



# Annual Report 2012-2013

# A message from our CEO

Dear Friends,

Addressing sexual assault is often uncomfortable, but last year's child sexual abuse trial involving former Penn State assistant coach Jerry Sandusky inspired people like you across the state to learn more about sexual abuse and the work done by the Pennsylvania Coalition Against Rape.



Thank you.

As a result, PCAR's reputation as a leader in sexual assault response grew in Pennsylvania and expanded beyond the Commonwealth's borders.

Anyway we look at it, sexual assault is a threat to our health, safety and happiness. It impacts many people and families directly and countless others indirectly.

Ending sexual violence is a big challenge, but with your help PCAR is leading the way in prevention.

Take some time to learn about our work last year in our annual report. We also invite you to visit our websites ([pcar.org](http://pcar.org), [visionofhopefund.org](http://visionofhopefund.org), [nsvrc.org](http://nsvrc.org) and [heroproject.org](http://heroproject.org)) to share resources and support our work.

Together, we can end sexual violence.

Sincerely,

A handwritten signature in black ink that reads "Delilah Rumburg". The signature is fluid and cursive.

Delilah Rumburg  
Chief Executive Officer

---

## In this issue

### **Engaging the Latin@ Community – Page 4**

Cristina Perez from Women Organized Against Rape in Philadelphia has been recognized for a program serving more than 3,000 Latin@ victims of sexual violence.

### **Center Spotlight – Page 5**

The Crime Victims Council of the Lehigh Valley, in partnership with Manito Life Center, is using group therapy utilizing horses, to treat sexual abuse survivors.

### **Training Projects – Page 6**

PCAR's training and technical assistance department provides an array of support, training and resources to professionals and rape crisis centers.

### **Advocating Change – Page 8**

PCAR utilizes public policy to advocate for the rights and needs of victims of sexual violence.

### **Fiscal Breakdown – Page 9**

See how we gain support for our mission and how your contributions are helping to end sexual violence.

### **Making a Difference – Page 10**

Through prevention, intervention and outreach in our schools and communities, our centers continue to strive to create a society free of sexual violence.

### **Survivor Story – Page 11**

Counselors helped a teen survivor of sexual assault who had been sex trafficked by her biological mother.

# About the Pennsylvania Coalition Against Rape



PCAR's leadership team consists of (front row) Kristen Houser, Delilah Rumburg, (back row) Tracy Cox, Heather Pachkoski, Diane Moyer, Joyce Lukima and Karen Baker.

The Pennsylvania Coalition Against Rape (PCAR) is the oldest rape crisis coalition in the country and works to eliminate sexual violence and advocate for the rights and needs of victims of sexual assault.

PCAR — founded in 1975 — funds and supports the work of 50 rape crisis centers who serve victims of all ages in Pennsylvania's 67 counties. PCAR provides resources and training on sexual assault-related issues to professionals across the country and promotes public policy to provide legal protections for victims and enhance public safety.

Since 2000, PCAR has operated the National Sexual Violence Resource Center (NSVRC) to support sexual assault prevention and intervention across the country. PCAR also supports AEQuitas to provide prosecutors with the support, training, mentorship and resources necessary to objectively evaluate and constantly re-examine and refine their approach to justice in cases involving violence against women.

Through PCAR's Vision of Hope Fund, we invest in effective sexual abuse prevention. Each year, PCAR awards grants of up to \$50,000 to advance our mission of increasing child safety through adult responsibility and accountability.



This publication was funded, in part, by the Department of Public Welfare. Its contents do not necessarily represent the official views of this agency.

