FORENSIC INTERVIEW
My Interviewer: ____________________________________
My Detective: _____________________________________
My Case #: _______________________________________

MEDICAL EXAM
My Medical Provider: ________________________________

ADVOCACY
My Advocate: _____________________________________

DFCS SOCIAL WORKER
My Social Worker: ________________________________

LEARN ABOUT VICTIM COMPENSATION
My Victim Services Unit advocate: _______________________

WHAT'S NEXT?
__________________________________________

FORGOT TO ASK SOMETHING?
Call us with questions at 669-299-8800
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The Children’s Advocacy Center (CAC) of Santa Clara County is dedicated to helping children heal from the painful experiences of child abuse, assault, and neglect. The CAC is a safe space, designed to help children and families feel comfortable and supported as they move through interviews, medical exams, and support services.

**MISSION STATEMENT:**
The CAC provides expert and compassionate care to children who have experienced sexual abuse and assault, physical abuse, and neglect. Children, youth, and families who come to the CAC are treated with respect, by professionals who are trained to understand the impact of trauma on survivors of different ages, cultures, and religious faiths. Our efforts to listen, with patient and compassion, create a path to healing for our community’s resilient youth.

**WHO WE ARE:**
The Children’s Advocacy Center (CAC) of Santa Clara County is dedicated to helping children heal from the painful experiences of child abuse, assault, and neglect. The CAC is a safe space, designed to help children and families feel comfortable and supported as they move through interviews, medical exams, and support services.

**MULTIDISCIPLINARY:**
The CAC is multidisciplinary: law enforcement, social services, victim advocacy, prosecution, medical, and behavioral health agencies work together under one roof to provide child victims and their families with services designed to meet their unique needs. This flexibility allows us to coordinate a plan for you and your child, while providing specialized support.
Social Workers ensure that children are safe through the investigation process. They also assist in connecting families with services and support during this time.

Lawyers from the District Attorney’s office are here to observe the interview. They may determine whether charges can be filed. Victim Services Advocates are also here to support, answer questions, and provide resources.

Forensic Interviewers have specialized training and experience to interview children and youth who have experienced abuse. Many children and youth will have a forensic interview at the CAC.

Medical staff provide a specialized medical evaluation that is age-appropriate. Staff are highly trained and have expertise in working with children and youth who have experienced abuse.

Law enforcement officers are here to observe and participate in interviews with children, parents, and others who have information relevant to the investigation.

Social Workers ensure that children are safe through the investigation process. They also assist in connecting families with services and support during this time.

Advocates work to provide emotional support, help connect families to counseling and resources, and provide information about the investigation to keep families informed of the criminal justice process.

WHO IS HERE?
The Children’s Advocacy Center is home to several county agencies who work together to provide support and services for your child.
The forensic interview is a specialized conversation that helps the investigative team gather information to determine what has happened and what the next steps should be. This interview will reduce the number of times your child will have to speak with adults from different agencies, including Law Enforcement, Social Workers, and the District Attorney’s Office. Talking about the details of abuse during a forensic interview can be painful. The interviewer will make every effort to limit additional stress or trauma for your child. The interview is led by a specially trained investigator or member of the Children’s Advocacy Center’s forensic interview team, with compassion and sensitivity.

**Important information to know about the interview:**
- The interview takes place in a comfortable space
- The interview questions are age-appropriate
- The interview will respect your child's level of education and understanding
- The interviewer will speak in a language that is comfortable for your child

**May I be present with my child during the interview or watch?**
It is important for the interviewer to talk with your child alone. If your child has been abused, it might be difficult for your child to talk about this in front of you. Your child’s experience might upset you, which could also make it hard for your child to talk with the interviewer.

**Who will support me and my child?**
You may bring a friend or support person to stay with you during your visit to the CAC. Additionally, we have advocates on site that can provide support to you and your family during the interview and after you leave.

**What should I say to my child after the interview?**
Each family member may experience very different emotions. For children, please consider the following recommendations:
- If your child wants to talk, listen and do not probe.
- Ask your child questions about feelings and emotions.
- Provide your child with reassuring statements:
  - “You are safe.”
  - “It’s not your fault.”
  - “I’m not mad at you.”
  - “I’m proud of you for being brave.”
Evaluations at the Children’s Advocacy Center include a specialized medical examination, performed by expertly trained doctors, nurses, and other members of the medical team. The examination reflects the needs of each patient, and may include laboratory testing, x-rays, and other tests—as well as appropriate medical treatment. Our staff will explain the parts of the examination to you and your child, and make efforts to ensure you and your child feel comfortable and safe during all stages of the exam. In some situations, parents or caregivers are allowed to stay with their children during medical exams.

For each child and youth we examine at the CAC, the medical evaluation has three important goals:
1) Gather evidence for the criminal investigation
2) Provide treatment for newly diagnosed medical problems
3) Ensure that the child is safe

While all of these goals are important, your child’s safety is our greatest concern. If, at any point in the evaluation, we feel that your child requires urgent medical attention, we will stop the evaluation and transfer the child to the hospital for medical treatment.

