Domestic Violence, Dating Violence, Sexual Assault, Sexual Exploitation, & Stalking Resources

Lincoln Campus: Resources for Faculty & Staff to Find Help and Healing

Responding To Sexual Violence

- Here at UNMC we care about the well-being of our employees. If anyone experiences sexual violence, we offer help in several ways.
- UNMC wants to ensure the impacted individual can obtain the assistance and support needed to get help, feel secure, and begin the healing process.
- We hope this information is helpful for anyone who experiences sexual violence.

What is Sexual Violence?

- Sexual violence refers to physical sexual acts perpetrated either against a person's will or where a person is incapable of giving consent due to the victim's use of drugs or alcohol.
- An individual also may be unable to give consent due to an intellectual or other disability.
- Several different acts fall into the category of sexual violence, including rape, sexual assault, sexual battery, and sexual coercion. All such acts of sexual violence are forms of sexual harassment covered by Title IX.

If You Experience Sexual Violence

Anyone in immediate danger should call the police or get to a safe place where they can contact a trusted person or close friend who can be with them until they feel safe again.

Consider Medical Attention

- By getting medical attention as soon as possible, an individual can be evaluated for any physical damage as well as to collect important physical evidence in the event they may later wish to take legal action.
- To keep the evidence viable, an impacted individual should not change clothes, bathe, shower, use the restroom, or cleanse in any way prior to their examination. Also, if possible, they should not eat, drink, or smoke prior to their examination.

- Getting medical attention does not require a person to report to anyone, unless they choose to do so.
- Counseling is strongly recommended to assist the person with their recovery and healing. It can be very helpful to talk with someone who can provide support and who can understand what they have been through.
- They may also call the National Sexual Assault Hotline at 1-800-656-HOPE (4673).

Was it My Fault?

Sexual violence is never the fault of the person who experienced sexual violence.

A survivor may blame themselves:

- “If I hadn’t gotten in the car.”
- “If I hadn’t gone to that social event.”
- “I should have known better than to go to their house.”

A survivor should never blame themselves.

After Effects of Sexual Violence

- Post-Traumatic Stress Disorder (PTSD): severe feelings of anxiety, stress, or fear
- Depression: emotional and psychological reactions such as sadness or hopelessness
- Flashbacks: when memories of past traumas feel as if they are taking place in the current moment
- Difficulties concentrating
- Developing sleeping and/or eating disorders
- Sexually Transmitted Infections (STIs)
- Substance abuse: a person may turn to alcohol or other substances in an attempt to relieve emotional suffering
- Self-harm/self-injury and/or suicidal thoughts, please seek help immediately by calling 911, go to the nearest emergency room or call the National Suicide Prevention Lifeline for help 24 hours a day by dialing 988.

Effects can be immediate or delayed. They can be brief or last a very long time.

Title IX

Title IX of the Education Amendments of 1972 (20 U.S.C. 1681 et seq.) prohibits discrimination on the basis of sex in education programs receiving Federal financial assistance. Title IX states: “No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.”

- Title IX prohibits discrimination on the basis of sex in education programs or activities operated by recipients of Federal financial assistance

- Sexual harassment of employees, which includes acts of sexual violence, is a form of sex discrimination prohibited by Title IX.
- Title IX applies to all students, faculty, and staff of all genders and sexualities.

Reporting Sexual Misconduct

All individuals are expected to promptly report conduct that may violate UNMC Sexual Misconduct Policy to the University. UNMC will offer supportive measures to Complainants whether or not a Formal Complaint is filed. “Supportive measures” means non-disciplinary, non-punitive individualized services offered as appropriate, as reasonably available, and without fee or charge to the Complainant.

Employees who seek to report may contact:

- UNMC Interim Title IX Coordinator: Jamie Wangler at 402-552-2214 or jwangler@unmc.edu
- University Public Safety at 402-559-5111 for assistance in filing a criminal complaint and preserving physical evidence; and/or local law enforcement to file a criminal complaint
- UNMC Compliance Hotline: Ethics Point at 1-844-348-9584 or www.nebraska.ethicspoint.com

Consider Filing a Formal Complaint

If an impacted individual wishes to file a formal complaint, they may contact:

- UNMC Interim Title IX Coordinator: Jamie Wangler at 402-552-2214 or jwangler@unmc.edu

Consider Reporting the Incident to the Local Police Department

An impacted individual may report to local law enforcement any time after they experience sexual violence. The police have investigators who are trained to handle sexual violence cases in a sensitive manner.

If You Know a Person Who Experienced Sexual Violence

- Listen with compassion, be there to support, and emphasize that sexual violence is not their fault
- Provide this information and/or resource list
- Encourage counseling and medical treatment

Retaliation is Prohibited

Retaliation against the Complainant or a third party in an attempt to prevent or otherwise obstruct the reporting or remediation of sexual misconduct is prohibited at UNMC.

Resources

Confidential Resources

Employee Assistance Program (EAP): Arbor Family Counseling at 402-330-0960, 1-800-922-7379, or www.arborfamilycounseling.com

Title IX Education & Advocacy Support Specialist: Kelly Blecha, M.S. 402-836-9043 or kblecha@unmc.edu

Women's Center for Advancement: 24/7 Crisis Hotline: 402-345-7273

Campus Resources

UNL Police: 402-472-2222

UNMC Interim Title IX Coordinator: Jamie Wangler at 402-552-2214 or jwangler@unmc.edu

UNMC Compliance Hotline: Ethics Point: 1-844-348-9584 or www.nebraska.ethicspoint.com

Off-Campus Resources

CHI Health St. Elizabeth: 555 South 70th Street, Lincoln, NE 402-219-7142

Bryan Health Hospital West Campus: 2300 South 16th Street, Lincoln, NE 402-481-1111

Voices of Hope: Crisis Line: 402-475-7273 Non-Emergency: 402-476-2110

Women's Center for Advancement: Main Office: 402-345-6555

Lincoln Police Department: 402-441-6000 or 911

Legal Aid of Nebraska: 1-877-250-2016 or www.legalaidofnebraska.org

24/7 Hotlines

National Sexual Assault Hotline: 1-800-656-HOPE (4673)

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

National Websites

Know Your Rights Title IX: www.knowyourix.org

Nebraska Coalition to End Sexual and Domestic Violence: www.nebraskacoalition.org

RAINN (Rape, Abuse & Incest National Network): www.rainn.org

LGBT National Help Center Hotline: 888-843-4564 or www.lgbthotline.org

Male Survivors of Sexual Trauma: www.malesurvivor.org