

# Help Hope Healing



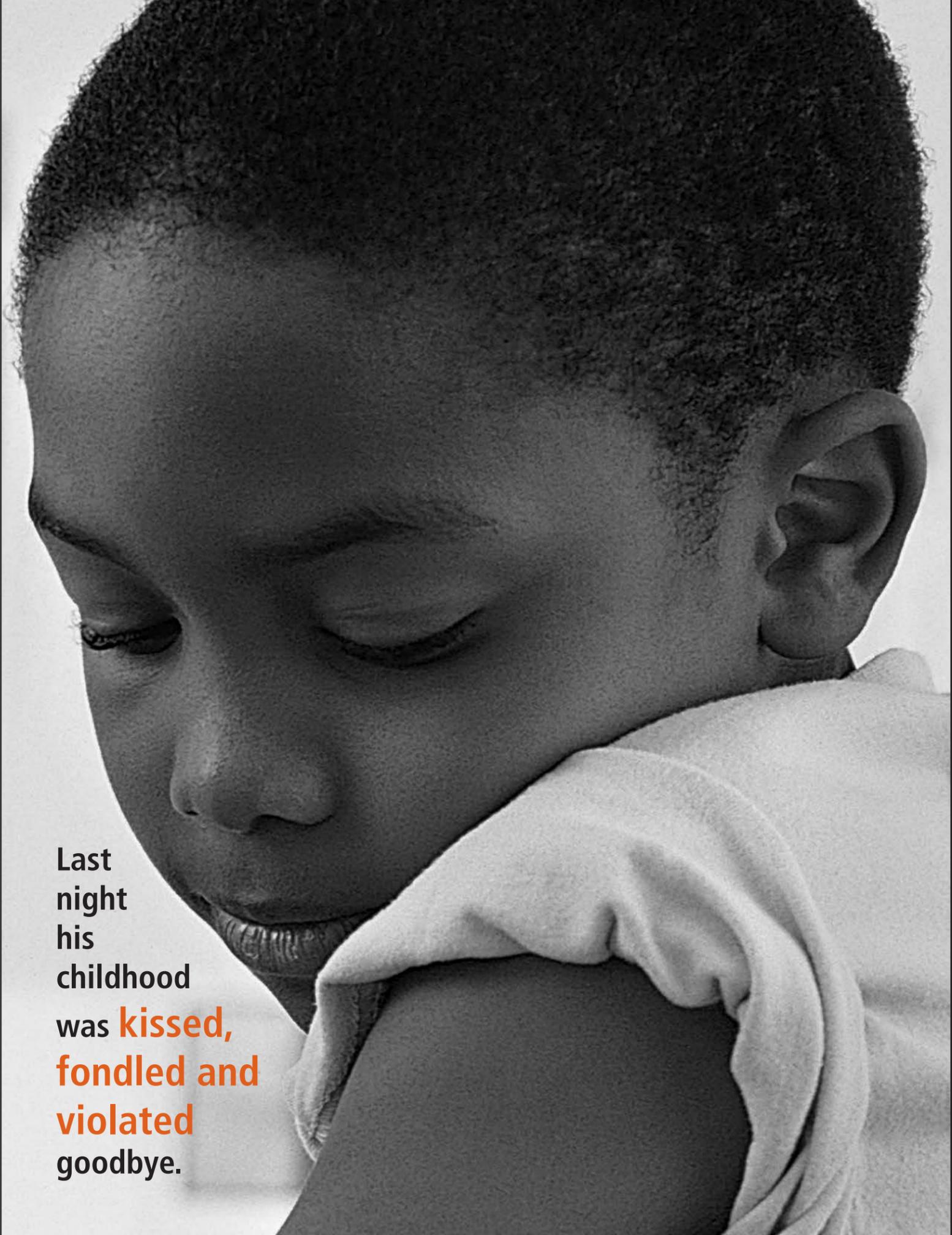
VISION OF HOPE  
FUND

**One in four girls and one in six boys** experience something so horrible before the age of 18 that many of them wait decades to tell anyone about it.

