

THERAPEUTIC FEATURE

Turn to page 3 to view a new section of our newsletter!

EVENTS

Dispelling the Darkness pg 6
Upcoming Events pg 7



HAPPY HOLIDAYS!

Staff celebrated the holidays with a lunch at Lucha Cantina. Congrats to therapist Shelia, who won the ugly sweater contest!

*Happy
New
Year*

We hope your New Year is met with health, happiness and growth!

GREEN FLAGS...

Turn to page 8 to view the continuance of the previous article red flags of a relationship...

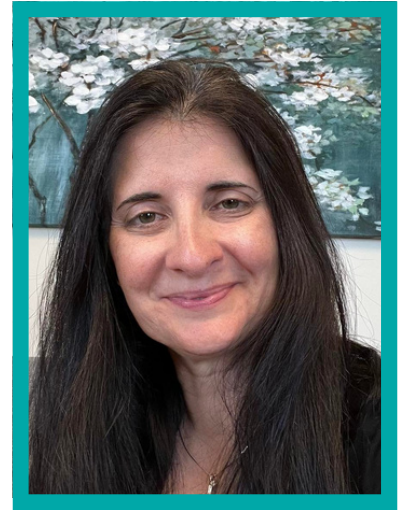
Congrats to ICASA, who celebrated 45 years in the making this past year! RSAC is so grateful to be part of the coalition and we can't wait for another 45 years!



EXECUTIVE DIRECTOR

a message from RSAC
Erica Engler

Welcome to 2023! These last few years have definitely been a challenge to us all in this world. However, in all that darkness, there has still been light in this world including here at RSAC. This last year, we were so grateful to move to our new office space which continues to be such a phenomenal change for us in so many ways! Each staff person has their own space and could decorate it reflecting their own personalities while ensuring a comfortable, safe space for our clients. We've had so many clients and other visitors share with us how inviting and welcoming our new space has felt for them. The added bonus of our new space is that our rent is actually lower for more space! This has left more money for the services we provide for survivors of sexual assault and abuse and their significant others.



We have also continued to witness the incredible generosity of those in the communities we serve! During what has been a very hard time for our world, we have still seen people and organizations step up to support us financially with monetary gifts and donations. They have also given of their time as volunteers in the hospital, on the hotline, at our awareness tables, on our board of directors and at our candlelight vigil. We are constantly encouraged at those who come alongside us to help us help survivors. There is no way that we can do this healing, justice, and prevention work alone!

I would be incredibly remiss if I didn't mention the light I personally have the honor of witnessing every day, and those are the lights of our staff and the survivors we serve. As the Executive Director, I am grateful to still meet with clients as a therapist, and I am constantly reminded of their courage as they push through the difficult feelings and memories they face, because they know the healing is within their reach. They did not cause their pain, but know they are the only ones who can heal their pain. To be with survivors on their journey is a profound honor that none of us takes for granted. I also have gratitude that I meet regularly with all our staff to hear their stories and find ways to better serve survivors of sexual assault and abuse. The strength, gifts, and talents that lie within our spaces at RSAC are amazing!

Thank you, all, for your continued support for RSAC and the survivors we serve in whichever way you offer that support! I hope this year brings more light than darkness to your lives. Take care!



THERAPEUTIC FEATURE

When people think of trauma, they often think of the most culturally deemed traumatic situations such as domestic violence, serious injuries & sexual violence. However, there are many other situations that can cause a traumatic response. It's important to note that trauma is viewed, by the dictionary term, as, "a deeply, distressing or disturbing experience." This definition places the interpretation of the situation onto the individual experiencing the situation. If it was distressing or disturbing to them, then it was viewed as traumatic to that individual. This also means that one person can experience the same situation, but not interpret the situation as trauma.

What Could Also Cause Trauma

- Sudden financial setback
- Parental criticism
- Parental separation
- Repeated denial or rejection
- Constant yelling at home

- Losing friendships/romantic relationships
- Being cheated on by partners
- Body shaming
- Bullying
- Emotional invalidation/neglect by loved one

- Parentification
- Having to move often
- Lack of access to food
- Being blamed, shamed and dismissed
- Racism/ sexism
- Keeping family secrets
- Shattered belief system
- Lack of emotional support
- Growing up around those who have unresolved trauma

