

HEALING OURSELVES AND COMMUNITIES: THE IMPACT OF SEXUAL TRAUMA

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OUR TIME TOGETHER

-UNDERSTANDING THE IMPACT OF SEXUAL TRAUMA

-RELATIONAL WAYS OF HEALING

WHAT IS SEXUAL ASSAULT & SEXUAL VIOLENCE

Sexual Violence is a broad term used to encompass a range of behaviors. We use this terminology to be inclusive of the many forms of sexual violence that exist.

Includes:

Rape, unwanted touching, sexual harassment, unwanted sexual comments, threats of violence as related to sexual violence, threats of consequences, child sexual abuse, stalking, forced prostitution/human trafficking.



Impact of NM Sexual Assault Services in FY2023

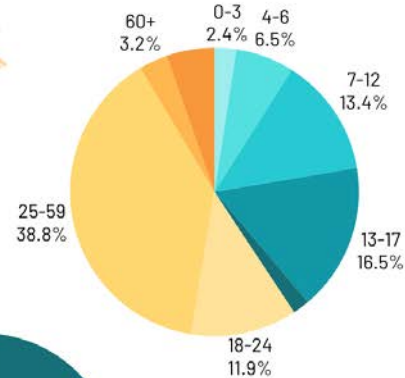
NMCSAP

Total Number of Survivors Served: **7,214**

40% were children

3,828 Secondary survivors were also served (non offending family members, partners, etc.)

AGE OF SURVIVORS



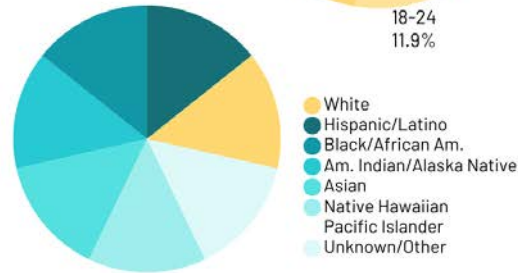
UNDERSERVED GROUPS

26% of survivors self reported having one or more disabilities

4% of survivors' primary residence was on Tribal land

30% of survivors were from rural NM

300 survivors or family members needed services in a language other than English



PREVENTION WORK

Outreach

(including trainings, tabling, etc.)

804 events

49,909 people reached

Education

(including school based prevention, developing workplace policies, etc.)

2,349 events

48,169 people reached

CRISIS INTERVENTION

5,370 crisis calls

1,113 SANE exams

2,767 therapy clients

The Impact of Complex Trauma

Complex trauma is generally defined as interpersonal trauma which creates a more severe reaction in the victim than impersonal traumatization (2012). Victims of sexual assault are at risk for more acute onset of PTSD.

According to studies looking at Adverse Childhood Experiences, strong correlations exist leading to negative health outcomes between those who were victims of child sexual abuse and substance abuse in adulthood (Dube, Anda, Whitfield, Brown, et. al, 2005).

The same study found that child sexual abuse so significantly increased the risk of negative health outcomes, including substance abuse, along the lifespan that there is a need to identify and treat all survivors of child sexual abuse (Dube, Anda, Whitfield, Brown, et. al, 2005).

“So often, trauma happens in relationships, but it is also in relationships that healing occurs.”

