Embracing Change in the Seasons and in Our Lives

Labor Day, football season, less humid days, good hair days, weekend visits to the mountains, Thanksgiving gatherings, multiple religious holidays, new shows on TV and on and on! How many enjoyable happenings to look forward to, and let’s not forget the turning of the leaves—this wonderful show that nature puts on perhaps with the intention of promoting and encouraging a change in humans as well.

This is a time when we can all “turn over a new leaf”, so our lives might be restored. We can all use an emotional or spiritual shot in the arm and make personal and positive new resolutions during this season. What do we want more or less of in our lives so we may fall in love with the life we are leading?

Best happenings to all!

-Gloria Hegarty, VSP
Latino/Spanish-Speaking Advocate

In this Issue:

◊ Article: “It’s Time to Start Serving All Survivors with Disabilities” Pg. 2
◊ Resource Spotlight: EMDR & the EyeScan Pg. 3
◊ New Faces of the RCC Pg. 4
◊ Recognizing Our Staff Pg. 5
◊ Volunteer Spotlight & Training Information Pg. 6
◊ New Hanover County Group Information Pg. 7
◊ Brunswick County Group Information Pg. 8
In 1975, Public Law 94-142 mandated school districts to provide free, appropriate education to all students with disabilities. School districts around the nation scrambled to make their classrooms and facilities accessible and to train their teachers in educating students with disabilities. And they accomplished it.

In a similar way, the Americans with Disabilities Act (ADA) as amended in 2009 ordered all organizations that serve the public to give persons with disabilities full access to resources and services. Centers like our Rape Crisis Center are now scrambling to make their facilities and services fully accessible and ensure all staff are fully trained to serve sexual violence survivors with disabilities—from those with low vision and physical disabilities to those with communication problems, post traumatic stress disorders, and intellectual disabilities.

Thanks to a three-year grant from the U.S. Department of Justice, Office of Violence Against Women, the Rape Crisis Center of Coastal Horizons Center, Inc. is teaming up with the disAbility Resource Center here in Wilmington to ensure:

◊ Our facilities are accessible to all survivors of sexual assault with disabilities.
◊ Our policies and procedures address the needs of all survivors with disabilities.
◊ Our staff are trained to provide all survivors with disabilities with accessible, safe, and effective service.

PL94-142 ended discrimination in schools because of disability, and the ADA spells the end of discrimination because of disability across all public organizations in this country. Stay tuned for updates in coming issues of the RCC Read as we conduct our organizational needs assessment and start our strategic plan for making this goal a reality.

-Hal Campbell, D.Ed, MPH
Project Coordinator the Community Alliance

Facts about Individuals with Disabilities:
- 54 million Americans have disabilities (US Department of Justice, 1998).
- Individuals with Disabilities fastest growing minority group in the US.
- 90% of people with developmental disabilities will be physically or sexually abused.
- In North Carolina, a person with a disability is 5 times more likely to be sexually assaulted than someone without a disability.
- One study found that only 3% of sexual abuse cases involving people with developmental disabilities were reported to law enforcement (Valenti-Hein and Schwartz, 1995).

“Alone we can do so little; together we can do so much.”
-Helen Keller
**WHAT IS EMDR?**

Eye Movement Desensitization and Reprocessing (EMDR) is a fairly new type of psychotherapy used to treat Post-Traumatic Stress Disorder (PTSD) as well as other psychological problems such as panic attacks, eating disorders, addictions, and anxiety. During EMDR treatment, the therapist moves his or her fingers back and forth in front of the face of the client and ask them to follow their hand motions with their eyes. This action is called bilateral stimulation (BLS - stimuli which occur in a rhythmic left-right pattern). At the same time BLS is taking place, the EMDR therapist will ask the client to recall a disturbing event, including the emotions and body sensations that go along with remembering the disturbing event. Evidence suggests that re-experiencing the disturbing memory through recall, paired with BLS, will allow the left and right hemispheres of the brain to communicate; therefore, this allows for the traumatic memory to be stored differently and causes a less intense emotional and physical reaction to the trauma. Gradually during treatment, the therapist will guide the client to shift their thoughts to more pleasant ones. Some therapists use alternatives to finger movements to perform BLS, such as hand or toe tapping, left and right movements, vibrations, or musical tones.

