

NAVY REGION MID-ATLANTIC

SAPR
Quarterly NEWSLETTER



2016

OCTOBER

NOVEMBER

DECEMBER

Commander's Corner

RADM
John C. Scorby, Jr.



I am pleased to announce the official launch of the Navy Region Mid-Atlantic Sexual Assault Prevention and Response (SAPR) Newsletter. This quarterly newsletter has been crafted to appeal to our total workforce of Sailors, government civilians and contractors. Each edition will include new SAPR initiatives, prevention and response best practices, policy updates, and resource information.

What I want for all of you to take away from this newsletter is my message on sexual assault prevention along with the prevention of ALL destructive behaviors coinciding with OPNAV's 21st Century Sailor Office: *Step-up and Step-In!* I encourage you to step out of your comfort zone and intervene when something doesn't look right. Become involved in a mentoring program; share your life lessons and learn from your co-workers.

I expect my senior leaders to engage with their immediate staff and to personally ensure these discussions on destructive behaviors are continued throughout their organization. I am counting on you to lead by example and to mentor subordinates both within and outside of your immediate chain of command.

I believe intervention is the key to the eradication of sexual assault from our ranks. My expectation



Commander, Navy Region Mid-Atlantic

is that each and every staff member will intervene should they witness threatening, dangerous, or predatory behavior, even when it is uncomfortable to do so in order to protect a Shipmate, co-worker, friend or family member from a potentially dangerous situation. Be a leader; intervene early and as often as necessary!

Finally, I am fully committed to ensuring our Navy Region Mid-Atlantic team supports a work environment that upholds professionalism, respect, and trust. Together we will make a difference. Thank you for what you do every day. As always, take care of yourself, take care of your Shipmates, and take care of your family.

CMC's remarks

CMDCM Steven Timmons



As Deckplate leaders, I expect the Chief's Mess to "lead from the front" and work to end sexual assault in our Region by promoting professional attitudes, professional behaviors, and professional relationships.

I challenge ALL HANDS to intervene whenever and wherever a Shipmate isn't doing the right thing. Chiefs and LPOs – talk openly with your Sailors about all destructive behaviors and the traumatic, long-lasting impact they can make on careers and lives. Always lead by example!

Finally, we all need to be more involved in sexual assault prevention efforts, starting with supporting Waterfront Workshops, Pure Praxis Performances, and the multitude of programs coordinated by our Sexual Assault Response Coordinators throughout the year. I am counting on each of you to do your part to put an end to sexual assault in our Navy.



CMDCM,
Navy Region Mid-Atlantic

Newsletter provided by
Fleet & Family Support Centers



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FFSC HAMPTON ROADS LOCATIONS

Norfolk	(757) 444-2102
Little Creek/Fort Story	(757) 462-7563
Oceana/Dam Neck	(757) 433-2912
Portsmouth	(757) 953-7801
Northwest	(757) 421-8770
Yorktown	(757) 887-4606
Newport News	(757) 688-6289



safeline.org
(877) 995-5247



Sexual Assault Prevention and Response Drills

by CDR A.J. Gloria



On any given duty day on the Norfolk waterfront, you might hear a rapid ringing of the bell followed by a 1MC announcement: "This is a drill, this is a drill, flooding in compartment 02-59-0-L, away the in port emergency team, provide from Repair Two." Drills are run on the waterfront to maintain damage control or force protection proficiency.

However, do you know how shore installations conduct drills, especially when it comes to Sexual Assault Prevention and Response?

During the month of June 2016, in accordance with CNICINST 1752.3, all installations under Commander, Navy Installations Command (CNIC) conducted mandatory, semi-annual Sexual Assault Prevention and Response (SAPR) drills in order to ensure that all victims of sexual assault are provided with appropriate support services, and to test the installation's response and reporting processes. With 16 unique drill scenarios to select from, installation leaders were encouraged to choose scenarios not previously conducted and to schedule the unannounced drill after normal working hours.

A sexual assault victim is entitled to appropriate support services, which include a coordinated effort involving medical professionals, mental health providers, legal assistance (provided through the Victim's Legal Counsel), investigative services

provided by the appropriate Military Criminal Investigative Office, base security, Chaplain, Fleet and Family Service Center services, and/or civilian resources as appropriate.