EVALUATIONS FOR SEXUAL ABUSE AND SEXUAL ASSAULT

Evaluations for child sexual abuse are sometimes called Sexual Abuse Forensic Exams (SAFE exams). This specialized exam provides forensic evidence that may be useful for a criminal investigation. The SAFE exam begins like a routine well child check-up at your doctor’s office. Nursing staff will check your child’s height, weight, pulse, and blood pressure. We ask, “How are you feeling? Does anything hurt? Are you eating and sleeping well?” The medical examiner will perform a routine medical exam: look at the child’s ears and throat, listen to hearts and lungs, and so on.
In general, the patient's age and the time since the last incident of sexual contact determines the type of examination we do. For patients who have not had recent sexual contact—we usually examine the external genitals. We do not perform an internal exam with a speculum. For most youth, a pediatric SAFE exam is not painful. Adolescent girls with a recent history of sexual abuse or assault may have an internal exam. For boys, we examine the external genitals. For non-binary youth, and for all patients, we will discuss the goals and parts of the exam with you and your child before we begin, and as we perform the examination.

During the SAFE exam, medical providers look for evidence of current or past injuries and evidence of sexually transmitted infections. Typically, we take photographs with a specialized camera. Photos are stored in a secure database and do not become part of the child's medical record.

Sometimes patients or their caregivers do not want an exam in the private area. If the patient is unsure, we try to reassure the child or youth that the exam is not painful. However, if the patient or caregiver chooses to decline the exam, we stop. Sometimes we offer to schedule the exam on another day. Most of the time, children and youth feel comfortable proceeding with the SAFE exam.

- Have a Confidential Sexual Assault Advocate AND a support person of your choice present during the initial medical exam, court, or investigative interview. A support person could be excluded from an interview, but an advocate cannot.
- Ask for the status and results of the testing of DNA evidence related to your assault. For results contact the law enforcement agency.
- Know that DNA evidence on the body may last from 12 hours to 7 days. DNA and other evidence can break down over time with exposure to heat, water, and other materials.
Evaluations for child physical abuse and neglect begin with a routine assessment of health: height and weight, pulse and blood pressure. We listen to heart and lungs, and check inside the ears and mouth. The other parts of the exam depend on the concern for abuse. If the patient has bruising, we may order bloodwork. If the patient has joint or bone pain, we may order x-rays. For younger patients, who may not be able to describe what hurts them, medical research on child abuse guides the evaluation we do.

If we diagnose a fracture, we may involve the orthopedic team to splint or cast the limb. If our physical exam raises concerns for more serious internal injuries, we may order additional studies, like CT scans or MRIs.

Evaluations for child physical abuse and neglect may include photography of skin injuries or other visible abnormalities. Photos are stored in a secure database and do not become part of the child’s medical record. If our evaluation reveals concerns of more serious injury, we may hospitalize the patient. We will certainly communicate our findings and concerns with you.
Organizations like the YWCA Golden Gate Silicon Valley and Community Solutions’ help survivors and their families understand the criminal justice system—and provide education on abuse, domestic violence, and human trafficking. Of equal importance, advocates bear witness to the experience of the survivor.

Advocates listen, believe, empower, and honor the choices of victims and families. Advocates focus on the survivor—not the requirements of the legal system. Advocates are uniquely positioned to help survivors understand their choices and support the decisions survivors make. Advocates also respect the privacy and confidentiality in all communications with survivors.

Have a Confidential Sexual Assault Advocate AND a support person of your choice present during any initial medical exam, court, or investigative interview. A support person could be excluded from an interview, but an advocate cannot.

YWCA Golden Gate Silicon Valley and Community Solutions

**Services Provided**
- Crisis intervention
- Counseling
- Accompaniment
- Safety planning
- Legal advocacy
- Support & Education
- Housing Resources
- Referrals & Resources

**Areas Served by Each Agency**

**YWCA Golden Gate Silicon Valley**
- Serves North and Central County: San Jose, North County: Palo Alto, Milpitas Sunnyvale, Mountain View, Los Gatos, Los Altos, and more.

**Community Solutions**
- Serves: South County: Gilroy, San Martin, Morgan Hill and San Benito County.

YWCA Golden Gate Silicon Valley 1(800)572-2782, www.yourywca.org
Community Solutions 1(877)363-7238, www.communitysolutions.org

24 Hour Confidential Crisis Lines:
YWCA Golden Gate Silicon Valley 800-572-2782
Community Solutions: 877-363-7238

eliminating racism empowering women

Children's Advocacy Center | Page 09
The Victim Services Unit (VSU) of the District Attorney’s Office serves as your connection to prosecutors, law enforcement and other criminal justice agencies. Your Victim Advocate will ensure that you have a voice in the criminal justice process. The advocate will link you with local resources, provide you with case updates, and support you during court hearings and testimony.

The VSU helps survivors and their families of all faiths and family backgrounds, regardless of immigration status. Your Victim Advocate can assist you even if the case does not go to court and all services are free.

Victim advocates at the District Attorney’s office, law enforcement advocates, and other government-based advocates are considered “agents” of the government. They must share any exculpatory statements relating to the defendant or the crime with investigators.

"Exculpatory evidence” is evidence favorable to the defendant in a criminal trial. Because of this requirement, these advocates cannot guarantee confidentiality to the victim. As a best practice, victim advocates inform their clients about these limits of confidentiality prior to the client’s disclosure.

