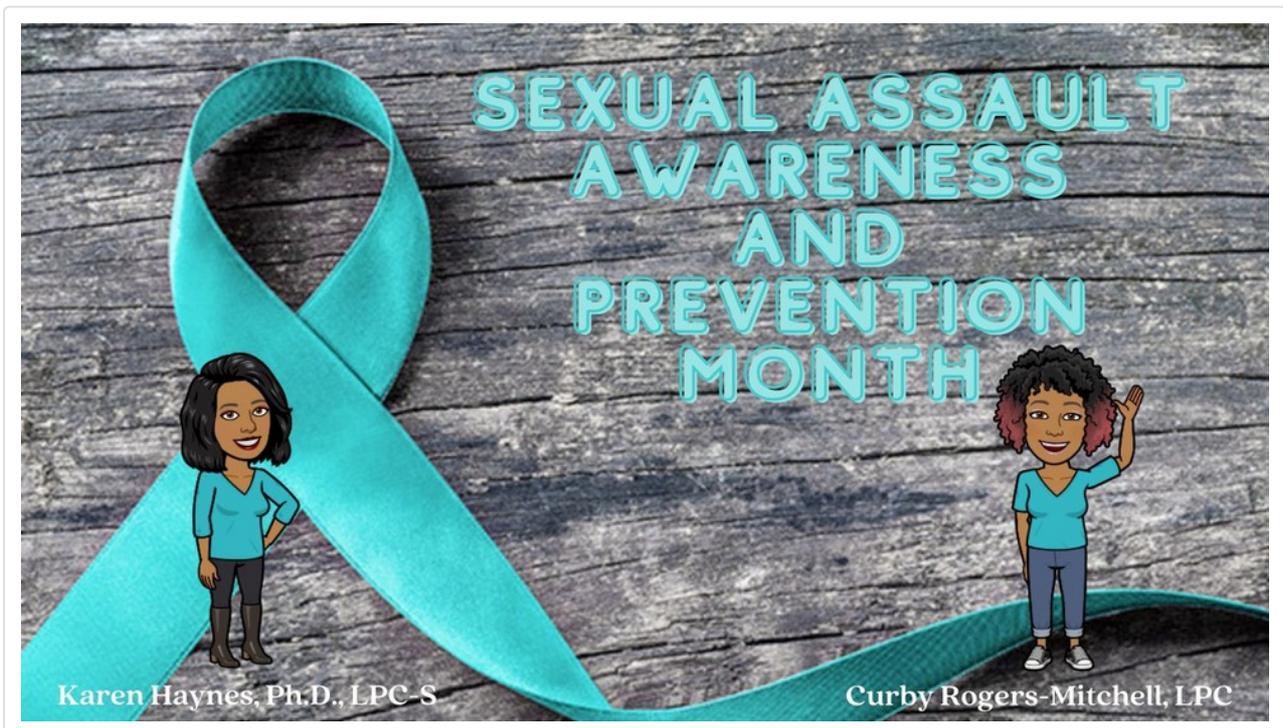


Wellness Wednesday

April 6, 2022



This week for Wellness Wednesday, we will provide information and resources on sexual assault. April marks Sexual Assault and Awareness Month.

As we navigate this difficult topic, please allow yourself the space and time to digest this information.

KNOW THE FACTS

- ON AVERAGE, THERE ARE 463, 634 VICTIMS (AGE 12 OR OLDER) OF RAPE AND SEXUAL ASSAULT EACH YEAR IN THE UNITED STATES.
- AGES 12-34 ARE THE HIGHEST RISK YEARS FOR RAPE AND SEXUAL ASSAULT.
- THOSE AGE 65 AND OLDER ARE 92% LESS LIKELY THAN 12-24 YEAR OLDS TO BE A VICTIM OF RAPE OR SEXUAL ASSAULT.
- 82% OF ALL JUVENILE VICTIMS ARE FEMALE. 90% OF ADULT RAPE VICTIMS ARE FEMALE.
- IN 1998, 2.78 MILLION MEN IN THE UNITED STATES HAD BEEN VICTIMS OF ATTEMPTED OR COMPLETED RAPE.
- 1 OUT OF EVERY 10 RAPE VICTIMS ARE MALE.
(RAINN, 2020)

TERMS DEFINED

According to RAINN (Rape, Abuse, Incest National Network, 2022), sexual harassment can include:

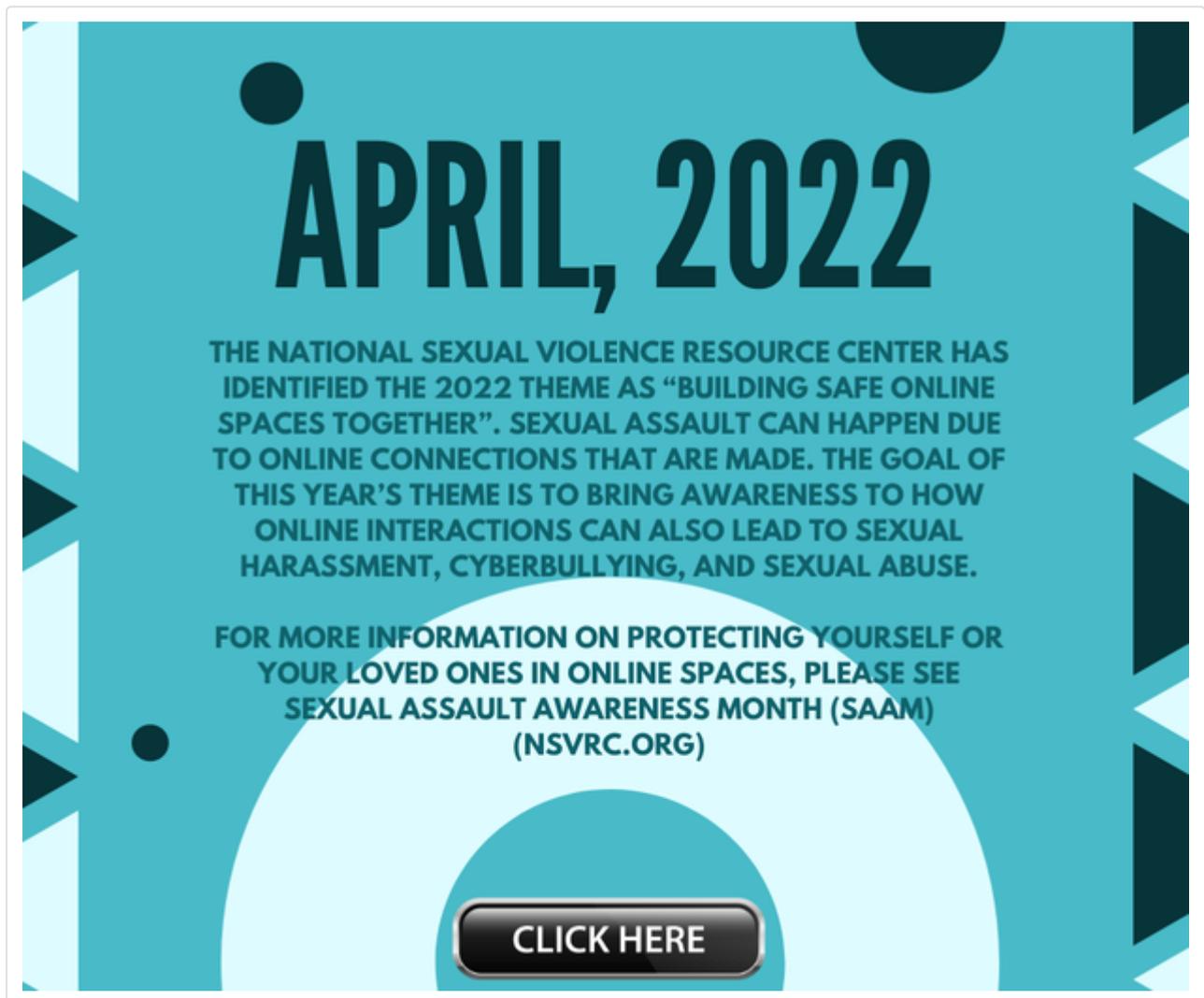
1. Making conditions of employment or advancement in various settings dependent upon sexual favors.
2. Physical acts of sexual assault.
3. Requests for sexual favors.
4. Verbal harassment in a sexual nature.
5. Unwanted physical touch.
6. Unwelcomed sexual advances
7. Feeling pressured to engage with someone sexually.

8. Discussing sexual relations or stories in work, school, or other inappropriate places.
9. Exposing oneself or performing sexual acts on one self.
10. Unwanted sexually explicit photos, emails, or text messages.

TERMS DEFINED

According to the American Psychological Association (2019), sexual abuse can be defined as:

Sexual abuse is unwanted sexual activity, with perpetrators using force, making threats, coercion, or taking advantage of victims when consent cannot be given.