Bruce Perry





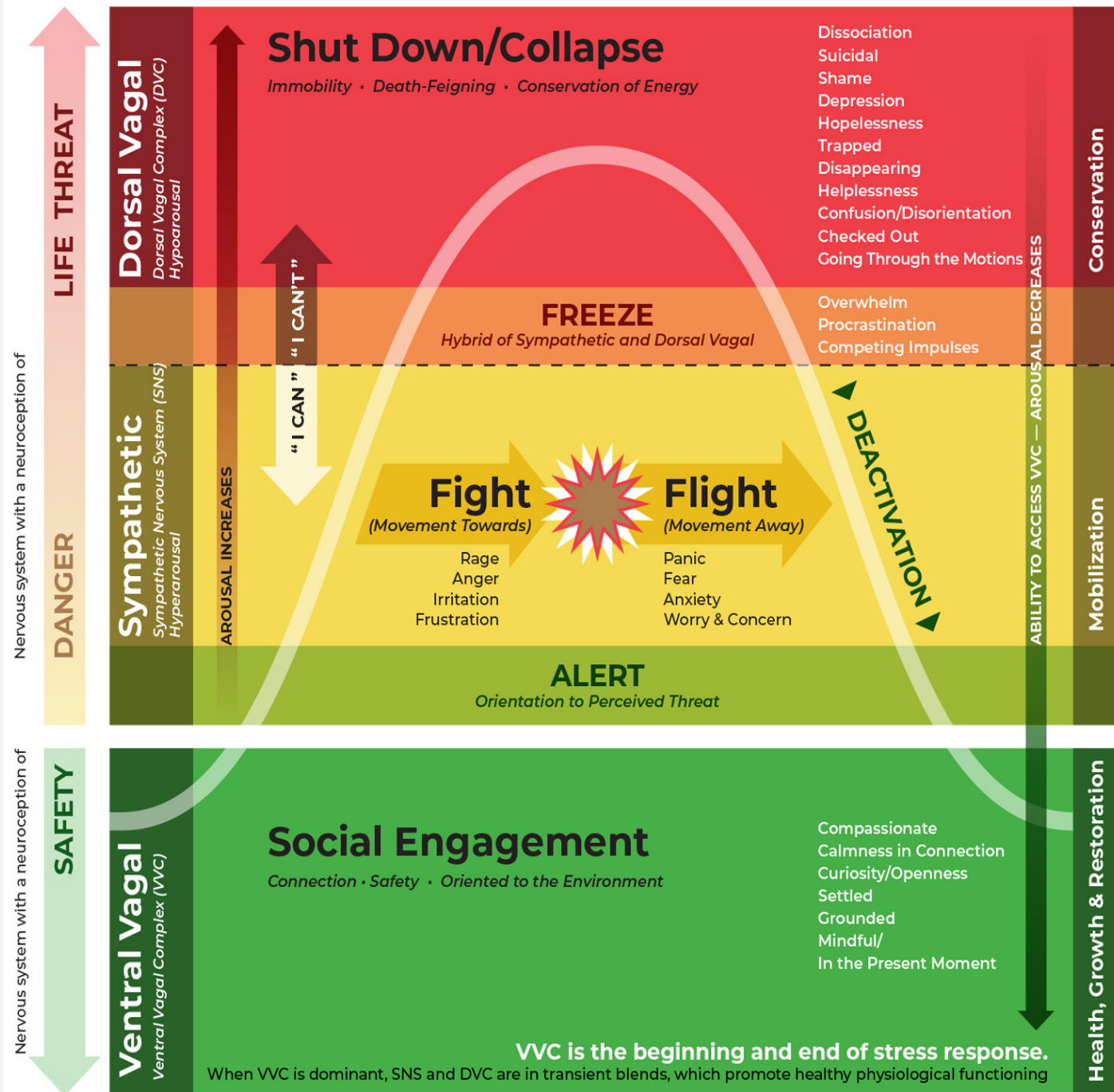


**Sexual trauma can
be isolating**

**It can disconnect
us from ourselves
and others**

**Often for
survivors, it is not
just processing the
trauma but finding
the remedy in
reconnecting to
our own humanity**

"If there's an orphan in our lives, it's our pain. Nobody wants their pain. We want it gone. That's a big part of what [reflection] offers, no longer pushing pain away. Sitting, just being-with this exact pain. Every moment is just another opportunity to stay simple and hold the orphan of your pain." Joko Beck



**Never in the
history of
calming down
has anyone ever
calmed down by
being told to
calm down**

Breath

When our breath is regulated, it signals to the brain that an emergency is not happening, no crisis, we are safe.

Box Breath Exercise – Inhale for four counts, holding for four counts, exhaling for four counts, and holding for 4 counts. Then repeat for up to 10 rounds.