You are entitled to certain, constitutional rights in the criminal justice process, which are described in the California Crime Victim’s Bill of Rights, also known as Marsy’s Law which can be found at https://www.sccgov.org/sites/da/VictimServices/victimsbillofrights

MEET OUR NEW VSU ADVOCATE

Meet our VSU Facility Support Dog. Our support dog is trained to provide comfort and serve as a calming influence for child crime victims. Our facility support dog may be present during interviews, court appearances, medical exams and testimony.
SOCIAL WORKERS

In Santa Clara County, the Department of Family and Children's Services (DFCS) supervises a team of social workers who work with children and families. Social Workers take on many roles with their clients. They serve as teachers, advocates, and investigators. In court cases, they serve as the eyes and ears of the court. The social worker’s role has professional boundaries. When a social worker defines the limits of that role, this communication helps to create a mutually respectful working relationship with parents and caretakers. In court cases, when parents and caretakers understand the parameters of the social worker’s role, they better understand their own rights. The client’s choices and actions determine the court’s decisions—not the social worker’s authority.

Tips & Info.

Anyone with concerns that a child is being abused or neglected can make a report. In Santa Clara County, the DFCS CAN (Child Abuse and Neglect) Center is also called the CPS Hotline. Call (833) 722-5427.

When a person contacts the CPS hotline, the social worker who answers the phone will evaluate the concerns to decide whether the situation requires an immediate response. If the situation is urgent, a social worker will drive to the child’s location immediately. For less urgent concerns, a social worker may contact the family within ten days. Sometimes a DFCS Social Worker will visit the child with a police officer—to ensure the safety of the child, others in the home, and the professionals.

Our County’s goal is to keep children home with their families whenever possible. Social workers work with parents, extended family, and other caregivers to define challenges within the home—and what options are available to ensure that the children thrive in a safe home environment. If the family develops a safety plan that addresses these concerns, children usually remain at home. The family may continue to receive guidance and support from DFCS and other community-based organizations for a period of months to years, depending on the family’s needs.

WHO MAKES CPS REPORTS? WHAT HAPPENS NEXT?

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Law enforcement officers conduct investigations to understand what happened to your child. Investigations can last days, months, or years. The course of investigation depends on the type of case, the evidence gathered, and the number of victims. Interviews with your child—and other family members—are part of the investigation process.

If the police arrest the accused individual, that person may be granted bail or bond, sometimes within a few hours. Victims in a case have the right to be notified if a person is going to be released from custody. To request notification, you must have the person's first and last name, and either their date of birth or date of arrest. To register for notification use: https://vinelink.vineapps.com/state/CA

You can also call the Santa Clara County Main Jail to register to be notified. Call the Santa Clara County Sheriff’s: 408-299-2311

The District Attorney’s Office, representing the State of California, may bring criminal charges against the accused individual. Only the State—not another person or agency—can charge a person with a criminal violation. There are three different kinds of criminal cases: infractions, misdemeanors, and felonies. An infraction is a minor violation. Some traffic violations are infractions. A misdemeanor is a more serious crime. A felony is the most serious kind of crime.

The court process begins when an individual is charged with a crime. In some instances, attorney’s may ask you or your child to testify in court. Timelines vary and some cases may conclude in less than a year, or may continue for several years.
VICTIM COMPENSATION

The California Victim Compensation Board (CalVCB) helps crime victims and their families cope with the physical, emotional, and consequences of a crime. To qualify:

- A person must be a victim of a qualifying crime that includes physical injury, threat of physical injury, or death
- The victim resided in California at the time of the crime
- The victims must cooperate with law enforcement and/or court officials as they proceed with the investigation and court case
- The victim was not involved in events leading to the crime and did not commit a crime that could be charged as a felony

Others impacted by the crime may be eligible for compensation.

WHAT IS COVERED?

- Victim’s medical expenses
- Outpatient mental health treatment or counseling
- In-patient psychiatric hospitalizations
- Home security installation
- Relocation expenses
- Medically-necessary renovation
- *Wage or income loss for up to 5 years
- Mileage reimbursement to mental health, dental, and medical appointments

CalVCB works as the payer of last resort. Other sources of reimbursement available to the victim must be utilized first (if applicable to the benefit) before program compensation. Examples of possible reimbursement sources are: Primary health insurance, renters/homeowners insurance, auto insurance, workers compensation, life insurance and civil suit. All compensation requests are subject to verification. Unfortunately, CalVCB cannot pay for expenses unrelated to the crime; any expenses paid by insurance or another source of reimbursement or coverage; expenses for lost, stolen or damaged property; or damages for pain and suffering.

Victim Service Unit Advocates can assist you in applying for CalVCB before you leave the Child Advocacy Center, or you can visit https://victims.ca.gov/victims/howtoapply.aspx

You can also contact the Santa Clara County Victim Services Unit at https://www.sccgov.org/sites/da/VictimServices/VSU/Pages/default.aspx
The American Psychological Association defines trauma this way: Trauma is an emotional response to a terrible event like an accident, rape, or natural disaster. Immediately after the event, shock and denial are normal emotions. Later reactions may include unpredictable feelings, flashbacks, strained relationships, and physical symptoms like headaches or nausea. You can learn more by visiting https://www.apa.org/topics/trauma.