Look at the children in your life.

Don't they deserve to grow up **safe and healthy**?

**The Pennsylvania Coalition Against Rape (PCAR)** is here to provide brighter futures for children and adults by partnering with a network of rape crisis centers to **help survivors of sexual assault** whenever they seek assistance.



Last  
night  
his  
childhood  
was **kissed,  
fondled and  
violated**  
goodbye.

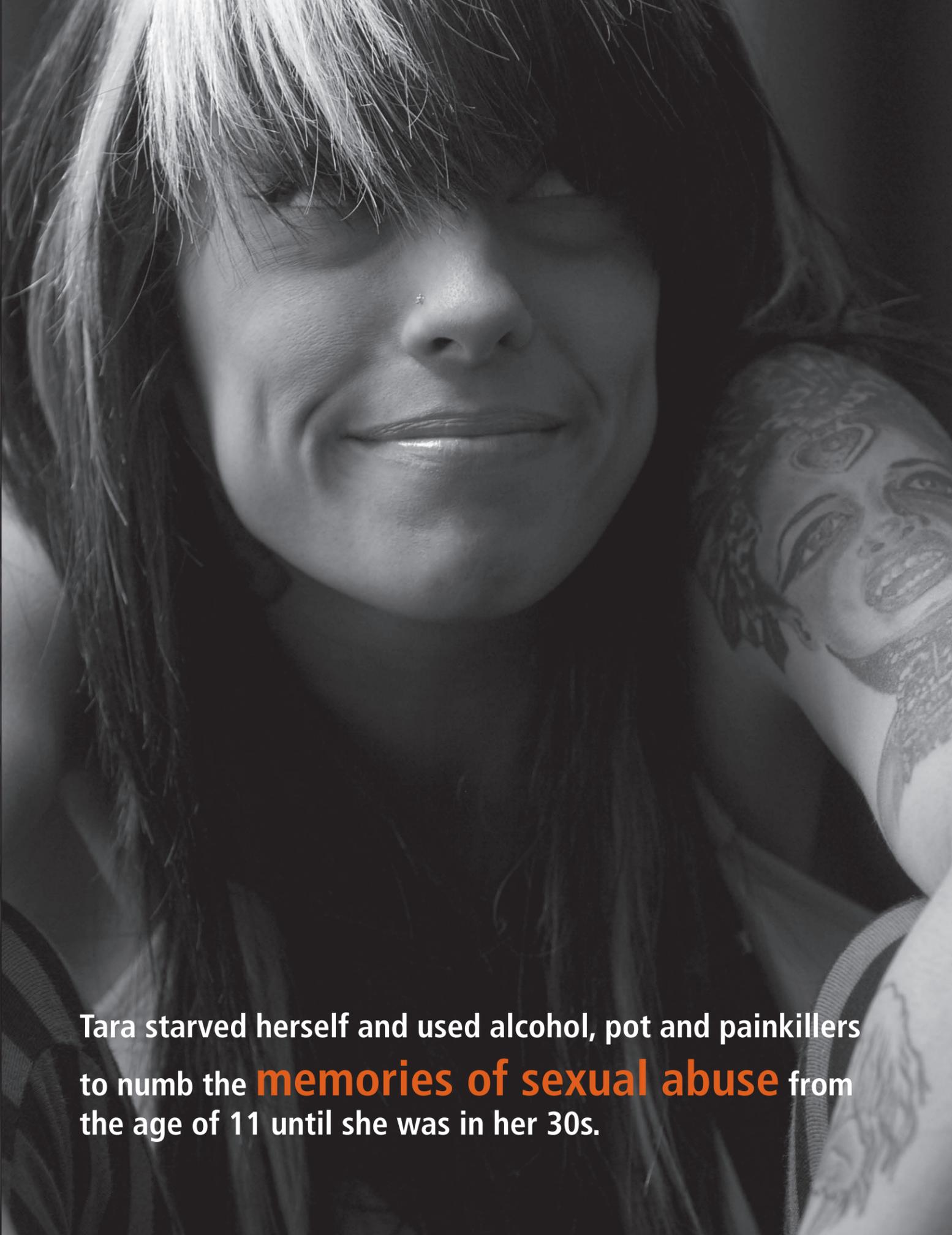


Her neighbor offered to rake  
the leaves in the yard and then  
**raped** her in the kitchen.