**WHAT IS THE EYESCAN?**

One of the newest devices used in EMDR treatment to perform bilateral stimulation (BLS) is the EyeScan. This machine promotes BLS with the use of lights which move across the face of the machine in a left to right fashion. Within the use of treatment, the client would be asked to fixate their eyes on the movement of the light to create the stimulation of left to right eye movement. The EyeScan allows for the client to choose a color of their choice (red, blue, or green), and the therapist has the ability to adjust the light brightness and speed of the light movement across the face of the machine to manipulate BLS during the treatment process. In addition, the EyeScan comes equipped with vibrating pulsers that vibrate left to right, which the clients may hold in the palms of their hands, to enhance BLS with a second level of stimulation during reprocessing in EMDR treatment. Finally, the EyeScan allows for a connection to any music source as another means to enhance BLS with the use of bilateral music. The EyeScan is a popular alternative to traditional hand movements in EMDR therapy.


Prepared by Lauren Rivenbark, LCSW, VSP
RCC Clinician for New Hanover County
Hi! I’m Amy Phillips and I am a new Victim Advocate at the RCC for New Hanover and Brunswick Counties. I graduated from UNCW in December 2013 with degrees in Psychology and Criminology. I have been volunteering with the RCC as a Hospital Responder for the past 3 years, and I was thrilled to be offered this position so I could become more involved with our clients and their recovery. I am very grateful for the knowledge I’ve gained through the RCC and am very eager to learn more. Some hobbies of mine include volleyball, scrapbooking, crafts, and reading.

My name is Emily Turner, and I was born and raised in Wilmington. I love living by the coast and get my beach time in as much as possible. I attended UNCW where I received my Bachelor’s degree in Social Work this past May. While getting my degree, I worked as a veterinary technician for six years and adopted my wonderful Pit Bull, Layla. This past year I was the Direct Services Intern with the Rape Crisis Center and loved it so much they couldn’t get rid of me! I have always been driven to advocate for gender equality and to utilize my passion to end sexual violence. My goal is to one day combine my passion for working with survivors of sexual violence and my passion for working with Veterans. I’m extremely fortunate to be working with such an amazing staff and look forward to the great things we plan to accomplish this year!
Gloria Hegarty began working at the Rape Crisis Center of Coastal Horizons Center Inc. as a full-time Victim Advocate in 2009. In 2011, the RCC received special funding to provide services to specific underserved populations. Gloria then stepped into the position of the Latina Victim Advocate focusing primarily on serving Hispanic survivors. Anyone who knows Gloria can attest that she is dedicated, passionate and she always willing to go above and beyond to assist clients and staff. Gloria has such a huge heart for providing advocacy and support to Latina survivors of sexual violence.

Lauren Slusher Rivenbark first became connected with the RCC as a Volunteer Hospital Responder in 2006. Lauren’s interest in this field led her to complete an internship with the RCC during her senior year of undergraduate studies at UNCW. Shortly after graduation, she joined the RCC staff as an Advocate/Educator from June 2007-June 2009. In Fall 2009, Lauren decided to pursue her Master’s Degree in Social Work at NC State University. She returned to the RCC in 2011 and began working as a full-time Clinician. Lauren has a unique gift of making everyone she meets feel at ease. Lauren has diligently provided therapy and support to many survivors of sexual violence. Her dedication to this organization has been invaluable.

Thank you both for 5 incredible years!
Agency Introduction: Policies – Procedure & Documentation  
**October 1st – Wednesday 6:00pm – 8:00 pm**

Rape Prevention Education - RCC Hospital Responder  
**October 4th – Saturday 9:00 am – 5:00 pm**

Vicarious Trauma  
**October 8th – Wednesday 6:00 pm – 8:00 pm**

Domestic Violence & Anonymous Reporting  
**October 15th – Wednesday 6:00 pm – 8:00 pm**

Crisis Theory - Mental Health 101  
**October 18th – Saturday 9:00 am – 12:00 pm**

Disability Resources  
**October 22nd - Wednesday 6:00 pm – 8:00 pm**

Human Trafficking & Hispanic Community  
**October 29th – Wednesday 6:00 pm – 8:00 pm**

All trainings will take place in the Boardroom of Coastal Horizons Center, Inc.:  
615 Shipyard Blvd., Wilmington, NC 28412  910.392.7460

Please email Deborah O’Neill at doneill@coastalhorizons.org to register.