1

2

3

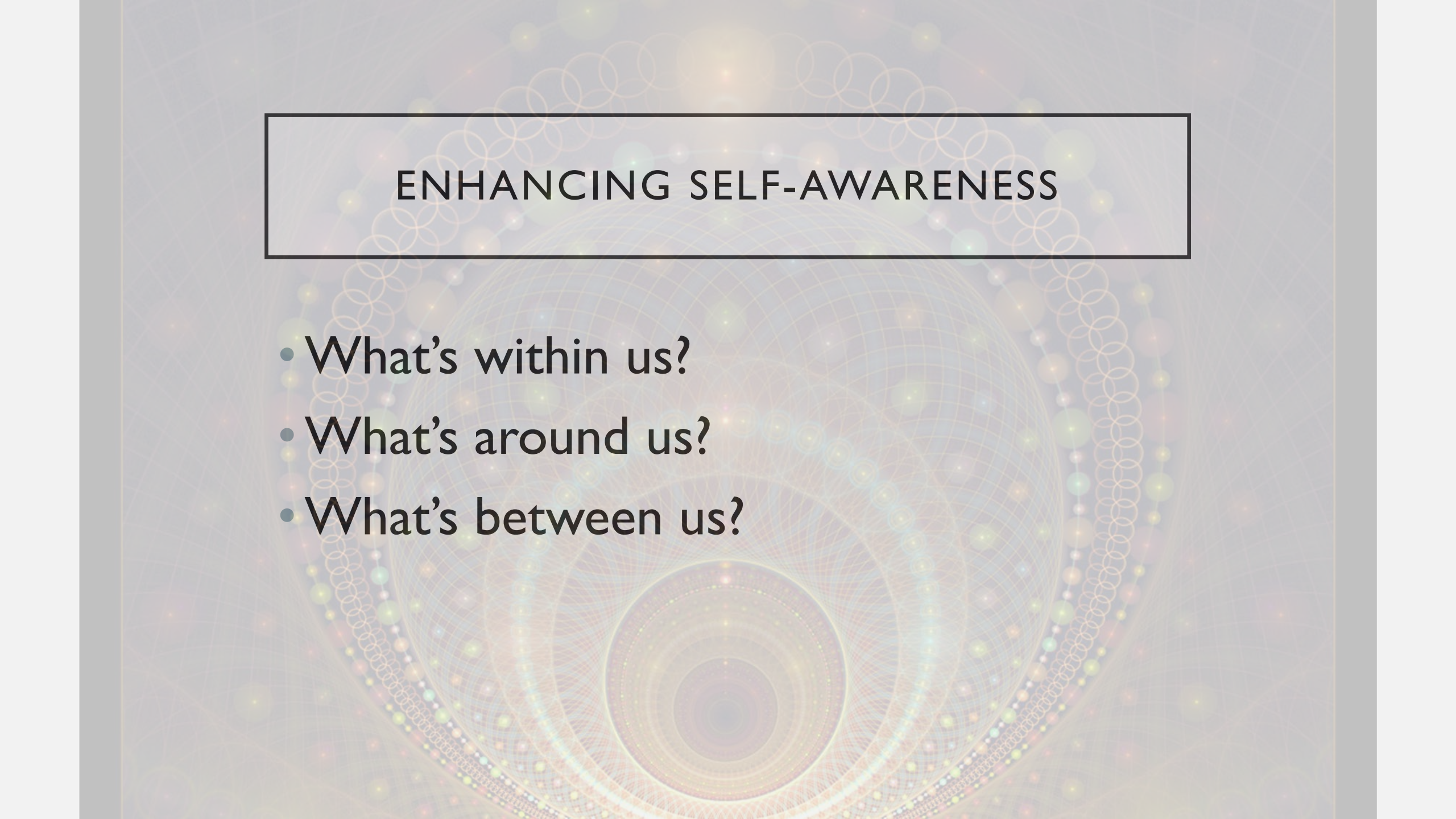
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Box Breathing

just

breathe





ENHANCING SELF-AWARENESS

- What's within us?
- What's around us?
- What's between us?

NM SEXUAL ASSAULT SERVICE PROVIDERS

- Affirming Heart Victim Services, Carlsbad
- Alternatives to Violence, Raton/Clayton
- Arise Sexual Assault Services, Clovis/Portales
- Casa Fortaleza, Albuquerque
- Community Against Violence, Taos
- COPE, Alamogordo
- La Piñon, Las Cruces
- NM Asian Family Center, Albuquerque
- Rape Crisis Center of Central NM, Albuquerque
- Roberta's Place, Grants
- Sexual Assault Services of NW NM, Farmington/Gallup
- Silver Regional Sexual Assault Services, Silver City
- Solace Sexual Assault Services, Santa Fe



Serving Survivors of Sexual Violence

Know the sexual assault service providers in your area.

Create responses for all survivors.

Have conversations with your organization about what options there are outside of the criminal legal system.

Empathy. Active Listening. Caring & Connectedness.

Unconditional Positive Regard. Genuineness & Authenticity.

Be you. Be present. Reach out for support.