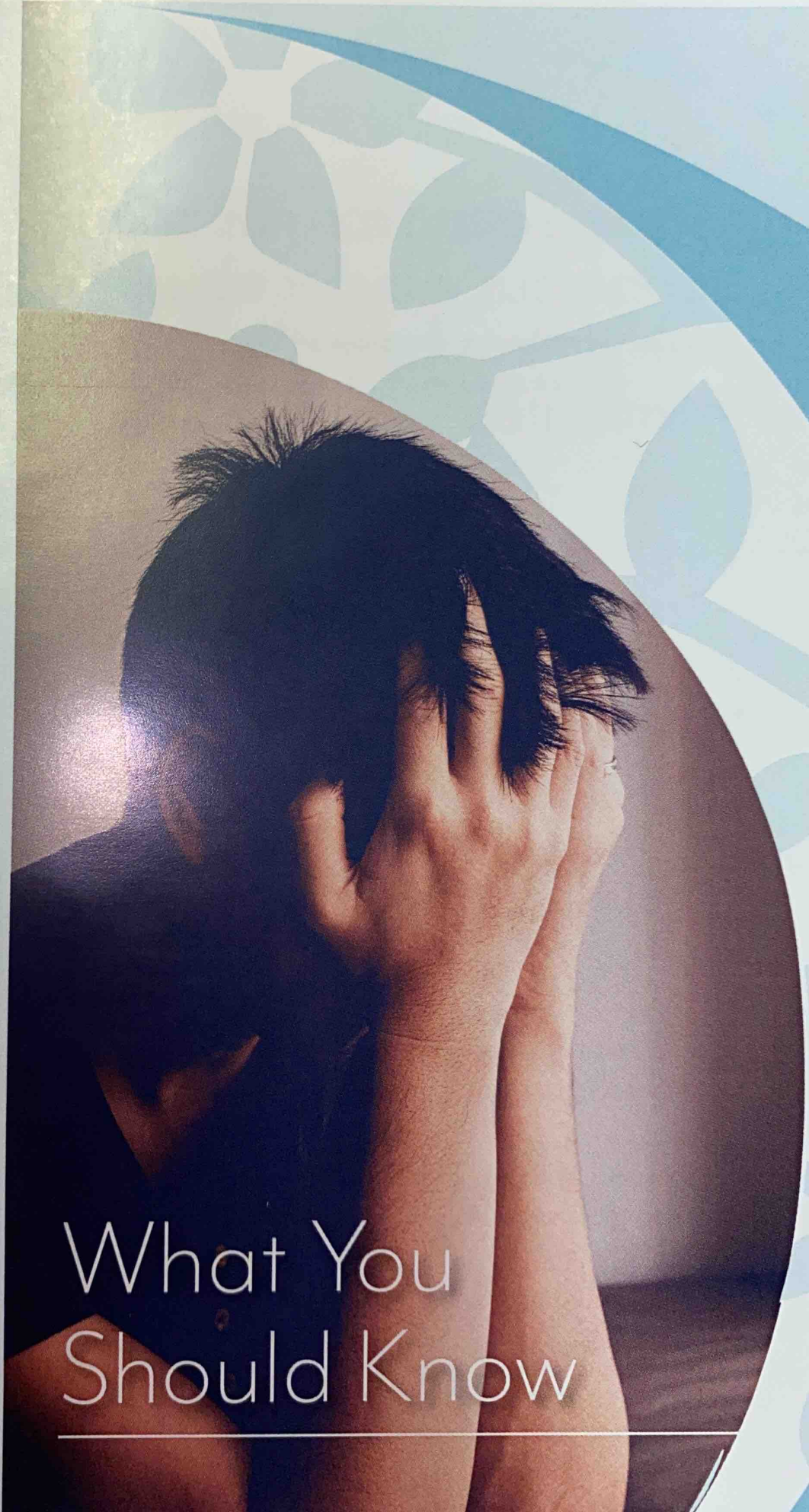




Gila River
HEALTH CARE

Care and
Services for
Victims of
Domestic
Violence and
Survivors of
Non-Fatal
Strangulation

Sexual Assault/
Forensic Nurse
Examiner (SANE)
Program

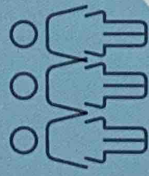
A large, circular photograph showing the back of a person's head and shoulders. They have dark hair and are covering their face with both hands, suggesting distress or shame. The background of the photo is a light blue and white pattern of stylized leaves.

What You
Should Know

Strangulation is a common and very dangerous way for abusers to control their victims by making them feel afraid or intimidated.

1 in 4

women will experience intimate partner violence (IPV) in their lifetime.



68%

will experience near-fatal strangulation by their partner.



Loss of consciousness can occur within 5-10 seconds, death within minutes

What happens next?

1

Law Enforcement

- Will be contacted to talk with the victim and ensure victim's safety.
- Evaluates need for medical care, coordinates with forensic interviewer and forensic nursing team.
- Completes interview & report.

