



NO NEWS

From the Executive Director's Desk

Dear Friends:

As I reflect over this past year, I continue to be appreciative of the opportunity to be part of SASSMM's contributions to our communities. It is a privilege to work with our Board, staff and volunteers. It is an honor to work with individuals who are survivors of all forms of sexual violence.

I often say, I wish our services were not needed, however, in spite of our efforts and numerous community partnerships, we continue to experience a growing demand for our services.

Frequently I am asked if the economy increases sexual violence. In my experience, when stress goes up, so do acts of violence. That said, individuals cause sexual violence, not their check books.

It is too easy to place blame on economics, just as some place blame on how a survivor was dressed at the time of the assault or if he or she had been drinking.

Individuals commit sexual crimes and individuals are the responsible parties. All of us are living in this stressful, but hopeful, time in our history. Yet, the majority of us do not violate others or commit other crimes.

We have included in our newsletter a review of our services and statistics for 2008, along with, fact sheets that represent the staggering economical costs of sexual violence. As you review the statistics for our services and for the economic impact of sexual violence, please keep in mind that more importantly, those numbers represent real people who have been impacted by their experience(s).

I continue to believe in the goodness and peaceful intent of our citizens and communities, together, we do and will continue, to make a difference.

Best wishes for peace and safety in 2009.

Susan Hall Dreher
Executive Director

A Letter from the Board Chair

If you are reading this newsletter, it is most likely because you have supported SASSMM in some way. You have donated your time, talents and/or funds to the agency. Thank you for all that you do for SASSMM!

SASSMM provides high quality services and it is because of the dedication of you - employees who could make much more money elsewhere, but choose to work where they can "make a difference", volunteers who are willing to be on call in the middle of the night to staff the hotline, board members who put aside their aversion to asking for donations to help get the agency funded, and generous businesses and individual contributors who continue to donate even in these hard economic times. These are just a few examples of the many ways that the readers of this newsletter help SASSMM.

Your efforts do make a difference in people's lives. As a law enforcement officer, I have the opportunity to see the good that SASSMM does first hand. As you can imagine, victims of sexual assault and their families initially have tremendous feelings of being overwhelmed and helplessness. They are relieved when we can call SASSMM to get an advocate who will help them make informed decisions and negotiate through the system - medical assistance, protection orders, counseling, the criminal justice system, etc. In short, SASSMM helps the "victim" become a "survivor". While SASSMM's advocate services may be the aspect of the agency which one thinks of when one thinks of a rape crisis center, this is just one of the ways which SASSMM helps people. SASSMM also provides services such as prevention classes for youth, educational classes for adults, training for professionals and support groups.

Requests for SASSMM's services continually increase. Due to your generosity, SASSMM has been able to help everyone who comes to the agency for help. I'll say it again, on behalf of the Board of Directors of Sexual Assault Support Services of Midcoast Maine, THANK YOU, THANK YOU, THANK YOU!

Mark M. Waltz
Board Chair



Board of Directors 2008-2009

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Mission Statement

Sexual Assault Support Services of Midcoast Maine is an agency of professionals and trained volunteers dedicated to providing advocacy and support for survivors, families and concerned others affected by sexual assault, sexual abuse and sexual harassment. SASSMM offers services to improve awareness and response by providing prevention, education and risk reduction programs throughout Eastern Cumberland, Lincoln and Sagadahoc Counties

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 Brunswick, ME 04011-0990
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April is SEXUAL ASSAULT AWARNESS MONTH



April is Sexual Assault Awareness Month! This is an opportunity to raise nationwide awareness about sexual violence and its effect on our communities. It is also a time to educate others about ways to prevent further sexual violence SASSMM strives to do these things every day, but we do have some special events planned for the month of April. For more information go to www.sassmm.org or call 725-2181.

Maine Street Window Display SASSMM will have a window display for the month of April at the front of Senter place, Maine Street, Brunswick. It will include our powerful T-shirt project exhibit, so please stop by Senter Place and take a look.

2nd Annual Sweat Suit Sunday We are asking area churches to choose a Sunday in April when parishioners can bring in new, clean sweat suits to donate to our sweat suit project. SASSMM provides new sweat suits to the four area hospital emergency departments for victims of sex crimes. For many victims, their clothing is destroyed or taken as evidence following a sexual assault. Our sweat suit project provides warm, comfortable clothing so that survivors can leave the hospital in something other than a hospital gown. Please contact Andrea Nicoletta at communityed@sassmm.org or 725-2181 for more information.

