



Franconia Military Community SHARP Newsletter



Information on this newsletter may apply to all Uniformed Services

Volume 2, Issue 1

25 February 2014

I. A.M. Strong

- Intervene
- Act
- Motivate

A Healthy Force is a Strong Force

Prevent and Report Sexual Assault

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Garrison Commander Colonel Christopher M. Benson

The Army's Sexual Harassment/ Assault Response and Prevention (SHARP) program exists so the Army can prevent sexual harassment and sexual assaults before they occur. Our goal is to eliminate sexual harassment and sexual assaults by creating a climate that respects the dignity of every member of the Army Family.

The impact of sexual harassment and sexual assault incidents affects all members of the Army Family. Trust is the foundation of our Army and we cannot violate this trust.

Sexual assault decays the trust Soldiers have in their comrades, their Leaders, their unit, and our Army. This decay further impacts mission readiness and affects the well being of ALL community members – Soldiers, Civilians, and Family members. When sexual assault occurs it is not only a direct violation of our Army Values, it is also a crime and an assault on our Army Way of Life, which is to protect and

take care of one another.

On a recent visit to Fort Belvoir, Virginia, Sergeant Major of the Army Chandler said "Soldiers have a duty to protect each other from sexual assault, help a battle buddy at risk for suicide, and create a safe and respectful environment for all members".

In my last SHARP newsletter article, I mentioned that Leaders must create a command climate that encourages victims of sexual harassment and/or assault to report incidents without fear of reprisal. In your current unit or organization, would you be comfortable reporting an incident of sexual assault or harassment? If not, what are you doing about it? The Army is aggressively addressing sexual incidents, misconduct, and crimes by first focusing on prevention through education and training. Bystander Intervention training encourages you to utilize your instincts, leadership skills and moral courage to stop wrong



doing.

The new SHARP theme is Speak Up! If someone's behavior is not within our Army Values and beliefs, it's YOUR DUTY to DO something about it. If you are a bystander, intervene and report the misconduct to your chain of command.

All of us must take responsibility for ending sexual assault in our ranks by using the same determination and moral courage we use on the battlefield. I encourage you to live the Army Values and apply the Warrior Ethos. Be Ready and Resilient and Remain Army Strong!

Garrison Command Sergeant Major

Command Sergeant Major William E. Funcheon III

NCOs, We Can Defeat Sexual Assault, says Sergeant Major of the Army Chandler. NCOs are the first line leaders and Soldiers look up to the NCOs for guidance, counseling, inspiration, and leadership and someone to follow. NCOs have a requirement to show outstanding professionalism at all times, on and off duty, on and off of a post, to ensure there is always a positive image for the Corps. As the Commander stated, the Army's goal is to eliminate sexual harassment and sexual assaults by creating a

climate that respects the dignity of every member of the Army Family.

Such climate will generate trust from Soldiers, families and Civilians in the Army way of life. This trust promotes well being and good order and discipline. With trust built in our ranks, victims will continue reporting sexual assaults. Our SHARP program is making progress. Victims are being cared for and offenders are being accountable for their actions.

Although NCOs can defeat sexual

assault, we also need Officers and Civilians' support. We are a team and we can be successful in overcome this wrong doing. However, it takes the determination to do what is right -- morally, ethically and professionally. For NCOs, this means we must follow through on what we say we will do when reciting the NCO Creed and our Warrior Ethos: We are responsible for the welfare of our Soldiers and we take care of fallen comrades. As NCOs, we set the example for all that we do and that we say. Stay Strong! Stay Army Strong!



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Sexual Assault Reporting Options

Unrestricted Report

- An official investigation will begin.
- Command will be notified of the incident.
- Report to chain of command, military police, CID, sexual assault hotline, chaplain, or health care provider—(Sexual Assault Medical Forensic Examiner (SAMFE)), and behavior health personnel.

Restricted Report

- There will **NOT** be an official report.
- Command is **NOT** notified.
- Confidentiality is maintained.
- Medical and counseling services can be utilized while maintaining confidentiality.
- Report the assault to SARC, VA, a healthcare provider—Sexual Assault Medical Forensic Examiner (SAMFE), or chaplain.