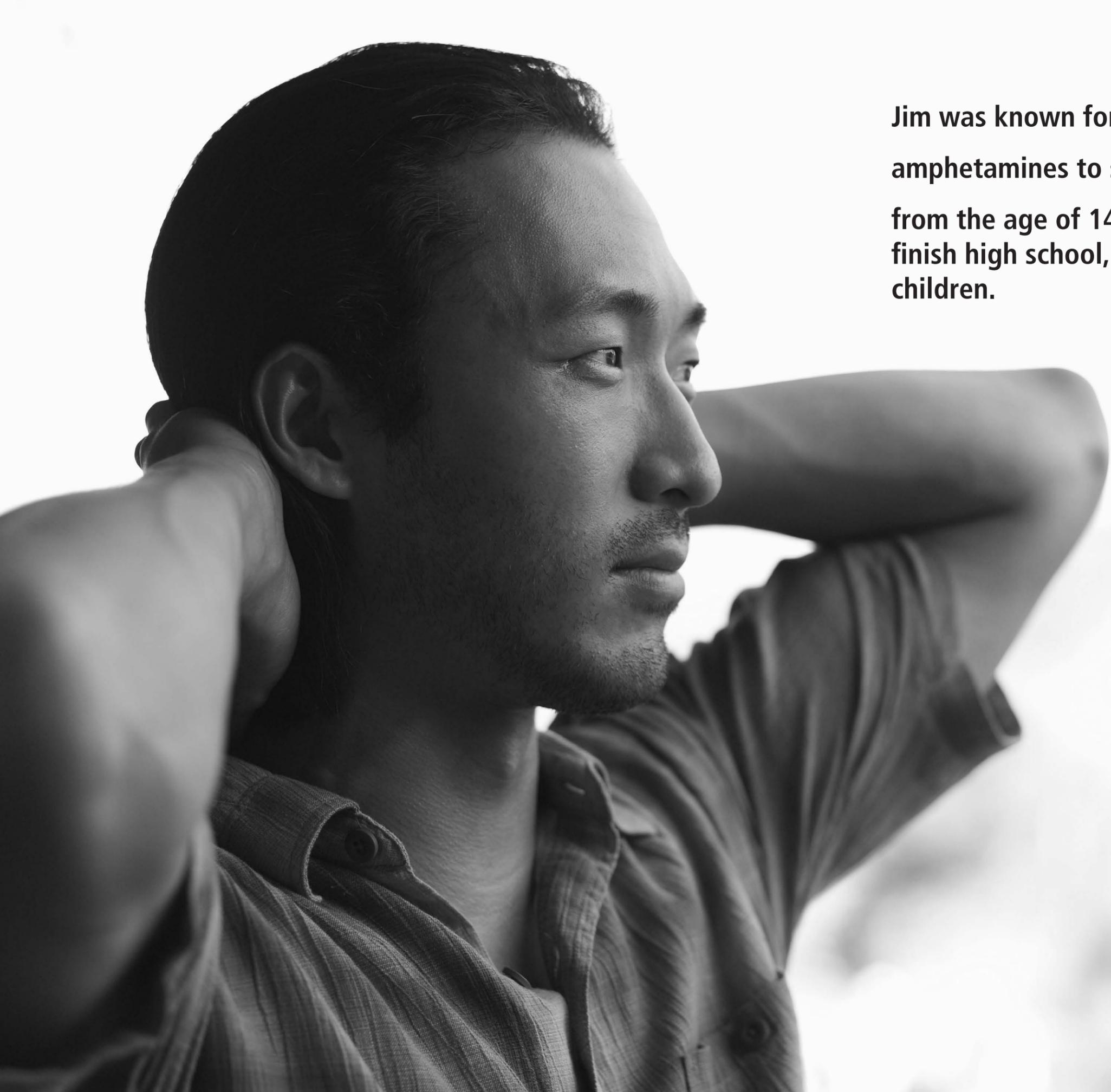
**One fifth** of the adult **women** in the  
United States have had similar experiences  
that you can't see.