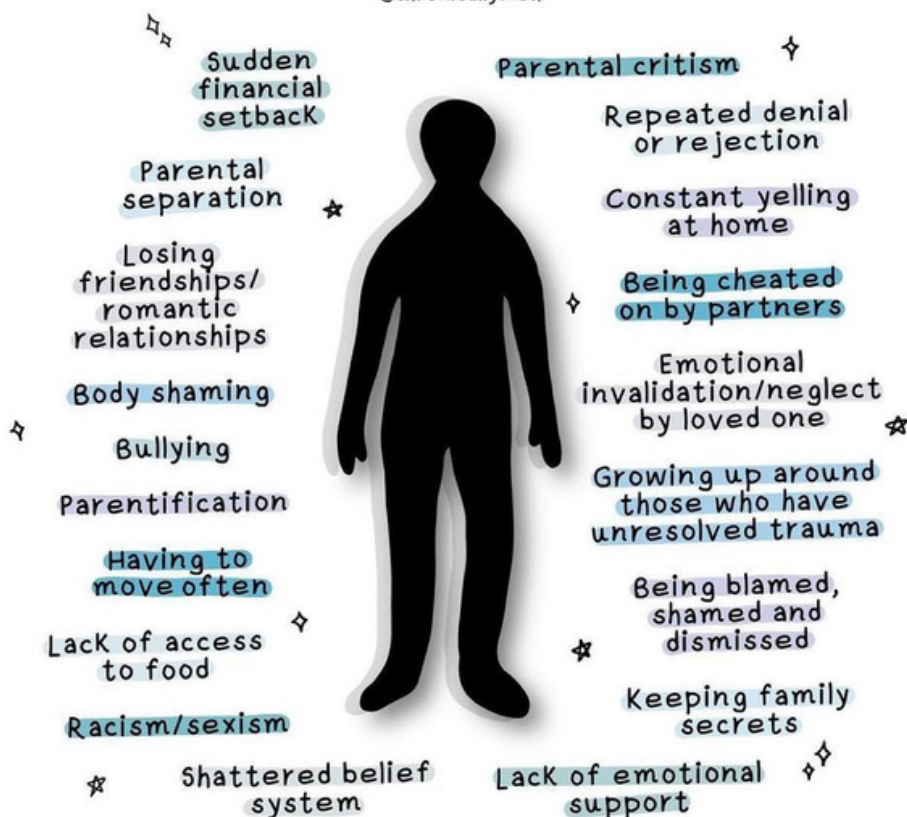
@chronicallymeh

FEATURE ARTICLE

Click [HERE](#) to learn more about the types of trauma, the effects and how to heal.

WHAT COULD ALSO CAUSE TRAUMA

@chronicallymeh



VOLUNTEER with RSAC!

MEDICAL ADVOCACY

ADVOCATE REQUIREMENTS

- Be 18 years of age or older.
- Complete DCFS background check/fingerprints.
- Complete 40-hour training (See description on website).
- Be available at least 2 days a month.
- Have a phone and reliable transportation.
- Quarterly support meetings are offered but not required

[Click HERE](#) to visit our Volunteer Page on our website for more information about becoming a medical advocate or a board member!

DONATION NEEDS

- Sweatshirts size small, medium & large
- Sweatpants size small, medium & large



BOARD MEMBER FEATURE



Thank you to the Rochelle VFW Post #3878 for your generous donation to RSAC! Through their Queen of Hearts Fundraiser, the VFW was able to donate \$15,600 evenly amongst 5 local organizations. Post Commander and long time RSAC Board Member and Volunteer, Joe Drought met with Executive Director, Erica Engler and Ogle County Therapist & Advocate Michelle Pauley to award RSAC with a \$3,120 donation. We are so grateful to have community support in all of our service counties!

[CLICK HERE](#) to visit the Rochelle VFW Facebook!

Ogle County office is located at 412 W. Washington Oregon, IL and provides all essential services to survivors and their families. Please reach out to Michelle Pauley, Ogle County therapist for any county specific questions!

PREVENTION *Education*



Preventionists, Morgan Carlson & Deb Gates, pose with others at Wellness Wednesday held at Rock Valley College! We appreciate partnering with other colleagues and organizations in the field to enrich our communities!



Morgan Carlson, Preventionist, poses behind an info table at National Night Out in Rochelle IL.

PROFESSIONAL *Education*

The Preventionists and therapists are ready to help you with your professional education needs!

Professional Trainings Regularly Offered:

- How to respond to disclosure
- Childhood Abuse
- Typical Sexual Development Versus Red Flag Behavior
- Responding to Sexual Harassment
- Sexual Assault & Abuse
- Trauma Informed Presentations

[CLICK HERE](#) to contact someone to discuss your needs regarding education services!

Dispelling the Darkness

Thank You!

Platinum: \$2500

Anonymous

Gold: \$1500

Coleman CPA &
Consulting, INC

Silver: \$1000

Nicole DePaul
Anonymous
Aqua-Aerobic
Systems, Inc.

Bronze: \$500

Andrell Bragg-Shaw

In Kind Donations:

First Free Rockford
The Landscape
Connection
Shannon and Brett
Scarpetta

Candle Donations:

Blake Heinzeroth
Liz Brekelhaum
In Honor of TK Bryant
Janet Morrison
Sherry and Lynn Engler
Teresa Green
Christen Walker
Jaclynn Coomer
Heidi Provo
Terry and Paula Hancock
Anonymous
Anonymous Survivors
Robin Pickett
Gambino Realtors

Candle Donations:

UW Health ED Sexual
Assault Nurses
Jan Benedict
Ann Marie Walker
Rebecca Winstead
Holly Lauter
Reka Ehrentreu
Joanna Cermak
Angela Konitski
Julia Gordon
Amy While
Bonnie Taylor
Denise Purvis
Serena Padron
Emerald Orozco
James Grass
Julie Barthels

[Click Here](#) to view the Vigil &
more pictures of the event!



