

# Victim Service Center of Central Florida Newsletter



March 2016

Newsletter

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## **Board of Directors**

### **Board Officers**

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## A Message from Lui

Sexual Assault Awareness Month is right around the corner! Throughout the month of April, there are a variety of ways to get involved. To kick it off, we will be holding our 3rd Annual Gala, [Cheers to Change](#), on April 1st which will undoubtedly be the best yet!

Cheers to Change couldn't come at a better time this year. At VSC, we are seeing a record numbers of sexual assault cases and are responding to victims in our community seeking immediate help. We are so grateful for the opportunity to come

together as a community on Friday, April 1st, in support of victims. By attending this event, you will be contributing to our mission of ending violence and supporting programs and services that save lives. [Read More](#)

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### **Quick Links**

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## **Training First Responders**

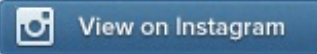


VSC recently received funding to create a First Responder training video. The video will be used to educate first responders including law enforcement personnel, EMS personnel, ER nurses, security personnel, and other individuals who may first come in contact with a victim after a sexual assault occurs.

We were so honored and appreciative to have Rachel, a former VSC client, and her husband David, help out and share their story in the video. Additionally, three members of the Orlando Police Department who actually responded to Rachel's crisis call participated in the video (pictured above). Along with Law Enforcement, we were fortunate to be able to include a wide variety of perspectives and expertise including Tom Daniels (Orange County EMS), April Nooney (ER Nurse), a VSC Victim Advocate and a Sexual Assault Nurse Examiner. It is our hope that this training video will lead victims to VSC to get the crisis intervention support they desperately need.

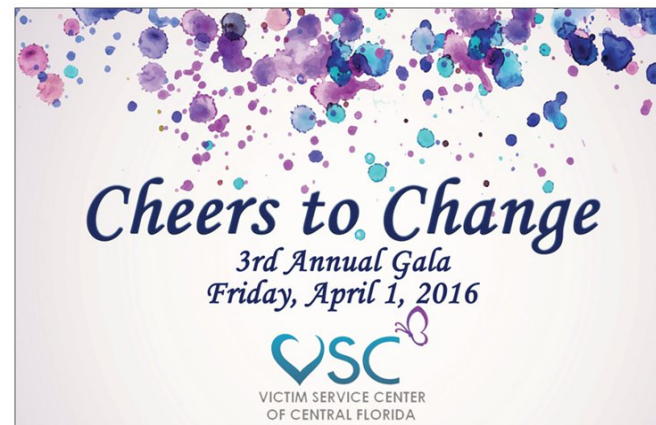
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## **Cheers to Change- This Friday!**



It's that time again, Central Florida! Our biggest event of the year is finally here!

We only have 50 tickets left for Cheers to Change, this Friday, April 1st, at the Orlando Museum of Art. In case you haven't heard, we will have plenty of delicious food, wine pairings, live art, entertainment, and an incredible auction.



Whether you are looking for a great date night, want to come out to grow your professional network, or just want to support a very important cause, this is the event for you. Tickets are only \$50 and are available on our [website](#). Hurry up and get your tickets today!

### Wish List

- Gift Cards in \$5-\$10 increments
- T-Shirts (Large and XL)
- Elastic Waist Pants in all sizes
- Sports Bras
- Office Supplies
- Bus Passes

[Please Click here to view our Online Registry!](#)

### Join a Support Group

VSC offers many opportunities for empowerment. Join one of our support groups to continue your growth and healing.

If you are interested in learning

## Unprecedented Sexual Assault Numbers

From March 11th through March 21st, VSC responded to an unprecedented number of acute sexual assault cases, meaning an assault occurred within 120 hours. Over the course of the week, VSC served **16 victims** of sexual assault needing immediate crisis intervention in Orange County alone. On average, the VSC Team responds to four cases a week.



During that time frame, almost all of the victims were in their teens or early 20's. 100% of the cases involved drugs or alcohol. At VSC, we know that oftentimes, a perpetrator will use drugs or alcohol to incapacitate the victim to take advantage of them.

When WFTV Channel 9 News heard about the spike in cases, Reporter Nancy Alvarez stopped by to learn why it was happening and what we can do as a community to stop it. To

more information please do not  
hesitate to schedule an  
appointment (407) 254-9415.

read the full story, please [click here!](#)

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## Inside Out: By Holly Smith



When I first saw the Disney movie: Inside Out, I was amazed. The core principles of mental health, healing, and internal dialogue were perfectly captured! With all the movies these days misrepresenting what therapy is and how healing occurs, I was pleasantly surprised to see these concepts displayed in such an energizing, kid-friendly way. The idea that we have parts of ourselves that may not always agree and sometimes even argue amongst themselves has historically brought judgment and shame. We have called ourselves "crazy" when we listen to this internal system and worse when we take it seriously.

Well, times are a changin'! We are acknowledging and validating this complicated internal system and now allowing it to be a healing force in our lives. [Read More](#)

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## Mark Your Calendars

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### [Lunch & Learn](#)

Wednesday - April 27, 2016

12:00pm - 1:00pm

RSVP by calling (407) 254-9415 or e-mail [Rhonda Wilson](#).

Held the Last Wednesday of Every Month

By attending our Lunch and Learn, you will learn about our history, mission, services, goals,



and ways to get involved. To attend our Monthly Lunch & Learn, you must RSVP. Space is limited and lunch will be provided.

### Volunteer Orientation

Wednesday - April 20, 2016

3:00pm - 4:00pm

RSVP by calling (407) 254-9415 or e-mail [Shannon Batten](#).

## Victim Service Center of Central Florida

### Contact Information

Hours: Monday - Friday (8AM-5PM) | Office: (407) 254-9415

2111 E Michigan St, Suite 210  
Orlando, Florida 32806

24-Hour Sexual Assault Hotline: (407) 497-6701

[www.VictimServiceCenter.org](http://www.VictimServiceCenter.org)