© Pennsylvania Coalition Against Rape 2014

## PCAR Leadership

### **Delilah Rumburg**

Chief Executive Officer

### **Karen Baker**

National Sexual Violence Resource Center  
Director, Vice President of Resources

### **Kristen Houser**

Vice President of Public Relations

### **Joyce Lukima**

Vice President of Services

### **Heather Pachkoski**

Vice President of Finance

### **Tracy Cox**

National Sexual Violence Resource Center  
Communications Director

### **Diane Moyer**

Legal Director

## Board of Directors

### **Ralph J. Riviello, MD, FACEP**

President

### **Prabha Sankaranarayan**

Immediate Past President

### **Mary Phan-Gruber**

Vice President

### **Paul Mendofik**

Secretary

### **Ann Bryson**

Treasurer

### **Denise Johnson, MD**

Member-at-large

### **Terri Allison**

### **Michael Breslin**

### **Pamela Golden**

### **Alison Hall**

### **Terri Hamrick**

### **Jayne H. Huston**

### **Theo Kotjarapoglus**

### **Paul Lukach**

### **Janet MacKay**

### **Susan Mathias**

### **Strong Oak**

### **Hon. Jack Panella**

### **Tomika Stevens**

### **Sheila Washington**

# Engaging Latin@ Communities

PCAR uses Latin@ as a way to foster a non-sexist inclusive language. Adding the @ symbol, which has both an “A” (feminine) and an “O” (masculine) reflects a more gender-neutral description of this population.

When Cristina Perez struggled to get members of the Latin@ community to attend community sessions to talk about sexual assault and domestic violence-related issues, she didn’t give up on the idea.

Perez, the director of community outreach and a counselor at Women Organized Against Rape in Philadelphia, began going door-to-door to connect with members of the community and ask about individuals’ needs.

“Working with Latin@s in the United States, you need to understand the cultural approach,” Perez said. “We don’t talk very openly about sexual assault because it is a secret. We do things differently. This is very important to understand. Sometimes the system is not working for you. You need to understand how the system can work for migrant communities.”

The Robert Wood Johnson Foundation Community Health Leaders program recognizes contributions community health leaders make in achieving RWJ’s mission and goals to enhance the capacity of these individuals to have a more permanent and widespread impact on health care problems. Each Community Health Leader receives an award in the amount of \$125,000 to support the continuation of and enhancement of the leader’s work.

Perez continues to increase awareness of the help available and prevent sexual assault and domestic violence among Latin@ and immigrant communities.

Over time, Perez and her volunteers began to see a shift in the South Philadelphia community. People began opening their doors to talk about sexual assault, domestic violence and human rights. They learned about the help that is available to them. And they began to realize that they didn’t have to suffer in silence.

In 2003, Perez began a peer-to-peer educational program called “La Casa De Los Soles” in South Philadelphia to increase the number of immigrants who request and receive services from public agencies addressing these issues.

The program has served more than 3,000 Latin@ victims of sexual violence; she received the 2012 Robert Wood Johnson Foundation Community Health Leaders award for her efforts.

“I was in shock,” Perez said of the award. “It is very scary because it is a big responsibility. It is a hope to make changes for Latin@s, for migrant populations. We need to start thinking out of the box. There are different ways to start working with the community.”

The program will recruit and train 20 community leaders that will each be paired with 10 individuals/families to provide bilingual and culturally sensitive personal assistance and workshops related to health and sexual assault and domestic violence prevention that’s based on a model of empowerment and resilience.

“Everyone knows about resiliency in the U.S., but in reality we have a very different concept of resiliency,” Perez said. “In Latin America, everyone is resilient because we are confronting so many issues. You don’t have time to cry because there are so many situations. People don’t know; they are very strong.”

It is that personal power, strength and resilience Perez hopes to teach others to confront new problems and solutions in life.



Cristina Perez, director of community outreach and counselor at Women Organized Against Rape in Philadelphia, receives the Robert Wood Johnson Foundation Community Health Leaders award for her efforts to serve more than 3,000 Latin@ victims of sexual violence through the “La Casa De Los Soles” program.

Kim experienced a range of emotions after she was sexually assaulted. She felt angry, sad, frustrated, depressed and anxious — just to name a few.

She didn't want to talk about what happened — not even to her private therapist. And she didn't want to be a part of group therapy. She had a mental image of a group of women sitting in a circle, talking about their experiences. It was not appealing. But she made the call to the Crime Victims Council of the Lehigh Valley that her private therapist urged her to make.

And she couldn't be more thankful.

Kim took part in a unique group therapy program offered by the Crime Victims Council of the Lehigh Valley and Manito Life Center which utilizes animal therapy. The therapy sessions at Manito Life Center, a 96-acre, 27-horse stall facility, combine equine exercises with talk therapy.

"That very first day, we got to put a halter on a horse, it opened me up to the idea of group therapy," Kim said. "I don't think I ever talked to anyone else that had a story like mine, so it made me feel a little better knowing that there were others out there like me."