Survivors of abuse may notice changes in how they think, feel, and behave after they experience trauma. Some of these changes are related to our bodies’ chemical response to trauma. When we face danger, our bodies release adrenaline, sometimes called the “fight or flight” chemical. Adrenaline helps us to run away fast, to lift heavy objects, and jump high. Sometimes, our heart pounds, but we freeze. During the days and weeks after an episode or episodes of abuse, the chemical transmission system may derail. The survivor’s brain may continue to perceive danger event when the survivor is physically safe. The survivor may report that their mind keeps replaying the episode of abuse—a bit like a video that they can’t stop. The brain is trying to make sense of what happened. Survivors may report these symptoms:

- Survivors may feel that they are in constant danger
- Survivors may feel ‘Jumpy’ or ‘On edge’
- Survivors may have difficulty sleeping at night
- Survivors may express anger and irritability
- Survivors may report that they “can’t concentrate on anything”

Survivors of trauma may try to push memories and images out of their mind. Pushing away frightening thoughts may work for a short time, but after a while, the survivor may report a resurgence of painful thoughts and images. Often, survivors describe triggers: events that bring on the symptoms of trauma. Triggers include:

- Seeing someone who looks like the abuser
- Returning to the place where the abuse occurred
- Watching a television program that depicts abuse or assault
- Other senses: a sound, a smell, being touched in a particular way
IMPACT OF TRAUMA CONTINUED...

Recovery from trauma is gradual. Survivors do not experience a single moment of insight or "cure." Survivors who are recovering from trauma continue to experience pain when they remember. Over time, recovering survivors may have fewer and less intense reactions. The survivor also may develop a greater ability to manage trauma-related emotions. When a trauma survivor takes direct action to cope with problems, the individual may experience a growing sense of personal power and control.

FOR MORE INFORMATION VISIT THESE WEBSITES:

- https://www.apa.org/topics/trauma
- http://www.ptsdsupport.net/ptsd_suggestions_for_survival.html
- http://www.ptsdsupport.net/coping_with_ptsd.html
**WHAT WILL MY CHILD EXPERIENCE?**

Children may show some, most or none of the signs listed below as a result of abuse, stress or trauma. Not all children show these signs. It does not mean that a child showing these signs has been a victim of abuse. Since abuse can be traumatic, it is important to recognize major changes in your child’s behaviors, moods and actions. All children experience stress, trauma and abuse uniquely. Children have many different reactions to trauma and stress. Please talk to your team of professionals about behaviors you are concerned about in your child.

### BEHAVIOR CHANGES IN YOUNGER CHILDREN

- Bedwetting
- Eating changes (overeating, under eating)
- Significant change in school performance
- Trying to act very mature or very immature
- Inability to concentrate
- Sleep disturbances
- Speech disorders
- Drastic behavior changes

### BEHAVIOR CHANGES IN OLDER CHILDREN

- Significant change in school performance
- Acting out or aggression
- Withdraw or depression
- Poor hygiene or excessive bathing
- Alcohol or drug use
- Eating disorders
- Running away
- Sleep disturbances
- Poor peer relationships

**COPING WITH YOUR OWN FEELINGS**

Because someone you love has been abused, you may also experience deep and conflicting emotions. You may feel anger, guilt, fear, numbness and other changing emotions.

These feelings may become even more complicated if the abuser is someone you care about. If the child senses you have strong, conflicting feelings about the abuse and the abuser, the child may stop talking to you about the abuse in an effort to protect you.

Trauma professionals recommend that parents, caregivers, and family members work out their own feelings with a therapist so that they can fully support the child. When you speak with your child, your own feelings should not impact your child’s experience. Your child should not feel a need to support and comfort to you. Please take the time to care for yourself, so you can support and protect your child.
What Can I Say to My Child?

How can you help your child recover from what happened to them? First, help your child realize that what happened is not their fault. Nothing the child did caused the abuse, in any way. Whether the child fought or cooperated, the child made the best choice in order to survive. Tell your child—and yourself—you can get through this. You are already survivors.

Tips to Consider

- Let your child know that you are available to talk about the abuse any time. When your child begins to talk, listen and do not probe. Do your best to send non-verbal messages that you want to have the conversation. Sit down, put away your phone, stop other activities, pour a glass of water for both of you. Be calm when you talk about the abuse.
- Help your child develop and maintain healthy boundaries. Let your child know that it is fine to refuse physical affection from anyone, including you. Some children want extra hugs; others feel uncomfortable with close physical contact. Your child may want more privacy.
- Keep your child informed of your actions. Tell your child what is happening with the investigation or court case, if appropriate. Explain what you are doing to protect your child and your family. This information will help your child feel safe.
- Try to recreate your family’s normal schedule. Within the daily routine, add time for healing moments—with conversation, exercise, reading together, and adventures in nature.
- Take care of yourself. Speak with a friend, loved one, or therapist. Support yourself so that you are fully available to your child.

It wasn’t your fault.”
“I believe you.”
“I’m so sorry that this happened to you.”
“I’m so proud of you for being so strong.”
“I’m so lucky to have a great kid like you.”
“I’m always here to talk with you.”
“I Love You.”
POSITIVE COPING ACTIONS

When a survivor of trauma takes positive steps towards health, the survivor may discover resilience: the human capacity to thrive after adversity. “Positive coping” means the individual chooses activities that promote physical and emotional health—after traumatic experiences.

These positive coping actions reduce anxiety and isolation and protect the survivor from further harm:

• Learn about trauma and how it affects human beings. Education helps survivors understand their own triggers and reactions. Survivors recognize that they are not weak, hopelessly damaged, or “crazy”.
• Seek treatment from a behavioral health professional, a counselor or therapist. When survivors talk about their problems, they are less likely to engage in self-destructive behaviors.
• Practice relaxation. Activities include breathing exercises, meditation, swimming, hiking, running, stretching, yoga, and prayer. Dancing, playing an instrument, listening to music, and spending time in nature all rejuvenate the spirit.
• Participate in positive recreational, school, and work activities.
• Consult with your physician. Some survivors respond to medical treatment for anxiety, depression, and PTSD (Post-Traumatic Stress Disorder).
• Spend time with friends, loved ones, and family members who support you without judgment.

