

# OUR STRENGTH IS FOR DEFENDING.



## THE SAPR SOURCE



FALL 2009

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### Department of Defense

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## Army SHARP and BOSS Make Sexual Assault a Top Priority

**W**hat do Tim McGraw, Sugar Land and Brooks and Dunn have to do with sexual assault in the Army?

According to Carolyn Collins, Program manager for the Army's Sexual Harassment/Assault Response and Prevention Office (SHARP), these artists are a part of the Army-wide effort to get Soldiers and the general public to talk about sexual assault prevention and response.

The stars participated in this summer's Army Concert Series, where Soldiers from the Better Opportunities for Single Soldiers (BOSS) program, in tandem with the Army's SHARP team, have been raising awareness with our younger Soldiers.

"Music is very important to the people who we are trying to influence," she said. "By talking about this issue in a venue where people are more relaxed, we will be able to talk more candidly about the subject. We are trying to make the subject of sexual assault prevention more palpable for people to discuss."

The Army has taken a proactive stance in the prevention of sexual assault. In the summer of 2008, the Service rolled out its prevention campaign titled I.

AM. Strong. The letters in the slogan stand for Intervene, Act and Motivate, and the campaign calls on every Soldier to prevent sexual assault. In addition, the campaign asks Soldiers to refrain from using sexually offensive language, gestures, and behaviors that foster an environment conducive to sexual assault. "The Army knows that you cannot

effort to create consistency throughout the Army, senior leadership decided to combine the subjects of sexual assault and sexual harassment at the Department of the Army level. The SHARP office is currently reviewing the idea of combining these programs at the unit level. "We are trying to change the culture in the Army. Therefore it is critical



Carolyn Collins, Program manager for the Army's Sexual Harassment/Assault Response and Prevention Office (SHARP) presents the I.A.M. Strong campaign display. The display has been utilized during the Army Concert Series.

talk about sexual assault without addressing sexual harassment that can be a precursor to sexual assault, stated Collins."

The Army has made some significant changes in the way that it deals with sexual assault. In an

that everyone understands that the Army will not tolerate sexual assault and/or sexual harassment, affirmed Collins."

An additional key component of the Army's campaign is bystander intervention, which uses peer-to-peer

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## PREVENTING SEXUAL ASSAULT IS PART OF OUR DUTY.

# Director's Corner

## Dr. Kaye Whitley



**H**ello and greetings from SAPRO! This year has gone by quickly with some significant events occurring in the past quarter. Below are a few of the highlights.

In the summer, key members of DoD's SAPR team met at an offsite to discuss the strategic direction of the SAPR program and its oversight capability. A wide range of attendees discussed challenges and opportunities related to the issue of sexual assault. Participants were drawn from the Services, National Guard, Inspector General's Office, Office of the General Counsel, Reserve Affairs, and Health Affairs. Session evaluations indicated that the offsite was a tremendous success because it moved DoD's strategic plan for the SAPR program forward.

In mid-August, SAPRO staff headed to New Orleans, LA, to speak at a conference of the Department of Veterans Affairs' Military Sexual Trauma Coordinators. Our presentation focused on our prevention and response efforts which promoted numerous audience questions. Our hope is to build on this momentum with our colleagues from Veterans Affairs, as we seek to partner more closely.

SAPRO staff also traveled to several military installations to conduct our

annual Policy Assistance Visits. We, along with Service SAPR program representatives, visited Lackland Air Force Base (AFB), Fort Jackson, SC, Atlanta, GA, and Maxwell AFB to observe onsite training. In addition to sharing insights on the effectiveness of the training, SAPRO staff and the installation SAPR personnel had useful dialogue on ways to continue to improve and expand our efforts to prevent this crime.

We also had the opportunity to travel to the Military Service Academies to meet with their leadership and to assess their programs. Details from our visit will be made public in December, but as a preview, it is clear that all of the schools have made significant progress over the years, and have many positive stories to tell.

