



RSAC Board member, Mary Buzzell, with ICASA executive director, Carrie Ward. Mary accepted a Moxie Award this year for her 36 years of dedication to survivors in the ER. Thank you for your commitment in educating our community about evidence collection and working with RSAC to help provide training to nurses.



Winnebago County  
4990 E. State Street  
Rockford, IL 61108

Boone County  
860 Biester Drive, Suite 205  
Belvidere, IL 61008

Ogle County  
412 W. Washington  
Oregon, IL 61061



RSAC staff poses for #DenimDay 2019. A campaign developed for Sexual Assault Awareness Month. Denim Day was created in response to an Italian Supreme court ruling being overturned because the justices felt that since the victim was wearing tight jeans she must have helped the person who raped her remove her jeans, thereby implying consent. Click here for more info about [#DenimDay](#).



[RockfordSexualAssaultCounseling.org](http://RockfordSexualAssaultCounseling.org)

**Mission Statement**  
Rockford Sexual Assault Counseling, Inc. (RSAC) responds to the needs of victims of sexual assault/ abuse and their families/ significant others through emergency services, emotional support, counseling, referral, advocacy, and education, and promotes awareness and understanding of sexual assault. The focus of RSAC is to provide services to survivors of sexual assault/abuse and to educate the community to reduce the risk of sexual violence.

# Executive Director's Note

## College Campus Safety

After the excitement of graduation, many young people are preparing to go to college. It is an exciting time, living independently, making new friends, and trying new things. Prior to going on campus is when parents need to be talking with their adolescents about personal safety. The highest risk of sexual violence is between the ages of 18-34. It is important that college students educate themselves on the college's policies on sexual harassment and sexual assault. It is also important to understand the process for making a report and knowing who can keep it confidential and who has reporting obligations to the school. This information should be available on the college website under Title IX information. In addition, colleges are required to report publicly the number of sexual assaults that happen on campus or that involve students even if off campus. Be aware that even if there are zero reported assaults that it does not mean that the campus is free from sexual violence only that students are not reporting. Research the local sexual assault center near campus. Nonprofit sexual assault centers provide a variety of services, confidentially and free of charge. Many centers have Educators that can provide a free safety presentation for the dorm or on campus. Each state has a State Coalition that can link you with a center closest to your campus.

Some things to think about regarding safety:

- Walk around and get to know the campus, what is the lighting like, are there panic buttons or emergency phones available?
- Does the campus have a sponsored ride service?
- When out, stay in groups and check in on each other
- When going on a date, let a friend know where you are going and when you expect to be back.
- Take a self-defense class to increase awareness and skills
- To protect against date rape drugs, pour your own drinks and do not leave your drink unattended
- Remember it is healthy, not rude, to set boundaries around personal space and sexual activity. In addition, it is healthy, not rude, to state your boundaries and limits assertively.
- If you are a victim of sexual violence, it is not your fault regardless of the situation. Violence is a choice made by the offender and it is against the law.



Maureen Mostacci  
Executive Director

Sexual assault and its prevention is not just a women's issue but everyone's responsibility. A healthy relationship is about mutual respect, trust and autonomy. Women and men deserve respectful treatment in a relationship and disrespect should not be tolerated. It is important that men take the opportunity to educate each other and call out language, jokes and behaviors that are offensive or disrespectful toward women. College can be a great experience, so to all students, be safe and enjoy the journey.

# 11th Annual RSAC Golf Play Day



## Event Schedule:

- 7:00am – Registration
- Continental Breakfast
- Range Practice
- 8:00am – Shotgun Start
- 1:00pm – Lunch

## Ticket Types

- Hole Sponsorship \$100 (Sign at registered hole)
- Single Golfer \$100
- Foursome \$400
- Full Sponsorship \$450 (sign at registered hole & foursome)

## TICKETS

### Registration Includes:

- Continental breakfast
- Welcome goodie bag
- Range practice prior to the event
- 18 Holes of golf including cart
  - Lunch provided by
    - Graystone Grill
    - Prizes



# Thank you to our sponsors!



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Department

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## RSAC Boone County News



**Come see us at the Boone County Fair!**

August 6-11

Tuesday 12pm-10pm

Wed- Sat 10am-10pm

Sunday 10am-7pm

## RSAC Ogle County News

This past year, RSAC has taken a seat at a developing coalition aimed at trauma-informed care. Partnering with local agencies and bringing awareness to the community. RSAC Ogle County is also participating in police department training with other victim service agencies over the summer.



Ogle County Play Therapy Room

# Volunteer!

Rockford Sexual Assault Counseling, Inc. recruits volunteers to provide advocacy for victims of sexual assault or abuse and their families. Volunteers play an important role in helping victims feel they are not alone and not to blame for the assault or abuse.

Our agency provides a 40 hour training session for all volunteers. The topics discussed will include, but are not limited to: basic advocacy techniques, the Illinois Criminal Sexual Assault Law, medical care of the victim, crisis intervention, child sexual abuse, and community resources. Volunteers providing advocacy play a crucial role in providing crisis intervention services to victims of assault or abuse.

Requirements for becoming an RSAC volunteer:

- At least 18 years old
- Background check
- Available for on call two weekday evenings a month or one weekend day
- a month
- Have reliable transportation with insurance
- Have a phone

Fee for training class is \$40 to cover materials.

Scholarships are available.

Contact Sam Thomas, our  
Volunteer Coordinator, to  
learn more!

SamThomasRSAC@yahoo.com



## RSAC service highlight- Counseling

Rockford Sexual Assault Counseling (RSAC) therapists aim to provide a safe, non-judgmental and empowering space for survivors to work through the effects of their trauma.

RSAC understands the impact sexual assault can have on a person's life, including those around them. Sexual assault can have a huge impact on the way a person expresses themselves personally and within relationships. Survivors may feel guilt, shame, fear, anxiety, depression and vulnerability after their trauma. It may take years after the trauma event to recognize these feelings. Counseling helps the survivor recognize these feelings, create coping skills, and help adjust to life after sexual assault. Survivors who seek out services often receive help with issues such as:

- Post Traumatic Stress Disorder (PTSD)
- Rape Trauma Syndrome
- Flashbacks
- Repeated Thoughts and/or Memories
- Anxiety/Fear
- Depression
- Nightmares
- Sleep Disturbances
- Eating Issues
- Trust & Safety Concerns
- Relationship Issues
- Self Esteem

\*All therapists are master's level clinicians who have specialized