



THE SAPR SOURCE

THE DEFENSE RESOURCE ON
SEXUAL ASSAULT PREVENTION AND RESPONSE



FALL 2008

ARMY LAUNCHES SEXUAL ASSAULT PREVENTION CAMPAIGN

By D. Myles Cullen

SAPRO
Sexual Assault Prevention & Response Office

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SAPRO
NEWSLETTER TEAM:

- Lt Col Galbreath
- Ron Bickerstaff
- Nicole Gallo
- Lori Gavaghan



WASHINGTON (Army News Service) -- The Army conducted a Sexual Assault Prevention and Risk Reduction training summit for leaders across the force in Alexandria, Virginia in September.

Secretary of the Army Pete Geren spoke at the SAPR Summit, officially launching the Army's new Sexual Assault Prevention Campaign and Strategy. Part of the new campaign is the "I. A.M. Strong" program designed to empower Soldiers to "Intervene, Act, and Motivate" to prevent sexual assault.

"Sexual assault is a crime that is repugnant to the core values that define our Army," said Secretary of the Army Pete Geren. "Soldiers who live the Army values must never commit the crimes of assault or sexual harassment but must actively work to rid our Army of these crimes.

It is a Soldier's duty to protect his fellow Soldier from harm--on the battlefield, in the barracks, on-post or off." "At this summit, we are launching Phase One -- leadership commitment to the new campaign," Geren said. "Phase Two includes education and training of Soldiers to ensure they understand their moral responsibility to intervene, stop sexual assault and sexual harassment, and protect their com-

rades," Geren added.

"In Phase Three our goal is the establishment of an Army culture that drives the twin crimes of sexual assault and harassment from our Army.

The final phase will grow

"Our Army values and the Warriors Ethos should make it a given," said Preston. "But to remind you and all our Army Soldiers, I want to re-inforce that it's your duty as a Soldier to:



Chief of Staff of the Army, Gen. George W. Casey Jr., addresses leadership at the Army Sexual Assault Prevention and Risk Reduction Training Summit 2008. Photo by D. Myles Cullen

and sustain the program through engagement and program refinement. Our goal is to eliminate sexual harassment and sexual assault from the Army and make the Army sexual assault prevention program a model for the rest of the nation," he said..

Sgt. Maj. of the Army Kenneth O. Preston "soft-launched" the new peer-to-peer training effort with an announcement to young Soldiers attending the 2008 Better Opportunities for Single Soldiers Conference in Lansdowne, Va., Aug. 6.

INTERVENE

"When you recognize a threat to a fellow soldier, I expect you to have the personal courage to INTERVENE and prevent sexual assault. As a warrior and a member of a team, you must INTERVENE.

ACT

"As a brother, a sister, a fellow Soldier, it is your duty to stand up for your battle buddies, no matter the time or place. Take ACTION. Do what's right. Prevent sexual assault. ACT.

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MOTIVATE

"We are Soldiers, MOTIVATED to engage and keep our fellow Soldiers safe. It is our mission to prevent sexual assault and to live the Army Values and take care of our fellow Soldiers. We are all MOTIVATED to take action, to promote SAPR programs and become advocates within our communities. We are strongest...together."

Geren is calling on Army leaders to develop and promote a command climate of zero tolerance for gender-based crimes -- in attitude, word and deed -- and establish a culture that sets an example for America that sexual harassment and any attitudes or activities that foster or allow sexual harassment and assault to happen will not be tolerated.

"The Army will launch new initiatives, create the right climate, and prosecute Soldiers and Army Civilians who don't live up to the standards to which our Army holds our people," Geren said. "We intend to prevent sexual assault, not just respond to the tragedy of sexual assault. We will be the nation's model in how to prevent sexual assault."

The Army implemented the Sexual Assault Prevention and Response Program in 2004 as part of an effort to eradicate sexual assault through training, prevention, education and awareness programs. Unit victim advocates and installation sexual assault response coordinators were trained to ensure that when prevention measures failed, victims were assured that a system was in place to provide responsive, caring support while holding offenders accountable.