If you desire to post an anonymous article or share an idea, please send me a note to: luis.f.bispo.civ@mail.mil

Deputy to the Garrison Commander

Mr. Kevin L. Griess

The Army Civilian Corps as a component of the Army Profession play an integral role in accomplishing the Army's statutory missions.

To recognize the important work, dedication and commitment of the Civilians serving as Department of the Army employees, the Secretary of the Army and the Chief of Staff of the Army announced the establishment of the "Army Civilian Corps" in a memorandum dated 19 June 2006.

Our name unifies the Army civilian service and embodies the commitment of our dedicated individuals who serve as an integral part of the Army team.

Our Army Civilian Corps Creed defines the purpose and role of the Army civilian. The Army Civilian Corps Creed is available on this Link.

We often hear the words Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal

Courage. Our colleagues have internalized and live by these values. We still face challenges as our Army counterparts.

These challenges are in form of sexual assault and sexual harassment. We must continue to strive and show dignity and respect for one another and accept risk reduction as an approach to stop violence. Doing so as an Active Bystander, we embrace our core values in the same form as our colleagues.

I ask all leaders to embrace in your training the core values of our profession: The Army Values. By doing so, this approach develops a stronger



sense of responsibility in our civilian ranks, leaving an atmosphere that respects the dignity of every member of the Army Family and enabling an environment free of sexual assault and sexual harassment.

Working side by side we are making a difference in our community and Army as a whole. The why our colleagues serve is similar to our why we serve: It is Service to the Nation.

"Let's stay Strong, Stay Army Strong!"

Clarifying Restricted Reporting Option and Victim Confiding in Another Person

By DoDI 6495.02, March 28, 2013—Sexual Assault Prevention and Response (SAPR) Program Procedure

Under DoDI 6495.02, paragraph (e) "Victim Confiding in Another Person", it states the following:

In establishing the Restricted Reporting, DoD recognizes that a victim may tell someone (e.g. roommate, friend, family member) that a sexual assault has occurred before considering whether to file a Restricted or Unrestricted Report. It further states the following important message:

(1) A victim's communication with another person (e.g., roommate, friend, family member) does not, in and of itself, prevent the victim from later electing to make a Restricted Report. Restricted Reporting is confidential, not anonymous, reporting. **However, if the person to whom the victim confided the information (e.g., roommate, friend, family member) is in the victim's officer and non-commissioned officer chain of command or DoD law enforcement, there can be no Restricted Report.**

(2) Communications between the victim and a person other than the

SARC, Victim Advocate, or health-care personnel are NOT confidential and do not receive the protections of Restricted Reporting.

f. Independent Investigations. Independent investigations are not initiated by the victim. **If information about a sexual assault comes to a commander's attention from a source other than a victim who has elected Restricted Reporting or where no election has been made by the victim, that commander shall report the matter to CID and an official (independent) investigation may be initiated based on that independently acquired information.**

(1) If there is an ongoing independent investigation, the sexual assault victim will no longer have the option of Restricted Reporting **when:**

(a) DoD law enforcement informs the SARC of the investigation, and
(b) The victim has not already elected Restricted Reporting.

What is very important for victims to understand and to consider is never to confide sexual assault information with anyone other than the SARC, SHARP Victim Advocate and medical personnel if the victim desires the sexual assault information to remain confidential. Therefore, the timing of filing a Restricted Report is crucial. The victim **MUST** take advantage of the Restricted Reporting option **BEFORE** the SARC is informed of the investigation by CID or the Commander.

For more information contact your SARC, SHARP/VA, or medical personnel. You may check the SafeHelpline [LINK](#) "Military Reporting Options" for more info.

