This booklet was prepared by the Jean Nidetch Women’s Center as part of an ongoing project with the Advocacy, Support, & Education Response Team Against Violence, or ASERTAV.

We have made every effort to bring you accurate information. JNWC agents, employees and volunteers shall not be liable for any damages arising from errors or omissions made in compiling or printing this booklet.

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702-895-4475
https://www.unlv.edu/womenscenter

Located in SSC-A, 2nd floor, office 255

Facebook:
https://www.facebook.com/UNLVJNWC/

Twitter:
https://twitter.com/jnwc_unlv
What are your options?

This handbook is designed for students, as well as faculty and staff, who have been sexually assaulted, are in a violent relationship, or who are being stalked. These forms of violence are called “interpersonal violence.” Sexual assault, domestic violence, and stalking are crimes as defined by the Nevada Revised Statues.

As a victim/survivor, you have options. You can choose any, all, or none of these options to support and help you—the choice is yours.

**CARE Advocates**—trained student volunteers will listen and provide resources

**Medical options:**
- SANE exam
- UNLV Health Center for follow-up care
- So. NV Health District for STD/HIV testing

**Reporting options:**
- UNLV Police
- Office of Student Conduct
- Title IX

**Counseling options:**
- On-campus: CAPS, The Practice, Marriage and Family Therapy, Center for Individual, Couple, and Family Counseling
- Off-campus: Rape Crisis Center, SAFE House, Safe Nest, Queer Anti-Violence Project

**Housing options:**
- Residential Life
- Safe Nest, SAFE House

**Academic Support:** ask your CARE Advocate
- Disability Resource Center
- Academic Success Center

**Community Support:** ask your CARE Advocate
- Gender Justice Nevada
- Bamboo Bridges

The Jean Nidetch Women’s Center (JNWC) and the University of Nevada, Las Vegas are committed to ending all forms of interpersonal violence. JNWC offers direct support to victims and survivors of interpersonal violence, through the CARE Advocates, including assistance in finding resources on and off campus to help you heal and feel safe.
The Jean Nidetch Women’s Center’s Client Bill of Rights

You can expect the following:

No information will be disclosed to anyone without your prior approval.

You will be treated with dignity and respect.

All Jean Nidetch Women’s Center staff & CARE Advocates will try to provide well-informed, educated options and support your decisions without bias.

The CARE Advocates and staff of the Jean Nidetch Women’s Center are not licensed therapists. Referrals to therapists are available from the CARE Advocates, The Rape Crisis Center and/or the Victim Witness Assistance Center of the Clark County District Attorney’s Office.

If you feel that a representative of the Jean Nidetch Women’s Center or CARE Advocates has not acted appropriately, please contact the Director who will respond as soon as possible.

Medical

It is important to seek medical attention; you may be injured more seriously than you realize. Also, medical evidence will be needed if you decide to press charges. Evidence can be collected up to 5 days after the assault. Survivors can receive a forensic exam for the collection of physical evidence at no charge and without being mandated to speak with law enforcement at University Medical Center (UMC).

Rape Trauma Syndrome

Post-Traumatic Stress Disorder is a cluster of symptoms which develop after a traumatic experience such as sexual assault, prolonged abuse, abduction, etc. After a sexual assault, victims and secondary victims (family, friends, co-workers) may experience any number of the following reactions:

Appetite: Eating too little or too much.
Sleep Disturbances: Having nightmares; fear of falling asleep.
Startling Easily: Being startled from even a gentle touch on the arm by a loved one.
Difficulty Concentrating: Memory loss; inability to focus.
Flashbacks: Certain sights, sounds or odors might “trigger” memories of the assault.
Depression, Anxiety, Irritability and Impulsive Behaviors: These are more than “feeling sad.”
Disassociation: A seemingly trance-like state, excessive daydreaming, shrinking from the “present” or losing time that cannot be accounted for later.

