



UNITED AGAINST SEXUAL ASSAULT OF SONOMA COUNTY

Overview of Services

24/7 Crisis Line	<ul style="list-style-type: none"> • Crisis Intervention • Counseling • Referrals • Advocacy • Medical / Legal Accompaniment
Individual Counseling	<ul style="list-style-type: none"> • Open to survivors as well as their family, significant others and friends • Short-term Crisis Counseling (up to 16 sessions) • Long-term Therapy (16+ sessions) • Eye movement trauma resolution therapy, Art therapy, Sand Tray, Somatic-focused therapy, as well as other modalities • Play therapy for ages 6 and up • Individual Counseling at Sierra Youth Center – girls, ages 13 to 18 • Individual Counseling for female survivors at North County Detention Facility • Therapy provided by BBS registered, MFT Interns and Trainees; supervised by a licensed MFT
Group Counseling	<ul style="list-style-type: none"> • Couples, Family and Group Counseling - open to survivors as well as their family, significant others and friends • Spanish Speaking Drop-In Support Group (weekly) • English Speaking Drop-In Support Group for female survivors (weekly) • Healing Allies Drop-In Support Group for significant others, family and friends of survivors (weekly) • Skill Building Group for female survivors (Eight-week therapy group) • Skill Building Group for male survivors (Eight-week therapy group) • Girls Circle groups through the Sonoma County Probation Department (weekly)
Crisis Line Counselor (CLC) Training	<ul style="list-style-type: none"> • 48-hour training • Training for student interns, volunteers, and UASA staff • UASA is the state-certified trainer for Sonoma County • CLC Trainings are held three times per year • Next training starts October 16, 2007
Sexual Assault Response Team (SART)	<p>The mission of the Sonoma County Sexual Assault Response Team (SART) is:</p> <ul style="list-style-type: none"> • To gather forensic evidence and coordinate services • To provide a supportive environment for the interview and exam of sexual assault victims • To counter the experience of sexual assault with a sensitive and competent multidisciplinary response • To support efforts to restore well being to the victim • And, to bring the responsible person(s) to justice

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Office: 707-545-7270 www.uasonoma.org 24/7 Crisis Line: 707-545-7273

Teen Assault Prevention Project (TAPP)	A violence prevention program educating middle and high school students about sexual assault prevention. Workshops are interactive, educational and informative. The goal of TAPP is to empower students with tools to prevent sexual violence.
Diversity Teen Assault Prevention Project (DTAPP)	Youth oriented workshops about diversity issues relevant to sexual assault. Three different DTAPP curricula: LGBT workshops, workshops to the disabled community, and a four-session student workshop covering multiple diversity topics including stereotypes, hate crimes and discrimination.
Men of Strength Club (MOST)	A primary prevention program targeting 14 – 18 year old males. Clubs meet weekly and discuss masculinity, healthy relationships and sexual assault prevention. UASA was one of six pilot sites in California selected to launch this program.
Sierra Youth Center (SYC) Healthy Relationships Class	An 8-week class at SYC focusing on healthy relationships. One topic each session: sexual harassment, dating violence, self-esteem, consent, empowerment, state laws, gender roles and sexual assault prevention.
Peer Helpers Workshop	Curricula designed for high school peer helpers and leadership classes. This is a workshop for students who will be peer counseling or leading others. Part I is similar to a TAPP workshop, Part II includes information on responding to rape and community resources available to help survivors.
Child Abuse (CAPP) Prevention Project	Workshops aiming to reduce the vulnerability of children to all forms of abuse by empowering them with knowledge and prevention skills.
CAPP Parent Workshop	Information on the content of CAPP workshops and community resources available to parents and families.
Healthy Relationships Program (HRP)	A six to eight week workshop; each week introduces a new topic to the same audience. Topics include sexual harassment, dating violence, empowerment skills, self-esteem / assertiveness techniques, communication skills, body image, eating disorders, diversity, alcohol and drug education and sexual assault prevention. This multiple time workshop raises awareness while also changing behaviors and attitudes.
Youth Empowerment Program (YEP)	A compendium of age-appropriate workshops for students to help them identify types of abuse, link them with resources and provide skills to prevent and/or end abuse. YEP curricula include: Healthy Relationships Program, Men of Strength, Women's Empowerment Programs, and Diversity Teen Assault Prevention. YEP is available in English and/or Spanish.
In-Service Trainings and Educational Workshops	UASA provides: <ol style="list-style-type: none"> 1. In-service trainings for school staff 2. Educational workshops for parents and community groups 3. Professional workshops on sexual assault for law enforcement and hospital personnel
Self-Defense Courses	Women's empowerment Self-Defense courses and awareness programs provided for college students, adults, professionals, law enforcement, hospital personnel and other community groups. Classes are adapted for young, elderly, and disabled communities.