequently Asked Questions by Survivors

Q. “My partner has never physically hurt me before; can this be an abusive relationship?”

A: Relationship violence is a pattern of power and control that one person exerts over another person within the context of a past or current intimate partner relationship. Although physical violence is a tactic some abusers use, there are other tactics such as economic abuse, emotional abuse, isolation, intimidation, and coercive control. (Look at the [Power & Control Wheel](#) on Page 9 to learn more about abusive tactics).

Q. “My partner isn’t abusive when they are sober. Is the substance use causing this behavior?”

A: No substance use or abuse does not cause someone to abuse their partner. The harm may escalate or be more severe when the perpetrator is using substances, but the underlying power and control is still present in the relationship whether or not the person is sober. Furthermore, substance abuse or a mental health condition are not excuses for relationship violence.

Q. “We both treat each other poorly. Am I also abusive?”

A: When multiple abuse tactics are being used, and they result in fear and a power differential, mutual abuse is not likely to be occurring. In relationship violence, one partner has power and control over the other. There is a difference between when someone is intentionally exerting power and control over their partner versus when one partner may talk, push or fight back due to being disrespected, provoked, threatened, or made to act in self-defense. It is a common tactic for those who cause harm to deny, minimize, and gaslight in order to switch the narrative and accuse the survivor of causing harm.

Q. “Why do I still love this person that is hurting me?”

A: Relationship violence is complicated, and your feelings are valid. Two things can be true at the same time; we can love someone and also not want them to keep hurting us. The love that you have for your partner can make it hard to determine what you want to do, but this is a normal part of the healing process and no matter where you are in your journey of healing, you can reach out and receive services from our program.

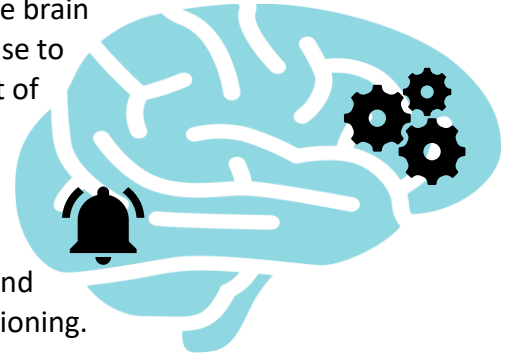
Trauma & the Brain

Trauma Response

Sexual and relationship violence are forms of trauma. In general, trauma is defined as any real or perceived threat to life, physical or psychological safety, or social belonging. Understanding some of the ways that our brains and our bodies are programmed to automatically respond to trauma can be helpful to understand your response to trauma. Everybody's reaction is different. Some survivors might feel shocked or ashamed of their reaction to a traumatic event, however it is important to understand that no one can "choose" their trauma response, it is an automatic reaction that is based in a neurobiological response.

The "Doing Brain," called the amygdala, is the part of the brain located in the limbic system, which is where our brain's response to threats, extreme danger, and intense emotion occurs. This part of the brain is designed to act as a "smoke alarm" that goes off when the brain thinks we are in danger.

The "Thinking Brain," called the pre-frontal cortex or cerebrum, helps us to plan, problem-solve, analyze rationally and make thoughtful decisions; it is responsible for executive functioning.



When the "Doing Brain" alerts us there is a danger present, the "Thinking Brain" will investigate to determine if the danger is real. If the "Thinking Brain" thinks you are in danger, it will shut down to let the "Doing Brain" take over and **do whatever it needs to help us keep safe**. When the "Doing Brain" takes over to keep us safe during a traumatic event, there are three main responses: **fight, flight, or freeze**.

- **Fight:** In the face of a traumatic event, a person fights back. This may look like physical or verbal resistance.
- **Flight:** In response to trauma, a person's reaction is to flee the situation. The body mobilizes to leave the traumatic experience.
- **Freeze:** In response to a trauma, a person may have a physical reaction of "shutting down." This may include spacing out, completely or partially losing memory of an event, or being immobilized and unable to move or speak.