APRIL, 2022

THE NATIONAL SEXUAL VIOLENCE RESOURCE CENTER HAS IDENTIFIED THE 2022 THEME AS “BUILDING SAFE ONLINE SPACES TOGETHER”. SEXUAL ASSAULT CAN HAPPEN DUE TO ONLINE CONNECTIONS THAT ARE MADE. THE GOAL OF THIS YEAR’S THEME IS TO BRING AWARENESS TO HOW ONLINE INTERACTIONS CAN ALSO LEAD TO SEXUAL HARASSMENT, CYBERBULLYING, AND SEXUAL ABUSE.

FOR MORE INFORMATION ON PROTECTING YOURSELF OR YOUR LOVED ONES IN ONLINE SPACES, PLEASE SEE **SEXUAL ASSAULT AWARENESS MONTH (SAAM)** ([NSVRC.ORG](https://www.nsvrc.org))

CLICK HERE

GET INVOLVED

There are 30 days of challenged to honor Sexual Assault Awareness Month.

Please see the link below for how you can get involved.



YOUR VOICES

Your Voices was an initiative by Sexual Assault Support Services of Maine. The goal of this initiative was to collect stories and poems written by survivors of sexual assault.

Please select the link below to read some of these words.

Your Voices



An inspirational compilation of poems,
narratives, and letters from survivors of
sexual violence



Below you will find resources for survivors of sexual assault.

United Way of Greater Houston

<https://referral.unitedwayhouston.org/MatchList.aspx?c;;0;;N;0;0;Mental%20Health%20Care%20and%20Counseling;Outpatient%20Mental%20Health%20Care;455;Sexual%20Assault%20Counseling~>

AVDA

<https://avda.org/sexual-abuse-services-in-harris-county/>

Houston Crisis Line- 1-800-273-TALK

Crisis Intervention Houston- 832-416-1177



TRAUMA TREATMENT OPTIONS

Individuals that have been sexually abused or harassed can benefit from trauma-focused interventions. The list below provides examples of treatments for trauma that have shown efficacy. Please note that the list below does not describe THE ONLY methods to process traumatic experiences.



1. Eye Movement and Desensitization Reprocessing (EMDR)

<https://youtu.be/Pkfln-ZtWeY>

2. Narrative Trauma Therapy

<https://theranest.com/blog/trauma-narratives-in-mental-health-counseling/>

3. Brainspotting

<https://brainspotting.com/>

4. Somatic Experience Therapy

<https://traumahealing.org/>

TYPES OF ABUSE

Types of Abuse

Physical Abuse

Violence, or threats of violence.

- Hitting, punching, kicking, hair-pulling, or other physical harm
- Using objects or weapons to cause harm
- Physical restraint
- Preventing partner from eating or sleeping
- Threatening to repeat physical harm

Emotional / Psychological Abuse

Insults, threats, isolation, extreme jealousy, and controlling behaviors.

- Name-calling, belittling, humiliation
- Yelling and screaming
- Controlling what partner does, what they wear, and where they go
- Isolation from friends and family
- Threatening to commit suicide if partner leaves
- Threatening to kill partner, their loved ones, or pets
- Destroying something important to partner
- Gaslighting: manipulating partner into questioning their own sanity
- Blaming partner for abusive behavior

Sexual Abuse

Unwanted sexual contact, forcing pregnancy, or forcing partner to terminate pregnancy.

- Persistent unwanted comments about partner's body or sexuality
- Unwanted kissing or touching
- Threatening or coercing partner into unwanted sexual activity
- Rape or attempted rape
- Preventing access to contraception, refusing to use it, or purposefully damaging it
- Harming partner in order to force miscarriage
- Purposefully infecting someone with a sexually-transmitted infection

Other Types of Abuse

Digital Abuse: Constantly demanding to look through partner's phone, monitoring their emails and texts, posting hurtful information or pictures on social media, or sending threatening texts or emails.

Financial Abuse: Using money to manipulate and control partner, not allowing them to work or go to school, not giving them money for necessities, or stealing their money or possessions.

Stalking: A pattern of following, monitoring, or harassing someone, causing them to fear for their safety.

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EMPLOYEE ASSISTANCE PROGRAM

Galena Park ISD Employee Assistance Program

**EMPLOYEE ASSISTANCE
PROGRAM
(EAP)**



ComPsych® GuidanceResources®
 Contact Us... Anytime, Anywhere
 We exist, confidentially, wherever life's challenges.

