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!
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...

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