

Crime Victims Assistance Unit



Bronx District Attorney's Office

**Sexual Assault
Intervention
Program (SAIP)**

*Counseling and support for
survivors of sexual assault and
their loved ones*

If you have been forced to have sex by a stranger, an acquaintance, a relative or a date, or if someone you know or love has been assaulted, please read this brochure.

It's hard to believe when sexual assault happens to you, especially when the attacker is someone you know. But understand this: You have been assaulted. It was *not* your fault and you are not alone. You have survived the assault.

And "survived" is the right word. Sexual assault is a life threatening experience. Don't try to tough it out alone - getting help is not a sign of weakness. In the long run, talking to someone about the assault will give you greater strength and help you recover more quickly and more completely.

Survivors often benefit from talking with a professional counselor. The Crime Victims Assistance Unit of the Bronx District Attorney's Office has established the Sexual Assault Intervention Program (SAIP). We offer this service free of charge to rape and sexual assault survivors.

If you were the victim of a sexual assault that occurred years ago and never talked to anyone about it, you may want to do so now. Our specialized therapists offer supportive counseling to sexual assault survivors no matter when the incident occurred. It's important for you to understand your experience and your emotional reactions in order to move beyond the impact of the trauma and to feel better.

After you have survived the assault, an intensely personal process begins for you: to recover, take back control of your body and your life, and perhaps even forge a stronger identity as a result of your experience.

Survivors often need information and support to resolve the initial fears and anxieties that many experience and to help them avoid developing long-term problems associated with rape and sexual assault.

WORKING WITH THE CRIMINAL JUSTICE SYSTEM

Working with the Assistant District Attorney regarding your case is important. To be interviewed repeatedly about what happened to you can be exhausting and emotional. Preparing to testify when your case is ready for trial can also be stressful. It is just as important to pay attention to your feelings. It is common for many survivors to feel increased stress and anxiety while working with the criminal justice system despite the knowledge of how important it may be to do so.

We would like to provide support for you throughout this process. We believe that survivors of sexual assault need an opportunity to explore the full range of their emotions in response to the trauma. Having someone to talk to about these feelings immediately following the assault and throughout the criminal justice process will help you along the road to recovery. Of course, the decision to attend the Sexual Assault Intervention Program is yours to make.

ADDITIONAL REFERRALS

How much counseling is enough? Only you can decide if you want to get help in working through the often painful stages of emotional and physical recovery. For some survivors, counseling right after the assault may be enough. Others may wish to talk with a therapist for a longer time. You are the best judge of how you are coping and you can decide how long you want to continue in counseling. We can help you determine what your needs are and how you can best take care of yourself.

If you would prefer to receive counseling in a different location, perhaps closer to your home, then assistance with referrals will be provided.

To speak with a counselor or for more information on our Sexual Assault Intervention Program, please call (718) 590-1612

This program is partially funded by the New York State Crime Victims Board and the New York State Department of Health

Bronx DA Website
<http://www.bronxda.nyc.gov>