DoD
Safe Helpline
Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247



Contacts

(24/7) Bavaria Sexual Assault Hotline 24 Hrs
475-4567 or 09641-83-4567
(24/7) DoD Safe Helpline:
877-995-5247

Ansbach Military Police
467-3855 or 09802-83-3855
Bamberg Military Police
469-8700 or 0951-300-8700
Schweinfurt Military Police
(DSN: 114) or 09721-96-114

Ansbach Chaplain
467-2785 or
09802-83-2785
Cell: 0162-250-1139

Bamberg Chaplain
469-1570 or
0951-300-1570
Cell: 0162-270-4703

Schweinfurt Chaplain
354-1370 or
09721-96-1370
Cell: 0162-270-4676

FMC SARC/SHARP
Mr. Luis Bispo
467-2946 or
09802-82-2946

Cell: 0151-23571173
SHARP office is located at:
ACS, Bldg 5817,
Room 212, Katterbach

Military Sexual Trauma

By U.S. Department of Veterans Affairs

What is Military Sexual Trauma (MST)? According to the [U.S. Department of Veterans Affairs](#), Military sexual trauma (MST) is the term that the Department of Veterans Affairs uses to refer to sexual assault or repeated, threatening sexual harassment that occurred while the Veteran was in the military. It includes any sexual activity where someone is involved against his or her will – he or she may have been pressured into sexual activities (for example, with threats of negative consequences for refusing to be sexually cooperative or with implied faster promotions or better treatment in exchange for sex), may have been unable to consent

to sexual activities (for example, when intoxicated), or may have been physically forced into sexual activities. Other experiences that fall into the category of MST include unwanted sexual touching or grabbing; threatening, offensive remarks about a person’s body or sexual activities; and/or threatening or unwelcome sexual advances. Both women and men can experience MST during their service. All Veterans seen at Veterans Health Administration facilities are asked about experiences of sexual trauma because we know that any type of trauma can affect a person’s physical and mental health, even many years later. We also

know that people can recover from trauma. VA has free services to help Veterans do this. You do not need to have a VA disability rating (be “service connected”) to receive these services and may be able to receive services even if you are not eligible for other VA care. You do not need to have reported the incident(s) when they happened or have other documentation that they occurred.

This LINK has information about the health care services that VA has available for Veterans who experienced MST.

Empowerment Through Employment Awareness

By Danielle O'Donnell, USAG Ansbach Employment Readiness Program Manager, Army Community Service

Employment Readiness is not just about resume building and career counseling. It is also about empowering victims through new skills and a different type of awareness. How to build a functional resume can be stressful for anyone; however, add being a victim to the list of stressors, one can encounter worse concerns. Resume building for victims is about normalcy and helping to alleviate one stressor from the victim’s list, is the goal of the Employment Readiness Program. One should know it is the little things when building a resume that are important and all job seekers should know these helpful tips -

employers are looking for solutions, not people. When a company publicizes an opening, it is advertising a need and through the Employment Readiness Program I am here to help you attain that need. Another tip to understand for the resume, is that quality outweighs quantity. This may suggest that a resume can be 2 or 10 pages as long as the quality of the necessary information is listed. Finally, job seekers should know it is important to add your accomplishments to your resume, since you are competing against other participants as well as helping one focus on the positive outcomes of his/her achievements.

Through the Employment Readiness Program on USAG Ansbach, we can help address your employment needs and concerns through the empowerment of awareness.

About the author, Mrs. O'Donnell is a former Army Soldier who holds a Master in Human Services with an emphasis in business and minor in counseling; with a Bachelor’s degree in Organizational Communication. Mrs. O'Donnell enjoys helping the community and is the Employment Readiness Program Manager for USAG Ansbach, Army Community Services.

Transitioning Out? - More good news – Disability Compensation!

Are you in the process of separating or retiring from Military Service? According to the Veterans Administration (VA), some Veterans may have experienced personal assault or sexual trauma while serving in the military. These kinds of experiences can sometimes affect Veterans’ mental and physical health, even many years later. Veterans can apply for disability compensation for any current difficulties that are related to their service, including difficulties related to personal assault or military sexual trauma (MST). You do not need a VA

service-connected disability rating to be eligible for free MST-related treatment through VA. No documentation is required to receive MST-related treatment. Check this [LINK](#) for more information, contacts, and how can you apply for Disability Compensation. -----//----- **Don't forget** to check out [Safe Helpline](#) website for it can help with your transition into the civilian life. Click on the following [Safe Helpline LINK](#) and click on the icon “Transitioning Service Member” and explore the following information:

