



December 2019 V2

Lt Gov Juliana Stratton and Senator Steve Stadelman stopped by RSAC to show their support for survivors of sexual assault/abuse. They both created T-shirts to be displayed with the clothesline project and spoke with a survivor.



Winnebago County  
4990 E. State Street  
Rockford, IL 61108  
24 Hours: 815-636-9811

Boone County  
860 Biester Drive, Suite 205  
Belvidere, IL 61008

Ogle County  
412 W. Washington  
Oregon, IL 61061



RSAC Staff enjoy their fall retreat day at Edwards Apple Orchard. Routine self care is important!



[RockfordSexualAssaultCounseling.org](http://RockfordSexualAssaultCounseling.org)

**Mission Statement**  
Rockford Sexual Assault Counseling, Inc. (RSAC) responds to the needs of victims of sexual assault/abuse and their families/significant others through emergency services, emotional support, counseling, referral, advocacy, and education, and promotes awareness and understanding of sexual assault. The focus of RSAC is to provide services to survivors of sexual assault/abuse and to educate the community to reduce the risk of sexual violence.

# Executive Director's Note

## Managing the Holidays

Another holiday season is upon us and our already busy lives become even more hectic. It is common for emotions to run high. The holiday season not only magnifies the loving connections in our lives but also for many it highlights the losses. As we wind down an eventful year here are a few tips for managing holiday stress.

### Breath

Practice conscious breathing exercises each day starting now. This will help keep you calm. When feeling overwhelmed or stressed take a few deep breaths and this will help you separate emotionally from the cause of the stress.

### Don't Bite Off More Than You Can Chew

Break projects into small steps. "To do" lists that are manageable give you more of a sense of control.

### It's OK to Say "No"

It is ok to turn down invitations and activities, particularly those that create a stressful environment for you.

### Let Go Of Things You Can't Control

Remember, you cannot control the behavior and attitudes of the people around you, family or not. Remember the deep breathing or your ability to walk away from a conversation or encounter that is going nowhere.

### Stop Comparing Yourself to Others

Think about what you want the season to be then focus on making that scenario happen for yourself. It may mean creating new rituals for yourself and your identified family.

### Schedule Some Alone Time

When you consciously plan to spend some time alone, it keeps you empowered. External stimuli will be less overwhelming.

### Plan Ahead

Call people you want to see now and schedule time together. Plan to participate in gatherings that are comforting and energizing. Make a list of things to do to pamper yourself that you just have not had time for previously.

### Feel Free to Bow Out

Give yourself permission not to participate in holiday activities at all if you do not wish to do so.

### Repeat What Worked in the Past

Think about the things that made you happy in the past and do them again this year. Eliminate situations that create stress.



Maureen Mostacci  
Executive Director

Best wishes for a safe and peaceful holiday season.

# Golf Play Day 2019



Thank you to those who golfed, donated or sponsored #RSACGolfPlayDay2019. If you are interested in helping out next year, please call us or email [Bbalentyne@rsacil.com](mailto:Bbalentyne@rsacil.com)



# RSAC Ogle County News

Police officers are often times our first responders when a victim comes forward. Staff from RSAC, HOPE and Shining Star CAC have been providing training on victim services that are offered in Ogle County. Our partnership with local police agencies are to help bridge the gaps our victims often feel when they report, then are unaware of the services that are offered to help them process the abuse and understand the reporting and court procedures. We hope that this effort in bringing police agencies and victim services further together will help the healing process become more manageable and create a safe space for a survivors throughout Ogle County.



## Commit to Eat Events with RSAC!

March 19, 2019 10:30AM- 9:00PM

Commit to Eat at MOD Pizza

April 2, 2020 5:00PM-10:00PM

Commit to Eat at Jason's Deli

September 21, 2020 10:30- 9:00PM

Commit to Eat at MOD Pizza



Keep an eye out for our Facebook event for our annual Strike out Violence event in April!

## Volunteer!

Rockford Sexual Assault Counseling, Inc. recruits volunteers to provide advocacy for victims of sexual assault or abuse and their families. Volunteers play an important role in helping victims feel they are not alone and not to blame for the assault or abuse.

Our agency provides a 40 hour training session for all volunteers. The topics discussed will include, but are not limited to: basic advocacy techniques, the Illinois Criminal Sexual Assault Law, medical care of the victim, crisis intervention, child sexual abuse, and community resources. Volunteers providing advocacy play a crucial role in providing crisis intervention services to victims of assault or abuse.

Requirements for becoming an RSAC volunteer:

- At least 18 years old
- Background check
- Available for on call two weekday evenings a month or one weekend day a month
- Have reliable transportation with insurance
- Have a phone

Fee for training class is \$40 to cover materials.

Scholarships are available.



Follow us on  
Social Media!



Contact Sam Thomas, our  
Volunteer Coordinator, to  
learn more!

[SThomas@rsacil.com](mailto:SThomas@rsacil.com)

OR  
[Click Here!](#)



### RSAC service highlight- [Legal Advocacy](#)

All victims of violent crime in Illinois are entitled to Legal Advocacy services. The Legal Advocate provides guidance and support for victims of sexual assault and abuse as they go through the legal system. These services include attending all court appearances of the defendant and updating the victim afterward. The Legal Advocate works closely with the State's Attorney Office and can accompany victims to any meetings regarding their case.

The Legal Advocate also assists victims in obtaining a Civil No Contact Order. The CNCO is very similar to an Order of Protection with an Emergency Order lasting up to 21 days, followed by a two-year Plenary Order. The main difference is that there is no relationship with the offender and there has to be allegation of sexual penetration or sexual conduct. Recent legislation now allow for a CNCO to accompany a related criminal case. The length of the CNCO is extended to the length of the defendant's sentence plus 2 years.

The Legal Advocate can also assist victims with Victim compensations forms, VESSA and the Safe Home Act.

# RSAC Wish List

## For Client Services:

1. Water color markers
2. Large coloring sheets
3. Coloring books
4. Colored pencils
5. Crazy Aaron's Thinking Putty
6. Chapstick
7. Playdough
8. Travel sized lotion
9. Fidgets
10. Gel Filled
11. Superhero Capes
12. Gift Cards
13. Monetary Donations

## For Hospital Advocacy:

1. New sweatpants, all sizes
2. New sweatshirts, all sizes
3. T-Shirts
4. New sports bras
5. New underwear- both men's and women's

## General Office Supplies:

1. Copy paper
2. Two-pocket folders
3. Liquid Hand Sanitizer
4. Boxes of Tissue- soft! :-)

## Fundraising Supplies:

1. Whole baskets
2. Tissue paper
3. Cellophane
4. Donation items



## Holiday Hours

Tuesday, December 24- Closed

Wednesday, December 25. Closed

Tuesday, December 31, Open until noon

Wednesday, January 1, Closed