



Orange County Rape Crisis Center

Client Services

As the Triangle's only stand-alone Rape Crisis Center, we are dedicated to working to stop sexual violence and to providing a place of healing for survivors and their families. Just this past year (2008), the Rape Crisis Center served 420 clients and reached over 9,000 community members through its sexual assault prevention programs.

We continually work to serve survivors of sexual violence in our community by ensuring that staff and volunteers are available to answer crisis calls 24-hours a day in English and in Spanish, by offering support and connection to those affected by sexual violence through support groups and in-house therapy, as well as by improving the system of care through coordination of a Sexual Assault Response Team made up of law enforcement officers, medical personnel and others who work directly with survivors.

Direct Service Programs

Crisis Response Services include a 24-hour crisis line that individuals can call to ask questions, find about services, get referrals, or just talk and know someone is really listening. In addition, companions can accompany survivors to medical services, to meetings with law enforcement and to court appointments.

Latin@ Services offers bilingual and culturally competent services to Latinas, Latinos, and other Spanish-speakers. These services include our crisis response services, support groups, and community education programs.

Support Groups are an opportunity to learn, share, and gain support from others with similar experiences of abuse. The Rape Crisis Center offers a variety of support groups throughout the year on a rotating basis depending on number of requests by community members.

The Therapy Program offers short-term, individual therapy for survivors, their family, and other loved ones. Short-term therapy begins with initial appointment with a trained therapist to discuss options.

Who We Serve—Quarterly Numbers for Client Services

Support Group Program

Adult Survivors of Child Sexual Abuse/Incest—8 support group sessions with 7 clients

Adult Survivors of Rape/Sexual Assault—8 support group sessions with 3 clients

Therapy Program

11 therapy clients

- ◆ 48 in-house therapy sessions with 7 ongoing clients
- ◆ 2 community referrals
- ◆ 2 clients on waiting list

Crisis Response Program

- 136 crisis-line calls
- 20 walk-in clients
- 10 clients for medical advocacy (UNC and student health)
- 4 client accompaniments to court (civil and criminal)

Special Programs for OCRCC Clients

Soul Collage Workshop—This workshop will be combining the art of collage with psychology of the soul. This is for Women who have experienced violence or abuse and can benefit from this creative self-exploration and means of self-empowerment.

Prevention Workshop—The Center is holding a workshop in Spanish for people who are interested in learning more about sexual violence prevention. This will be a FREE 4-week workshop held on Saturdays in November and December. Topics include preventing child sexual abuse, rape culture, medical and legal resources, bystander intervention, and domestic violence.

Feedback from Survivors on OCRCC Services

“...given me a safe place to experiment with the core issues with which many survivors grapple. I was able to experiment with and challenge my capacities for trust and intimacy; I was able to take in the healing power of both the natural world and human kindness; and I was able to see myself more clearly through my engagement with other survivors. It has been a profoundly helpful experience.”

“...given me strength to carry on and a place to be me.”

“...allowed me to not feel alone in my experiences and healing; as well as embarking on the idea that self-care would be encouraging and vital to my healing.”

“... brought me to realize that I only need the deep violet of dirty hands to find myself.”