The program, which launched in 2010, is the first of its kind in Pennsylvania to use equestrian therapy to help treat sexual assault survivors.

"We take it one careful step at a time," said Lisa Schadt, owner of Manito Life Center. "Most people have never had the opportunity to be in close proximity to such beautiful, powerful animals. Being out in the open air in a peaceful, non-judgmental environment has been very effective in helping women to relax and be comfortable."

Survivors who take part in the program, which is supported by a Highmark Blueshield grant, learn how to care for and ride horses as they heal from abuse.

"What makes this program so great is that because when someone experiences a traumatic event, it is not just a mental response to it, it is a full body response," said Sarah Kincaid, a victim witness supervisor at Crime Victims Council of the Lehigh Valley.

"While people can come to counseling and sit and talk and talk, there is a physical active element that is



*Kim forms connections with a horses at Manito Life Center, part of the equine therapy program through the Crime Victims Council of the Lehigh Valley in Allentown, Pa.*

missing," she said. "Our bodies remember the trauma. There is a physical element that gets lost when you are just doing one-on-one counseling. So this is a physically therapeutic tool. It is a wonderful thing."

"If I had to go to a group and sit in a chair and talk with everyone looking at me, I probably would have gone home and never come back," Kim said. "This was totally different. I was able to actually open up and talk about my story."

Andrea, who was sexually assaulted on her college campus, agrees. She and Kim participated in the 7-to-10-week program which teaches resiliency, confidence, assertiveness and other coping and life skills.

"Coming here was a relief," said Andrea. "It is definitely different talking to others who have been there. Fighting the college to take action, I became insecure after that. It was worse than the assault to be honest. The whole not doing anything, being blamed, having it minimized. That really took a toll on me. Coming here with the hands-on therapy with the horses was a huge help."

# Training Projects

The Pennsylvania Coalition Against Rape training and technical assistance department provides an array of support, training and resources to professionals and rape crisis centers. To advance the mission of PCAR, our training programs focus on understanding the needs and conditions of specific communities. The department recognizes a one-size-fits-all approach serves no one, and sexual assault services and prevention efforts must be tailored to each community.

Sexual violence is rooted in oppression and cannot be ended for one group of people without ending it for all. To this end, we are always on the lookout for emerging issues. This year, PCAR hosted the first ever Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) summit, a one-day conference about meeting the needs of survivors of sexual violence who identify as LGBTQ, and developed new information packets including *Working with Latin@ Communities* and *Understanding Rape in Prison*.

As a state coalition, PCAR has the ability to aid local communities while changing systemic responses in law enforcement, prosecution, medical practices and reporting. Our T&TA department has trained law enforcement, advocates and prosecutors to recognize how gangs traffic females for revenue and published articles to educate healthcare practitioners how to treat victims and minimize the trauma of sexual assault examinations and the headaches and privacy concerns of billing.

## Tailored to Community

PCAR staff provided 506 hours of technical assistance to approximately 860 people from 754 organizations and has developed free and on-demand training programs, podcasts, video series and e-learning tools based upon these requests. PCAR has created and revised six training guides for specific populations, including children, adults with disabilities, Latin@ communities, survivors of prostitution, law enforcement and prosecutors, and friends and families of survivors.

**Be Safe • Speak Out • Get Help**  
A Personal Safety Training Guide for Adults with Disabilities

s.a.f.e.  
Supportive Advocates for Family Emergencies

**Child Abuse and Mandated Reporting**  
Train-the-Trainer Guide

PCAR  
PENNSYLVANIA COALITION AGAINST RAPE

The Intersection Between  
Prostitution and Sexual Violence

PCAR  
PENNSYLVANIA COALITION AGAINST RAPE

**Understanding Rape in Prison**  
By Hallie Martyniuk

Sexual assault is one of the most underreported crimes in the U.S., with an estimated 65% unreported (U.S. Department of Justice, Office of Justice Programs, Bureau of Justice Statistics (BJS), 2011). The reality is that sexual abuse in detention is a widespread, systemic problem. With more than 7 million Americans confined in U.S. correctional facilities or supervised in the community (Giese, J., & Parks, E., 2013), and approximately 95% returned to the communities after serving their sentences, this is an issue society cannot afford to ignore. Sexual assault makes correctional environments more dangerous for staff as well as prisoners, consumes scarce resources, and undermines rehabilitation. It also carries the potential of devastating the lives of victims (National Prison Rape Elimination Commission, 2009).

