



LAS VEGAS

COMMUNITY SUPPORT

THE CARE CENTER AT UNLV

2022 FIRST EDITION

FOR INDIVIDUALS IMPACTED BY SEXUAL ASSAULT, SEXUAL
HARRASSMENT, DATING OR DOMESTIC VIOLENCE, AND/OR STALKING

CONFIDENTIAL CARE LINE (702) 895-0602



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INFORMATION FOR YOU

THIS IS NOT YOUR FAULT

If you are someone who has experienced or is experiencing sexual assault, sexual harassment, dating or domestic violence, and/or stalking and someone has harmed you, it's never your fault.

YOU HAVE THE RIGHT TO ASK FOR HELP

We are here to support you. Support is available for you on campus and in the community. You can call the Care Line (M-F, 7AM-7PM) at (702) 895-0602 to receive support and talk openly about your options. You may or may not want to report your experience; the decision is up to you. Either way, we empower you to use on-or-off campus services.

IT'S OK TO TAKE TIME FOR YOURSELF

It's very common and normal

to experience physical and/or emotional trauma. For your holistic safety and well-being, you may want to seek medical service. You can choose to speak with a Care Advocate from The Care Center, or visit the Counseling & Psychological Services office if you are experiencing common responses to trauma like: trouble sleeping, eating, feeling anxious, or would like to speak about your experience in a confidential setting.

DO THINGS AT YOUR OWN PACE AND IN YOUR OWN TIME

It is normal to experience many different feelings, such as powerlessness or feeling out of control. Even if your natural coping is to isolate, this can also be a good time to surround yourself with people who support your needs and honor your choices. If you're not sure who in your life can do

that, please consider speaking with The Care Center or other community-based advocates.

YOU'RE NOT RESPONSIBLE FOR SOMEONE ELSE'S ACTIONS

The person(s) who harmed you may have caused you to feel unsafe, vulnerable, and/or out of control. Please know, you did nothing to deserve or cause another person to harm you. Their action was their choice.



YOUR RIGHTS IN NEVADA

SEXUAL ASSAULT SURVIVORS' BILL OF RIGHTS – [NRS. 178A](#)

- You have the right to talk with a confidential sexual assault victims' advocate for support
- You have the right to a forensic medical examination for free
- You have the right to choose the gender of a law enforcement or legal interviewer
- You have the right to an attorney

THE LAS VEGAS COMMUNITY IS HERE TO SUPPORT YOU

Individuals who have experienced sexual assault, sexual harassment, dating or domestic violence, and/or stalking have options to report and receive help from a variety of sources, including the university, campus and local law enforcement, and community agencies. For

those who are unsure of what to do, we have confidential staff who will review all available options so students can decide how they want to proceed.

OPTIONS FOR INDIVIDUALS TO REPORT AND/OR RECEIVE SUPPORT

- Individuals can make a non-confidential report about their experience to law enforcement by filing a police report
- Individuals can receive confidential support in Las Vegas by reaching out to:
 - [The Care Center at UNLV](#)
702-895-0602
 - [SafeNest Domestic Violence Shelter](#)
702-646-4981

- [Signs of Hope Sexual Assault Support Center](#)
702-366-1640
- [SAFE House Domestic Violence Shelter](#)
702-564-3227

These agencies will maintain any such information as confidential, to the extent possible under federal and state law. Please note that very limited exceptions to confidentiality may apply, including, for example, disclosures of child abuse or elder abuse.

- Individuals can report and receive help from law enforcement; and individuals can also decline to notify law enforcement
- Individuals can pursue alternative civil actions against the accused
- Individuals can receive support from community services

CONFIDENTIAL¹ ADVOCACY AND SUPPORT SERVICES

Confidential advocates provide virtual or in-person support

services to members of the Las Vegas, Henderson and North Las Vegas communities.

We provide direct services, holistic healing workshops, campus education & awareness events to individuals impacted by power-based violence.

- Sexual violence
- Relationship violence
- Family violence
- Stalking

We provide individual support to assist through the process of making decisions, accessing support, working through feelings, and exploring the impact and meaning of their experiences. The decision to receive support services is often made while dealing with challenging circumstances, so our hope is to make getting started easier.