To help remove barriers to reporting sexual assault, the Army instituted a key change in policy, allowing "Restricted Reporting." Victims could seek help without every member of the chain of command launching an investigation. Victims could file a confidential report, receive the medical treatment and counseling they need, without launching an investigation.

Chief of Staff of the Army Gen. George W. Casey Jr. addressed the SAPR Summit Wednesday morning. "I want to be clear that it is our duty as leaders to set the climate and conditions which leave no doubt that such behavior has no place in our ranks," he said.

(Hank Minitrez, G-1, and Dawn Deardon contributed to this report.)

DIRECTOR'S CORNER

I want to express my appreciation to everyone who attended the DoD Sexual Assault Response Coordinator Conference in Tampa, Florida, July 22-24 2008. We had over 300 attendees from around the world representing the Armed Forces and various federal agencies.

The theme of the conference was "Making A Difference: Supporting Victims Through The Military Justice Process."

We had 15 presenters from various disciplines provide presentations on topics ranging from program and case management, to victim privacy concerns, to program implementation challenges.

What a busy quarter for all of us! Listed below you will see highlights on some of the major issues and initia-



Dr. Kaye Whitley (c), Director, SAPRO, and her Deputy, Lt Col Nate Galbreath (r), meet in Tampa, FL with Military Service Academy representatives to discuss the 2007-2008 annual report to Congress.



Teresa Scalzo, J.D., Sr Policy Advisor, SAPRO, briefs DOD policy at the DoD SARC Conference, Tampa FL.

tives we've been involved in during the summer months.

The Air Force SARC Conference took place in San Antonio, Texas from July 28-30. Air Force SARCs participated in various workshops such as social marketing and SAPR best practices. In addition to sharing deployment experiences, SARCs were treated to a preview

of the new Air Force bystander intervention program. The program, while still under development, will focus on the bystander's role in intervening in situations that could prevent sexual assault.

In August, the Defense Task Force on Sexual Assault in the Military Services (DTF-SAMS) formally kicked-off its examination of sexual assault in the Armed Forces. It will assess and make recommendations on key areas in

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DIRECTOR'S CORNER *(continued from page 2)*

sexual assault prevention and response. DTF-SAMS is comprised of subject matter experts representing the DoD and civilian communities.

During the course of its work, DTF-SAMS will visit a number of installations around the world to evaluate policies, program execution, and measures of effectiveness. The Task Force recently paid a visit to Fort Bragg and Camp Lejeune, NC. The Task Force will report their findings and recommendations to Congress in the summer of 2009.

The Defense Manpower Data Center (DMDC) completed its Service Academy 2008 Gender Relations Survey in August. OSD SAPRO will release its Annual Report on Sexual Harassment and Violence at the U.S. Military Service Academies for Academic Year 2007-2008 in December. Also, DMDC and OSD SAPRO will visit the Service Academies in 2009 to conduct focus groups and perform site assessments of each Academy's SAPR program.

OSD SAPRO and Service Representatives also hit the road in August to conduct Policy Assistance Team (PAT) Visits at PACOM bases in Hawaii. As part of its oversight role, the Department formed PATs to evaluate policy implementation, assist commanders with execution, provide immediate feedback to program stakeholders, and to inform and improve current DoD policy. Additionally, as required, OSD SAPRO and the Services will review high-profile cases to determine SAPR program implications.

During the PACOM visits, the team met with commanders, SARCs, VAs, chaplains, health care professionals, JAGs, investigators, law enforcement, and Service Members to form a comprehensive appraisal of each program.

Participants were forthcoming with important perspectives that we will share with commanders in a report.

The report will document how OSD SAPRO plans to update the DoD policy and recommendations for local commanders and SARCs to enhance their programs. We want to thank the Commanders and SARCs for the magnificent support they provided to the PAT.