In May 2012, the Bureau of Justice Statistics (BJS) released the findings of a survey of former state prisoners, 10% reported one or more incidents of sexual victimization while incarcerated. Of the inmates reporting sexual abuse, 31% were victimized three or more times (Beck, A. J., & Johnson, C., 2012). The Bureau of Justice Statistics found that 4% of federal and state prison inmates and 3% of county/jail inmates reported experiencing one or more incidences of sexual victimization by another inmate for facility staff in the past 12 months or since incarceration, if less than 12 months (Beck, et al., 2013). Other independent research indicates that one in five male inmates faces sexual assault behind bars (Struckman-Johnson & Struckman-Johnson, 2005). While estimated rates of sexual abuse at women's prisons vary widely, at the worst facilities, as many as one in four prisoners are victimized (Struckman-Johnson & Struckman-Johnson, 2005). Regardless of the accuracy or lack of accuracy of the statistics, studies have concluded that even if the incidence of sexual victimization in prisons is relatively low, the pervasive fear of such victimization dictated inmate behavior and dominated a majority of inmate interactions (Fleisher & Kerner, 2006).

PENNSYLVANIA COALITION AGAINST RAPE  
Prison Rape Elimination Act (PREA) A Pennsylvania Perspective

## Breaking New Ground: 2013 LGBTQ Summit

PCAR hosted the first summit for LGBTQ issues in Pennsylvania, including workshops and round-table discussion panels. Forty-nine preventionists and advocates from 24 organizations attended the summit.



## Ensuring Victim Compensation and Privacy

PCAR wrote an article to ensure hospitals, in and out of state, understood victim compensation and billing procedures for rape victims to preserve privacy. The article was featured in the PA American College of Emergency Physicians newsletter, reaching more than 1,600 members.

The Pennsylvania Coalition Against Rape works to **eliminate all forms of sexual violence** and advocate for the **rights and needs** of victims of sexual assault.

**EVERY YEAR**

**30,000**

men, women, and children receive support services



through a network of 50 Rape Crisis Centers serving all 67 Pennsylvania counties

## OUR HISTORY

PCAR was founded in

**1 9 7 5**

to provide coordination and information exchange between emerging anti-rape efforts across the state. We were the

**nation's first anti-sexual violence coalition.**



PENNSYLVANIA CHAPTER, AMERICAN COLLEGE OF EMERGENCY PHYSICIANS  
NOVEMBER/DECEMBER 2012

### Contents

- Reports from the ACEP Council Meeting.....2
- EMTALA Tort Reform Public Hearing.....3
- Senator Arlen Specter .....4
- Thank You PEP-PAC Contributors....4
- PAMED House of Delegates.....5
- Are You Properly Billing For Forensic Rape Exams?.....6
- Increasing Access to Rural Trauma

### Executive Privilege

#### The Right to Vote

Ralph Riviello, MD, MS, FACEP  
President



Well, by the time you read this, the 2013 elections will be over and we may or may not have a new president, senator, representative,

through a system of representation usually involving periodically held free elections.

We vote in a lot of ways in our everyday lives and careers. We vote for PTA president, city council members, medical staff officers, and PaACEP Board of Directors. Although it may not seem it at the moment, all of our votes are important and matter. We should be honored at having the opportunity to participate in

# Advocating Change

## Policy update

The Pennsylvania Coalition Against Rape utilizes public policy to aid in our mission to advocate for the rights and needs of victims of sexual violence.

This fiscal year, Legal Director Diane Moyer testified at two Judiciary Committee Public Hearings on endorsed legislative issues and met with House and Senate Judiciary members to build support for legislation and to ensure that there are no unintended consequences for victims.

Moyer also met with the entire PA delegation to advocate for the passage of the Violence Against Women Act and Victims of Crime Act funding. She participated in the Victims' Rights Caucus and met all new legislative members to discuss services for victims, prevention education in their district, and the policy work of the PCAR. The coalition successfully engaged new members in advocating for relevant issues, sponsoring bills and participating in our social media campaigns.