Great Books

• A Terrible Thing Happened: A Story for Children Who Have Witnessed Violence or Trauma
• The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions
• Healing The Harm Done: A Parent’s Guide to Helping Your Child Overcome the Effects of Sexual Abuse (English and Spanish)
SAFETY PLANNING

If you have survived domestic violence, child abuse, assault or neglect, or human trafficking—safety may be a great concern for you.

How to develop a safety plan:

- Know the locations of safe places in your community: places where you can go for support or in an emergency.
- Let your friends and family know you may need their help.
- Ask a friend or family member to stay with you, if you need support.
- Consider changing the locks to your home, or installing an alarm system.
- If the assault took place at school or work, make sure your supervisors and coworkers are aware. Ask administration to create and implement a safety plan.
- Consider obtaining a restraining order. See below.

A restraining order, issued by the court, can protect victims from abuse or threats of abuse. There are several types of restraining orders:

1. Emergency Protective Order: The court issues this order under urgent circumstances when a responding officer believes there is an immediate or present danger of domestic violence or child/elder abuse and a qualifying relationship exists between the abuser and victim. The order lasts 5-7 days.
2. Criminal Protective Order: The District Attorney may request and the judge may issue this order at arraignment (the first court appearance) in a qualifying criminal case. The order is in effect for 1-3 years and can be reissued or extended throughout the duration of the case. If there is a conviction on a qualifying offense, a judge can issue this type of order for up to 10 years.
3. Civil Restraining Order: This order depends on the relationship between both parties and is separate and different from any order in a criminal case. A Civil Restraining Order does not require criminal case. The survivor or a civil attorney working on the survivor’s behalf must initiate the request. The survivor is responsible for completing the paperwork and handling the case in civil court. The court may issue the order for 3-5 years. This process is civil in nature; the prosecution is not involved.

Your Rights

- Ask a law enforcement officer about seeking an Emergency Protection Order to help keep you safe.
- Seek a Civil Protection Order with the support of a sexual assault advocate or at the Restraining Order Help Center at www.scscourt.org
Psychological counseling and therapy help children and families heal. Your child may not talk about feelings related to the abuse. Some children push feelings away; others internalize negative feelings. Both approaches can cause psychological harm in the future.

Additionally, your child’s experience of abuse has affected each person in your family; we encourage you to create space for everyone to heal.

Trauma-Informed Cognitive Behavioral Therapy (TF-CBT) is a leading treatment in this field. TF-CBT is evidence-based therapy that addresses the negative effects of trauma, and promotes healthy processing of memories and emotions. Usually, children and families interact with a licensed therapist for three or four months, to begin the healing process. Approaches may include: learning relaxation techniques, building parenting skills, practicing healthy coping, enhancing personal safety, and more.

The TF-CBT treatment decreases symptoms of depression, anxiety, shame, PTSD (post-traumatic stress disorder), behavior problems, and relationship difficulties.

Read more about what to expect with TF-CBT, at: https://www.childwelfare.gov/pubs/trauma/

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**Tips**

- Ask for a therapist in your preferred language or cultural preference.
- Ask for a therapist that has experience with child physical abuse, child sexual assault, neglect, and domestic violence.
FACTS ABOUT SEXUAL ASSAULT

ADDITIONAL INFORMATION ABOUT ABUSE

"Sexual assault" is defined as any sexual act with another person without that person’s consent. If a person does not say “no”, this does not mean the person consents. Sexual assault describes many forms of sexual violence, including: unwanted fondling or touching, child molestation, “flashing” or indecent exposure, incest, forced or unwanted oral sex, and rape. Sexual assault is a violent crime that violates a person’s right to safety and to have control over the person’s body. Sexual assault is not about sex.

Healing from sexual assault may be a lifetime journey. Different life events or triggers may remind the survivor of their experience of abuse. Please check in with your child about the impact of abuse as your child grows and develops.

WHY DIDN’T MY CHILD TELL ME SOONER?

Many children and youth delay telling anyone about sexual abuse. If your child did not tell you about the abuse, or waited a long time, do not take it personally. Sexual abusers use different tactics to enforce the silence of victims. Abusers may threaten violence to family members or pets. Often abusers tell the child, “No one will believe you”. Additionally, the child may be afraid to disclose the abuse for fear of a parent’s reaction—especially if the abuser is the other parent, or the parent’s partner or spouse. The child may be embarrassed to speak of the abuse, or confused about the relationship with the abuser. The child may try to protect the family by not disclosing.

HOW DO I RESPOND TO OTHER PEOPLE’S QUESTIONS?

Please speak with your child about who will be told about the abuse. Clarifying who knows will help your child rebuild a feeling of control and may reduce your child’s shame and embarrassment. Remember that you and your child have a right to privacy. When concerned friends and family ask, you could say, “Right now we are working through this and getting the help we need.” In some situations, you may choose to remind your child that they do not have to answer any questions. On the other hand, you may choose to model for your child that it’s healthy to talk about your feelings with trusted friends and family.
Child abuse is any behavior that harms a child under the age of 18 years. Child abuse includes physical abuse, sexual abuse, neglect, emotional abuse, and child exploitation. In many cases, someone the child knows and trusts—a parent or other relative—is the abuser.