Tea & Tips On Thursdays in April, starting April 9th, we'll be continuing our "Tea & Tips for a Safer You" presentations. This safety awareness program will be held in Boothbay Harbor at the town hall from 10:00am-11:00am. Please contact Jenn Hemingway at projectadv@sassmm.org or 725-2181 for more information.

Other ideas are being discussed. Please check our website for updated information!



Project Advance Update

Project Advance continues to work toward enhancing and expanding the Midcoast response services to survivors of sexual violence with disabilities and the elderly. Sexual Assault Support Services of Midcoast Maine (SASSMM) has increased services to provide direct and in home support to agencies that provide in home care to victims with disabilities and the elderly. SASSMM is providing awareness training to agencies that work with vulnerable populations and integrate intervention strategies in the community.

In December "If I Tell" was premiered at the SASSMM annual meeting. The Project Advance team has been working hard to produce the Facilitators Guide that will accompany the DVD. The production is in its final steps and SASSMM anticipates the release of "If I Tell" early this spring.

For more information about Project Advance contact Jennifer Hemingway, Project Advance Coordinator/Community Advocate at projectadv@sassmm.org or call 725-2181

Jenn Hemingway
Community Advocate



techniques for bystander intervention.

The video is designed for incorporation into the sexual harassment awareness curriculum SASSMM currently presents to middle school students in our catchment area. Statistics indicate that 80% of students experience some form of sexual harassment before they graduate from high school; this video will provide information about sexual harassment risk reduction and response in a format that is appropriately relevant to this media-literate and media-saturated generation.

For more information about SASSMM's school programs, or to schedule presentations for your school, please contact Bethany Hunter, School Education Coordinator, at 725-2181 or education@sassmm.org.

Bethany Hunter
School Education Coordinator

Lights, Camera, Action!

SASSMM's Education Team is currently working with the Civil Rights Team at Wiscasset Middle School to develop and produce a video about sexual harassment awareness. This video will include information and statistics about the definitions, laws and prevalence of sexual harassment, as well as scenes scripted and acted by students to illustrate examples of sexual harassment in schools, options for reporting and

Peer Education Program Reinstated

The staff has been working hard to bring back the Peer Education Program that links Bowdoin College students with youth in local high-schools. The program trains students to go in to high schools with SASSMM staff to present sexual violence awareness and prevention information. This is an excellent opportunity for high school students to hear from slightly older peers, as well as for college students to become engaged in sexual violence prevention. We have teamed up with Bowdoin students and are working to develop an innovative and creative curriculum and look forward to seeing the results of this collaboration. We hope to offer this exciting program to schools by April.

Alyssa Clark
SASSMM Intern



Sexual Violence in Detention- No Laughing Matter

Recently, SASSMM was contacted by Two Bridges Regional Jail in Wiscasset to collaborate on training for staff about sexual violence in a detention setting, as well as new requirements and standards set forth under the Prison Rape Elimination Act (PREA) of 2003. This is a wonderful opportunity to dispel commonly held myths about sexual violence as it relates to incarcerated persons. We all know that there is nothing comical or entertaining about sexual assault.

In the work we do as advocates, volunteers and supporters of this agency, we strive to make our community aware of the prevalence and the seriousness of sexual violence. For the people who are incarcerated in this country however, rape is still seen as "OK" or even funny. Perhaps because these people are seen as "bad" or "guilty", sexual violence against them is seen more as a culture-wide joke rather than the serious public health issue it truly is. In 2007, the Bureau of Justice Statistics released a report which stated that 4.5 percent of the nearly 1.3 million inmates in federal or state prisons had experienced sexual violence during the previous year. Approximately 25,000 people held in county jails had experienced sexual violence in the previous six months; however since county jail populations fluctuate widely from day to day, totals are likely much higher.

So why should the law-abiding population care about this? Rates of HIV and other sexually transmitted infections are much higher in lock-up, and the lack of confidential medical services and counseling means that inmates are more likely to develop depression, PTSD and alcohol or other drug addiction. Moreover, once inmates return to their communities (and approximately 95% of all inmates are eventually released), they bring their emotional trauma and medical conditions with them. National attention is finally being brought to this issue, through Supreme Court decisions and the passage of the Prison Rape Elimination Act (PREA) of 2003, as well as state laws which prohibit sexual misconduct in a detention setting.