Ms. Jane Lux, Program Manager, NGB Sexual Assault Prevention and Response Program, listens to feedback about the SAPR program from junior Airmen at Hickam AFB, HI.

We met with the House Government Reform and Oversight Committee on September 10, to discuss the results of the Government Accountability Office (GAO) report, "Military Personnel: DoD's and the Coast Guard's Sexual Assault Prevention and Response Programs Face Implementation and Oversight Challenges." The report suggested several recommendations--a number of which OSD SAPRO had already identified and were in the process of determining workable solutions. DoD will adopt GAO's report recommendations as the basic roadmap for our continuous improvement actions. We will keep you abreast of DoD's progress on implementing the recommendations in the coming months.

Kudos go to the U.S. Army for launching their new sexual assault prevention campaign, "***I.A.M. Strong.***" The Army conducted a summit with its General Officers in September in Alexandria, Virginia. Both the Secretary of the Army, Mr. Geren, and the Chief of

Staff of the Army, General Casey, spoke to the attendees. The summit introduced key concepts for growing a "culture of prevention" within the US Army. Please read the "***I.A.M. Strong***" article in this edition to learn more about the campaign.

At the end of September, we received a draft of the Department's Sexual Assault Prevention Strategy from our expert-led, multi-Service working group. Dr. Pat McGann, from Men Can Stop Rape, and Dr. Paul Schewe, from the University of Illinois at Chicago were integral to crafting the document. However, we also had inputs from all four services as well as an "A Team" of experts including Dr. Antonia Abbey (Wayne State University), Gail Stern (Catharsis Productions), Robert Coombs (California Coalition Against Sexual Assault), and Steve Glaude (Men Can Stop Rape). There are a number of scientifically based recommendations in the strategy document that, if fully enacted, will revolutionize how the Department approaches prevention of sexual assault. We will have more on the Department's Prevention Strategy in upcoming newsletters.

As OSD SAPRO looks toward the future, we are preparing for the Sexual Assault Advisory Council (SAAC) that will meet on 19 November 2008. The SAAC advises the Secretary of Defense, through the Under Secretary of Defense (Personnel and Readiness), on sexual assault policies, programs, and practices across the Armed Forces. The SAAC continually reviews policies, monitors the progress of program elements, and assists in developing policy guidance for the education, training and awareness of DoD personnel in matters concerning sexual assault. We anticipate the agenda for the SAAC will include addressing major issues such as the GAO's report recommendations and the DoD Sexual Assault Prevention Strategy.

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REDUCING STIGMA AND FOSTERING A CULTURE OF SUPPORT FOR PSYCHOLOGICAL HEALTH

Provided by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE)

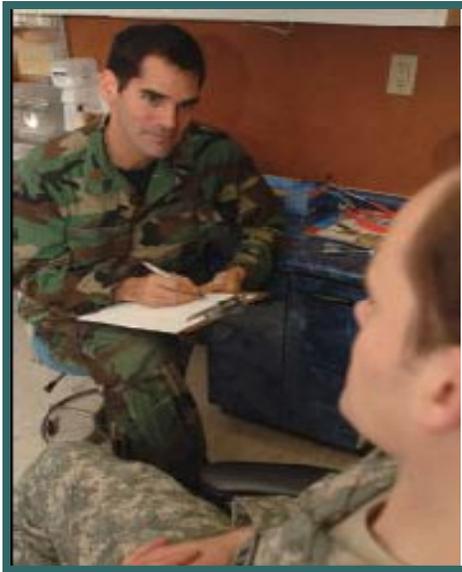
Anthony A. Arita, Ph.D CDR, MSC, USN

There has been an encouraging swell of activity within the Department of Defense to address the problem of stigma --or the negative perceptions, shame, or discrimination -- around psychological disorders. Stigma presents a significant barrier to seeking out mental health care, particularly in the military, where many Service members have concerns about the impact of documented mental disorders or mental health care on their careers. There are several new resources and changes within the Department that are designed to let Service members know that asking for help can be very beneficial.