Child neglect includes a failure to provide: appropriate supervision, love and affection, medical care, and basic necessities—including food and shelter.

Emotional abuse: Abusers injure a child's emotional well-being when they ignore, isolate, berate, or reject the child.

To the left you will find the Power and Control Wheel for child abuse.

Wheel image-The Duluth Model, Domestic Abuse Intervention Project

Children who have experienced abuse may not be able to talk about what happened to them because they feel ashamed, guilty, or confused. They may be afraid to tell someone, especially when the abuser is a parent or other close family member. Children who are abused may suffer physical injuries such as abrasions, burns, bruises and broken bones that require immediate medical attention. Underneath these physical injuries, victims may experience enduring emotional harm. Our community has exceptional resources to help you and your family heal after all the forms of abuse.
Domestic Violence is defined as a pattern of abusive behaviors exerted by one individual in order to exercise power and control over others, including parents, children, and intimate partners. Domestic violence crosses all cultures and socioeconomic groups.

Perpetrators of domestic violence use physical intimidation, economic control, and other tactics to control and abuse victims. Physical and sexual violence are also common. This is the Power and Control Wheel for domestic violence. The abuser’s violent and manipulative behaviors create invisible barriers that impact the victim’s ability to seek help or leave.

Domestic violence hurts children of all ages. They are affected directly by the abuse they witness, or the abuse they endure. Children who are exposed to domestic violence suffer short-term and long-term emotional damage. Research shows that children who grow up in violent homes are more likely to be homeless, unemployed, and drug-addicted as adults. Boys who witness their fathers hit their mothers are ten times more likely to be abusive in their adult intimate relationships. Girls who witness abuse are more likely to enter intimate relationships where they are abused, and more likely to abuse their intimate partners and children. Anger, violence, and the psychological patterns of abuse cross the generations.
Human trafficking is the buying, selling, and exploitation of children and adults for sex or labor through force, fraud, or coercion. Children are not allowed to consent to sex in exchange for items of value. Under California and Federal Law, when a youth younger than 18 years exchanges sex for food, shelter, clothing, money, or drugs, the exchange is considered sex trafficking. Prosecutors are not required to demonstrate force, fraud, or coercion to prove human trafficking.

Traffickers target vulnerable populations of youth, including: runaways, homeless youth, youth within the social service or probation systems, and LGBTQ-identified youth. Traffickers look for children that display high-risk behaviors including substance use, running away, sexualized behaviors, and self-harm.

Similar to perpetrators of domestic violence, traffickers use threats, violence, intimidation, and other tactics to control and abuse their victims. To the left is the Power and Control Wheel for sex trafficking. These tactics create invisible barriers that impact a person’s ability to leave or seek help.

Human trafficking survivors may continue to fear or distrust family members and others who try to help them—because they are afraid of the trafficker’s retaliation. For more information or resources visit the South Bay Coalition to End Human Trafficking at https://southbayendtrafficking.org/
COMMUNITY RESOURCES
COUNSELING & BEHAVIORAL HEALTH

Uplift Family Services
- Organization that provides 24-hour intervention to children and teens in the community who are in acute psychological crisis.
- Offers group sessions for survivors of sexual assault and for parents/caregivers of survivors
- Offers Therapeutic Behavioral Services (TBS) for eligible children.

County of Santa Clara Behavioral Health Services
- Centers provide confidential and supportive environments for those dealing with mental illness.

County of Santa Clara Behavioral Health Suicide Prevention & Crisis Phone Line
- The Behavioral Health Services offers a 24/7, free confidential Suicide and Crisis Hotline, mental health services information and referrals.

YWCA Golden Gate Silicon Valley
- A multiservice agency committed to eliminating racism and empowering women with direct services to survivors of domestic violence, sexual assault, and human trafficking.
- Offers a 24 hour crisis hotline for sexual assault, domestic violence, and human trafficking.
- Offers therapy, free job searches, resume assistance, and career counseling.

Client Services
1(408)379-3796
1(408)379-9085
www.upliftfs.org
Countywide

Suicide Prevention & Crisis Phone Line
1(855)278-4204
open 24/7
bhsd.sccgov.org
Countywide

1(800)704-0900
call center available
bhsd.sccgov.org
Countywide

1(800)572-2782
hotline
yourywca.org
San Jose & greater Bay Area
Community Solutions 1(877)363-7238
www.communitysolutions.org
Gilroy, San Jose, Morgan Hill
A multiservice agency that works with survivor of domestic violence, sexual violence, and human trafficking.
Offers a hotline, therapy sessions, intervention counseling, housing services, case management, and domestic violence prevention.

County of Santa Clara District Attorney's Office: Victim Services 1(408)295-2656
http://www.santaclara-da.org/
Countywide
The Victim Services Unit is your connection to prosecutors, law enforcement, criminal justice agencies, and other resources.
Also offers assistance with an application for financial compensation from the California Victim Compensation Board.

First 5 Santa Clara County 1(408)260-3700
Countywide
www.first5kids.org
A local agency that funds early childhood programs and services in the county.
Offers free programs, services, and activities for family; information for a healthy development of your child, including early education and parenting support.

OTHER WAYS TO CONNECT TO COUNSELING

Medi-Cal Insurance 1(800)704-0900
Countywide
Helps pay for health care for adults and children with limited income.

County of Santa Clara Behavioral Health Services: Kid Scope Assessment Center 1(408)793-5959
main line bhsd.sccgov.org
Countywide
Provides assessments and children and family therapy and medical support for infants, children, and youth.
Kaiser Mental Health Appointment Line
- Out-Patient Therapy Service: different levels of therapy services based on need.