- [TSM Overview](#)
 - [Benefits and Services](#)
 - [Help me Find Assistance](#)
 - [Search Transition Options](#)
- The amount of information these links offer you with transition is unbelievable. For more information visit your Brigade or Battalion SHARP office, your Garrison SARC, your ACAP office, or visit the following link: <https://www.safehelpline.org/>

Community	DSN	24/7 # Hotline / Helpline
USAG Ansbach	314-475-4567	49 (0)9641-83-4567
USAG Bamberg	314-475-4567	49 (0)9641-83-4567
USAG Baumholder	No DSN	49 (0)162-270-8339
USAG Brussels**	No DSN	32 (0)476-76-2264
USAG Bensly**	No DSN	32 (0)476-76-2264
USAG Bavaria (previously Grafenwoehr)	314-475-4567	49 (0)9641-83-4567
USAG Garmisch	314-475-4567	49 (0)9641-83-4567
USAG Hohenfels	314-475-4567	49 (0)9641-83-4567
USAG Rheinland-Pfalz (previously Kaiserslautern)	314-484-7280	49 (0)631-413-7280
USAG Livorno/Camp Darby**	314-634-7272	39-0444-71-7272
USAG Schinnen	No DSN	31 (0)651-919-119
USAG Schweinfurt	314-475-4567	49 (0)9641-83-4567
USAG Stuttgart	314-484-7280	49 (0)631-413-7280
USAG Vicenza**	314-634-7272	39-0444-71-7272
USAG Wiesbaden	No DSN	49 (0)162-296-6741

**Dial 00 prior to Country Code (39 or 32) when dialing from Germany

Victims may call the DoD Safe Helpline at 800-877-9955-5247. The helpline staff have the ability to transfer callers to installation-based Sexual Assault Response Coordinators (SARCs), Veterans Benefits Administration (VBA) Coordinators, Military OneSource, the National Suicide Prevention Hotline, and civilian sexual assault service providers. The phone number is the same in the U.S. and worldwide via the Defense Switched Network (DSN). To chat with the helpline staff online go to <https://safehelpline.org>.



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Check this out!



The short video above, shows you exactly what Safehelpline is all about to include an explanation of its confidentiality in general and how its Safe HelpRoom (chat room) works especially its latest addition of times' to accommodate our survivors/victims in Europe and Africa and other nearby places. Always caring.

Check it out!!

[This app is a good deal for your phone! It's free! Download the app from this website for your Android type phone or click on the image below to download the app for your computer!](#)



Are you a service member in transition: ETSing, PCSing, retiring or transiting through an airport?

Have you received new orders? Are you looking at an upcoming change in status, relocation or return to civilian life? Answers to these questions and many more at <http://www.health.mil/InTransition/>

Do you need to talk to someone? Call this Confidential outside the US toll-free DSN 800-424-7877 or collect at 1-314-387-4700. All the counselors answering are clinical certified and can help with your immediate crisis or concerns.

Visit this [LINK!](#)

Rape and Sexual Assault: A Renewed Call to Action

From a White House Council on Women and Girls Report, 22 January 2014

From an article within the White house Council on Women and Girls report: "Responding to Sexual Assault in the Military", it states: Our military members continue to face the threat of sexual assault within their ranks and the Administration bears a unique responsibility to protect the women and men in uniform who dedicate their lives to protecting our nation. The President is committed to addressing this corrosive problem, which destroys trust among our troops and undermines our readiness. Over the past year, the Department of Defense (DOD), in collaboration with the White House, has developed a set of executive actions, legislative proposals, and training programs to more effectively prevent and respond to sexual assault in the military.

Secretary Hagel has directed a series

of executive actions that will improve command accountability, expand victims' rights within the military justice system, and improve victim treatment by their peers, co-workers, and chains of command. Most notably, Secretary Hagel directed each service to provide legal counsel for all victims of sexual assault. This landmark reform will ensure that victims are provided with personalized legal advice and representation throughout the legal process. DOD has also developed a new curriculum for sexual assault prevention and response training. This training is being provided to new recruits, officers preparing to assume command, and senior enlisted personnel, and is now expanding to reach all members of the force.