---

**Volunteer Spotlight: Kelsea Thomaier**

I started volunteering for the Rape Crisis Center (RCC) of Coastal Horizons Center, Inc. in 2012 as a hospital responder. I am currently attending Cape Fear Community College and plan to transfer to UNCW in 2015 to obtain a degree in Psychology. I enjoy volunteering for the RCC because I get actual field work. Working with clients and witnessing the emotions of survivors is something you cannot get from a textbook. My main interest is in abnormal psychology, and I plan to make my way up to a PhD in Psychology and become a criminal profiler. The RCC has also given me a chance to work with law enforcement, which will be helpful in my future career as a criminal profiler. I have been playing roller derby for three seasons, and training in martial arts over the years. Through martial arts I developed a particular interest in the safety of the public, and it was through roller derby that I was first alerted to the RCC by a former teammate. I plan to continue volunteering with the RCC and seeking an internship.

Interested in volunteering at the RCC?  
Contact: Deborah O’Neill at (910) 392-7185 for more information
Open Survivors’ Group

What: A group that provides opportunities for clients to share their trauma histories, successes, and struggles; receive education on sexual assault and the common emotional and physical effects; and obtain support and encouragement, as well as to provide it to others.

Where: Coastal Horizons Rape Crisis Center, 609 Shipyard Blvd., Suite 106

When: The first Wednesday of each month from 5:30-6:30 p.m.

Special Topic Group: Building Self-Esteem

What: Regaining self-esteem after experiencing sexual trauma can be very challenging. This 6 week group will focus on strengthening your confidence and sense of self-worth.

Where: Coastal Horizons Rape Crisis Center, 609 Shipyard Blvd., Suite 106

When: Thursdays from October 30-December 11 at 5:30-6:30 p.m.

*Registration and in-person intake required.

Thrive Group

What: A group for teen girls who have experienced sexual assault/abuse. This group assists participants in their healing process through interactive discussion and activities.

Where: Coastal Horizons Rape Crisis Center, 609 Shipyard Blvd., Suite 106

When: The first Thursday of each month from 5:30-6:30 p.m.

Grupo Esperanza

What: Supportive and empowering group for Spanish speakers

Where: St. Mary’s Catholic Church, 412 Ann St.

When: September 10th & 24th, October 8th & 22nd, November 5th & 19th from 7:00-8:00 p.m.

For more information about RCC Support Groups in New Hanover County, contact the RCC at:
(910) 392-7185
Open Survivors’ Groups

What: A group for survivors to share their trauma histories, successes, and struggles; receive education on sexual assault and common emotional & physical effects; and obtain support and encouragement, as well as to provide it to others.

Where: Coastal Horizons Rape Crisis Center,
120 Coastal Horizons Rd., Shallotte, NC 28470

When: Tuesdays, 1:00-2:30 p.m.
Wednesdays, 5:00-6:30 p.m.
Thursdays, 5:00-6:30 p.m.
* Registration required!

St. Brendan’s Awareness & Empowerment Group

What: A group for Spanish-speaking adults who have experienced past sexual abuse who are looking for a safe and supportive environment where they can learn to cope and heal from trauma.

Where: St. Brendan’s Church,
5101 Ocean Hwy. W., Shallotte, NC 28470

When: Sept. 17th, October 15th, November 12th, December 17th from 5:30-7:00 p.m.

Like us on Facebook: SupportRcc
Follow us on Twitter: @supportrcc
Sign up for our e-blast newsletter through our website: www.supportrcc.org

If you would like to donate to the RCC, or if you are interested in becoming an RCC Community Fundraising Volunteer, please contact Jamie Thompson at (910)-392-0187, ext. 1001.