Their private pain can impair them, their  
families and stress communities. But it  
doesn't have to.

**PCAR** not only **assures survivors**  
have access to services; we also work with  
communities to enhance everyone's ability  
to **prevent and respond to sexual  
violence**.



Tara starved herself and used alcohol, pot and painkillers  
to numb the **memories of sexual abuse** from  
the age of 11 until she was in her 30s.



Jim was known for his rage and used cocaine and amphetamines to stay alert so that no one would **hurt** him from the age of 14 until he was incarcerated at 28. He didn't finish high school, couldn't hold a job, and lost custody of his children.

The **long-term effects** of sexual violence can impact lives long after an assault. Studies indicate that histories of **sexual assault highly correlate** to mental health problems, chronic disease, drug and alcohol addiction, eating disorders, relationship and parenting problems, and difficulties with educational attainment and employment retention.

**This is sexual assault.**

PCAR knows that a **safer, healthier** world is possible, and we are committed to making it a reality. Sexual violence **can be prevented**, and we need **your help**.

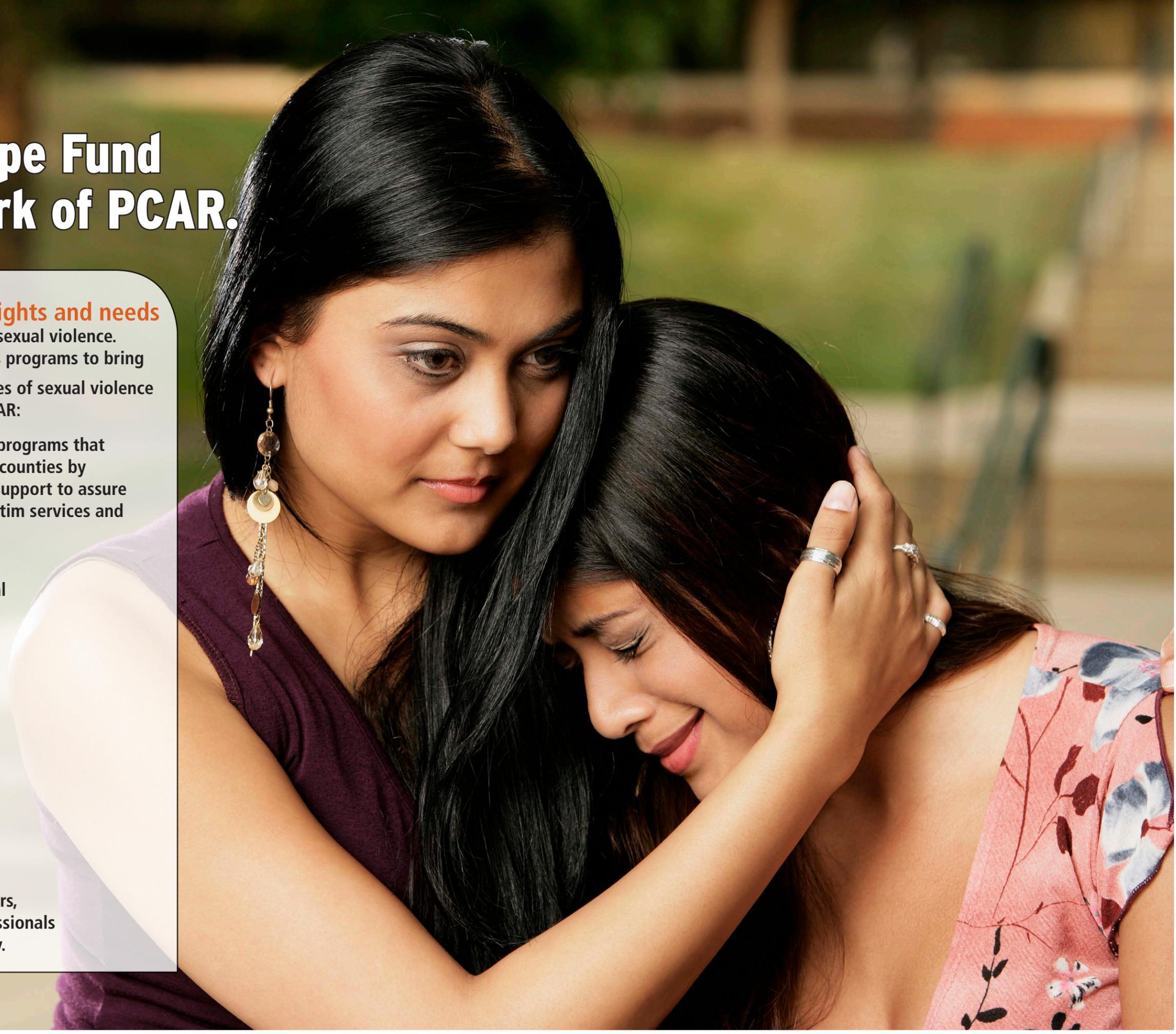
The purpose of the Vision of Hope Fund is to enable PCAR to invest resources where they are needed most – to educate communities, to conduct research, and to create new and effective prevention strategies.