These programs are in direct response to the published findings of the DoD Task Force on Mental Health, which identified the need to address the pervasive stigma around psychological problems and the barriers stigma poses to seeking mental health care. The Task Force, more broadly, advised promoting a culture of support for psychological health, emphasizing the value of building psychological resilience, fostering awareness of the importance of psychological health, and encouraging individual and leadership responsibility for taking care of psychological health needs.

In May 2008, Defense Secretary Gates announced the change to Question 21 on the National Security background questionnaire (SF-86), which asked security clearance applicants to indicate whether they had ever received mental health care. For many, this contributed to further wariness of being suspected of having psychological issues and had been an impediment to seeking mental

health care. The change to Question 21 permits applicants to answer "no" if the mental health care was "strictly related to adjustments from service in a military combat environment."



In addition to the change of Question 21, there are a number of other efforts within the DoD to dispel stigma, normalize seeking mental health care, or facilitate access to psychological health resources. For example, DoD Force Health Protection & Readiness funds and supports the Mental Health Self-Assessment Program (MHSAP), which offers anonymous online self-assessment tools to help Warriors and their families identify their own mental health symptoms and how to find assistance.

A new component of this program promotes an educational video, *A Different Kind of Courage: Safeguarding and Enhancing Your Psychological Health*, which combats stigma by highlighting the courage involved in seeking professional help for oneself or encouraging friends or family members to seek care. The MHSAP website and the new video

can be accessed at: www.mentalhealthscreening.org/military.

Further, on August 5, the DoD launched a behavioral health web resource, "Afterdeployment.org," a congressionally mandated web portal focused on behavioral health problems. This website offers anonymous access to web tools that help service members and families address and learn more about depression, stress, alcohol and drug use, anger, sleep, relationship problems, and other topics (See www.afterdeployment.org).

In addition to these efforts to roll out resources to combat stigma and encourage seeking mental health resources, the DCoE will soon launch a national outreach campaign, "Real Warriors. Real Battles. Real Strength." This campaign will not only acknowledge the extensive impact of the war beyond the Warrior but will actively promote the vital importance of psychological health, psychological resilience, and the demonstration of strength involved in the pursuit of care and support resources.

Editor's Note: We asked CDR Arita to help us out with some information about the stigma associated with getting help in the military. While the following article discusses the stigma associated with getting help for psychological problems, the same concepts apply to why people may be reluctant to report a sexual assault or get services from a SARC or V.A. Essentially, every victim of sexual assault is at risk to develop problems in his or her life. These problems range from short term sleep disruptions to a diagnosis of Posttraumatic Stress Disorder, Depression, and/or Substance Abuse. CDR Arita describes several resources that may help you help others.

SPOTLIGHT ON SARCS & VICTIM ADVOCATES

“Spotlight on SARCs and Victim Advocates” is a new feature of our newsletter. Upcoming editions will feature a notable SARC or Victim Advocate in the field.

We are honored to shine the first Spotlight on National Guard Bureau SARC, Lieutenant Colonel Homer C. Rogers Jr. LTC Rogers has been the Ohio NGB Joint Force Headquarters SARC since the program's inception in 2005. LTC Rogers, a Hilliard, Ohio native, was one of the original students at the first DoD sponsored SARC training seminar in 2005 and has seen the evolution of the SAPR program.

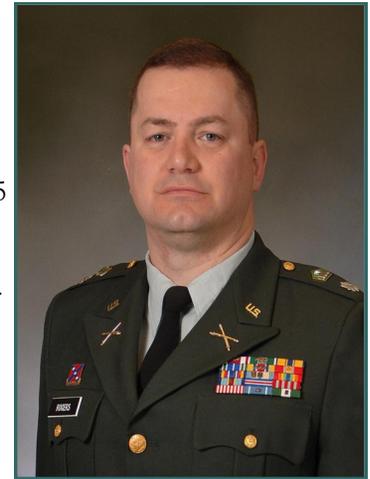
“My biggest challenge as the Ohio SARC has been funding the program properly,” said Rogers, “I am extremely pleased by the NGB leadership’s full endorsement and support of the program in all 54 states and territories.”