If you feel that you are experiencing any of these symptoms, please contact a licensed counselor, therapist or psychologist for help and treatment. The healing process is different for each person and it is important that you take the time necessary to heal physically, emotionally, and mentally.
Support & Counseling

On-Campus

Student Counseling & Psychological Services (CAPS): 702-895-3627

The Practice: 702-895-1532

Center for Individual, Couple, & Family Counseling (CICFC): 702-895-3106

Off-Campus

Rape Crisis Center: 702-385-2153

Queer Anti-Violence Project: 702-425-7287

SAFE House: 702-564-3227

Safe Nest: 702-646-4981
Important things to remember after your hospital visit

**Take** all medication(s) that you were given at the hospital. Follow the dosage instructions.

**Follow up** with the Health District or the Student Health Center (SHC) in **7 days** for STD/HIV testing. Please inform the Health District that you are there for a sexual assault follow-up and they will make your visit a priority. Upon arrival, please present the instruction sheet from the hospital.

*Southern Nevada Health District* – 702-759-1000

**Follow-up again** with the Health District/SHC in **45 days** for STD/HIV testing. Please inform the Health District that you are there for a sexual assault follow-up and they will make your visit a priority. Upon arrival, please present the instruction sheet from the hospital.

**Apply** for Victims of Crime Compensation to help with the cost of counseling and medical care, if needed. For further information on filing the compensation paperwork, call the Jean Nidetch Women’s Center at 702-895-4475.

**Consider** professional therapy or counseling. The CARE Advocates can refer students to UNLV’s Student Counseling & Psychological Services (CAPS). We can also provide students, faculty, and staff with a list of agencies that accept Victims of Crime Compensation funding or work on a sliding fee scale.

If you decide to press charges, **keep in touch** with your detective and your CARE Advocate regarding the progress of your case. If the offender is another student and you decide to seek binding administrative actions through campus authorities, **keep in touch** with the Office of Student Conduct (OSC) and JNWC regarding the progress of your complaint. Your CARE Advocate will be happy to accompany you to any court proceedings or Office of Student Conduct hearings that you are required to attend.

Call the CARE Line any time you need someone to talk to or if you have any questions at 702-895-0602.
What happens if I report?

You can report a crime without pressing charges. If you choose to report the sexual assault to authorities, you can do so through local police, or UNLV Police if it occurred on campus. If you choose to have a SANE exam, you can choose only a medical exam, without gathering evidence for a possible prosecution. This is called a Jane/John Doe.

If the assault did occur on campus or with someone associated with UNLV, you can also report through the Office of Student Conduct (OSC) and/or Title IX. The OSC can provide a No Contact Letter to keep the assailant away from you on campus, if they are student, staff, or faculty.

You can also obtain a protection order to keep your assailant away from you both on and off-campus. A CARE Advocate can explain your reporting options and help you through the process if you choose to report.

Victims of Crime Compensation Information

Nevada’s law states that the county where the sexual assault/domestic violence/dating violence/stalking was committed will pay for the victim’s emergency hospital treatment and completion of the forensic exam as long as a report or forensic exam is conducted within 5 days of the assault.

Compensation may be available from the County and/or State to pay for follow-up services and aftercare. There is no guarantee that all crime victims will receive compensation through this program; however, all are encouraged to apply.

How to Apply

Call the CARE Line to receive a Victims of Crime Compensation application packet. Fill out BOTH the State and County applications and mail them to the addresses listed on the application. You MUST apply within 1 year of the incident to be considered for assistance. If you need any assistance with the application, please call a CARE Advocate through the CARE Line.
Nevada Crime Victim’s Bill of Rights
The 1983 Legislature mandated certain rights and guarantees to crime victims and witnesses:

(Nevada Revised Statutes, Chapter 178)

You have a right to know the status of the case in which you are involved.
You have a right to be free from intimidation or dissuasion.
You have the right to know when your impounded property may be released.
You have the right to receive a witness fee for lawful obedience to a subpoena.
You have a right to understand the existing victim compensation laws and receive compensation if applicable.
You have the right to secure a waiting area, which is not available to the defendant or the defendant’s family when you are at court.
You have the right to know when the defendant is released from custody before or during the trial.
You have the right to know when the offender is released from prison (upon written request).

The University of Nevada, Las Vegas also mandates certain rights to students who are crime victims.

The UNLV Student Conduct Code details student’s rights and responsibilities, including “the right to fair and equitable process in all matters concerning the Code.” The full SCC is available online at http://www.unlv.edu/studentconduct.

UNLV Police also offer a Sexual Assault Response Guarantee. This guarantee can be found online at https://www.unlv.edu/police.