Won't you help us realize this Vision of Hope for Tara, Jim and all of the other children who deserve happy, healthy lives? Join us in building **healthy, safe communities**.

# The Vision of Hope Fund supports the work of PCAR.

Founded in 1975, PCAR advocates for the **rights and needs** of sexual assault victims and works to end sexual violence. PCAR partners with a network of rape crisis programs to bring **help, hope and healing** around issues of sexual violence to the Commonwealth of Pennsylvania. PCAR:

- Supports the network of local rape crisis programs that provide services to all of Pennsylvania's 67 counties by providing funding, training, materials, and support to assure that communities have access to quality victim services and prevention education.
- Promotes public policies that provide protections and services to victims of sexual violence, hold offenders accountable, and enhances community safety, and works with media to increase public awareness, access to accurate information and ethical reporting practices.
- Operates the National Sexual Violence Resource Center (NSVRC), which identifies, develops and disseminates resources regarding all aspects of sexual violence prevention and intervention.
- Operates AEquitas: The Prosecutor's Resource on Violence Against Women to provide expertise and training to prosecutors, law enforcement and criminal justice professionals across the United States and internationally.



## How you can help:

We are acting now to make the world a safe place, and **we need your help**. Tara, Jim and thousands of people like them can't wait another day. You are part of our Vision of Hope!

Ending sexual violence cannot be done with government funding alone. Achieving a world free of sexual violence requires the participation of individual people, communities, companies, civic groups, religious institutions and you. The Vision of Hope Fund was established to raise private funds to aid the work being done to **prevent** and **respond** to sexual violence.

PCAR has a proud history and plans for a bright future. With you as our partner, PCAR will continue to lead the way to a future free of sexual violence.

Like you, PCAR wants children to feel **safe, happy and loved**. Like you, PCAR wants women and men to live full lives without the fear of being harmed or harassed in their homes, offices or neighborhoods. And like you, PCAR wants to help heal men, women and children who have been abused.

For nearly 40 years PCAR has been doing this work, and today, we need you to join us to continue this tradition of providing **help, hope and healing**.