LTC Rogers has served as the chair of NGB SAPR Advisory Council since May 2007. He was instrumental in creating the National Guard Joint Regulation on Sexual Assault Prevention and Response draft. Also, he served as an astute leader for his fellow SARCs by spearheading the creation of the position description for full time SARCs in all 54 states and territories.

“We have made great strides with this program, however, we must be diligent in our education process,” says Rogers, “Only when the last soldier, in the last rank, in the last platoon, understands the program, will the mission be accomplished.”

LTC Rogers will be moving on to other responsibilities within the National Guard in Ohio and we are happy to recognize him for all he has done for the SAPR program, not only in Ohio, but for the entire NGB SAPR program.

Editor's note: Lt Col Thompson is a Reservist assigned to the Air Force Personnel Center at Randolph Air Force Base, Texas as Chief, Sexual Assault Prevention and Response Training and Research.



*Lieutenant Colonel
Homer C. Rogers Jr.*

WARRIOR CARE MONTH INCLUDES VICTIMS OF SEXUAL ASSAULT

The Secretary of Defense has declared November 2008 to be Warrior Care Month. Throughout the month, The Department and the leadership of the Military Services will be making a concerted effort to inform Service members and their families about the programs and initiatives currently being provided through the Warrior Care system.



**DEFENSE CENTERS
OF EXCELLENCE**
For Psychological Health
& Traumatic Brain Injury

The Secretary of Defense plans to accomplish two goals. First, concentrate all levels of the DoD on an area where we have let our troops down in the past, and where shortfalls still remain. Second, provide a clear message to our Service Members and the public that there is no higher priority for this Department than caring for those wounded, ill or injured Service Members.

Warrior Care Month represents an excellent opportunity to promote members of the SAPR team and the services they provide. SARCs are encouraged to team up with their public affairs (PA) office to spotlight first responders and mental health professionals in installation newspapers. SAPRO is working with DoD PA to have sexual assault care information distributed to the field. We will keep you informed as more information is made available.

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You may have heard a great deal about the SAPR program over the past few months, given the recent attention by Congress, the GAO, and the press. We always welcome constructive feedback about the program, but we should spend time talking about the hard work and dedication of the DoD SAPR family. You have done an incredible job! We are honored to be working with people who are so committed to making a difference in the lives of victims. We look forward to seeing you on upcoming PAT visits and other events.

- Kaye Whitley



RECENT AND FUTURE EVENTS



PAST QUARTER:

9 June 2008

PAT Visit, Ft. Belvoir

9-13 June 2008

Marine Corps UVA Training,
Camp Pendleton, CA

25 June 2008

SAAC Training Subcommittee
Meeting, Arlington, VA

26 June 2008

SAAC Research Subcommittee
Meeting, Arlington, VA

14-16 July 2008

OSD Prevention Strategy
Steering Committee,
Crystal City, VA

21-25 July 2008

DoD SARC Conference & PAT
Visit to CENTCOM/SOCOM,
Tampa, FL

28-30 July 2008

USAF SARC Conference,
San Antonio, TX

4-8 August 2008

NGB SARC/VA Training,
Little Rock, AR

4-8 August 2008

NCR Joint VA Training Pilot,
Ft. Meade, MD

6-13 August 2008

PAT Visit to PACOM,
Hawaii and Guam

18-19 August 2008

Civilian Victim Advocate
Training
OVC/PCAR Pilot,
Washington, DC

THIS QUARTER:

19 November 2008

SAAC Meeting
Arlington, VA

28-29 October 2008

VA Advisory Committee on
Women's Veterans Meeting
Washington, DC

12 November 2008

SAAC Research Subcommittee
Meeting, Arlington, VA

25 November 2008

SAAC Training Subcommittee
Meeting, Arlington, VA

15 December 2008

Military Service Academy
Report Release
Washington, DC



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