2

Forensic Interview

- A non-biased, non-leading interview done by our credentialed Forensic Interviewer, for victims & witnesses age 17 years of age and younger.

3

SANE/Forensic Nurse Examiner

- Conducts medical-forensic examination which includes: history for diagnosis and treatment, complete head-to-toe exam and detailed genital exam to identify any trauma, collection of forensic evidence as needed.
- Addresses medical needs that may include STI testing and treatment, pregnancy test and options, follow-up medical exams, education, and referrals.
- Maintains legal chain of custody, provides expert witness testimony in court when necessary.

4

Crime Victim Specialists

- Provide immediate crisis intervention, support, and advocacy for the victim, family, & friends.
- Provides resources and referrals for counseling.
- Discusses the need for additional crisis intervention and/or therapy, remains available to victim and family for ongoing contact to assist in coping with the assault.

5

Prosecution

- Receives and reviews submittal from law enforcement.
- Determines if the case can be successfully prosecuted, prepares for trial.
- Prosecutes in court on behalf of the victim and Gila River Indian Community.

Every person has the following rights:

- The right to decide who touches your body
- The right to set sexual limits and defend yourself if limits are not respected
- The right to change your mind about having sex at any time
- The right to reject unwanted attention and/or affection
- The right to protect yourself

You **ALWAYS** have these rights, even if:

- You know the offender
- You were treated to dinner, a movie, or anything else
- You were previously flirtatious with the offender
- You have previously had a sexual relationship with the offender

Keep Yourself Safe

- Be aware of and avoid situations that may put you at risk
- Watch out for anyone who tries to get you drunk or high
- Don't accept a drink from someone you don't know or leave a drink unattended
- Trust your feelings – if it feels wrong it probably is
- Don't allow yourself to be pressured into unwanted sex
- Be assertive and be heard!

Always know **YOU ARE WORTH IT!**

Safety Planning

At Work:

- Notify your employer of the situation
- Give security a photo of the abuser and a copy of your Order of Protection
- Screen your calls
- Request someone to escort you to your car or the bus / light rail
- Vary your routes to and from work



At Your Children's School

- Notify the school of the situation
- Make sure school personnel know whom the children can be released to
- Warn school personnel not to release your phone number or address
- Give the school a photo of the abuser



Safety Planning

If you find yourself in an abusive situation, it is important that you make sure that you make/have plans to keep yourself and your children safe. Consider getting an Order of Protection. Contact Victim Services if you need help with this. Also use the following information to help you create a safety plan.

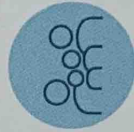
Abuse comes in many forms

- **Emotional:** Isolation, humiliation, intimidation
- **Physical**
- **Sexual**
- **Financial / Economic**
- **Psychological:** Terrorization, coercion, threats



At Home:

- Talk to your children about safe places to hide or where to go for help
- Teach your children how to call 9-1-1- and a code word you will use to have them call
- Set up an emergency signal with family, trusted friends
- Place important papers where you can easily get them
- Pack a bag with clothes, medicine, cash, toys, etc. and keep in a safe place you can get to without any problems
- Make sure you can get your keys easily



Strangulation or Physical Assault

What you need to know:

Call 911 immediately. You should try to not shower, bathe, douche, urinate or otherwise alter your physical self, or engage in any activity that may contaminate or destroy valuable evidence such as semen, saliva, hairs, etc.

This includes:

- Changing clothes
- Eating or Drinking
- Smoking
- Chewing gum
- Brushing teeth/using mouthwash

Law enforcement may collect some of your clothing, bedding, or other items as evidence. You should not wash bedding or clothes, or dispose of any items associated with the assault.

If reporting is delayed, our Forensic Nursing Team STILL needs to assess every victim under the age of 18, regardless of when the assault occurred.

If there is any reason you think you may have been drugged, it is extremely important for the Forensic Nurse to get a urine / blood sample for a complete toxicology screen as soon as possible. This is for your health and safety.

Even though you can't see any injuries, you could have serious internal injuries such as brain damage. It is **VERY** important that you see a medical provider if you have been strangled to make sure you are okay.

Even in fatal cases of strangulation, there are **NO** signs of visible injury. Only around 50% have visible injuries.

Has your partner ever...

- Tried to strangle or "choke" you?
- Tried to stop you from breathing by putting hands around your neck, pressing against your throat, or smothering you?

If this has happened to you, you could be in danger of being seriously injured or

Odds of
HOMICIDE
increase by
75% in women
who have been
previously
strangled!





Community Resources

ALL EMERGENCIES CALL 911

GRIC Police Department
(520) 562 - 4511

Crime Victim Services (CVS)
(520) 562 - 4106

Tribal Social Services
(520) 562 - 3396

GRIC Crisis Line
800 - 259 - 3449

GRIC Domestic Violence Crisis Line
855 - 203 - 5849

National Suicide Hope Line
800 - Suicide (784 - 2433)

On Eagles Wings – Women's Shelter
(520) 562 - 2740

GRHC Behavioral Health Services
(602) 528 - 7100

SANE Clinic
(520) 562 - 5151