

Sexual Violence: Help and Resources

Getting Help: People have a variety of needs and emotional reactions after experiencing the trauma of sexual violence. For many, getting help is a critical first step towards healing. Mills College is committed to responding promptly and effectively to reports of sexual violence, including stalking, dating violence, domestic violence or sexual assault. Mills provides information, support and resources to ensure your safety and well-being; to assist you in healing from trauma; to support you in continuing your studies; and to inform you of your rights. For more information, see the Mills College Sexual Misconduct Policy.

Your Rights: To find out more about your rights, please see the Mills Policy on Sexual Misconduct, the Mills handout on Rights and Obligations Related to Title IX and Sexual Violence and this information at the U.S. Department of Education Office for Civil Rights: <https://www.notalone.gov/assets/know-your-rights.pdf>. Your rights include knowing who you can talk with confidentially and where you can receive counseling and other supportive services. Confidential counseling and a range of other support is available at Mills College and with community partners.

Reporting an Incident of Sexual Violence: In addition to receiving the help you need regarding your safety, trauma and well-being, there are procedures you need to know regarding reporting the incident to responsible persons at Mills College and, as an additional option, to the Oakland Police Department.

Reporting an Incident at Mills College: You are encouraged to promptly report any incident of sexual violence to Mills College. While all reports of sexual violence are treated confidentially, the College may not be able to guarantee anonymity for the person reporting an incident. See the Mills Policy on Sexual Violence and Misconduct and the handout on reporting options for more information.

Students, staff or faculty members may report sexual harassment, assault or misconduct to Public Safety or to any supervisor, manager or Title IX Officer or Deputy. Student employees have an obligation to report any incidents reported to them to their staff supervisor. All managers, supervisors and designated campus security officials are required to notify the Title IX Coordinator immediately if they become aware of sexual harassment, sexual assault or sexual misconduct involving Mills students, staff or faculty.

Additional Reporting Options for Students: Students may contact Public Safety or any of the Mills staff members listed below to report an incident of sexual violence or misconduct. The Public Safety number can be called any time for any crisis or emergency, including reporting or asking for help for a sexual assault.

| Public Safety (24/7) | 510-430-5555 |
|--|---------------------|
| Dean of Students | 510-430-3189 |
| Student Support Coordinator | 510-430-2143 |
| Associate Dean for Students, Student Access Services | 510-430-3241 |
| Director of Residential Life | 510-430-3184 |
| Director, Counseling and Psychological Service | 510-430-2262 |
| Director of Public Safety | 510-430-2139 |
| Title IX Officer | 510-430-2333 |
| Division of Student Life (DSL) Reception | 510-430-2130 |
| Counseling and Psychological Services Appointments | 510-430-2130 |
| Wellness Manager | 510-430-2260 |

Reporting an Incident to the Oakland Police Department: In addition to reporting an incident of sexual violence to Mills College, you may wish to report it to local law enforcement by calling **911** on a landline or **510-777-3211** from a cell phone.

Counseling

Many emotional responses are common after a trauma. You may experience any or all of the following:

- Anger and/or embarrassment.
- Anxiety and/or fear of being alone in crowds; being harmed, not being believed; retaliation.
- Guilt or self-blame.
- Loss of trust, feelings of helplessness and/or vulnerability.

- Panic attacks and/or post-traumatic stress.
- Sadness, depression.
- Sense of loss of control over your life.
- Urge to “numb out” with alcohol, drugs, food, sex.
- Worry about the reactions of others.

Counseling Services for Students:

Students who wish to speak to someone on campus confidentially about interpersonal violence, abuse, sexual assault or misconduct may contact Mills Counseling and Psychological Services for an appointment by calling **510-430-2130**. For a crisis, call Public Safety (**510-430-5555**), who will call the on-call counselor. A support group for survivors of sexual assault is also available.

Counseling Services for Students, Staff, Faculty, Friends and Family:

In addition or separately, students and others may call the Highland Hospital Sexual Assault Center’s hotline (see contact information below). Resources at Highland Hospital include access to counseling and supportive services. People close to you may also be affected by your experiences. If friends, partners and relatives need to talk to a counselor about the incident, consider the resources in this handout for them as well as yourself.