### Advancing Right of Victims of Sexual Violence

PCAR participated in the bill signing for the Sexting by Minors Act (House Bill 815), The Cruttenden Amendment (House Bill 2400), HIV-Related Testing for Sex Offenders (House Bill 1794) and the National Human Trafficking Resource Center Hotline Notification Act (House Bill 235). For more information on these bills, visit our website at [www.pcar.org/policy](http://www.pcar.org/policy).

## Creating safer communities for children and families

Parent involvement is the key to preventing child sexual abuse. Developed by the Pittsburgh Action Against Rape with aid from PCAR's special initiatives grants and the Vision of Hope Fund, *Where We Live: The Parent Involvement Project* is set to become a national model for child sexual abuse prevention programs.

*Where We Live: The Parent Involvement Project* was tested in Pittsburgh and throughout Allegheny County. Additional funding was provided by The PNC Foundation, Leo Niessen Foundation, Grable Foundation and Highmark Blue Cross Blue Shield to support the expansion of the pilot programs in six additional counties in southwestern Pennsylvania. After participating in the program, adults were more likely to take direct action with an adult about whom they were concerned, and less likely to put responsibility on children to avoid suspicious adults.

*Where We Live* was developed after information from a survey found parents lacked critical knowledge about how to discuss healthy sexuality and sexual abuse prevention. The project increases adult awareness of child sexual abuse and teaches proactive behaviors that can reduce the risk of children being targeted by sexual abusers. The program helps adults talk to children about sexuality and strengthens community expectations to talk about child sexual abuse prevention and hold individuals accountable for behaviors that violate a child's boundaries.

PENNSYLVANIA STATE UNIVERSITY



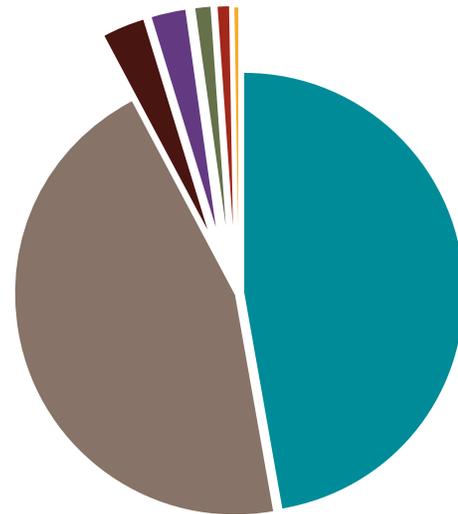
PNC



# Fiscal Breakdown

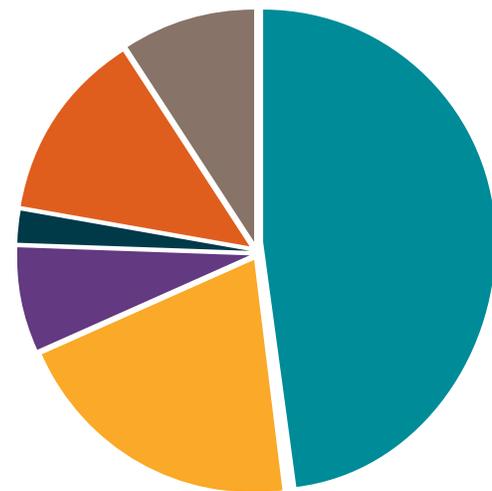
## Revenue

Federal grants	\$7,338,969—47.31%
State grants	\$6,987,496—45.04%
Miscellaneous grants	\$476,471—3.07%
In-kind contributions and donations	\$370,943—2.39%
Fundraisers, sale of materials	\$172,830—1.12%
Assessment income	\$140,204—0.90%
Miscellaneous revenue	\$26,477—0.17%



## Expenses

Rape Crisis Centers	\$7,499,132—48.14%
PCAR	\$3,147,505—20.20%
NSVRC	\$2,031,061—13.04%
AEquitas	\$1,388,933—8.92%
Management and general	\$1,137,779—7.30%
Fund development	\$374,132—2.40%



PCAR grants nearly half its revenue to the network of 50 rape crisis centers for victim services and prevention activities.

Approximately 20% of PCAR's revenue supports the work of PCAR's staff. PCAR provides training, resources and expertise to enhance Pennsylvania's ability to prevent and respond to sexual assault, and to promote public policy and legal protections in the best interests of victims and public safety.