DOD developed and submitted to Congress two legislative proposals

aimed at reforming the Uniform Code of Military Justice. These proposals – which were included in the National Defense Reauthorization Act – will limit the ability of commanders to overturn court-martial findings and reform the pre-trial investigation process to provide greater protections for victims.

In December 2013, President Obama instructed Secretary Hagel and Joint Chiefs of Staff Chairman Dempsey to continue their intensive focus on this issue and directed them to conduct a full-scale review of their progress by December 2014. Based on the results of this report, the President and DOD will consider additional reforms that may be required to eliminate this crime from the ranks and protect the men and women who serve our nation.

Eliminating Sexual Assault in the Armed Forces

From The White House, Office of the Press Secretary, 20 December 2013

The President of the United States of America released a statement, with the following, at this [LINK](#): Earlier this year I directed Secretary Hagel, Chairman Dempsey and our entire defense leadership team to step up their game exponentially in preventing and responding to the serious crime of sexual assault in our military. As Commander in Chief, I've made it clear that these crimes have no place in the greatest military on earth. Since then, our armed forces have moved ahead with a broad range of initiatives, including reforms to the military justice system, improving and expanding prevention programs, and enhancing support for victims. I commend the Pentagon leadership for their hard work on this critical issue of vital

importance to our nation. Yet, so long as our women and men in uniform face the insider threat of sexual assault, we have an urgent obligation to do more to support victims and hold perpetrators accountable for their crimes, as appropriate under the military justice system. Members of Congress, especially Senators Gillibrand and McCaskill, have rightly called attention to the urgency of eradicating this scourge from our armed forces. As a result, there were a broad range of reforms proposed in this year's National Defense Authorization Act. The White House and the Department of Defense and other relevant agencies in my Administration will continue to work with Congress to address this corrosive problem,

which is a violation of the values our armed forces stand for, destroys trust among our troops, and undermines our readiness. Today, I instructed Secretary Hagel and Chairman Dempsey to continue their efforts to make substantial improvements with respect to sexual assault prevention and response, including to the military justice system. I have also directed that they report back to me, with a full-scale review of their progress, by December 1, 2014. If I do not see the kind of progress I expect, then we will consider additional reforms that may be required to eliminate this crime from our military ranks and protect our brave service members who stand guard for us every day at home and around the world.

Recovering from Sexual Assault

By Military One Source

The Military One Source is an excellent website to view step by step processes and systems dealing with military life topics, such as, but not limited to: Child Abuse, Domestic Abuse, Relationship Health & Family Wellness, Resilience: Total Force Fitness, Sexual Assault, Transition Assistance, and many others. In this article you may read ways to cope with Recovering from Sexual Assault and steps toward recovery. For individuals who have been sexually assaulted or otherwise traumatized, recovery is a process that is more complex and takes longer for

some than for others. If a sexual assault has been perpetrated against you, you can expect to feel a wide variety of emotions that may or may not make sense to you. Give yourself time to heal and understand that most everything you're feeling is probably similar to what others in similar circumstances are feeling. To help you through the recovery process, here are some other ideas and actions to consider. Regarding steps toward recovery, one way to feel more in control after a sexual assault is to make your own decisions about what feels comfort-

able at each stage of your recovery. You may want to consider making choices about the following: Everyday routines, Medical care, Mental health care, Mental health care, Legal action, Other kinds of counseling and support groups, Support network, Self-defense classes, Stress reducers and hobbies, and Alcohol and drug abuse. For more information, please contact your behavioral Health Services, Troop Medical Clinic or visit the Military One Source at this [LINK](#) or the Safe Helproom at [LINK](#).



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Sexual Assault Victims Have the Right to Their Own Military Attorney

By CPT Steve Suchomski - Special Victim Counsel, OSJA, 7th Army JMTC



Victims' Rights

- I. The right to be treated with fairness and with respect for your dignity and privacy;
- II. The right to be reasonably protected from the accused offender;
- III. The right to be present at all public court proceedings, related to the offense, unless the court determines that your testimony would be materially affected if you as the victim hear other testimony at trial;
- IV. The right to confer with the attorney for the government in the case;
- V. The right to available restitution;
- VI. The right to information about the conviction, sentencing, imprisonment, and release of the offender.