What is ahead? In the coming months we have a couple of major reports heading our way which will be key in this organization's future. For example, we are eager to hear the recommendations prepared by the Defense Task Force on Sexual Assault in the Military Services, as well as from the Government Accounting Office. As in the past, such reports are an opportunity for SAPRO to take a close look at our own programs and from there continue to build policies and programs which keep our men and women safe from sexual assault.

Until next time, remember:

**Our Strength is For Defending!**

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peer-to-peer level, not only private-to-private, but sergeant major-to-sergeant major."

The Army has stepped up training in several other areas to include the effective investigation techniques, increasing training on prosecutions, and developing training for college and high school level Reserve Officer Training Corps (ROTC) programs.

"It is critical that we educate the people who join the military before they come into the Army, and that our Soldiers have complete confidence in our criminal justice system," said Collins. "Our goal is to be the best in prevention, prosecution and investigation of sexual assault cases. We want every offender to know that if they commit this crime, there will be consequences."



*For information on the I.A.M. Strong campaign, visit [www.preventsexualassault.army.mil](http://www.preventsexualassault.army.mil).*



# What can YOU do when a loved one is sexually assaulted?

**A** sexual assault is a devastating experience for an individual to endure, both in terms of the immediate personal violation entailed as well as its long-term mental and physical consequences. The effects of a sexual assault often extend beyond the victims themselves, and impact their family, friends, co-workers, and others who care about them.

**No “one way” to respond.** Everyone responds to the situation differently. Spouses of victims may experience feelings of helplessness, anger and loss because they could not prevent the sexual assault or proactively repair the damage that has been sustained by the person they love most. Friends of the victim are often at a loss as to how to help the victim, as the emotional impact of the assault on both the victim and themselves may seem overwhelming.

For members of the U.S. military who are sexually assaulted, the effects of these crimes may be especially damaging due to the natural loss of trust in other people that they may experience following the assault. This loss in trust may impact the overall level of camaraderie and mutual reliance among Soldiers, Marines, Sailors, and Airmen in a given unit, and affect its ability to successfully fulfill its given mission. As a result, the victim’s life may be greatly affected in both professional and personal aspects, and spouses, partners or other family members of the victim are often the primary source of support for the victim as they embark on their personal healing process.

In the case of a sexual assault, it is common for a spouse, partner or parent to experience

a broad spectrum of feelings about the assault and its effect on the person they care about. Such feelings may include shock, disbelief, rage, helplessness, and even resentment. If your spouse or partner has been sexually victimized, you may be unsure about how to help them through this difficult time.

**Don’t over protect.** One common reaction is for spouses and partners to engage in “over protection” of the victim, and attempt to influence or control the victim’s subsequent daily behaviors, actions, or choices. Although well intended, this approach does not typically provide relief to the victim. Rather, such attempts to control a victim of sexual assault reinforces the loss of control they experienced during the assault themselves, and may inhibit their

ability to regain that control over their life and advance in the healing process.

**Several steps you can take.** There are several constructive steps you can take to help your spouse or partner should they experience a sexual assault.

**First, you must recognize that a sexual assault is a crisis for everyone** who cares for the victim, and that it is very important for you to acknowledge your feelings about the assault and to seek help in dealing with them when necessary. There are many counseling resources available in each of the Military Services to help you confront the often complex and wide range of emotions that you may experience. By seeking help, you will allow the victim to concentrate on their own needs, and increase the chances of everyone involved of achieving recovery and emotional healing.

**Second, let your spouse/partner know that you support them** in how they choose to approach their recovery. By encouraging your spouse to make independent decisions about how they deal with the aftermath of the sexual assault, you will provide valuable assistance to them in their recovery process. The victim must make their own decisions regarding who is told about the assault, what they are told, and when this information is to be disclosed. This sense of independence and choice generally allows a victim to symbolically regain some of the control that he or she lost after the assault, and reinforces basic trust in the relationship they have with you.

**Third, educate yourself on how the military responds to sexual assaults.** You can more effectively support your spouse, partner, friend, and/or family member in their decision making if you clearly understand how DoD’s sexual assault reporting and response processes work.

