



# ADVOCATES IN ACTION

WESTCOP VICTIMS ASSISTANCE SERVICES

RAPE CRISIS PROGRAM



**OCTOBER IS  
DOMESTIC VIOLENCE  
AWARENESS MONTH!**

*love shouldn't hurt*

## PROGRAM UPDATES

The Rape Crisis Team has been focusing on **COMMUNITY OUTREACH** this quarter. We have been reaching out to local hospitals to schedule presentations to educate the emergency room staff on VAS Services, specifically hospital advocacy and how to utilize our helpline if they have a patient who does not wish to go to Westchester Medical Center for post-sexual assault medical treatment. In addition to high schools and colleges, we have also begun reaching out to other agencies and institutions to set up presentations *i.e. community centers, social service agencies, other non-profit organizations etc.*

## UPCOMING EVENTS

### DV AWARENESS MONTH EVENT

*Paint It Purple!* Survivors Paint Night

Tuesday, Oct. 23 6 -8 pm

Volunteer Appreciation Dinner - TBD

Staff Holiday Party - TBD



## STATISTICS JUNE- SEPT.

HELPLINE CALLS: **173**

PREA CALLS: **111**

TOTAL CALLS: **284**

HOSPITAL ACCOMPANIMENTS: **29**

CAC ACCOMPANIMENTS: **47**

OTHER ACCOMPANIMENTS: **77**

COMMUNITY PRESENTATIONS: **33**  
to over **1,200** people!!!

TOTAL CLIENTS SERVED: **586**

## ANNOUNCEMENTS

**A very warm welcome to our newest staff members...**

Brittany Mendez, *Helpline Advocate*

Rosani Jimenez, *Bilingual Advocate*

Stacie Heath, *MDT Advocate*

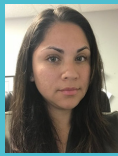
Eboni Faulkner, *Trauma Therapist*

Brenda Luna Garcia de Leon, *FJC Advocate*

**...as well as our newest volunteers!!!**

Eddie, Helene, Jonah, Tabassum, Liana, Tasha, and Celic!

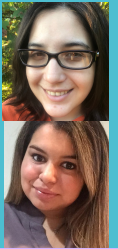
# SPOTLIGHT



STAFF: **MARIA A.** *Yonkers Site Director*  
SUBMITTED THE MOST OVS APPLICATIONS! (9)

VOLUNTEER: **MELISSA L.** *Volunteer since March 2017*  
ANSWERED THE MOST HELPLINE CALLS! (20)

VOLUNTEER: **MARIA T.** *Volunteer since December 2017*  
RESPONDED TO THE MOST HOSPITAL CALLS! (4)



## WHO ARE WE?

At Victims Assistance Services, it is our belief that through education, advocacy, and the raising of public awareness, we can over time alter the cultural context that allows interpersonal violence to flourish, mitigate the shame-inducing stigma of victimization, and provide former victims the opportunity to regain a sense of dignity and wholeness. Victims Assistance Services (VAS) provides free, comprehensive and compassionate services to crime victims and their families, friends and loved ones. VAS also works to end violence through community action, public policy and culture change, and through prevention education programs in schools and in other community venues.

### We have 5 office locations:

Elmsford, White Plains, Yonkers, Mount Vernon, and Peekskill

**24/7 Helpline: 914-345-9111**



## PREVALENCE OF DV

On average, **20 people per minute** are victims of physical violence by an intimate partner in the US - this equates to **over 10 million people** a year

About **1 in 3 women** and **1 in 4 men** will experience DV/IPV in their lifetime

Females ages 18 to 34 generally experienced the **highest rates** of DV/IPV

About **1 in 15 children** are affected by DV in the US each year and **90% of children** witness the violence

## RESOURCES

**National DV Hotline** 1-800-799-SAFE (7233)

**Love Is Respect** 1-866-331-9474

**NYC 24-Hour DV Hotline** 1-800-621-HOPE

Westchester DV Shelter services can be accessed 24/7 through...

**My Sisters Place** 1-800-298-SAFE (7233)

**Hope's Door** 888-438-8700

## SELF-CARE CORNER

SELF-CARE (NOUN): THE PRACTICE OF TAKING AN ACTIVE ROLE IN PROTECTING ONE'S OWN WELL-BEING AND HAPPINESS

**SELF CARE TIP #1: SELF-CARE DOES NOT HAVE TO BE EXPENSIVE!**

*TAKE A WALK OUTSIDE, CALL SOMEONE YOU LOVE, WATCH A FUNNY MOVIE, TAKE A BUBBLE BATH, BLAST SOME MUSIC, WRITE IN A JOURNAL, WORKOUT, GET LOST IN A BOOK, SMELL THE FLOWERS, TAKE SOME DEEP BREATHS, MEDITATE, DON'T BE AFRAID TO SAY NO, EAT A GOOD MEAL, TAKE A NAP, MAKE A GRATITUDE LIST...*