For more information about this topic or research

cited within this article, or for survivor support for any type of sexual violence throughout the criminal/civil court process, please contact Rebecca at 725-2181 or email sart@sassmm.org.

Rebecca Wolfenden
SART Coordinator

Community Education: What you need to know

Do you need a guest speaker for your next staff, organization or committee meeting?

Would you like to promote a local, non-profit organization based in your community?

Did you know that 1 in 5 Mainers report experiencing rape or attempted rape in their lifetime? ²⁰⁰⁷

Would you like to learn what you can do to help?

Then contact Sexual Assault Support Services of Midcoast Maine!

Sexual Assault Support Services of Midcoast Maine, in addition to providing services to survivors of sexual violence and concerned others, also provides prevention and risk reduction programs throughout the Midcoast community. Our presentations are available for a variety of groups, including community groups, church organizations & committees, service clubs, parents' groups, businesses, book clubs, fraternal organizations, nonprofit & charitable organizations and anyone who is interested. Since October, we have presented to rotary clubs, teachers, parents at schools, individuals with developmental disabilities, elders and businesses about who SASSMM is, what we do and provided information to increase the safety of members of our community. So the next time you need a guest speaker, think of SASSMM!

SASSMM is available to present to groups of any size and is currently scheduling presentations for 2009. For more information, please call our office at 207-725-2181 or email communityed@sassmm.org.

Andrea Nicoletta
Community Educator



SEXUAL ASSAULT FACTS AT A GLANCE EASTERN CUMBERLAND, SAGADAHOC, LINCOLN COUNTIES

(SASSMM's Service Area)

SASSMM's Annual Statistics: 01/01/08 to 12/31/08

Hotline:

- *1,157 contacts were made to our hotline
- *Those 1,157 contacts represented 263 victims of sexual violence
 - *19 of the 263 victims (7.2%) were male
- *83 of the 263 victims (31.6%) reported multiple sexual assaults
- *20 of the 263 (7.6%) victims reported currently living in an abusive situation
- *73 of the assaults occurred in the reporting calendar year
- *Of the 263 victims, 69 (26.2%) filed reports with a law enforcement agency
- *Of the 263 victims, 13 (4.9%) received medical services
- *132 of the assaults occurred at 18 years of age or younger

In-School Services: (K-12)

- *SASSMM's in-school educational programs reached 4,740 students, faculty, and staff in area elementary, middle, and high schools.
- *Drop-in centers were staffed at: Brunswick High School, Medomak Valley High School, Hyde School and on-call for Mt Ararat High School.

Other Outreach Educational Programs:

- *SASSMM's programs reached 4,527 non-school based community members (i.e. medical personnel, law enforcement, and other service providers)
- *We received 39 calls for general information regarding sexual violence
 - *344 professional contacts called us regarding client services
- *Our web page received 5,826 individual user visits regarding our services

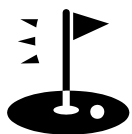
SASSMM's Sixth Annual Celebrity Gala and Silent Auction: Celebrating Our Community!

SASSMM's Sixth Annual Celebrity Gala and Silent Auction will be held on Saturday, June 20, 2009 at Thorne Dining Hall in Bowdoin College. The fun will start at 5:30 pm and continue until 9:00 pm. We are still in the planning stages, but at press time SASSMM is proud to announce that our theme this year will be "Celebrating Our Community!" With the help of Bowdoin College, SASSMM is planning a menu of items from Maine, such as Eli's Root Beer & Blueberry Soda, Pineland Farms cheese and Raye's Stone-Ground Mustard.

The Celebrity Gala and Silent Auction is one of three fundraisers. Last year we had 23 celebrity hosts, 144 silent auction items and over 230 guests at the Fifth Annual Celebrity Gala. SASSMM's Board and Staff members are busy recruiting items for the silent auction, and at press time we have already received over 55 items, including: children's toys and clothing, spa certificates, tools, jewelry, restaurant gift certificates, and many other wonderful items. A list and pictures of the items will be displayed on our website in the coming months.

We encourage you to join us for the Celebrity Gala! This is a wonderful opportunity to meet the Board and Staff members of SASSMM, who would love to say "Thank you for your support" in person. Tickets for the Celebrity Gala are \$40 each, or two tickets for \$75, and are required to attend. **Please RSVP by June 3, 2009.** For more information, call the SASSMM office at 725-2181 or email events@sassmm.org.