Your local Sexual Assault Response Coordinator (SARC) can assist you by explaining the process of reporting and accessing services available to the victim. In addition, he or she can direct you to resources that may assist you as you embark on your own healing process.

***Resist the urge to “over protect” the victim. Such attempts may reinforce the loss of control felt during the assault and may inhibit a victim’s ability to regain that control over his or her life and advance in the healing process.***

**For information on reporting visit [www.myduty.mil](http://www.myduty.mil)**

**To contact your local SARC, call**

**Military OneSource 24/7 at:**

**Stateside: 1-800-342-9647 Overseas: 00-800-3429-6477**

**Overseas Collect: 1-484-530-5908**



# Service Academy SARCs

This past spring and summer SAPRO had the honor for the second time in two years to visit the Military Service Academies to conduct our biannual assessment. As a result, we wanted you to meet four outstanding and motivated SARCs we met while visiting..



## Major Maria Burger

### United States Military Academy

*“The best advice I could give to other S.A.R.C.s is to get out from behind the phone, desk, or computer and make yourself completely visible, familiar, and accessible to the people you serve, commanders and Soldiers alike.”*

Major Maria Burger is an alum who serves as the Sexual Assault Response Coordinator for the United States Military Academy. She lobbied for the position as soon as she learned it became available, and requested to be interviewed by the Commandant of Cadets, Major General Robert Caslen, Jr. She states that she simply could not pass up the opportunity to be a part of such a dynamic program.

Her duties include overseeing the program’s three major program elements: Providing education; Strengthening prevention efforts; and establishing a comprehensive, coordinated response for victims within the Corps of Cadets. “As a former West Point cadet, I cherish any opportunity to work with the Cadets,” she said. “It is very inspiring to see how the Long Gray Line’s traditions and values are passed on to the next generation of military leaders. It is also very humbling to be a part of that process.”

## Captain Diana Cangelosi

### United States Naval Academy

*“Lean on your fellow S.A.R.C.s for support. I’m fortunate in having lots of contacts at the DoD and DoN level that I can vent my frustrations to. We have to take care of ourselves to be able to take care of others.”*

Captain (CAPT) Diana T. Cangelosi is the Sexual Assault Response Coordinator for the United States Naval Academy. She brings the unique experience of being a former commanding officer (CO) to her new job. She is a highly decorated Naval Flight Officer who has spent more than 20 years in Naval Aviation. Her tours include serving as the Combat Direction Center Officer for the USS Theodore Roosevelt (CVN-71), Chief of the Open Skies Division of the Defense Threat Reduction Agency at Fort Belvoir, VA, and becoming the commanding officer of the Naval Satellite Operations Center in Point Mugu, California.



CAPT Cangelosi says that “The vast majority of COs you will work with want very much to do the right thing for the victim, but they also want to hold the alleged perpetrator accountable. Unless they have experienced assault or crime in their careers or personal lives, this is an area most COs will not be familiar with...They will need to trust you to help them sort out how best to support the victim, so it is important to establish a good relationship early in a new CO’s tenure. I am very fortunate that my chain of command is fully knowledgeable and supportive of this process.”



**Ms. Theresa Beasley**  
**United States Air Force Academy**

*“Sometimes, as SARCs, we feel like we aren't making a difference. We don't get convictions; the victims are re-victimized, etc. My advice to other SARCs is to please know that what you do isn't in vain; you are making a huge difference.”*

Since becoming a counselor in 1986, Ms. Theresa Beasley has worked in the field of sexual assault response, treatment, and prevention within the Department of Defense. Her work includes serving as a victim advocate, counselor, and sexual assault treatment specialist. She also taught Victimology for the University of Southern Colorado, as well as guest lectured on topics related to sexual assault for several universities.

When the SAPR program was implemented in 2005, she became one of the initial Air Force major command SARCs for United States Air Forces Europe. In 2007, she jumped at the opportunity to serve at the United States Air Force Academy as its SARC.