During the SAPR drills, installation duty personnel are tested on their ability to gather information, alert the chain of command, conduct voice reports and generate either an OPREP-3 Navy Blue or Navy Unit SITREP in accordance with OPNAVINST 3100.6J, "Special Incident Reporting."

Training Officers made note of many positive trends in response and reporting during this drill cycle, which is a true testament to the hard work and preparedness of Command Duty Officers, watch standers, Unit Victim Advocates, and Sexual Assault Response Coordinators (SARCs). However, as with all types of drills on all platforms, repetition is the key to success. The Region looks forward to the December 2016 drill cycle, when we can once again test our readiness and improve any response and reporting processes necessary.

USS Harry S. Truman's 5K Race takes a stand against sexual assault



July 2016- The USS Harry S. Truman held a 5K race in support of Sexual Assault Prevention Awareness onboard the flight deck. The theme was "Stomp out Sexual Assault".

Recognizing Warning Signs of Sexual Assault

Although none of us want to believe that someone we know would harm another person, sexual assault still continues to be a problem. You can help prevent sexual assault by recognizing patterns of behavior that are common among those who commit assault and intervening or getting help when they occur. Someone who is planning to commit sexual assault often...

- Identifies someone who will be easily controlled—someone who is younger, new to location, or has consumed a lot of alcohol or drugs
- Acts very attentive and flattering towards a potential victim to get the person's guard down
- Attempts to get the person more intoxicated and less able to resist, gives them more alcohol or drugs
- Gradually increases physical contact or sexual comments/jokes to "test" a potential victim's boundaries (victim may feel uncomfortable but worry about causing a scene or hurting the other person's feelings)
- Separates potential victim from other people by getting them to leave social gathering, take a walk, etc.
- After an assault, tries to confuse victim by acting as if nothing is wrong, shifting responsibility for what happened to victim, following up with texts or messages to make it seem like this was a consensual encounter
- After an assault, brags to friends about incident and assumes that others believe this behavior is acceptable

Remember that being targeted by someone in this way is never the victim's fault.

The excerpt above is adapted from Green Dot and based on the research of Steve Thompson and David Lisak.

Life is worth living!



Click here for your lifeline.

**1-800-273-TALK
(8255 Option 1)**

Prevent Suicide

About RAINN

Article from safehelpline.org

The Department of Defense (DoD) has contracted with The Rape, Abuse & Incest National Network (RAINN) to provide confidential and anonymous services for the DoD community. The following information provided about RAINN does not constitute an endorsement.

RAINN is the nation's largest anti-sexual violence organization and was rated by *Worth Magazine* as one of "America's 100 Best Charities." RAINN created and operates the National Sexual Assault Hotline, (800) 656-HOPE) in partnership with over 1,000 local sexual assault service providers nationwide. RAINN also runs the award-winning National Sexual Assault Online Hotline (online.rainn.org) available in English and Spanish (rainn.org/es). Together, the hotlines have helped more than two million people since 1994.

RAINN also publicizes the hotlines' free and confidential services; educates the public about sexual violence; and leads national efforts to prevent sexual violence, improve services to victims and ensure that rapists are brought to justice.

Department of Defense (DoD) Safe Helpline services are provided by RAINN through a contract with the DoD's Sexual Assault Prevention and Response Office (SAPRO) —

however, your information will remain confidential. RAINN will not share your name or any other personally identifying information with SAPRO or your chain of command, unless required by law. To learn more, visit the Terms of Service Full Text of Agreements "How We May Share Information" section.

RAINN has adapted the award-winning National Sexual Assault Online Hotline to provide specialized live help online at SafeHelpline.org to members of the DoD community who have been sexually assaulted. Safe Helpline is also available by calling (877) 995-5247. The phone number is the same inside the U.S or worldwide via the Defense Switched Network (DSN). All Safe Helpline staff members have been trained to answer questions relating to military-specific topics such as Restricted and Unrestricted Reporting options and how to contact relevant military resources, such as the installation or base Sexual Assault Response Coordinator (SARC)/Victim Advocate (VA), should those services be requested.

To learn more about RAINN and its programs, visit www.rainn.org.



Sexual Assault Case Management Group (SACMG)

By CDR A.J. Gloria

As Sailors, we see many acronyms in our daily routine: POD (Plan of the Day), POW (Plan of the Week), PB4T (Planning Board for Training), etc. We see many acronyms in reference material for Navy Sexual Assaults as well. This quarter, we'll focus on a very important acronym known as **SACMG (Sexual Assault Case Management Group)**.