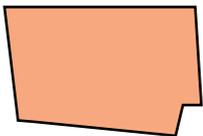
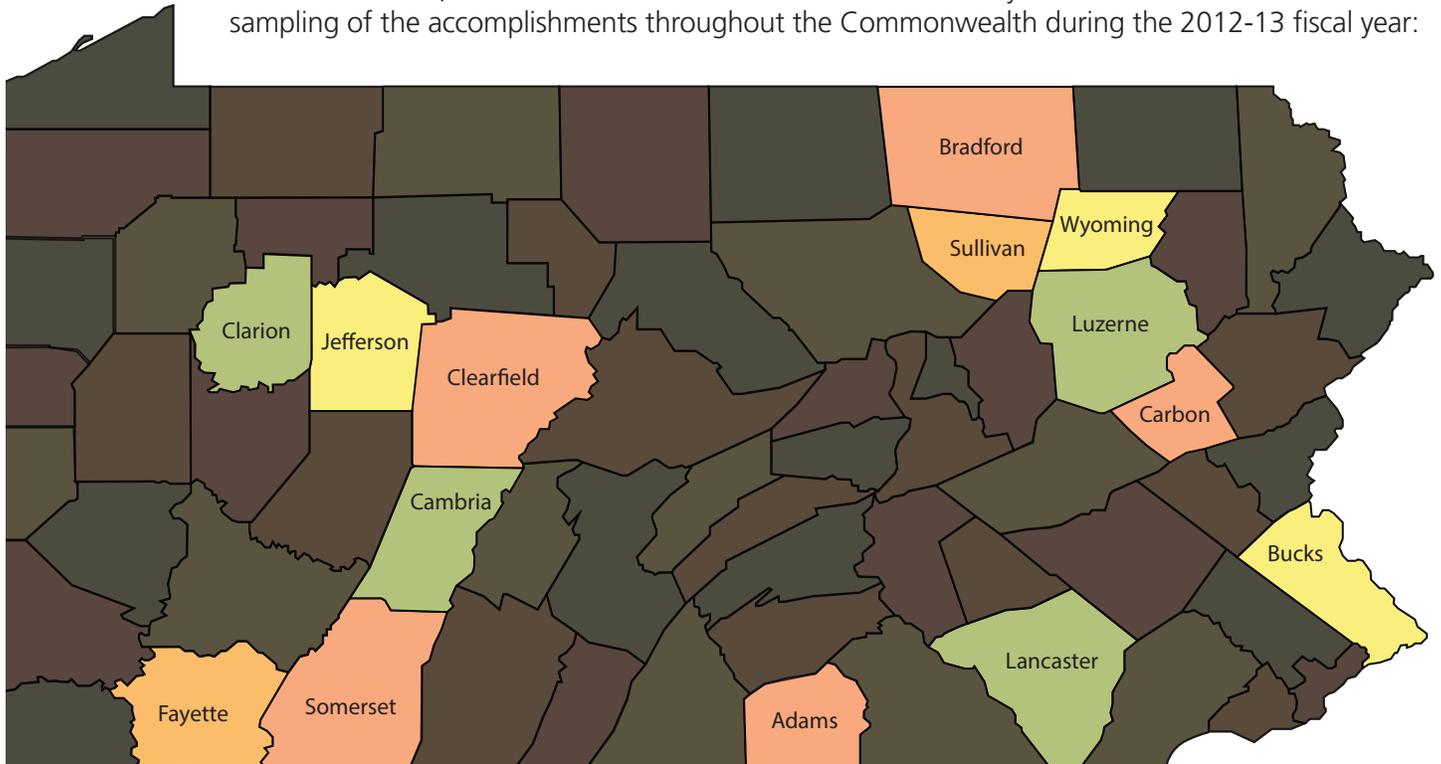
Nearly 22% of PCAR's revenue supports our national work to prevent and respond to sexual violence. NSVRC and AEquitas: The Prosecutors' Resource on Violence Against Women provide the support, training, mentorship and resources necessary to expand and enrich national efforts to prevent sexual violence and prosecute offenders.

More than 20% of PCAR's revenue provides resources and training on sexual assault-related issues and promotes public policy to provide legal protections for victims and enhance public safety.

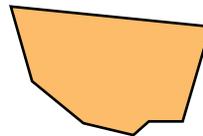
Less than 10 percent of PCAR's revenue is directed towards the development, management and oversight of activities.