Sometimes survivors may feel confused by their "in the moment" response to sexual or relationship violence. Understanding our brain's programmed, neurobiological responses to a traumatic event can help survivors to understand that during a trauma response we are completely unable to think and plan logically because our brain has gone into "survival mode."

Survivor Rights

YOUR RIGHTS AS A SURVIVOR

THE RIGHT TO RECOVERY

Healing and recovery looks different for everyone; but healing is possible. There is no timeline for recovery and the journey of healing has its ups and downs. You have the right to feel your feelings and to express yourself.

You have the right to be believed and to receive support services like therapy, advocacy, crisis intervention, and safety planning. You have the right to trauma-informed care. You have the right to ask for help.

THE RIGHT TO CHOOSE

You have the right to choose who, how, and when you wish to disclose your experience.

You have the right to choose whether or not you want to report, how you want to report, and how you want to be involved in the reporting process. Reporting is a personal decision, and it is completely up to you.

A Note on Mandated Reporting: Most employees at MSU are required to report instances of relationship violence and sexual misconduct (RVSM) to law enforcement and/or the MSU Office of Institutional Equity. Staff at the Center for Survivors and MSU Safe Place are considered confidential and exempt from MSU reporting requirements. Separately, Michigan mandated reporter laws require reporting of any abuse or neglect of a child or vulnerable adult.

Sources: MSU Office For Civil Rights & Title IX Education and Compliance civilrights.msu.edu/policies

CRIME VICTIM RIGHTS

THE RIGHT TO A SEXUAL ASSAULT MEDICAL FORENSIC EXAM

You have the right to a free [sexual assault medical forensic exam](#) within 5 days of a sexual assault. The exam will address your healthcare needs and collect evidence. You have this right regardless of whether you choose to file a police report.

You have specific rights related to the Sexual Assault Kit (SAK) which contains all of the sexual assault evidence collected during the exam. These rights include:

- The right to choose whether to release your kit to law enforcement and make a police report immediately, or for your evidence kit to be stored at the healthcare facility for at least one year.
- If you choose to release your kit to the police, you have the right to forensic testing of the Sexual Assault Kit and the right to know the results of that testing. You can track your kit status by logging into mi.track-kit.us

Sources: State of Michigan Victim Rights to Evidence Kit Testing michigan.gov/voices4/legal/evidence

Survivor Rights

YOUR RIGHTS IN THE CRIMINAL JUSTICE PROCESS

The Michigan Constitution and the Crime Victim Rights Act grant victims of a crime the following rights within the criminal justice process. You have the right to:

- Be treated with fairness and respect for your dignity and privacy
- Timely disposition of the case following the arrest of the perpetrator
- Reasonable protection from the perpetrator throughout the criminal justice process
- Notifications about the status of the case (For automated case notifications, register with the Crime Victim Notification Network [VineLink.com](https://www.vinelink.com))
- Consult with the Prosecuting Attorney about the disposition of the case
- Attend all court proceedings and provide impact statements to the court at various stages
- Restitution and/or Crime Victim's Compensation. Learn more at Michigan.gov/CrimeVictims
- To apply for a Personal Protection Order (PPO), regardless of whether you choose to report to the police or the outcome of the case. Learn more at Michigan.gov/voices4/legal/ppo

Sources: Michigan Department of the Attorney General michigan.gov/ag/initiatives/crime-victim-rights

TITLE IX RIGHTS AT MICHIGAN STATE UNIVERSITY

As a member of the MSU community, students, faculty, and staff have rights under the federal Title IX law and the [MSU Relationship Violence and Sexual Misconduct \(RVSM\) & Title IX Policy](#). Under these policies, you have the following rights:

- The right to an education and/or workplace at MSU that is free from gender discrimination including relationship violence and sexual misconduct.
- The right to an impartial, fair, and unbiased investigation by the MSU Office of Institutional Equity (OIE) into allegations of violations of the RVSM and Title IX policy
- The right to choose whether or not to file a formal complaint and participate in the OIE investigation
- The right to be protected against retaliation for participating or cooperating with the OIE investigation
- The right to reasonable and appropriate [interim and supportive measures](#) to preserve and restore equal access to the educational program or activity regardless of whether or not you choose to participate in the OIE investigation and/or criminal justice process.
 - Examples may include non-disability related academic, housing, transportation, and work accommodations or mutual no-contact directives.