What is the "SACMG?"

SACMG(s) are conducted onboard all Navy installations and on many aircraft carriers and "large deck" amphibious platforms (LHD). Their purpose is to review the status of open unrestricted reports of sexual assault and ensure system-wide coordination, accountability, and victim access to services and information. The focus of the SACMG is on victim response and recovery, not to substantiate a case.

How often is the SACMG held?

SACMGs are conducted monthly to review individual unrestricted cases, facilitate monthly victim updates, and direct system coordination, accountability, entry of disposition, and victim access to quality services. Even when there are no cases to discuss, the SACMG will still meet to ensure training, processes, and procedures are complete for system-wide coordination.

Who attends the SACMG?

The "multi-disciplinary" SACMG will be chaired by the installation CO. This responsibility may not be delegated. The SACMG is co-chaired by the Installation (lead) SARC. Additionally, membership includes:

Chaplain
Victim's CO - When operational commitments or other circumstances make the CO's participation impossible, the "acting" CO must attend.
Sexual Assault Prevention and Response Victim Advocate (SAPR VA) or Unit Victim Advocate
Victim's healthcare provider or mental health and counseling services provider
Victim's VWAP (Victim and Witness Assistance Program) representative / or civilian victim witness liaison, if available, or victims' legal counsel
Safety assessment personnel trained to conduct a safety assessment of current sexual assault victims
MCIO special agent and DoD law enforcement who have detailed knowledge of the case
Judge advocate or legal representative (as appropriate)
Other professionals directly involved with the case being reviewed (as appropriate)

For more information on SACMG, refer to OPNAVINST 1752.1C (15 AUG 2015), *Navy Sexual Assault Prevention and Response (SAPR) Program*.

What is the Victims' Legal Counsel (VLC) Program?

The Navy Victims' Legal Counsel Program provides survivors of a military sexual offense with a dedicated attorney to help victims understand the investigation and military justice process, guard their legal rights and interests and obtain additional support in accessing resources that may assist in their recovery. This attorney is provided to Navy service members and other eligible victims of sexual offenses at Navy expense.

Victims' Legal Counsel compliment the care and support victims already receive through Sexual Assault Response Coordinators (SARCs), Victim Advocates (VAs), and Family Advocacy Program (FAP) personnel by providing legal counsel and advice on sexual offense reporting options as well as legal support during the investigation and disciplinary processing of those reports.

Navy victims of a sexual offense will have an opportunity to discuss their concerns with someone who represents only their interests so that they are prepared to participate more comfortably and effectively in the investigation and processing of their cases.

Navy Victims' Legal Counsel are assigned regionally to maximize availability of counsel where needed most.

Who is eligible for services from the VLC Program?

In order to be eligible to receive legal services from the VLC Program, you must be a victim of a sexual offense and otherwise eligible for legal services from a military attorney. Sexual offenses include rape and sexual assault, stalking, rape and sexual assault of a child, and other sexual misconduct noted in Article 120c of the Uniform Code of Military Justice.

Victims eligible for VLC services include: active duty and reserve personnel; other service personnel, retirees when assaulted by an active duty Navy member; and eligible family members including spouses and children, of active duty Navy members when assaulted by an active duty member.

Certain overseas Department of Navy civilian employees may also be eligible to receive services from the VLC Program. Victims not specifically identified above who are seeking VLC consultation shall be referred to the nearest VLC Office for an eligibility determination.



Tips for Survivors on Consuming Media

By Mr. Steven Scarlatam
(from www.rainn.org)

The media can be a great tool for increasing public awareness about sexual violence, but it can also pose challenges for some survivors. Portrayals of sexual violence in movies, television shows, the news, and social media can prompt negative reactions, from flashbacks and anxiety to feelings of sadness or irritability. Below are a few ways to help limit your exposure to media that could prompt these uncomfortable experiences.

Movies and TV Shows

Movies and television programs that depict sexual violence can be part of dramatic plots, contain graphic scenes, or emphasize trauma over healing. Keep the following tips in mind to help navigate your viewing experience in a safe way.

You are in control. You never have to watch something to prove you can handle it. If you go to a movie and find it upsetting, feel free to leave. If your favorite weekly television show includes a scene you find upsetting, it is ok to turn it off for five minutes. You don't have to watch anything you don't want to.