Community Crisis Response Hotlines (see more community resources, including some that offer crisis response on pages four and five of this handout):

A Safe Place (Oakland)

24/7 Crisis Line: 510-536-SAFE (7233)

<http://www.asafeplacedvs.org/>

***Alameda County Highland Hospital Sexual Assault Center (Oakland)**

24/7 Crisis Line: 510-534-9290 or 9291

http://oaklandwiki.org/Alameda_County/Sexual_Assault_Center

Bay Area Women Against Rape (BAWAR) (Oakland)

24/7 Crisis Line (English/Spanish): 510-845-RAPE (7273)

<http://www.bawar.org/get-help-for-yourself/>

San Francisco Women Against Rape (SFWAR) (San Francisco)

24/7 Crisis Line: 415-647-7273

<http://www.sfwar.org/>

*This Emergency Department is where you should go within 72 hours for a Medical Forensic Exam.

Medical Exam and Services

It is important to obtain **medical care as soon as possible** so that a medical professional can assist with any complications that may arise from the trauma sustained. **Alameda County** Highland Hospital Sexual Assault Center provides **immediate medical care after** a sexual assault and can be contacted at **510-534-9290 or 9291 (24/7 crisis hotline)**: http://oaklandwiki.org/Alameda_County/Sexual_Assault_Center

Some typical medical tests and preventative treatment provided after a sexual assault include:

- **Hepatitis B:** Your clinician may recommend a baseline Hepatitis B screening test and/or vaccinations. Vaccination involves a series of three injections. The first is given at the time of your initial visit. Subsequent injections are given at four weeks and six months.
- **Preventative treatment and on-going screening for** Gonorrhea, Chlamydia and Syphilis.
- **HIV:** You may choose to take the HIV antibody test after a discussion with your clinician. *If your assault took place within the last 72 hours, discuss HIV prevention options (prophylaxis) with your clinician.

- **Pregnancy (for those at risk):** Be sure to ask when and how you can get the results of the pregnancy test if you have elected to take one. If you have not started your period at your usual time or within four weeks of the assault, be sure to take a pregnancy test even if you have taken the “morning after” pill (also known as Plan B).

Medical Follow-Up: If several days have passed and you have not sought medical treatment, please make an appointment with your personal medical provider. Mills students may use the Vera Whole Health Clinic at Mills (CPM 117) for medical exams, screening and treatment as needed. Students may call 510-671-3985 for an appointment or call the same number for the 24/7 telephone Advice Nurse. Clinical staff at the Vera Whole Health Clinic are all mandated reporters who must call the police to report suspected sexual assault at any age or sexual or physical abuse of a minor. Please note that forensic medical exams are not carried out at Vera. In Alameda County, they are only carried out at Alameda County Highland Hospital Sexual Assault Center: oaklandwiki.org/Alameda_County/Sexual_Assault_Center

Legal Support

Alameda County Family Justice Center (ACFJC) 510-267-8800

If you have reported the incident to the police, the **ACFJC** can help you understand your rights, provide assistance and advocacy, including access to financial support through the Victims of Crime program as well as counseling and support groups: <http://www.acfjc.org/>

Asian-Pacific Islander Legal Outreach 510-251-2846

Legal advocacy, cultural and linguistic support for families of Asian or Pacific Islander race or ethnicity who have experienced domestic violence or sexual assault: <http://apilegaloutreach.org>

Bay Area Legal Aid 800-551-5554 or 510-250-5270

For legal assistance with issues related to domestic violence, housing, immigration, access to health care and other issues: <http://baylegal.org/>

Family Violence Law Center (FVLC) 24-hr. crisis line: 510-208-0255

Whether or not you have reported the incident to police, the FVLC in Oakland offers information and assistance, including advocacy and supportive services: <http://fvlc.org/>

Other Supportive Services for Student Victims of Sexual Violence at Mills College

Safety: Campus Bans or Support with Filing a Restraining Order

Mills College provides safety support for students, including campus bans or assistance with filing a restraining order. Please contact the Public Safety Department at **510-430-5555** or talk to the Director of Public Safety by calling **510-430-2139**.

Assistance with Housing Accommodations

Residential students have the option to stay in a temporary residence on campus and/or to move to a different room or residence hall. Please speak to your Resident Advisor (RA) or call one of the RAs on duty (the lines are also supported by Residence Life Area Coordinators). Students who do not live on campus at Mills can seek help and advice from the Student Support Coordinator at 510-430-2143 or the Wellness Manager at **510-430-2130** or **510-430-2260** about shelters, community programs and housing options.