“When the position at the Air Force Academy was announced in 2007, I did not hesitate to apply,” she said. “I view it as an incredible opportunity to use my education, skills, and experience in a challenging environment. I am truly honored to serve at the Academy.”

**Ms. Carrie Tuck**

**United States Coast Guard Academy**

*“I have a motto for the SAPR program here: “Don't give up the ship!” It applies not only to the prevention of sexual assault, but also to the survivors not giving up their careers because they did not get the help they needed.”*



Ms. Carrie Tuck serves as the United States Coast Guard Academy (USCGA) Sexual Assault Response Coordinator. An Air Force veteran, she has spent most of her life as a family counselor. She was one of the first 18 SARCs stationed in Würzburg, Germany. After several years, she moved into the role as the Family Advocacy Program Assistant, and Exceptional Family Member Coordinator for United States Army Garrison (USAG) Franconia. With the closing of USAG Franconia she moved to the Supreme Headquarters of the Allied Powers of Europe (SHAPE) in Casteau, Belgium. There she served as the Exceptional Family Member Program Manager for two years.

Although Ms. Tuck is a recent arrival to USCGA, she says that she has had an easy time adjusting due to the excellent support the SAPR program has received throughout the campus.

“I am very excited to be here at the USCG Academy,” she said. “The Academy is so open to the program. The Superintendent, Rear Admiral Scott Burhoe, has worked diligently to bring this program to fruition.”



**QUARTER HIGHLIGHTS**

**20 November 2009**  
Sexual Assault Advisory  
Council Meeting  
Washington, DC

**7-11 December 2009**  
Pacific Command Quality of  
Life Conference, Camp Smith,  
Honolulu, Hawaii

**15 December 2009**  
U.S. Military Service Academies  
Annual Report Due to  
Congress

**The SAPRO Newsletter Team**

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*Excerpts from:*

**The Role of Healthcare Providers in Sexual Violence Prevention**

The Resource, Spring/Summer 2009 by E. Lauren Sogor, MPH  
National Sexual Violence Resource Center

Healthcare providers have multiple roles to play in the prevention of sexual violence. Not only do they speak with authority and expertise to their patients, they also have strong voices in their communities and can influence policy. They can take actions along the three levels of prevention: primary, secondary, and tertiary.

Primary: For healthcare providers, primary prevention includes working with patients of all ages to recognize healthy sexual behavior and foster respectful relations.

Secondary: Sexual Assault Forensic Examiners (SAFE or SANE) can work with other healthcare providers to collect evidence and treat immediate injuries resulting from the assault. Also, referring patients to the SARC, VA or local rape crisis centers is a critical role that all healthcare personnel can play.

Tertiary: Long-term responses after sexual violence has occurred to deal with the lasting consequences of violence and sex offender treatment interventions.

Healthcare providers are an important source of information and support for people, and they can play a large role in preventing and responding to sexual violence. As we continue to work with more diverse constituencies to develop and implement effective ways to collaborate for prevention, the healthcare sector is an increasingly important piece of the puzzle.

To read this article in full, go to <http://www.nsvrc.org/publications> or to Defense Knowledge Online SAPR page at [www.us.army.mil](http://www.us.army.mil).

**I.A.M. STRONG**  
U.S. ARMY  
INTERVENE \* ACT \* MOTIVATE

**Sexual Assault and Sexual Harassment Prevention**

**INTERVENE**  
When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent Sexual Assault. I will condemn acts of Sexual Harassment. I will not abide obscene gestures, language or behavior. I am a Warrior and a member of a team. I will **INTERVENE**.

**ACT**  
You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what's right. I will prevent Sexual Harassment and Assault. I will not tolerate sexually offensive behavior. I will **ACT**.

**MOTIVATE**  
We are American Soldiers. **MOTIVATED** to keep our fellow Soldiers safe. It is our mission to prevent Sexual Harassment and Assault. We will denounce sexual misconduct. As Soldiers, we are all **MOTIVATED** to take action. We are strongest...together.

[www.preventsexualassault.army.mil](http://www.preventsexualassault.army.mil)  
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