Pay attention to the warnings. If you're concerned a movie or television show might make you feel uncomfortable, read ahead. TV Guide blurbs, movie reviews, and explanations of ratings can give you a sense of the content. If you want to watch, but are still a little nervous, plan to view in a safe space, such as your home, rather than a crowded theater.

Remember, this isn't the whole story. Often, movies and television shows leave out the most critical part: the healing process. It can take a long time for a survivor to move forward—but that doesn't necessarily make for entertaining content. Movies and television shows might emphasize the drama of the survivor experience over the positive steps forward.

News Media

Newspapers, magazines, and their web components can all report on instances of sexual violence. Usually these cases feature a high-profile person or expose a larger issue within an institution. Keep in mind these tips as you choose which stories to read and watch.

You are in control of what you see. You don't owe it to anyone to be familiar with these news stories. If a particular piece is upsetting, angering, or otherwise making you uncomfortable, you do not have to read it.

It's not just news. Even news outlets have to work hard to attract readers. These accounts might be graphic, sensationalize the crime, or even defend the perpetrator.

People are going to react. Stories of sexual violence tend to prompt reactions from the public, who either agree or disagree with the allegations. It can be painful to read about people not believing a survivor's story or

the difficulties of a particular investigation. Remind yourself that these stories are not happening to you in this moment, and find comfort by talking to someone you trust. Try to avoid reading comments on online news stories related to sexual violence.

Social Media

Social media allows people to publish their opinions publicly about current events, their personal thoughts, or even other people. Used the right way, social media can be part of a healing experience for survivors, but it also has the potential to cause negative reactions.

You are in control of your social media experience. If you see something that makes you uncomfortable, you can exit a window at any time. When posting on social media sites, explore privacy and viewing settings to control what information you share with others and what information is visible to you. If you are concerned about receiving or seeing messages that may negatively impact you, feel free to only follow people or groups whom you know would not post negative or graphic content.

Sharing is a double-edged sword. Many survivors share their stories online, either on personal blogs or by contributing to conversations through hashtags like *#BeenRapedNeverReported*. These outlets can give survivors a voice and help them move forward. Reading these stories might be inspiring, but it also runs the risk of causing anxiety or other unexpected feelings. Keep in mind you are not obligated to share your story publicly—that is a personal choice.

Not everyone uses social media for good. Sometimes people use technology to hurt another person. They may engage with a survivor in a bullying, unsolicited, or non-consensual way. They could also belittle someone's character or expose details of someone's life that aren't meant to be shared. This use of social media can leave the person on the other end feeling uncomfortable or scared. Visit online.rainn.org to chat with someone who is trained to help.

*To speak with someone who is trained to help, call the National Sexual Assault Hotline at **800.656.HOPE (4673)** or chat online at online.rainn.org.*



How Does an Expedited Transfer Work?

By CAPT Valerie Parker

Sailors who have been the victim of sexual assault and have filed an unrestricted report may request an expedited transfer from their unit and/or installation. An expedited transfer can be accomplished through temporary assignment or permanent transfer orders, within or outside of the command or to another geographic area. Under certain circumstances, a permanent change of station (PCS) transfer out of the area of the victim's current duty station may be granted.

An expedited transfer request must be a written request generated by the Sailor to his or her Commanding Officer, and must state the reason why the transfer is needed. Commanders must approve or recommend disapproval of the request within 72 hours of receipt. When considering whether to recommend approval or disapproval of an expedited transfer request, Commanding Officers must first make a determination regarding the credibility of the report (e.g., reasonable grounds exist to believe that an offense constituting sexual assault has occurred based on the advice of the supporting judge advocate and the available evidence). The Commanding Officer must ensure the victim is fully informed regarding reasonably foreseeable impacts of an expedited transfer on his or her career, the potential impact of the transfer or reassignment on the investigation and potential litigation or initiation of other adverse action against the alleged offender, or any other possible consequences of granting the request.

If the expedited transfer request is approved, it will be forwarded to NAVPERSCOM Personnel Performance and Security (PERS-833) or COMNAVRESFORCOM as appropriate for processing. However, if recommended for disapproval, the request must be reviewed and decided upon by the First Flag Officer in the Sailor's chain of command.

For more details on the expedited transfer process, consult your local Sexual Assault Response Coordinator. Policy guidance is located in the Navy Sexual Assault Prevention and Response Manual (OPNAVINST 1752.1C)