Sources: MSU Office for Civil Rights and Title IX Education and Compliance Policies civilrights.msu.edu/policies
& Michigan Department of Education Michigan.gov/MDE/Resources/Title-IX

Survivor Rights

CLIENT RIGHTS AT THE MSU CENTER FOR SURVIVORS

When you receive services from the MSU Center for Survivors, you have the following rights as a client.

THE RIGHT TO RESPECT AND SAFETY

- To be treated with dignity and respect; and to be protected from embarrassment or invasion of privacy.
- Information regarding the scope and availability of services. This includes information on services, hours of access, provisions for after hours resources, and emergency services.
- To expect that your personal convictions and cultural beliefs will be honored and taken into consideration as you are seeking/utilizing services and will not adversely affect the services you receive. MSU Center for Survivors does not discriminate in regards to race, gender, age, disability, socioeconomic class, sexual orientation, gender identity, religion, or marital status.
- Services to be provided in a clean, safe, affirming environment free from any type of abuse.

THE RIGHT TO CONFIDENTIALITY AND PRIVACY

- Confidentiality - Any information pertaining to you will be held in strict confidence. No identifying information will be shared without your informed consent, except when disclosure is required by law or when life is in danger.

THE RIGHT TO HIGH QUALITY SERVICES

- To receive services from highly trained, competent, qualified staff and the right to ask questions about the staff person's qualifications, training, and experience.
- To access information on available services offered at the Center for Survivors, to choose which services you would like to receive, and to participate in any decision-making regarding use of services to best address your needs.
- To request to transfer to work with a different provider within the Center for Survivors.
- To discontinue services at any time, for any reason, with no consequences in regards to your future use of Center for Survivors services.

QUALITY ASSURANCE

You are encouraged to express your compliments or make a complaint about the MSU Center for Survivors in one or more of the following ways:

1. Notifying any MSU Center for Survivors staff member of your compliment or concern either verbally or in written format.
2. Contacting the Center for Survivors Director, Tana Fedewa (adamstan@msu.edu) with feedback or a complaint.
3. Completing a feedback survey.

Sexual Assault Medical Forensic Exams

What is a sexual assault medical forensic exam?

A free medical examination to provide medical treatment and/or evidence collection up to 5 days after a sexual assault. The exam is completed by a healthcare provider with specialized training called a Sexual Assault Nurse Examiner (SANE).

How should I prepare for a medical forensic exam?

- If possible, try to avoid activities that could potentially damage evidence (ex: bathing, eating, drinking, brushing teeth, changing clothes, or doing laundry – but if you have done these, you can still come in and receive an exam).
- Come in as soon as you are ready – You have up to 5 days, but the sooner you come in, the more options available for evidence collection and preventative care.
- Place any belongings, including the clothes you were wearing in a paper bag to safely preserve evidence.
- You may also want to bring a change of clothes with you. The entire process can be lengthy, so feel free to bring a friend or other support with you if you would like

What are the benefits of a medical forensic exam?

- Medical care and injury treatment
- Preventative prophylactic treatment for STIs, HIV, and pregnancy
- Evidence preservation – to give you time to decide whether to report the crime
- If you report, having the exam and evidence collection increases the likelihood of prosecution
- It's free!

What is a Sexual Assault Kit?