Barbara Lauze
Events Coordinator



SASSMM's 8th Annual Ladies' Golf Open



We are currently in the planning stages for our 8th Annual Ladies' Golf Open to be held at the Brunswick Golf Club on Thursday, June 4th, 2009 (Rain date is June 11th). We will be starting at 8:30 a.m. Mark your calendar!



Sexual Assault and Sexual Abuse in Brunswick/Harpswell

1 in 4 females and 1 in 6 males are victims of sexual abuse before the age of 18. (Botash, Ann, MD, *Pediatric Annual*, May, 1997).

According to the 2008 Maine Kids Count Book, there were 5,681 children in Brunswick and Harpswell combined. If those children are equally male and female, there are 2,840 girls and 2,841 boys. If we apply the above statistic, it means that 710 girls and 473 boys in Brunswick and Harpswell combined have been or will be sexually abused before the age of 18.

1 in 5 Maine adults (28.5 % of females and 7.4% of males) have been victims of rape or attempted rape*. (Maine Crime Victimization Report, 2007).

According to the most recent U.S. Census data, there are 20,718 adults in Brunswick and Harpswell combined. Assuming an equal split, that represents 10,359 males and 10,359 females. Applying the above statistic, 766 of the males and 2,952 of the females in Brunswick and Harpswell combined have been victims of rape or a attempted rape in their lifetime.

1 in every 7 victims of sexual assault is under the age of 6. (Kilpatrick, D.G., Saunders, B.E., Smith, D.W. *Youth Victimization: Prevalence and Implications*. Washington, D.C. Office of Justice Programs, U.S Department of Justice, 2003.)

Applying the information from the Maine Crime Victimization Report (cited above), 531 of those sexual assault victims (109 males and 422 females) were under the age of 6 when the assault occurred.

The cost of a single sexual assault is estimated to be \$87,000, and, since many victims experience more than one sexual assault in their lifetimes, the cost per victim is estimated to be \$110,000. (Ted Miller, Mark Cohen, & Brian Wiersema, U.S. Department of Justice, VICTIM COST & CONSEQUENCES: A NEW LOOK. (1996). Available at www.ncjrs.org/txtfiles/victcost/pdf.)

Using the figures above, (3,718 people* who have been victims of rape or attempted rape), the cost of this sexual violence in Brunswick and Harpswell combined (at \$110,000 per victim) is determined

be \$408,980,000. If all of the victims experience one sexual assault, the cost (at \$87,000 per victim) is \$323,466,000.

Sexual Assault and Sexual Abuse in Lincoln County

1 in 4 females and 1 in 6 males are victims of sexual abuse before the age of 18. (Botash, Ann, MD, *Pediatric Annual*, May, 1997).

According to the 2008 Maine Kids Count Book, there were 6,731 children in Lincoln County. If those children are equally male and female, there are 3,365 girls and 3,366 boys. If we apply the above statistic, it means that 841 girls and 561 boys in Lincoln County have been or will be sexually abused before the age of 18.

1 in 5 Maine adults (28.5 % of females and 7.4% of males) have been victims of rape or attempted rape*. (Maine Crime Victimization Report, 2007).

According to the most recent U.S. Census data, there are 28,509 adults in Lincoln County. Assuming an equal split, that represents 14,254 males and 14,255 females. Applying the above statistic, 1,054 of the males and 4,062 of the females in Lincoln County have been victims of rape or attempted rape.

1 in every 7 victims of sexual assault is under the age of 6. (Kilpatrick, D.G., Saunders, B.E., Smith, D.W. *Youth Victimization: Prevalence and Implications*. Washington, D.C. Office of Justice Programs, U.S. Department of Justice, 2003.)

Applying the information from the Maine Crime Victimization Report (cited above), 730 of those sexual assault victims (150 males and 580 females) were under the age of 6 when the assault occurred.

The cost of a single sexual assault is estimated to be \$87,000, and, since many victims experience more than one sexual assault in their lifetimes, the cost per victim is estimated to be \$110,000. (Ted Miller, Mark Cohen, & Brian Wiersema, U.S. Department of Justice, VICTIM COST & CONSEQUENCES: A NEW LOOK. (1996). Available at www.ncjrs.org/txtfiles/victcost/pdf.)

Using the figures above, (5,116 people* who have been





victims of rape or attempted rape), the cost of this sexual violence in Lincoln County (at \$110,000 per victim) is determined to be \$562,760,000. If all of the victims experience one sexual assault, the cost (at \$87,000 per victim) is \$445,092,000.

