

What You Are Experiencing Is Normal

Sexual assault can take many forms, the one aspect that remains constant is that it is not the your fault.

In the aftermath of the assault, the you will respond to the experience in your own way, there is no right or wrong way to respond. Below you will find effects that survivors often experience, it is not meant to be an all-inclusive list. If you are experiencing things that are not listed, or not experiencing any of these it does not discount what happened to you.

Bruising, broken or dislocated bones

- Soreness
- Chronic fatigue
- Muscle Tension
- STI's/STD's
- PTSD, including flashbacks, nightmares, severe anxiety and uncontrollable thoughts
- Depression
- Inability of focus on school work
- Anger and blame
- Shock/disbelief
- Fear
- Self-blame/guilt
- Changes in your eating pattern or sleeping pattern
- Loss of interest in sexual activity or promiscuity

Every survivor's journey in healing is different. However, you don't have to follow the path alone. There are resources available to help you.

IF YOU NEED IMMEDIATE HELP OR ASSISTANCE:

- If it is during normal operating hours on campus you can contact the appropriate department, such as: Counseling Services, Health Services, Department of Public Safety, etc.

Or if you would like support in contacting those departments please contact your RLC and they can assist you.

- If it is after hours you can contact your R.A. who can help with contacting the appropriate individuals to help with your concern.
- You may also contact Public Safety 24/7.
- You may also contact Wise options 24/7. They have a trained advocate who is available to speak with you and can assist in referrals for the community or can set up counseling, victim advocacy, or legal advocacy appointments within their agency depending on what you request. **(570) 323-8167.**



**Resources for Regaining
Your Voice**

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Supportive Resources Available to You

Medical Relief

Transportation is available from both Safety and Security and Wise Options

Off Campus

If you have been sexually assaulted it is recommended that you go to the closest ER-UPMC Susquehanna Williamsport, and meet with a Sexual Assault Nurse Examiner (SANE). SANE's are on call 24/7 and are specially trained to check for injuries, address concerns of STI's and pregnancy, and collect evidence in the event you choose to press charges. Prior to completing the exam you will talk with the nurse and an advocate from Wise Options about your options with the exam, as it is tailored to fit your wants and needs. The exam is completed at no cost to you.

On Campus

If you are unsure, do not want to, or if you have already had a SANE exam completed and require additional medical attention you can seek out services at Health Services on campus. Health Services can provide:

- HIV Testing (free)
- Gonorrhea, Syphilis, and Chlamydia Testing (at cost)
- Pregnancy Testing (at cost)
- Nursing staff to help address any other concerns you have pertaining to your medical state.

Counseling Services

Transportation is available from both Safety and Security and Wise Options

Lycoming College Counseling Services

Lycoming College offers counseling on the 3rd floor of the Wertz Student Center. All counseling, consultations, and referrals are kept confidential, unless there is a medical emergency or life threatening situations. Counseling is provided by Stephanie Fortin and Townsend Velkoff. They are available M-F 8:00-4:30. They utilize a solution focused style of treatment with emphasis on the individual's strengths, abilities and resources. If you would like to set up an appointment you may contact them at:

Stephanie: 570-321-4332, fortin@lycoming.edu

Townsend: 570-321-4258, velkoff@lycoming.edu

Or you can stop in at anytime, if a counselor is available they will see you then. If they are not available you can leave a message and they will contact you.

Wise Options

Wise Options provides counseling to survivors of trauma, at no cost. At Wise Options you can meet with a counselor who specializes in crisis counseling and victim assistance information. All counseling sessions are provided in a private, safe, and confidential setting. If you would like to speak with an advocate or set up a counseling appointment you can stop in during their on campus office hours listed below:

Every Thursday 11am-1pm (Glad Room, Library)

You may also contact them 24/7 at **570-323-8167**.

Interim Measures

Interim measures are services, assistance, accommodations, or protective actions that Lycoming College puts in place after receiving notice of an alleged sexual misconduct. You may request interim measures by contacting the Director of Safety and Security, Vice President of Student Life, Director of Residential Life, the Associate Dean of Students, or your advisor of choice. You may also request interim measures confidentially through Counseling Services or Health Services. Interim measures may include, but are not limited to the following:

- Medical and mental health services
- A "No Communication" directive, pending the outcome of an investigation. The directive is a notice to both parties that they must not have verbal, written, electronic or third party communication with one another;
- Change in campus housing, or restriction from floors or building;
- Providing a Safety and Security escort to ensure you can move safely between College programs and activities;
- Assistance in changing or modifying work schedule;
- Academic accommodations (e.g., rescheduling an assignment or test; accessing tutoring; transferring to another section of a lab, if available; arranging for incompletes or a withdrawal from the College; preserving eligibility for scholarships, financial aid, study abroad or foreign student visas);
- Parking arrangements to ensure safety and access to other services;
- Assistance in contacting on-campus or off-campus advocacy, support and services;
- Assistance contacting local authorities;
- Support in upholding any court action/order