The Sexual Assault Kit (SAK), frequently called a “rape kit,” contains all of the forensic evidence that was collected during the exam. You may choose to release the kit to law enforcement or it will be stored at the medical facility for at least one year.

Do I have to report to the police?

Survivors are NOT required to report the crime to law enforcement in order to receive a medical forensic exam and/or for evidence to be collected. If you choose not to release your kit to the police at the time of the exam, it will be securely stored in case you decide to release it to the police at a later date.

What does it mean to release my kit?

When you sign the form to release your kit to law enforcement you will be initiating a criminal investigation. Once the kit is released to law enforcement, the medical facility cannot get it back. You will need to make a police report and the kit will be sent to the police laboratory for analysis and forensic testing. Releasing the kit may increase the likelihood that the case will result in prosecution. Once your kit has been released you can track the status and location of your kit using the [Track-Kit](#) code that was provided to you at the time of the exam.

Sexual Assault Medical Forensic Exams

What happens during a sexual assault medical forensic exam?

This medical exam is completely voluntary, the nurse will facilitate informed consent so that you understand the full nature and purpose of each procedure and will give you the opportunity to consent or to decline any part of the exam. **You can stop, pause, or skip any part of the exam.** In general, the steps of the sexual assault medical forensic exam are described below:

- Immediate Medical Care** Addressing any injuries that need immediate attention.
- Medical Forensic History** The nurse will ask about what happened during the sexual assault. The questions may seem very personal, but this will guide the nurse’s evidence collection during the exam. What you share will be documented and may be discussed in court if you choose to report to law enforcement.
- Physical Exam, Evidence Collection, & Photography** Based upon your specific experience, the nurse may offer a head-to-toe physical examination; strangulation assessment; examination of the genitalia; swabs of body surface areas; collection of clothing, other evidence, or blood or urine samples; and photographs of injuries. *Remember. this is optional and you have the right to decline anything you are uncomfortable with.*
- STI & pregnancy risk care** Based on the description of the sexual assault, the nurse will discuss potential risks for sexually transmitted infections (STIs), HIV, and/or pregnancy, and options for preventative care, treatment, and follow up testing and medical care.
- Discharge & Follow Up** At the end of the exam you will be provided information about follow up medical care and available resources.

Where do I go to receive a sexual assault medical forensic exam?

Most hospitals offer medical forensic exams, and some community-based programs offer this service as well. Below is the information for the two programs offering medical forensic exams in the greater Lansing area. To find a local SANE program, call the RAINN hotline 1-800-656-HOPE(4673).

MSU Sexual Assault Healthcare Program
 Open to adult survivors of sexual assault
 Walk-in 24/7 or call ahead 517-353-2700
 Student Services Building 2nd Floor
 556 E. Circle Dr. East Lansing, MI 48824

Sparrow Hospital Forensic Nurse Examiner Program
 Open to children and adult survivors of sexual or physical abuse, intimate partner violence, human trafficking, or strangulation.
 Walk-in to ER 24/7, 517-364-1000
 1215 E. Michigan Ave. Lansing, MI 48912

Information for Friends & Family of Survivors

How to ‘TALK’ with a loved one

When someone you love discloses that they have experienced sexual or relationship violence, you may not know what to say. RAINN’s ‘TALK’ method can help you remember how to respond with empathy.



T – Thank them for telling you

Take a moment to acknowledge how incredibly difficult it can be to tell someone about this type of trauma, show appreciation for their trust in you.

A – Ask How you Can Help

Avoid giving advice and remember there is not a “right” way to heal. Survivors have had their power and control taken away from them during the trauma, and it is important to help them regain a sense of power and control by making their own decisions about what to do next. Let them know that you are there for them to help in any way they need.