Under Title IX, discrimination on the basis of sex can include sexual harassment or sexual violence, such as rape, sexual assault, sexual battery, and sexual coercion. Any UNLV student or employee who believes they have been subjected to discrimination or retaliation under Title IX, is encouraged to file a complaint under Title IX with the Coordinator.
Protection Orders/No Contact Letters

Victims of stalking, domestic violence, and sexual assault may also seek to end any communication with the offender. At the county level, they can choose to file one of four types of protection orders with Clark County: a temporary protection order, an emergency protection order, or a stalking protection order. A victim of sexual assault who has a pre-existing relationship with the assailant can file a temporary protection order; if they did not, they can file a sexual assault protection order.

"Stalking" describes specific kinds of behavior that may involve any one or more of the following:

- repeated physical proximity
- nonconsensual communications including electronic forms of communication (e-mails, texting, social networking sites)
- gifting of unwanted items or presents
- verbal or written implied threats that make someone feel unsafe
- any unwanted contact between a stalker and their victim which directly or indirectly communicates a threat or places the victim in fear can be considered stalking.

If you think you are being stalked, contact the police right away. On campus, the Office of Student Conduct can prepare a No Contact Letter similar to protection orders issued by the county. The CARE Advocates can assist you in securing a No Contact Letter from UNLV and/or with applying for a protection order through the county.

Request a No Contact Letter from the UNLV Office of Student Conduct, 702-895-2308.

For an Emergency Protective Order, contact Family Court, 702-455-1500.

For a Stalking Order or a Sexual Assault Protection Order, apply in person at Las Vegas Regional Justice Center, 200 Clark, Las Vegas, NV 89101 702-671-3165

For a Temporary Protection Order, apply in person at the Eighth Judicial District Court - Family Division, Violence Intervention Program & Protective Orders
Monday-Thursday: 8 a.m. to 3 p.m.  Friday: 9 a.m. to 3 p.m.
601 N. Pecos Road, Las Vegas NV 89101  702-455-3400
Safety Planning

IF YOU FEEL YOUR SAFETY IS AT RISK, CALL 911

Everyone deserves a relationship that is healthy, safe, and supportive. If you are in a relationship that is hurting you, it is important for you to know that the abuse is not your fault. It is also important for you to start thinking of ways to keep yourself safe from the abuse, whether you decide to end the relationship or not.

Create a written safety plan by answering the following questions. A CARE Advocate can help you work through a safety plan.

Safety on campus:
“What is the safest way for me to get to class?”
“Which places on campus do I run into my abuser? How can I avoid them?
Which friend(s) will I ask to go with me if I can’t avoid that area?”
“Where can I go on campus to feel safe?” (dining hall, student union, etc.)

Safety online and with cell phones:
“I will set my online profiles to be as private as they can be.”
“I will save and keep track of any abusive, threatening, or harassing comments, posts, or texts.”
“I will not answer calls from unknown, blocked, or private numbers.”

If you need to sneak away, be prepared:
“If I live with or near my abuser, I will have a bag ready with these important items in case I need to leave quickly: driver’s license, cell phone and charger, spare money, keys, change of clothes, medications, list of my credit cards including joint accounts or the credit cards themselves, bank account information, birth certificate, social security card, immigration papers, special photos or possessions, and if I have children, anything they may need—birth certificate, important papers, formula, diapers.”

Store as much of this at a trusted friend’s or neighbor’s house. Try to avoid using next-door neighbors, close family members and mutual friends. They may unknowingly give information or access to the abuser.
Also take with you important phone numbers of friends, relatives, doctors, schools, etc., as well as other important items.
Hide an extra set of car keys.
If you have decided to leave an abusive relationship, you may request a police stand-by or escort while you leave.

If you live on-campus, Residential Life can help you relocate—ask a CARE Advocate for assistance. If you live off-campus and you need safe, secure, undisclosed housing, Safe Nest or SAFE House can help.

Safe Nest (Las Vegas): 702-646-4981
SAFE House (Henderson): 702-564-3227
For friends and family of those affected by sexual assault & domestic violence

It is painful to watch someone you care about work through the emotions after a sexual assault. Remember that you too are affected by this crime and honor your own emotions—anger, guilt, fear, over-protectiveness. There are ways to communicate with someone in your life who has been sexually assaulted that can be healing for them and for you.