# Making a Difference

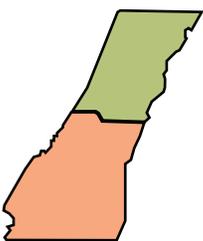
The Pennsylvania Coalition Against Rape's network of 50 rape crisis centers across the state are making a difference each day. Through prevention, intervention and outreach in our schools and communities, our centers continue to strive for a community free of sexual violence. Here is a sampling of the accomplishments throughout the Commonwealth during the 2012-13 fiscal year:



**Victims' Resource Center** in Bradford County provided the primary prevention training, Safe Dates, to all of the 8th graders in Fretz Middle School for the first time and have been asked to provide this program every year.



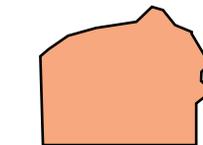
**Sullivan County Victim Services** became a member of the Wyoming/Sullivan Criminal Justice Advisory Board.



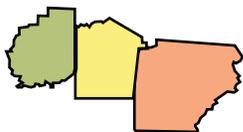
With the success of the Sexual Assault Response Teams in Cambria and Somerset counties, **Victim Services Inc.** in partnership with the Cambria and Somerset County DA's offices, initiated a SART Conference that will be held annually.



**NOVA** in Bucks County spearheaded the development of the Bucks Coalition Against Trafficking (BCAT) to address issues of sexual human trafficking.



**Survivors, Inc.**, serving Adams County, is moving forward with primary prevention at Gettysburg College and is developing a Sexual Assault Response Team on campus.



**Passages Inc.**, serving Clarion, Jefferson and Clearfield counties, trained a group of high school students to do an eight-session puppet show curriculum for first and second graders.



**Victims Resource Center**, serving Carbon, Luzerne and Wyoming counties, conducted a focus group with men at the drug and alcohol half-way house and identified the connection between child abuse and drug and alcohol dependency.



**YWCA Lancaster** went to the middle school to provide counseling and assistance in understanding the legal system, effectively coping with anxiety and empowering students to make positive life decisions.



**Crime Victims' Center's** in Fayette prevention education programs have been requested in eight schools for at-risk youths.

# Survivor Story

She sat at a teen support group for survivors of sexual assault meeting with her head covered by a hood and her face down on the table, avoiding eye contact with anyone. She didn't say much at the beginning. She was covered head to toe in black, including her hair and nails.

Over the next two years, she gradually began to open up more and more to the group. She also attended intensive individual counseling on a weekly basis at Family Services, Inc. in Blair County, one of Pennsylvania's rape crisis centers. This young lady suffered sexual abuse from several perpetrators, including her mother's long-time boyfriend. Her biological mother had sold her for sex so many times, she didn't even know exactly who the perpetrators were or how many there had been.

At 16, she was taken from her mother's care by children and youth services. She was placed in a therapeutic foster home where they were specially trained to meet the needs of traumatized children.

About one year into her recovery journey, at 17 years old, her biological father found her. Her mother had deliberately kept her biological father from knowing where she was or the person she was becoming. Over the next year, she went to visit her dad, he participated in family sessions over the phone (he lives out of state) and their relationship grew. Also during that year, she was asked by children and youth services to be an advocate.

She was asked to share her journey through the children and youth system and the positive impact it has had on her life. Challenges she faced during this period of time included: eating disorders (anorexia and bulimia), self-mutilation, testifying against one of her perpetrators in criminal court, preparing for a second criminal trial, and facing her mother in a court hearing. Her mother was present in support of another one of her perpetrators.

**“ Her biological mother had sold her for sex so many times, she didn't even know exactly who the perpetrators were or how many there had been.”**

**“ Her mother had deliberately kept her biological father from knowing where she was or the person she was becoming.”**

Currently, she is attending college, she moved out of state to live with her dad, and she's succeeding in life. She truly is an inspiration for the work we do. When she left us, her hair was no longer black, she wore shorts and tees in the summer and no longer hid behind a hood. This young lady was able to turn her life around because of the interventions and support of several community agencies. We feel so fortunate to have been a part of her life and her healing journey.