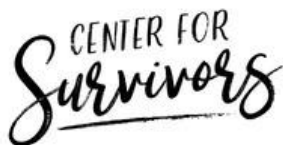
L – Listen without Judgment

Start by believing, manage your own emotional responses, give the survivor your undivided attention, focus on their feelings and offer empathy. You don’t need to know the details of the trauma in order to be supportive, so avoid questioning and never ask “why” questions. To learn more watch [this video](#) on Showing Support for Survivors from the MSU Support More Campaign.

K – Keep Supporting

Healing takes time, and your continued support can make a difference. Check in on their emotions and reach out regularly to let them know that you are thinking about them, practice empathy, and try to offer normalcy; keep including them in activities and offer to spend time together.

It is normal for you to feel a wide array of emotions when you learn that someone you care about has experienced sexual or relationship violence. That is why we call a survivor’s friends and family “co-survivors”; because you, too, are impacted by this trauma. It is important for co-survivors to seek their own support and process their own emotions. You are welcome to utilize our crisis services for support.



Survivor Resource List

SEXUAL VIOLENCE & RELATIONSHIP VIOLENCE SERVICES *(confidential resources)*

MSU Center for Survivors, East Lansing, MI

CenterForSurvivors.msu.edu

Advocacy, crisis intervention, and therapy services for survivors of sexual and relationship violence; Safe Place domestic violence shelter for survivors of relationship violence. Services are available to students, faculty, staff and community members.

Main line: 517-355-3551 general@msu.edu

For Safe Place relationship violence & shelter services: 517-355-1100 noabuse@msu.edu

EVE (End Violent Encounters), Lansing, MI 517-372-5572

www.eveinc.org

Domestic violence emergency shelter, counseling, support groups, and advocacy for survivors of domestic violence or sexual assault.

CARE – Capital Area Response Effort, Lansing, MI 517-272-7436

CARE.Program@lansingmi.gov

Domestic violence post-arrest crisis response team, follow up and advocacy services for survivors of domestic violence in the Greater Lansing area. Lansingmi.gov/476/Capital-Area-Response-Effort-CARE

HOTLINE & CHAT RESOURCES *(confidential resources)*

MSU Center for Survivors Crisis Hotline (24/7) & Crisis Chat (10am-10pm)

517-372-6666 CenterForSurvivors.msu.edu

EVE (End Violent Encounters) 24/7 Hotline & Crisis Chat: 517-372-5572

EVEinc.org

RAINN National Sexual Assault Hotline (24/7) & Chat 1-800-656-4673

rainn.org

Michigan Coalition to End Domestic & Sexual Violence (MCEDSV) 24/7 Hotline & Chat & TextLine

Sexual Assault - Call: 855-864-2374

Text: 866-238-1454

Chat: mcedsv.org/hotlines

Domestic Violence – Call: 966—864-2338

Text: 877-861-0222

Chat: mcedsv.org/hotlines

988 Suicide & Crisis Lifeline (24/7) Call or text: 9-8-8 (or 1-800-273-8255) Chat: 988Lifeline.org/chat

Crisis Text Line (24/7) Text HOME to 741741 CrisisTextline.org

SEXUAL VIOLENCE RESOURCES FOR CHILDREN

Firecracker Foundation, Lansing, MI

517-742-7224 thefirecrackerfoundation.org

Holistic healing for survivors of child sexual trauma under age 18 and their families.

Small Talk 517-253-0728 SmallTalkCAC.org

Local child advocacy center that provides coordinated services during child sexual abuse investigations, and free counseling for children as well as adult education. A referral by law enforcement is required to access services.

Michigan Department of Health & Human Services (MDHHS) 855-444-3911 www.michigan.gov/mdhhs

Child protective services, investigates reports of suspected child abuse and neglect.



Survivor Resource List

REPORTING RESOURCES *(NOT confidential resources for making official reports)*

Law Enforcement – Each department investigates crimes that occur within their jurisdiction. For emergencies call 911

MSU Department of Police & Public Safety 517-355-2221 dpps.msu.edu

East Lansing Police Department 517-351-4220

Lansing Police Department 517-483-4600

Meridian Township Police 517-332-6526

Bath Township Police 517-641-6728

MSU Office of Institutional Equity (OIE) & MSU Office for Civil Rights & Title IX

Investigates Title IX complaints and reports of violations of the university's Relationship Violence and Sexual Misconduct policy for members of the MSU community.