Academic Support, Student Services, Special Needs and Other Accommodations

Students who may need extra academic support, flexibility, accommodations, services or support for special needs are encouraged to contact the Assoc Dean/Student Access Services at **510-430-3241** or make an appointment with her by calling **510-430-2130**.

Community Resources: Crisis, Support & Advocacy:

A Safe Place (Oakland)

Crisis response, support, advocacy, information, referrals and shelter for survivors of sexual assault.

24/7 Crisis Line: 510-536-SAFE (7233)

<http://www.asafeplacedvs.org/>

Alameda County Highland Hospital Sexual Assault Center (Oakland)

Crisis response, support, advocacy, information and referrals for survivors of sexual assault and domestic violence; Medical Sexual Assault Response Team (in Emergency Department) for medical forensic exams (requires police report).

24/7 Crisis Line: 510-534-9290 or 9291

http://oaklandwiki.org/Alameda_County/Sexual_Assault_Center

Asian Women's Shelter (San Francisco)

Shelter program, language advocacy program, crisis line, case management, and programs in support of underserved communities such as queer Asian survivors and trafficked survivors.

24/7 Crisis Line: 877-751-0880

<http://www.sfaws.org/>

Bay Area Women Against Rape (BAWAR) (Oakland)

Crisis response, support, advocacy, information and referrals for survivors of sexual assault and domestic violence.

24/7 Crisis Line (English/Spanish): 510-845-RAPE (7273)

<http://www.bawar.org/get-help-for-yourself/>

Clínica de la Raza (Oakland and Other Locations)

East Bay-based assessment and safety planning services for domestic violence and child abuse, support groups, treatment groups, violence evaluations and referral services. Multiple sites.

510-535-4000

<http://www.laclinica.org/>

Community United Against Violence (CUAV) (San Francisco)

Crisis support, counseling and services for victims of violence and abuse, including sexual assault and domestic violence, focusing on the LGBTQ community.

Crisis Response (leave a message): 415-333-HELP (4357)

415-777-5500

<http://www.cuav.org/>

Korean Community Center of the East Bay (Oakland)

Helpline, information and referrals for shelter, legal services, counseling, translation services, citizenship/legal residency for Korean and Korean-American survivors of domestic violence and their families. Intimate Partner Violence Helpline: 510-547-3258; other services: 510-547-2662.

Narika (Oakland and Richmond)

Advocacy, support, information, and referrals for survivors of domestic violence in the South Asian community- Bangladesh, Bhutan, India, Nepal, Pakistan, Sri Lanka and diasporic communities.

800-215-7308

510-444-6068

<http://www.narika.org>

Native American Health Center (Oakland and San Francisco)

Medical and family services; groups in San Francisco for Native American families dealing with violence or abuse.

415-621-8051 San Francisco

510-535-4400 Oakland

<http://www.nativehealth.org/>

San Francisco Women Against Rape (SFWAR) (San Francisco)

Crisis response, support, advocacy, information and referrals for survivors of sexual assault and domestic violence.

24/7 Crisis Line: 415-647-7273

<http://www.sfwar.org/>

Tri-Valley Haven (Livermore)

Support, advocacy, information and referrals for survivors of sexual assault and domestic violence. Medical and social services and counseling.

800-884-8119

925-449-5842

<http://www.trivalleyhaven.org/>

Online Resources:

CALCASA

<http://www.calcasa.org/>

Campus SaVE Act (Updates the Violence Against Women Act (VAWA), 2013)

<http://beta.congress.gov/bill/112th-congress/house-bill/2016>

Circle of Six App

<http://www.circleof6app.com/>

Department of Education Office of Civil Rights

http://www2.ed.gov/about/offices/list/ocr/docs/tix_dis.html

Futures without Violence

<http://www.futureswithoutviolence.org/>

Kaiser Permanente Family Violence Prevention

https://healthy.kaiserpermanente.org/static/health/richmedia/video/family_violence_prevention.htm

Know Your IX

<http://knowyourix.org/>

No More

<http://nomore.org/>

White House Task Force on Sexual Assault

<https://www.notalone.gov/>