*Due to the sensitive nature of sexual assault, the survivor has requested that she remain anonymous.*



# APARTA LA FECHA

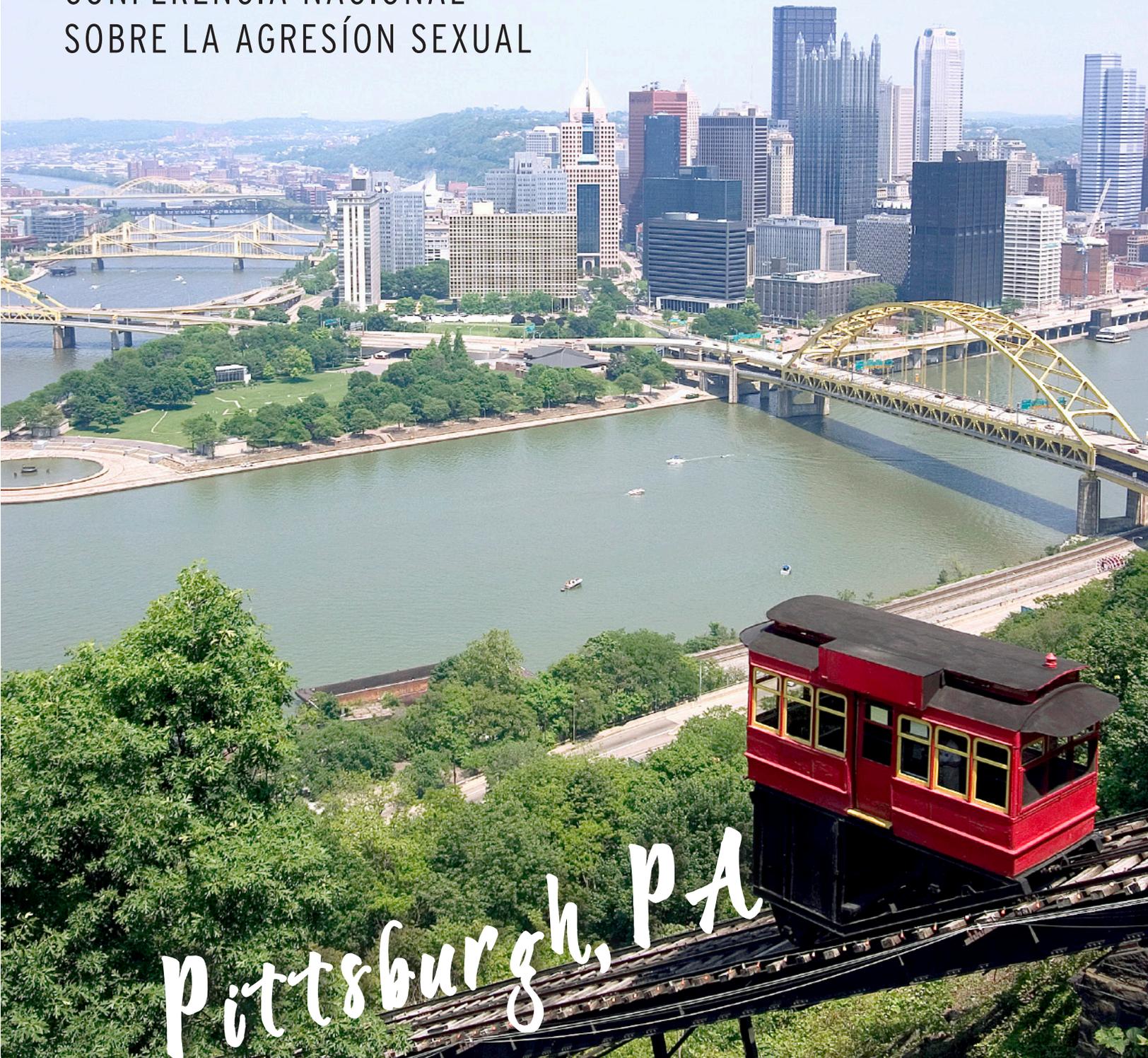
**20-22 DE AGOSTO DE 2014**

CONFERENCIA NACIONAL  
SOBRE LA AGRESIÓN SEXUAL

# SAVE THE DATE

**AUGUST 20-22, 2014**

NATIONAL SEXUAL ASSAULT  
CONFERENCE



*Pittsburgh, PA*