With domestic violence, it is difficult to see someone you care about get hurt, but remember you cannot “rescue” them. Ultimately, the victim must make his or her own decision about whether or not to leave that relationship. But there are some ways that you can help them find their own way to escape the abuse and become safe.

(from “Helping a Friend or Family Member who is Being Abused,” Empowering Youth to End Domestic Violence, www.breakthecycle.org)

LISTEN:
Some will want to talk about their experiences and some will not. Be sure not to share information with others unless given permission.

BELIEVE:
People affected by interpersonal violence need to know that their support system (i.e. friends and family) believes them.

VALIDATE FEELINGS:
Acknowledge their sadness, anger, fear or confusion. Let them know that their feelings are normal. Assure them that they are not alone.

SUPPORT THE HEALING PROCESS:
Healing takes time. Assure them that this experience will cause some disruption in their life, but they will heal. Do talk about other aspects of their lives; help them realize that they are not only a victim, but also an important part of your life.

FIND SUPPORT FOR YOURSELF:
Talk to someone about your feelings. Remember: you’re an important person in the survivor’s life.
# Important Community Phone Numbers

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
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<tbody>
<tr>
<td>Emergency</td>
<td>911</td>
</tr>
<tr>
<td>Non-Emergency</td>
<td>311</td>
</tr>
<tr>
<td>UNLV CARE Line</td>
<td>702-895-0602</td>
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<tr>
<td>The Rape Crisis Center</td>
<td>702-366-1640</td>
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<tr>
<td>Nevada Suicide Crisis Hotline</td>
<td>877-885-4673</td>
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<tr>
<td>National Runaway Switchboard</td>
<td>800-786-2929</td>
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<tr>
<td>Queer Anti-Violence Project</td>
<td>702-425-7287</td>
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<tr>
<td>UNLV Campus Police</td>
<td>702-895-3668 (option #2)</td>
</tr>
<tr>
<td>Las Vegas Metro Police~ Sexual Assault Unit</td>
<td>702-828-3421</td>
</tr>
<tr>
<td>North Las Vegas Police—non-emergency</td>
<td>702-649-9111</td>
</tr>
<tr>
<td>Henderson Police</td>
<td>702-267-5000</td>
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<tr>
<td>Henderson PD Victim/Witness Advocates</td>
<td>702-267-4727</td>
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<tr>
<td>Boulder City Police</td>
<td>702-293-9224</td>
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<tr>
<td>Emergency Protection Orders— 24 hours</td>
<td>702-646-4981</td>
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<tr>
<td>Temporary Protection Orders</td>
<td>702-455-3400</td>
</tr>
<tr>
<td>Harassment/Stalking Protection Orders</td>
<td>702-671-3165</td>
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<tr>
<td>(option #4)</td>
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<tr>
<td>SAFE House (Henderson)</td>
<td>702-564-3227</td>
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<tr>
<td>Safe Nest (Las Vegas)</td>
<td>702-646-4981</td>
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<tr>
<td>Clark County Victim Witness Assistance</td>
<td>702-671-2525</td>
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<tr>
<td>Victims of Crime Compensation</td>
<td>702-486-2740</td>
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<tr>
<td>Child Protective Services</td>
<td>702-399-0081</td>
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<tr>
<td>VINE Program (prisoner information)</td>
<td>877-591-8463</td>
</tr>
<tr>
<td>Department of Parole and Probation</td>
<td>702-486-3001</td>
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<tr>
<td>Southern Nevada Health District</td>
<td>702-759-1000</td>
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<tr>
<td>WestCare Drug Rehabilitation</td>
<td>702-385-2020</td>
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<tr>
<td>The Center for Behavioral Health</td>
<td>702-796-0660</td>
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<tr>
<td><strong>Other on-campus resources</strong></td>
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<tr>
<td>Student Health Center</td>
<td>702-895-3370</td>
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<tr>
<td>Student Counseling &amp; Psychological Services</td>
<td>702-895-3627</td>
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<tr>
<td>Jean Nidetch Women's Center</td>
<td>702-895-4475</td>
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<tr>
<td>Office of Student Conduct</td>
<td>702-895-2308</td>
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<tr>
<td>(if the offending party is a student)</td>
<td>702-895-4055</td>
</tr>
<tr>
<td>Title IX Coordinator/Office of Compliance</td>
<td>(if the offending party is UNLV student, faculty or staff)</td>
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</tbody>
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