Blue Cross, Blue Shield
- Out-Patient Therapy Service: different levels of therapy services based on need.

**HEALTH SERVICES**

**LGBTQ Youth Space**
- A community drop-in center and mental health program, offering counseling, psychiatry, and case management.
- For lesbian, gay, bisexual, transgender, queer, questioning, asexual youth and young adults ages 13-25.

**Santa Clara Valley Medical Center's Clinic**
- Santa Clara County Valley Health Connection provides excellent care in the treatment of illness and injuries. They have multiple clinics throughout the County at:
  - Valley Health Center Bascom
  - Valley Health Center Downtown
  - Valley Health Center East Valley
  - Valley Health Center Gilroy
  - Valley Health Center Lenzen
  - Valley Health Center Milpitas
  - Valley Health Center Moorpark
  - Valley Health Center Sunnyvale
  - Valley Health Center Tully
  - Valley Health Center
Community Solutions

- Free confidential supportive services and shelter for survivors of domestic violence, sexual assault, and human trafficking.
- Offers counseling, therapy, advocacy, & case management.

Maitri

- A free, confidential nonprofit that primarily helps families from South Asia who are experiencing domestic violence, emotional abuse, cultural alienation, human trafficking, and family conflict.
- Offers supportive services and transitional shelter to survivors of domestic violence.

Next Door Solutions to End Domestic Violence

- A free, confidential organization that offers supportive services and shelter to survivors of domestic violence.
- Offers emergency shelter, crisis counseling and legal advocacy, support groups, and self-sufficiency case management.

YWCA Golden Gate Silicon Valley

- A multiservice agency committed to eliminating racism and empowering women with direct services to survivors of domestic violence, sexual assault, and human trafficking.
- Offers a 24 hour crisis hotline for sexual assault, domestic violence, and human trafficking.
- Offers therapy, free job searches, resume assistance, and career counseling.

National Domestic Violence Hotline

- Provides connections to local domestic violence programs and resources for survivors.

National Sexual Assault Hotline (RAINN)

- Provides connections to local sexual assault programs and resources for survivors.
Roots Community Health Center uplifts those impacted by systemic inequities and poverty. They accomplish this through medical and behavioral health care, health navigation, workforce enterprises, housing, outreach, and advocacy.

Roots South Bay Clinic
- Roots Community Health Center uplifts those impacted by systemic inequities and poverty. They accomplish this through medical and behavioral health care, health navigation, workforce enterprises, housing, outreach, and advocacy.

Gardner Health Services
- Gardner Health Services provides high quality, comprehensive medical and mental healthcare.
- Also offers prevention and education, early intervention, case management, and substance abuse counseling.

Kaiser Medical Appointment Line
- Kaiser Medical Appointment Line
  (408)362-4740
  healthy.kaiserpermanente.org
  Countywide

Blue Cross, Blue Shield
- Blue Cross, Blue Shield
  1(888)630-2585
  www.blueshieldca.com
  Countywide

DOMESTIC VIOLENCE & SAFETY

Asian Americans for Community Involvement (AACI)
- AACI Health Center provides free and confidential services for survivors of domestic violence regardless of immigration status, language, or ability to pay.
- Free confidential supportive services and shelter to survivors of domestic violence and human.

Asian American for Community Involvement (AACI)
- AACI offers case management, housing, healthcare, education, and assistance with immigration visas and restraining orders.

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Kaiser Medical Appointment Line
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  (408)362-4740
  healthy.kaiserpermanente.org
  Countywide

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**National Human Trafficking Hotline**  
(888)373-7888  
humantraffickinghotline.org  
National

- Provides connections to local human trafficking programs, law enforcement, and resources for survivors.

**LEGAL RESOURCES**

Low cost legal referrals (Attorney's for Immigration, Housing, Family Law, etc.)

**Asian Law Alliance**  
(408)287-9710  
www.asianlawalliance.org/  
Countywide

- Organization designed to help people obtain housing, justice in the immigration process, and access to basic and legal human rights.
- Offers Free to low-cost legal services for immigration, U-visa, T-visa, VAWA, DV, DACA, housing, public benefits, civil rights, and domestic violence.

**Bay Area Legal Aid**  
(800)551-5554 legal advice line  
(408)283-3700 mainline  
baylegal.org  
Countywide

- Organization that provides low-income clients with free civil legal assistance, including legal advice and counsel, effective referrals, and legal representation.
- Offers legal services for consumer protection, health care access, immigration, domestic violence and sexual assault prevention, re-entry project, economic justice, and more.

**Centro de Ayuda Legal Para Immigrantes (CALI)**  
(650)938-4041  
cali-immigrations.yolasite.com

- Immigration legal services, VAWA, DACA, U-visa, family law.

**Catholic Charities of Santa Clara County**  
(408)468-0100  
www.catholiccharitiesscc.org  
Countywide

- Low-income immigration legal services, VAWA, citizenship classes and refugee resettlement.

**Human Agenda—CLARO**  
(408)759-9571  
Legal Services line  
http://www.humanagenda.net/claro

- Legal Services offered: Asylum (affirmative and defensive), bond hearing, employment authorization, criminal background checks, FOIA’s
Center for Employment Training

- An economic and community development corp., that promotes education by providing trainings and support services.
- Offers training programs on: automotive specialists, computer support, electrician, health information technology, culinary arts, early childhood teacher assistance, and more.