Virtual or in person services include:

- Immediate healing-centered support and advocacy
- Addressing immediate safety concerns, including physical, emotional, and financial safety

¹ Federal and state laws clearly recognize the need for a safe and confidential space for students to report experiences of power-based violence. Confidential campus advocates are required to protect student's privacy and confidential information, and therefore do not report anything to the police. **Exceptions to confidentiality include if the individual reveals abuse or neglect of a child, or of an elderly or disabled adult.**

- Informing individual of available options regarding medical services, reporting options, and various healing and supportive services
- Accompaniment with the individual during law enforcement, medical exams, & legal consultations

At your request, these offices can support you in obtaining appropriate interim support including financial assistance, connections to resources, and/or a personalized safety plan including pursuance of protective measures from local courts. These interim measures, and others listed below are available regardless of whether you choose to report to law enforcement or if the incident occurred on or off campus.

LAS VEGAS CONFIDENTIAL ADVOCACY CENTERS

- [The Care Center at UNLV](#)
702-895-0602
- [SafeNest Domestic Violence Shelter](#)
702-646-4981
- [Signs of Hope Sexual Assault Support Center](#)
702-366-1640

- [SAFE House Domestic Violence Shelter](#)
702-564-3227

COUNSELING & PSYCHOLOGICAL SERVICES

The staff at The Care Center at UNLV have put together a comprehensive resource list of [Trauma-informed Community Counseling Options](#) for individuals looking for counselors who specialize in the area of trauma. This is a non-exhaustive list of some amazing trauma-informed counselors in the Las Vegas/Henderson area.

You can also receive counseling services as a sexual violence survivor, at no cost, from [Signs of Hope Counseling Center](#).

SHELTER & EMERGENCY HOUSING SERVICES

There are a few emergency housing & shelter options available in Las Vegas & Henderson:

- [The Care Center at UNLV](#)
702-895-0602 (for UNLV students only)
- [SafeNest Domestic Violence Shelter](#)
702-646-4981

- [**SAFE House Domestic Violence Shelter**](#)

702-564-3227

- [**The Shade Tree**](#)

702-385-0072

LEGAL SERVICES

There are a few legal service options available in Las Vegas & Henderson:

- [**SafeNest Domestic Violence Support**](#)

702-646-4981

- [**SAFE House Domestic Violence Support**](#)

702-564-3227

- [**Legal Aid Center of Southern Nevada**](#)

702-386-1070

- [**Immigration Clinic at UNLV Boyd Law School**](#)

702-895-2080

- [**Tu Casa Latina \(Reno, NV\)**](#)

775-432-9929

RESOURCES FOR YOUR HEALING JOURNEY

“WHAT IF...” SAFETY PLANS

A safety plan is a tool designed in response to your specific situation that considers:

- What you are currently experiencing
- Incorporates the pattern of previous behavior
- Create options that will empower your response in those situations

While individuals often make informal plans on their own, it can be helpful to get the support of a trained confidential advocate.

The staff at The Care Center at UNLV have put together several Safety Plans that respond to many common “What If...” questions in a trauma-informed, healing-centered, anti-oppressive way.

[Please click here](#) to view and download the Safety Plan that works best for you.

STUDENT’S GUIDE TO RADICAL HEALING ZINE

There is no one size fits all solution for trauma; however, everyone has an innate capacity to heal. This is a choose-your-own healing adventure zine designed for you to access healing tools and resources any time & place.

[The Student’s Guide to Radical Healing Zine](#) is named with sacred purpose:

- We believe everyone is a student in learning & forging their healing journey.
- Radical is defined as “of, relating to, or proceeding from a root”. When we look deeply at the

parts of ourselves that have been hurt, we can offer them the love, support, and resources they deserve and need.

- For this reason, we encourage you to study your own experiences of trauma. By doing so, we can activate our rooted resilience, and we can move past the state of surviving.

Volume One

This volume begins as a “choose your own adventure” for naming and identifying complex feelings often associated with experiencing trauma. It also offers an introduction to various healing modalities and gives the opportunity to create a self-care & healing plan to help nourish your healing journey.

Volume Two

This volume was created and curated to be a partnering guide to vol. one and acts as a guide where you can learn about your nervous system, different types of traumas, and self-regulating tools. It also offers gentle reminders of our own innate brilliance and resilience.

GENTLE REMINDER

There is a lot of information in this guide and it can easily feel overwhelming. This is a gentle reminder to take things at your pace and process in your own time. You deserve to feel in control and start where you feel comfortable. If there are resources on this guide that resonate with you, but you're not sure where to start, a Care Advocate or community advocate can support you.





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