517-353-3922 oie.msu.edu

MSU Misconduct Hotline 1-800-763-0764 misconduct.msu.edu

For reports of non-RVSM misconduct at MSU, such as conflicts of interest, privacy violations, safety, or bias, as well as fiscal, research, employment, or athletic misconduct.

LEGAL RESOURCES

Ingham County Prosecutor's Office 517-483-6108

May issue charges in a criminal case & prosecute the case

Crime Victim Compensation 1-877-251-7373 michigan.gov/mdhhs

Assists eligible crime victims and their immediate families with the financial costs of crime.

Crime Victim Notification Network 1-800-770-7657 www.vinelink.com

Find, obtain and receive notifications of court dates, case status, and custody changes.

Legal Services of South Central Michigan 517-394-2985 lsscm.org

Free legal advice and representation to low-income persons and/or survivors of domestic and sexual violence who qualify.

Personal Protection Order Office 517-483-6545 EVEinc.org

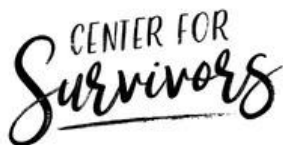
Assistance from EVE Advocates to file for a PPO for your safety and protection.

Michigan Immigrant Rights Center 734-239-6863 mirc@michiganimmigrant.org michiganimmigrant.org

A legal resource for Michigan's immigrant communities, providing advocacy and resources for immigrant rights.

ASMSU legal services 517-353-3716 StudentLegalServices.com

Free legal advice for certain civil disputes and misdemeanors for MSU students.



Survivor Resource List

MEDICAL RESOURCES

MSU Sexual Assault Healthcare Program (24/7) 517-353-2700

CenterForSurvivors.msu.edu/Sexual-Assault-Healthcare-Program

Specially trained nurses provide support, medical care, and/or evidence collection to any adult who has been recently sexually assaulted. You don't have to be affiliated with MSU to access services.

Sparrow Hospital ER & Forensic Nurse Examiners 517-364-3931

Forensic Nursing services provide medical care and evidence collection to children and adults who have experienced sexual assault, relationship violence, strangulation, child abuse, or human trafficking.

MSU Olin Student Health Care 517-353-4660 olin.msu.edu

Healthcare services to MSU students including primary care, women's health, STI/HIV testing.

McClaren Hospital ER 517-975-6000 McClaren.org/Lansing

Ingham County Health Department 517-887-4424 hd.ingham.org/SeekingCare/STIHIV

Provides accessible healthcare to low-income, uninsured, and underinsured community members, including primary care, preventative care, HIV and STI testing and treatment, post-exposure prophylaxis (nPEP), and pregnancy care.

Planned Parenthood: Lansing Health Center 517-351-0550

Provides STI and HIV testing and treatment, emergency contraception, pregnancy testing, medical abortions and referrals, among other healthcare services.

Lansing Area AIDS Network 517-394-3560 LAANonline.org

HIV testing, assistance to access preventative medications (nPEP & PrEP) and support services and medical case management for people living with HIV/AIDS.

THERAPY & COUNSELING RESOURCES

MSU Counseling and Psychiatric Services (CAPS) 517-355-8270 caps.msu.edu

Crisis walk-ins, individual and group therapy, and psychiatry for MSU students.

MSU Employment Assistance Program (EAP) 517-355-4506 eap.msu.edu

Confidential counseling services provided at no cost to MSU employees and their families.

MSU Psychological Clinic 517-355-9564 psychology.msu.edu/clinic

Individual and group therapy and assessment services to children and adults in the greater Lansing area, sliding scale fee payment.