# Help • Hope • Healing

## When survivors in Pennsylvania need **HELP** from other professionals

**Your community rape crisis program** serves as a resource to many human service organizations; participates in community task forces and partnerships to ensure that all providers recognize how sexual violence can impact other parts of a survivor's life; provides training, information and resources about the needs of sexual assault survivors, including specialized information for professionals in the fields of mental health, medical care, law enforcement and the courts, elder care, care for people with disabilities, and clergy or faith based organizations.

PCAR works with lawmakers to assure that Pennsylvania's statutes are protecting victims' rights and promoting community safety and offender accountability.

*Help one another; there's no time like the present and no present like the time.*

~James Durst

**PCAR, your statewide Coalition**, believes sexual assault survivors and their loved ones deserve to get answers and support wherever they seek it, so we have become trusted expert trainers for other professionals.

PCAR develops the training materials, trains the trainers and partners with state officials and serves on numerous statewide committees and task forces to effectively coordinate Pennsylvania's response to sexual violence.

PCAR also creates materials for specific groups of professionals – examples of PCAR publications include a Benchbook for magisterial district judges and another for trial judges in the Commonwealth, a manual to guide counselors or advocates work with the Victim Compensation Assistance Program in Pennsylvania, and a Guide to Working with Survivors of Sexual Violence for Faith-based Organizations and Religious Institutions.

**Give a gift of HELP** - Your gift to the Vision of Hope fund will ensure PCAR has the resources needed to keep professionals in health care, law enforcement, social service, education, the courts and the military ready and able to respond when help is needed.

# Help • Hope • Healing

When Pennsylvanians need **HOPE** for a future free of sexual violence

**Your community rape crisis center** provides age appropriate awareness and prevention programs to children of all ages; teaches adults to recognize warning signs of abuse and how to report suspicions; works with boys and men to promote positive, respectful and healthy models of masculinity; and helps people of all ages learn how to speak up or intervene when they observe disrespectful or predatory behaviors.

**PCAR, your statewide Coalition**, lobbies the Federal government for funding from the Rape Prevention and Education Act to support these local activities; develops, evaluates and disseminates curricula to use in teaching prevention in local communities; trains staff from local rape crisis centers to implement different prevention methods and materials; creates messaging and works with media to promote the concepts that prevention is possible, and that every adult has the responsibility to learn the facts about child sexual abuse to help keep children safe.

*Where there is no vision, there is no hope.*  
~George Washington Carver

**Give a gift of HOPE** – Sexual violence can be prevented! Your gift to the Vision of Hope Fund will support PCAR's important work to create a world free of sexual violence.

# Help • Hope • **Healing**

When Pennsylvanians want to **HEAL** from sexual violence they have experienced

**Your community rape crisis center** has someone available to speak with 24/7; has trained staff and volunteers to accompany victims to medical facilities, police stations and legal proceedings and advocate for their needs with human service, medical and criminal justice systems; provides free short-term, individual and group counseling for adult survivors of rape and child sexual abuse, and offers support to significant others; offers counseling for child victims including play therapy and trauma informed therapy.