Sexual Assault and Sexual Abuse in Sagadahoc County

1 in 4 females and 1 in 6 males are victims of sexual abuse before the age of 18. (Botash, Ann, MD, *Pediatric Annual*, May, 1997).

According to the 2008 Maine Kids Count Book, there were 8,329 children in Sagadahoc County. If those children are equally male and female, there are 4,164 girls and 4,165 boys. If we apply the above statistic, it means that 1,041 girls and 694 boys in Sagadahoc County have been or will be sexually abused before the age of 18.

1 in 5 Maine adults (28.5 % of females and 7.4% of males) have been victims of rape or attempted rape*. (Maine Crime Victimization Report, 2007).

According to the most recent U.S. Census data, there are 28,633 adults in Sagadahoc County. Assuming an equal split, that represents 14,317 males and 14,316 females. Applying the above statistic, 1059 of the males and 4080 of the females in Sagadahoc County have been victims of rape or attempted rape in their lifetime.

1 in every 7 victims of sexual assault is under the age of 6. (Kilpatrick, D.G., Saunders, B.E., Smith, D.W. *Youth Victimization: Prevalence and Implications*. Washington, D.C. Office of Justice Programs, U.S. Department of Justice, 2003.)

Applying the information from the Maine Crime Victimization Report (cited above), 734 of those sexual assault victims (151 males and 583 females) were under the age of 6 when the assault occurred.

The cost of a single sexual assault is estimated to be \$87,000, and, since many victims experience more than one sexual assault in their lifetimes, the cost per victim is estimated to be \$110,000. (Ted Miller, Mark Cohen, & Brian Wiersema, U.S. Department of Justice, VICTIM COST & CONSEQUENCES: A NEW LOOK. (1996). Available at www.ncjrs.org/txtfiles/victcost/pdf.)

(Ted Miller, Mark Cohen, & Brian Wiersema, U.S. Department of Justice, VICTIM COST & CONSEQUENCES: A NEW LOOK. (1996). Available at www.ncjrs.org/txtfiles/victcost/pdf.)

Using the figures above, (5,139 people* who have been victims of rape or attempted rape), the cost of this sexual violence in Sagadahoc County (at \$110,000 per victim) is determined to be \$565,290,000. If all of the victims experience one sexual assault, \$87,000 per victim) is \$447,093,000. If all of the victims experience one sexual assault, the cost (at \$87,000 per victim) is \$447,093,000.

* The words "rape or attempted rape" were used in the Maine Crime Victimization survey. Many survivors of sexual violence may have experiences which in their opinion do not meet the definition of "rape or attempted rape", and so would not have answered affirmatively on this question. It is reasonable to believe that the numbers would be higher if a term such as "sexual assault" had been used instead.

YES, I will help prevent sexual violence in my community!!

Enclosed is my tax deductible donation:

\$1,000___ \$500___ \$100___ \$50___

\$35___ \$25___ Other_____

Name: _____

Address: _____

I wish to remain anonymous

Did this newsletter come to your preferred address? Is your name spelled correctly? Please call the office at 725-2181 or email administration@sassmm.org with any changes. SASSMM does not sell or distribute our database for any reason

**SASSMM Support Groups
&
Additional Advocacy Services
For Survivors, Parents And Concerned Others**

Support Groups: A Piece of The Healing Process.

Survivors of sexual violence are often left with deep feelings of shame, guilt and embarrassment. Many feel they have no one to turn to for support and assistance.

SASSMM provides a confidential, casual and supportive environment for individuals to connect with others who have been through similar life events. Participants share personal experiences, discuss information and exchange resources. Groups focus on healing and moving forward. A variety of survivor-centered groups are offered. **Call 1-207-725-2181** to schedule a pre-group appointment.

In addition to support groups, SASSMM offers the following services:

🎗 One-To-One Support

For individuals waiting for a group to begin, or simply looking for information and support, SASSMM offers meetings on a scheduled basis.

🎗 24-Hour Crisis and Support Line: 1-800-822-5999, TTY dial 1-888-458-5599, from a cell phone call 1-207-725-1500

Available to survivors of sexual violence and the people who care about survivors, no matter when the assault or abuse occurred.

🎗 SART Services

Specific advocacy and assistance around law enforcement and legal proceedings.

🎗 Project Advance

Informed advocacy services for people with disabilities and elders.

Sexual Assault Support Services of Midcoast Maine
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