MSU Couple & Family Therapy Clinic 517-432-2272 hdfs.msu.edu/clinic

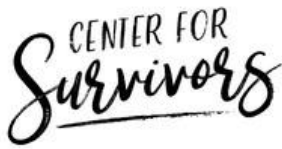
Provides therapy to individuals, couples, families, and groups in the Greater Lansing area, sliding scale fee payment.

Women's Center for Greater Lansing 517-372-9163 WomensCenterofGreaterLansing.org

Individual counseling on a sliding scale fee payment, employment services, social programming, support groups and resources.

Psychology Today PsychologyToday.com

Online resource to assist in finding a private practice therapist that is right for you.



Survivor Resource List

OTHER SUPPORT SERVICES

Support & Intake Team at the MSU Office of Civil Rights (OCR) CivilRights.msu.edu ocr.set@msu.edu

Coordinates supportive, interim or protective measures to provide non-disability related accommodations and assistance to MSU students and employees impacted by issues related to the RVSM & Title IX policy, Anti-Discrimination Policy, or pregnancy.

MSU OCR Prevention Outreach and Education Dept. (POE) 517- 355-3865 poe.msu.edu empower@msu.edu

Provides educational programming and trainings related to RVSM topics. Survivors seeking an accommodation related to completing mandatory SARV or RVSM training can contact this confidential office.

MSU Resource Center for Persons with Disabilities (RCPD) 517-884-RCPD www.rcpd.msu.edu

Assistance to MSU students, faculty, and staff with disabilities to obtain accommodations for class or work.

MSU Gender & Sexuality Campus Center 517-353-9520 gsc.msu.edu gsc@msu.edu

Works to celebrate, affirm, and empower LGBTQIA2S+ members of the MSU community, through educational and social programming, engagement, advocacy, and student support.

Salus Center saluscenter.org info@saluscenter.org

Lansing's LGBTQIA+ community center; providing a gathering space, information, resources, and advocacy

MSU Office For International Students and Scholars (OISS) 517-353-1720 oiss.isp.msu.edu

Supports International students, scholars and their families.

MSU Office of Supportive Services 517-353-5210 undergrad.msu.edu/programs/oss

Assists undergraduate MSU students with developing coping and self-management skills as well as providing academic advising, personal planning, and career guidance.

MSU Student Parent Resource Center 517-884-0195 studentparents.msu.edu

Academic support, childcare, financial assistance, and advocacy for MSU student parents.

MSU Office of Cultural & Academic Transitions 517-353-7745 ocat.msu.edu

Connecting diverse communities through supportive outreach and engagement to promote student learning at MSU.

MSU University Ombudsperson 517-353-8830 ombud.msu.edu ombud@msu.edu

Neutral, confidential resource for students, faculty and staff to discuss MSU policies and address conflicts.

ASMSU Student Rights Advocates 517-884-1253 asmsu.msu.edu/home/services/student-rights-advocates

Volunteers support students through processes such as academic dishonesty and student conduct.

CATA Night Owl 517-432-8888 www.cata.org/MSUNightOwl

Provides late night/early morning rides on MSU's campus (approx. 2am-7am)

ASMSU Safe Ride 517-884-8069 asmsu.msu.edu

Offers rides home to MSU students on campus and within East Lansing; Monday – Sunday 8pm-1:30am

MSU Student Food Bank 517-432-5136 FoodBank.msu.edu

Food assistance for MSU undergraduate, graduate, and professional students without a meal plan.

Greater Lansing Food Bank 517-853-7800 GreaterLansingFoodBank.org

Emergency food to anyone at risk in Clare, Clinton, Eaton, Gratiot, Ingham, Isabella, and Shiawassee counties.

Michigan 2-1-1 844-875-9211 Text your zip code to 898211 mi211.org

Connection to information and resources for social, health, and human service agencies to address basic needs and support needs statewide.