

## What is sexual assault?

"Sexual assault is any type of sexual contact or behavior that occurs without the complicit consent of the recipient." *US Dept. Justice*

This includes:

- Forced sexual intercourse of any kind
- Inappropriate touching or fondling
- Incest
- Rape/Attempted Rape

Sexual assault can be perpetrated by an acquaintance, someone you know well, your spouse, or by a stranger.

## What does SANE stand for?

A Sexual Assault Nurse Examiner (SANE) is a medical provider who has specialized education and clinical preparation in the medical and forensic care of victims of a crime. Other medical providers may also care for you, they are called Sexual Assault Forensic Examiners (SAFE)

SANE/SAFEs are trained to

- identify physical trauma, document injuries, collect evidence, and maintain chain of custody
- provide immediate crisis intervention and emotional support
- collaborate with community agencies in response to crime
- provide expert testimony in a court of law.

**Women, men, and children who have experienced sexual assault are in need of specialized care that our SANE/SAFE program can provide.**

Sexual assault is **never** the victim's fault – no matter how it happens

## Our mission



The Mountain West SANE Alliance program provides assault victims trauma informed, compassionate, culturally sensitive, and comprehensive forensic evaluation and treatment by trained, professional nurse experts.

### To request a SANE/ SAFE exam

Call Garfield County Dispatch  
**970-625-8095**

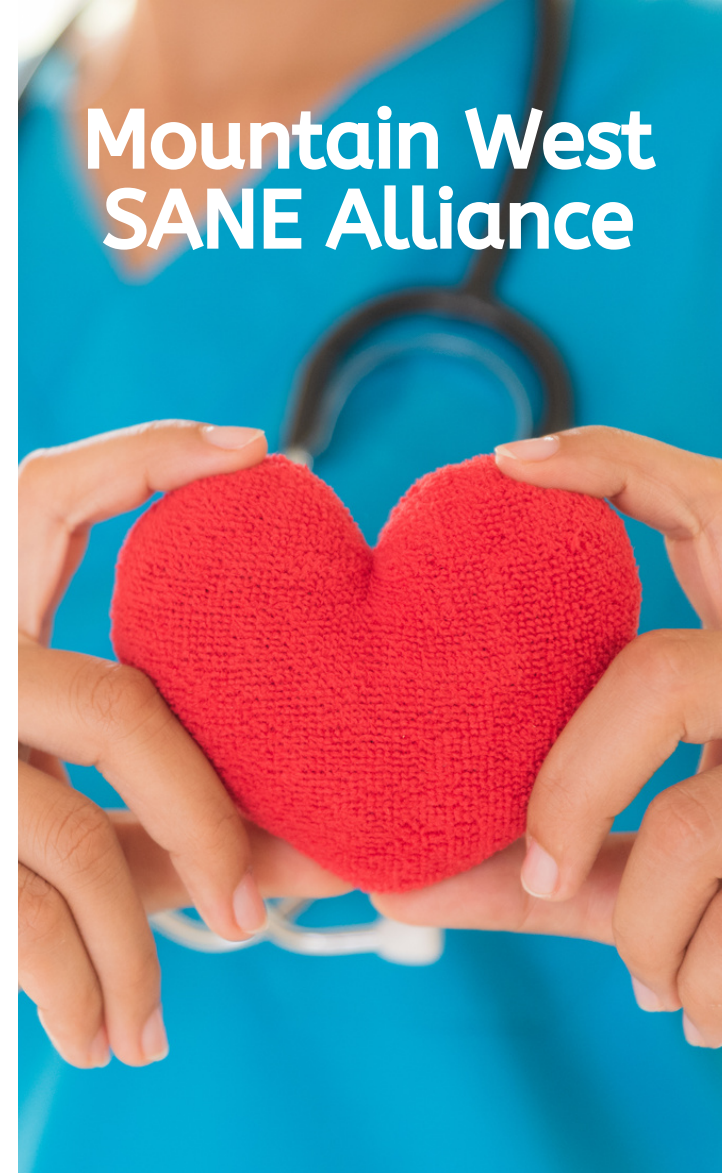
Request a callback from a  
SANE provider

Your identify will remain  
anonymous until a discussion  
about your reporting options  
with your SANE/SAFE

Mountain West SANE Alliance



# Mountain West SANE Alliance



Mountain West SANE Alliance



504 21st Street  
Glenwood Springs CO, 81601  
970-945-5195  
[www.riverbridgerc.org/mwsa](http://www.riverbridgerc.org/mwsa)

## Are you a survivor of sexual assault?

This can be one of the most painful, confusing, and frightening things that can happen to a person. The most important thing for you to understand is that **it is not your fault. PERIOD!**

It is natural to experience feelings, such as anger, disbelief, fear, humiliation, shame, restlessness, difficulty concentrating, lack of trust, and guilt. With time and support from our SANE/SAFE team and your loved ones, these feelings can subside.

**We are here to support you.**

**A SANE/SAFE is available 24/7 to respond to your call and take special care of you.**

**A victim's advocate will be available to provide you with support as needed.**



## If you have been the victim of a sexual crime

- Get to a safe place then call 911 or go to your nearest emergency room if you sustained injuries
- DO NOT shower, bathe, or change your clothing
- DO NOT eat, smoke, brush teeth or use the bathroom, if possible
- DO NOT clean your home or the area where the assault occurred
- DO NOT avoid seeking medical care because of cost. All patients are seen regardless of their ability to pay
- DO call a friend or family member or one of the crisis lines below
  - Response 970-925-7233
  - Advocate SafeHouse 970-945-4439
- DO bring a change of clothing with you to the exam
- Even if days have passed since your assault, it is still important to have a thorough medical examination and receive treatment

**We understand it may have been a difficult decision to seek help. But we are glad you did and we will take care of you.**



## What to expect from a SANE/SAFE exam

- The exam consists of your medical history, your account of the assault, a head-to-toe exam, a genital exam, and forensic evidence collection
- In order to ensure comprehensive care, most exams take 2-3 hours to complete. However, each case is different and exam times may vary.
- The SANE will ask you details of the assault to determine where to look for injury and evidence.
- Your SANE will write down everything you tell them.
- The SANE will perform a pregnancy test (for women) and provide medication to prevent sexually transmitted infections (STIs).
- You have the right to refuse any part of the exam. Be aware that if a SANE does not perform certain steps of the exam, it may be more difficult to prosecute your case in court.