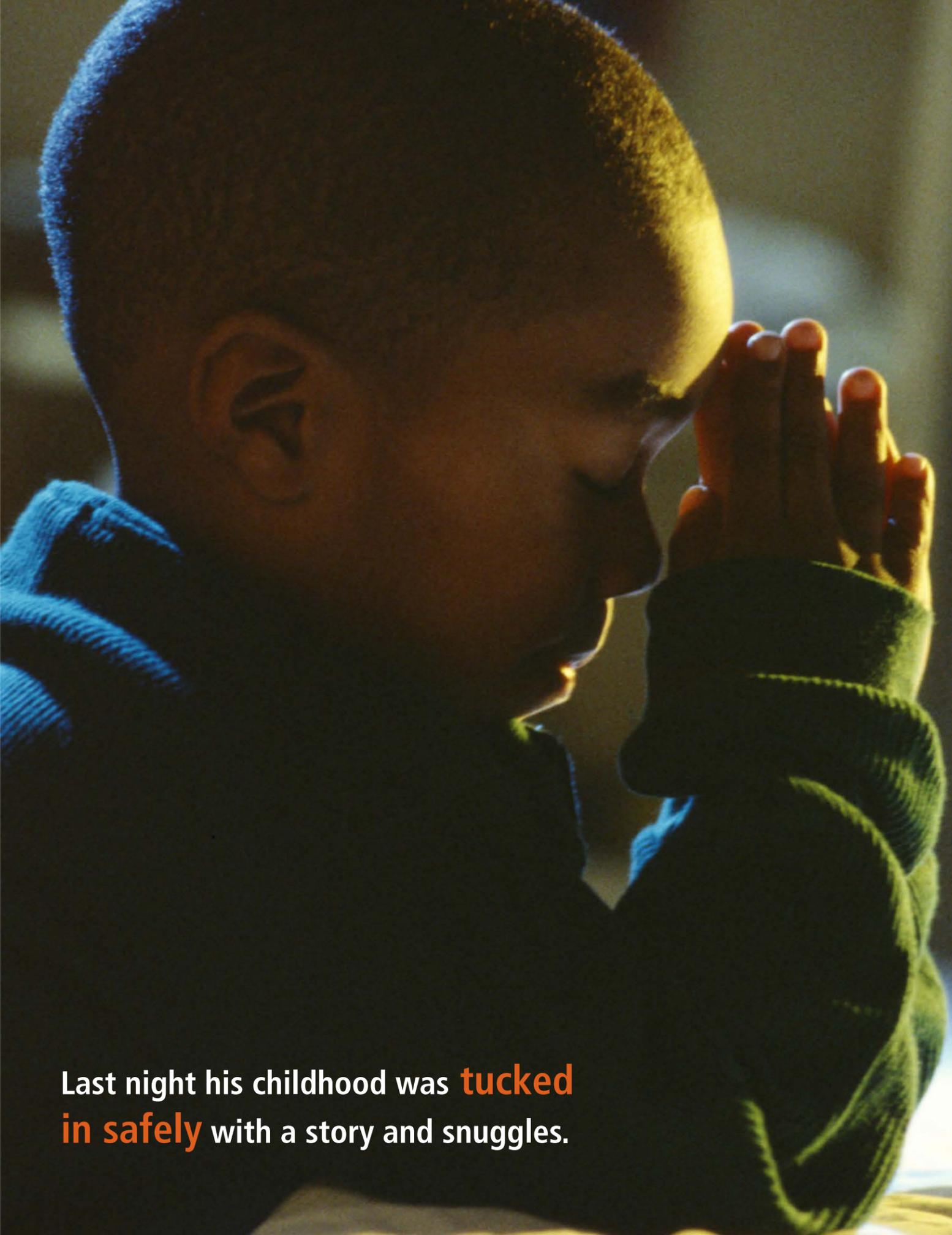
**PCAR, your statewide Coalition**, provides a statewide, toll-free hotline number to route callers to their local rape crisis program; administers the state contract for rape crisis services and sets standards for those services; distributes state and federal funding to community rape crisis centers; provides training opportunities for local rape crisis center staff including therapeutic and counseling skills, understanding the needs of specific populations such as survivors who are male, LGBTQ, adolescents or survivors of trafficking. PCAR also advocates for state and federal funding to support rape crisis services.

*Healing does not mean going back to the way things were before, but rather allowing what is now to move us.*

*~Ram Dass*

**Give a gift of HEALING** – Your gift to the Vision of Hope fund will help us heal the trauma of sexual assault.

PCAR's Vision of Hope is **you**. Together, we can **change the world** we live in.



Last night his childhood was **tucked in safely** with a story and snuggles.

Her neighbor offered to rake the leaves in the yard and then **shared a cup of tea** in the kitchen.





To celebrate Jim's promotion, his family all shared one sentence about their **pride in his accomplishment.**



Tara developed her **love of art** and opened her own own studio.



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