

Victim Focused Resource Guide

Evidence Based
Practices for
Survivors of
Domestic Abuse
and/or Sexual
Assault



INTERVENTIONS **NOT** RECOMMENDED FOR DOMESTIC VIOLENCE AND SEXUAL ASSAULT:

- ANGER MANAGEMENT COUNSELING
- MEDIATION
- COUPLES/FAMILY THERAPY
- REUNIFICATION THERAPY AND PRACTICES
- CHANGING VICTIM BEHAVIOR

YOU ARE **NOT** REQUIRED TO...

- SPEAK TO OPPOSING PARTY'S COUNSEL
- SPEAK TO PRIVATE INVESTIGATORS
- SHARE INFORMATION UNLESS THERE IS A SUBPOENA
- REPORT A SEXUAL ASSAULT TO LAW ENFORCEMENT IN ORDER TO GET A SEXUAL ASSAULT KIT DONE

INTERVENTIONS **RECOMMENDED** FOR DOMESTIC VIOLENCE AND SEXUAL ASSAULT:

- SEEKING MEDICAL ATTENTION
- CREATING A **SAFETY PLAN**
- HAVING IMPORTANT DOCUMENTS READILY AVAILABLE
- OFFENDER TREATMENT BASED IN POWER AND CONTROL, SELF-REGULATION AND ACCOUNTABILITY

YOU **CAN**...

- DOCUMENT YOUR EXPERIENCES BY TAKING PICTURES, RECORDING, OR WRITING DOWN WHAT HAPPENED IF YOU CAN SAFELY DO SO
- REACH OUT TO YOUR **LOCAL SHELTER** FOR SUPPORT, ADVOCACY, AND/OR SHELTER
- GO AT YOUR OWN PACE DURING THIS PROCESS AND SEEK SUPPORT THROUGH SAFE FAMILY, FRIENDS, COUNSELING, SHELTERS, CRISIS CENTERS, ETC.

 South Dakota Network
Against Family Violence and Sexual Assault
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THE END OF A RELATIONSHIP AND/OR THE PROCESS OF LEAVING CAN BE EXTREMELY DANGEROUS AND IS OFTEN WHEN PEOPLE ARE KILLED/HARMED. PLEASE SEEK ASSISTANCE FOR SAFETY PLANNING.