

After a sexual assault

It's hard to know what to do, how to feel or what your options are after a sexual assault. **Please know that you are not alone and that what happened was not your fault.**

Your safety is important. If you're not feeling secure, consider reaching out to someone you trust for support. You do not have to go through this alone.

If you are in immediate danger or seriously injured, call 9-1-1.

Go to the emergency department as soon as possible.

You may have injuries that are not visible. Delays can complicate treatment and, if desired, evidence collection. It is important to go to the emergency department as soon as possible. If possible, bring a change of clothes. Do not change clothes, bathe or brush your teeth if you wish to have evidence collected. Evidence can be stored for 30 days while you decide if you want to file a police report or press charges.

If you do not have safe transportation available, dial 9-1-1. Explain what has happened to you and ask to be taken to an emergency department for medical care. If you feel unsafe, ask for police protection and assistance.

Children will be evaluated locally. Some patients may be transferred to a SAFE Center hospital where a pediatric sexual assault forensic examiner is available.

RISE provides crisis intervention 24/7. Call the **RISE** hotline at **(845) 791-9595**.

Contact information

24-hour
Rape & Sexual Assault Hotline
(845) 791-9595

Garnet Health Medical Center - Catskills
RISE Office
68 Harris-Bushville Road
Harris, NY 12742
(845) 794-3300, ext. 2440
If more convenient, RISE staff are happy to meet you at:

Grover M. Hermann Hospital Division
8881 NYS Route 97
Callicoon, NY 12723

garnethealth.org/RISE


Garnet Health
MEDICAL CENTER
Catskills

garnethealth.org



**Rape,
Intervention,
Services &
Education**

Empowerment & healing for survivors of sexual abuse


Garnet Health
MEDICAL CENTER
Catskills

Services & education for children, teens, women & men

The RISE - Rape, Intervention, Services & Education - program offers a variety of workshops and programs for students, educators, law enforcement personnel and human services professionals.

Workshops & educational programs

- Healthy Relationships
- Sexual Harassment
- Consent
- Date/Acquaintance Rape
- Sexual Assault
- No-Touch Zone

RISE addresses common myths, attitudes and stereotypes that can lead to sexual violence.

Education is the key to preventing sexual abuse!

garnethealth.org/RISE

Services

Crisis hotline

RISE provides crisis intervention 24/7. Trained staff and volunteers are on hand at all times to provide comfort and confidentiality to our callers.

Call the RISE hotline at (845) 791-9595.

Information & referral

Callers are given factual information on a variety of community agencies that are available for further assistance. The caller's and/or client's needs are identified and appropriate referrals are provided – including phone numbers and addresses, enabling each individual to secure the help they seek. To contact the National Sexual Assault Hotline, dial 1-800-656-HOPE (4673). The anonymous chat line is available in English at online.rainn.org and in Spanish at online.rainn.org/es.

Individual counseling and support groups

The professional staff at RISE provides confidential counseling to survivors and survivors' family and friends.

Police, court & emergency room advocacy

Specially-trained volunteers provide victims and their families with information and support throughout the medical and legal process. New York State Office of Victim Services may be available to help with expenses related to rape and sexual assault.

Volunteer training

Each volunteer receives 30 hours of initial training on rape and sexual assault, victim reactions and referral sources, with an additional 10 hours of in-service training each year.

Empowerment & healing for survivors of sexual abuse

The RISE program of Sullivan County advocates for anyone who is or has been a victim of sexual abuse. Since 1987, RISE has provided an array of services to victims of sexual abuse and has offered prevention education.

Office of Victim's Services may be able to assist: Call RISE if you are a victim of a crime related to rape/sexual assault. RISE advocates assist in filing a claim with the New York State Office of Victim Services. Ask for an 'Every Crime Matters' brochure or check out ovs.ny.gov.

Take care of yourself.



The RISE program is funded in part through grants provided by Garnet Health Medical Center - Catskills & the New York State Department of Health and the New York State Office of Victim Services.

RISE relies heavily on volunteer help and internships. If you are interested in volunteering or would like more information on RISE services, please contact the RISE office at (845) 794-3300, ext. 2440 or email RISE@garnethealth.org.