Save the Date!
September 14th, 2023
[Click Here](#) to make
your donation for
next year!

UPCOMING EVENTS

EAT AT PAPA JOHN'S

MARCH 14, 2023

RSAC eats at Papa John's! Join us March 14th at Papa John's, 5101 S Alpine Rd, Rockford IL! RSAC will earn 15% of the proceeds will be given to RSAC.

Click [HERE](#) to learn more!



RASING HOPE WITH RSAC

APRIL, 2023

Join Rockford Sexual Assault Counseling (RSAC) staff as we raffle off many amazing items! All donations go to helping survivors in our 3 county service area.

Click [HERE](#) to join the Facebook Group!



Visit our [website](#) to view pictures and info from our previous events!



GREEN FLAGS OF RELATIONSHIPS

BY MARILYN RAMIREZ, RSAC THERAPIST

As a continuance of the previous list of 10 Red Flags to look out for in a prospective partner, here is the list of 10 green flags you want to see in a prospective partner.

This person:

- 1)** Respects your “me” time. When you are out with family, friends, or on your own, they don’t bombard you with calls or messages, or make you feel guilty. Instead they encourage you to invest in those relationships.
- 2)** Respect your boundaries. They don’t try to manipulate, get around them, or guilt you for having boundaries.
- 3)** They have healthy boundaries of their own. For example, they won’t overspend just to impress you.
- 4)** They are kind to people around them, including those that don’t benefit them, such as restaurant servers or homeless people.
- 5)** They support your career or education prospects.
- 6)** They treat the people that are close to you well.
- 7)** They comfort you without making it about themselves. They don’t tell you to “calm down” or that you’re “overthinking things”. They take your feelings seriously and care for your wellbeing instead of trying to get their point across.
- 8)** They are patient with you.
- 9)** They make time for you and the things that are important to you, even if these things are not an interest to them.
- 10)** They inspire you to be the best “you” that you can be.



Ogle County Domestic
Violence Help



Winnebago & Boone County
Domestic Violence Help

The legal advocate provides guidance and support for victims of sexual assault and abuse as they go through the legal system. As a victim of a violent crime in Illinois, they are entitled to advocacy services. The legal advocate also works closely with the State's Attorney's Office and is available to help with questions relating to court and provide emotional support.



For more information on Legal Advocacy
Contact RSAC Legal Advocate at
RSAC Rockford Office*
815-636-9811

*Advocacy services available in Winnebago,
Boone & Ogle Counties

LEGAL ADVOCACY

Wheelchair Needed!

We realize the walk to RSAC's new office is longer and would like to accommodate those who wish to use a wheelchair.

If you or someone you know is able to donate a wheelchair, preferably lightweight and foldable, please reach out to our RSAC office!

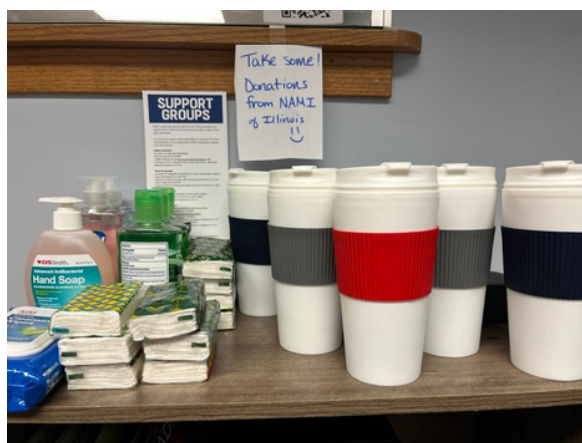
815-636-9811
Ask for Sarah or Erica

Thank You!



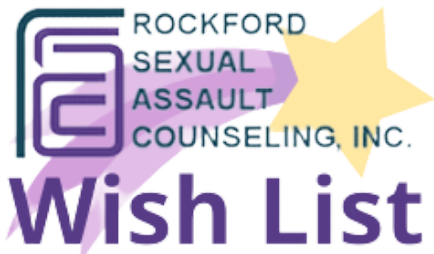
THANK YOU!

Thank you to NAMI Northern Illinois for your donation of various items for our clients! We appreciate your collaboration!



QUICK LINKS

- [For Survivors](#)
- [For Significant Others](#)
- [Resources](#)
- [Coping Skills](#)
- [Donate to RSAC](#)
- [Contact RSAC](#)



[Click here to view our Wish List!](#)

Thank You

To Portillo's & Mod Pizza for hosting fundraisers for RSAC's essential services!
We appreciate the community support!



Rockford
Sexual
Assault
Counseling

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Suite 301
Rockford, IL 61108
(815)-636-9811
Fax: 815-636-9826

Boone County
860 Biester Dr.
Suite #205
Belvidere, IL 61008
(815) 544-6821

Ogle County
412 W. Washington
Oregon, IL 61061
(815) 732-0000