Immigration Services of Mountain View

- General family-based adjustment status, VAWA, U-Visa, DACA, fee waivers

International Rescue Committee (IRC)

- An organization dedicated to refugees, asylum seekers, victims of human trafficking, survivors of torture, and immigrants in the US.
- Offers legal services and assistance with applications for citizenship, green cards, work authorization and refugee resettlement; offers support with scholarships, careers, job training and more.

Katherine & George Alexander Community Law Center

- Immigration legal services, consumer law, workers’ rights, low-income tax clinic.

Law Foundation of Silicon Valley

- Offers legal services, education and advocacy for under-represented households.

Legal Advocates for Children and Youth (LACY)

- Free legal services for people under 25 and their families
- Offers legal services in family law, probate guardianship, education rights, juvenile delinquency and more.
Santa Clara County: Bay Area Legal Aid
- Offers legal services in fair housing, domestic violence, immigration, family law, tenant rights & evictions

(408)283-3700 mainline
1(800)551-5554 legal advice line
www.baylegal.org
Countywide

Pro Bono Project
- Project dedicated to assisting low-income families in family law.
- Offers legal services in divorce, domestic violence, custody/visitation, consumer law, debtors’ rights clinics.

1(408)998-5298 x311
www.probonoproject.org
Countywide

Project Sentinel Fair House
- Offers legal rights for renters (dispute resolutions, free mediation services between tenants/landlords, loan modification, shelter referrals, reasonable requests for disabled tenants).

(800)339-6043
www.housing.org
Countywide

Senior Adults Legal Assistance (SALA)
- Nonprofit that offers free legal advice/referrals and legal representation for residents of Santa Clara County age 60+ (public benefits, long term care, housing, consumer law, simple wills, elder abuse).

(408)295-5991
www.s393914827.initial-website.com/
Countywide

Services, Immigrant Rights, and Education Network: SIREN
- Citizenship, DACA, Family Immigration, Green Card Renewals, Work Permits

(408)453-3003
www.sirenimmigrantrights.org
Countywide

Step Forward Foundation
- Low cost immigration legal services, family law, DV, human trafficking

(408)915-8698
www.stepfwd.org
Emergency Housing (Domestic Violence Shelters)

Next Door
- Confidential counseling, emergency shelter for women and children.

YWCA Golden Gate Silicon Valley
- Confidential counseling, emergency shelter for women and children.

Homeless Shelter Hotline

2-1-1- Emergency Bed Hotline
- For immediate assistance, 24/7 over 150 languages.

Call 211 or 800-273-6222 or text your zip code to 898211
www.211bayarea.org Countywide

Homeless Assistance & Prevention

Abode Services
- Shelter, health & social services for homeless individuals and families
- Rental assistance programs.

Housing Trust Silicon Valley
- Provides assistance with security deposit, costs of application & utilities.

LifeMoves
- Programs for homeless adults and families for rapid transitional and stable housing.

West Valley Community Services
- Food, housing & support services for low income & homeless families. (Service is provided to certain zip-codes only, please check directly with the agency).

HomeFirst
- Operates emergency shelters & transitional housing facilities for homeless persons & families throughout the county.

Bill Wilson Center
- Rental assistance to support families that are homeless or at risk of homelessness. Short-term housing for youth.
GOVERNMENT SUPPORT AGENCIES

Children's Advocacy Center of Santa Clara County  1(669)299-8800
Santa Clara County's District Attorney's Office  1(408)299-7400
   www.sccgov.org/sites/da
Victim Services Unit  1(408)295-2656
   www.sccgov.org/sites/da/VictimServices/VSU/
Department of Family and Children's Services  1(408)501-6300
   https://www.sccgov.org/sites/ssa/about_us/dfcs
Children's Advocacy Center Clinic Program  1(669)299-8810

Adolescent Sexual Assault Forensic Exam (SAFE) Program (youth 12 and older)  1(408)885-5000
   1(408)885-6466

   • To reach a SAFE nurse (24 hours/7 days)
   • To reach a SAFE office staff (M-F, 8am-5pm)

Law Enforcement Sexual Assault Investigations
   • California Highway Patrol: 1(408)467-5400
   • Campbell Police Department: 1(408)866-2101
   • Foothill - DeAnza College: 1(650)949-7513
   • Gilroy Police Department: 1(408)846-0310
   • Los Altos Police Department: 1(650)947-2770
   • Los Gatos/Monte Sereno Police Department: 1(408)827-3209
   • Milpitas Police Department: 1(408)586-2400
   • Morgan Hill Police Department: 1(669)253-4895
   • Mountain View Police Department: 1(650)903-6344
   • Palo Alto Police Department: 1(650)329-2406
   • San Jose Police Department: 1(408)277-4102
   • San Jose City - Evergreen College: 1(408)270-6468
   • San Jose State University Police Department: 1(408)277-3513
   • Santa Clara Police Department: 1(408)615-4800
   • Santa Clara County Sheriff's Office: 1(408)808-4500
   • Stanford Department of Public Safety: 1(650)723-9633
   • Sunnyvale Police Department: 1(408)730-7120
   • West Valley - Mission College: 1(408)299-2311

Victim Notification of Release from Jail  (408)299-2311
   https://vinelink.vinapps.com/state/CA

   • Santa Clara County Mail Jail
   • Register at VineLINK (you must have the persons' first and last name)