Confidential Emotional Support
 Our highly trained counselors are here to help you navigate and deal with all of your family, personal and work issues, including:
 - Anxiety, depression, stress
 - Family and work issues
 - Grief and loss
 - Relationships
 - Self-esteem
 - Substance use

Work-Life Solutions
 Our specialists provide guidance and resources for just about anything on your to-do list, such as:
 - Family and work issues
 - Money issues
 - Health, legal, insurance
 - Planning, benefits, housing, and more

Legal Guidance
 Talk to attorneys for practical assistance with your most pressing legal needs, including:
 - Divorce, adoption, family law, wills, trusts and more
 - Estate planning
 - Child abuse, domestic violence and other related issues

Financial Resources
 Our financial experts can assist with a wide range of issues:
 - Retirement planning
 - Insurance
 - Budgeting, credit, bankruptcy and more

Online Support
 Our specialists are here 24/7 to help you with all of your questions, such as:
 - Anxiety, depression, stress, substance use, and more
 - Work-life solutions
 - Legal guidance
 - Financial resources

24/7 Support, Resources & Information

Curly Rogers-Mitchell, LPC
 Curly Rogers-Mitchell, LPC
 Licensed Professional Counselor and Support Specialist
 Program: guidanceresources.com
 813-386-3333

Hollie L. Sherrard
 Hollie L. Sherrard, LPC
 Licensed Professional Counselor and Support Specialist
 Program: guidanceresources.com
 813-386-3333

ComPsych®
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Call: 800.272.7225
 TTY: 800.697.0333

You will not receive your pay direct, pay stubs, or other sensitive information. We will never give your information out to anyone other than the company or third resources.

Online: guidanceresources.com
 App: GuidanceResources® New Web: GO.COMPSYCH

Contact Your GuidanceResources® Program



ComPsych® GuidanceResources®
 Comuníquese con nosotros
 Estamos aquí para ayudarte en cualquier momento.

Apoyo emocional confidencial
 Nuestros expertos en consejería están aquí para ayudarte a lidiar con todos los problemas de la vida, incluyendo:
 - Ansiedad, depresión, estrés
 - Problemas familiares y laborales
 - Duelo y pérdida
 - Autoestima
 - Consumo de sustancias

Soluciones para el trabajo y la vida personal
 Nuestros especialistas brindan orientación y recursos para casi cualquier cosa en tu lista de tareas, como:
 - Problemas familiares y laborales
 - Problemas de dinero
 - Problemas de salud, seguros, vivienda
 - Planificación, beneficios, vivienda y más

Asesoramiento legal
 Habla con abogados expertos en el área de asistencia práctica para los problemas legales más comunes, como:
 - Divorcio, adopción, familia, leyes, testamentos, sucesiones y más
 - Planificación patrimonial
 - Abuso de menores de edad, violencia doméstica y otros temas relacionados

Recursos financieros
 Nuestros expertos financieros pueden ayudarte con una amplia variedad de temas, tales como:
 - Planificación de jubilación, inversión
 - Seguros, presupuesto, presupuesto
 - Planificación de impuestos, deuda, jubilación y más

Apoyo en línea
 Nuestros especialistas están disponibles las 24 horas para ayudarte con todos tus problemas, como:
 - Ansiedad, depresión, estrés, consumo de sustancias
 - Soluciones para el trabajo y la vida personal
 - Asesoramiento legal
 - Recursos financieros

ComPsych®
 Nuestro programa de ComPsych® GuidanceResources® ofrece una persona con quien hablar y ayudarte. Estamos aquí para ayudarte en cualquier momento y en cualquier lugar y día. ¡Contáctanos cuando necesites!

Llámanos al: 800.272.7225
 TTY: 800.697.0333

Si tienes preguntas sobre nuestros servicios, llámanos al: 800.272.7225 o al: 813.386.3333. También puedes contactarnos en línea en www.guidanceresources.com o a través de nuestra aplicación móvil.

En línea: guidanceresources.com
 Aplicación: guidanceresources.com

24 de la web: COMPSYCH.COM

Comuníquese con su programa GuidanceResources® de ComPsych. Llámanos al: 800.272.7225

EAP ENGLISH
 FLYER

CHECK THESE
 OUT!

EAP SPANISH
 FLYER

Wellness Wednesday

We would love to hear your Topic Suggestions & Feedback

Are there topic suggestions you would like to see discussed?

Click to Submit

CLICK TO SUBMIT



Chat with a PRO



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Director for Mental Health and Social Services

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☎ (832)386-1280



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