Why you should intervene:

- It is your responsibility as a Soldier or Civilian
- Intervening supports Army Values, the Warrior Ethos and the Army Civilian Corps Creed
- To prevent a criminal act
- To protect your battle buddies
- To ensure the safety of all Civilians and Soldiers
- To maintain unit readiness and cohesion
- To enable mission accomplishment
- It is the right thing to do!

There are no "passive bystanders!"

When you see the warning signs of sexual violence, you are either a:

FOLLOWER

- Support
- Encourage
- Enable
- Stay Silent
- Ignore

OR

LEADER

- Deter
- Discourage
- Condemn
- Speak Up
- Intervene

Soldiers and Civilians must be Leaders and Intervene, Act, and Motivate!



Available Resources

- Chain of Command
- Military Medical Treatment Facility (MTF)
- Staff Judge Advocate (SJA)
- Army Community Service (ACS)
- Unit Chaplain
- Military Police/Law Enforcement
- Criminal Investigation Division (CID)
- Military One Source
 - Available 24 hours a day
 - 1-800-464-8107 (CONUS)
 - 00-800-464-81077 (OCONUS)
- National Sexual Violence Resource Center
 - 001-877-739-3895
- Rape, Abuse, and Incest National Network
 - 001-800-656-HOPE
- DoD Safe Helpline
 - 001-877-995-5247



USAREUR G1 SHARP Program Website:
<http://www.eur.army.mil/g1/content/Programs/sexualAssault/index.html>

Visit USAREUR SHARP
<http://www.eur.army.mil/SHARP/>

As part of the DoD effort to improve response to reports of sexual assault, the new Special Victim Counsel (SVC) program enables victims of sexual assault to have an attorney appointed free of charge to advise and represent them at all stages of the military justice system, from reporting an assault to advocating victims' interest to confinement parole boards. Communication between victims and SVC attorneys is confidential and protected by attorney-client privilege.

If a victim chooses, all communication regarding the case from law enforcement, the prosecution and defense counsel will be made thru his or her SVC. Special Victim Counsels can accompany victims to all interviews and proceedings in addition to providing confidential advice on the military justice system, victims' rights, and other legal issues. Our SVC's can also assist provide assistance with other issues including expedited transfers, obtaining protective orders, other legal problems, advocating the victim's interests to prosecutors and the accused's chain of command, referring the victim to other agencies for help, and advocating victims' privacy interests in certain court hearings regarding prior sexual activity and behavioral health

care.

To be eligible for SVC assistance, a victim of sexual assault must make an unrestricted or restricted report of sexual assault under the UCMJ. Victims eligible for the SVC program include all Soldiers regardless of the suspect, and Soldiers in entry-level status involved in physical sexual contact with basic military training or technical training faculty or staff. When the suspect is a Soldier, eligible victims include adult dependants, other Service members, DoD civilians, contractors eligible for legal assistance, and retirees. Soldiers who were victims of assaults prior to entry on active duty are generally not eligible but still qualify for legal assistance regarding victims' rights.

The Victim Advocate (VA) or first responsible party to make contact with a victim, (e.g., SARC, SAPR, FAP, investigator, Victim-Witness Liaison or Trial Counsel) will inform victims of their right to the services of a SVC. Victims will be provided a brief description of the role of the SVC and an explanation that the SVC is available and may be requested at any time throughout the duration of the justice process. Once an SVC has been requested, an initial consultation between the

victim and SVC will be coordinated within 24 hours of the request. When a Special Victim Counsel is appointed to a victim who has made an unrestricted report, the SVC will send a notice of representation to key personnel, including the trial and defense counsel, SARC, law enforcement and the victim's commander.

Our three SVC's in JMTC are CPT Steven Suchomski and CPT Scott Luu at Tower Barracks and CPT Jessica Colsia at Ansbach. All of our SVC's have prior military justice experience and are specially trained to assist victims in their time of need. For more information contact the Tower Barracks legal assistance office in building #106 or call DSN 475-7114/09641-83-7114, or the Katterbach legal assistance office in building #5817 or call DSN 467-2103/09802-83-2103.

Mark your Calendar

Safe HelpRoom

Join us Wednesdays from 8-10pm ET and Thursdays from 2-4pm ET

Reducing Your Risk of Sexual Assault!

By Luis F. Bispo, SARC, USAG Ansbach

Reducing your risk of sexual assault not only applies to women, but equally to men.

There are a number of sources regarding systems, techniques, and/or approaches to reduce your risk of sexual assault and violence in general. Read the following notes.

1) The Army SHARP website has a [Link](#) that discusses, "How can I reduce my risk of being sexually assaulted?" and it breaks the system down into several areas to look at, such as Be Assertive; Be Prepared - Red Flags to Watch Out For; Be Alert; and Reducing your risk in a deployed environment.

2) Another great source of Risk Reduction of Sexual Assault is the [SafeHelpline](#) website. This [Link](#) explains different steps you can take to help reduce your risk of being sexually assaulted as well as provid-

ing you with tips on how to look out for peers and keep them safe. By going to its [Link](#), you will run into "Reducing Your Risk of Sexual Assault" title that further shows step and tips, such as Active Bystander Intervention, How to Intervene, Help Someone You Know, and Risk Reduction and Prevention Safety.

3) Another great source of safety and Active Bystander Intervention is the [MyDuty.mil Link](#). The safety tab discusses common sense, situational awareness and tips you can take to decrease your chances of being attacked. With regards to Active Bystander Intervention, an active bystander exercises initiative to help someone who may be targeted for a sexual assault; an active bystander uses initiative to help friends who aren't thinking clearly from becoming perpetrators of crime and friends who are about to become victims of sexual assault, and lastly,

intervention also means that you step in to stop a crime in progress and before the crime begins.

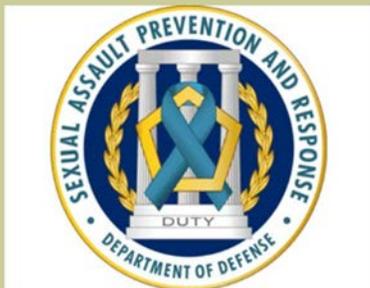
4) Another great source of Safety/Risk Reduction Information, is the US Air Force SAPR [Link](#). That also discusses processes and tips on how you can decrease your chances of being a victim of sexual assault, equally telling you how you can avoid being a perpetrator. This site shows how to be "A good Wingman!"

5) Lastly, another way to reduce your risk of sexual assault is by visiting [RAINN](#) at this [Link](#) and look you will see to name a few, Safety Planning, In a Social Situation, If Someone is Pressuring You, and What can Men Do.

View all the mentioned links for they are good sources of additional information on reducing your chances of being sexually assaulted.



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"Live Our Values: Step Up to Stop Sexual Assault"

The 2014 Sexual Assault Awareness Month (SAAM) theme declares:

- "Live Our Values" every day, all year long.
- "Step Up" by intervening when appropriate, reporting crimes, and supporting victims.
- If we do, we can help "Stop Sexual Assault."

USAG Ansbach

- There will be a community walk event in April supporting the Sexual Assault Awareness Month (SAAM). Join us in the prevention of violence, sexual harassment and sexual assault, and preventing bullying. Flyers coming soon.
- **USAG Bamberg and USAG Schweinfurt.** These two awesome communities will have their SAAM events as well. Visit their communities for more information!



Visit USAREUR SHARP
<http://www.eur.army.mil/SHARP/>

When Alcohol is Involved, Getting Lucky is Anything But

by Alan Hoffman, ASAP Risk Reduction Program Coordinator

A female service member goes out with her friends for a night of fun. Next thing she remembers, she waking up in her barracks room as a man rapes her. She tries to remain conscious long enough to push him off, but she is too groggy to fight back.

A friend helps a male service member back to his room and into bed, after a day of drinking together. He takes advantage of the situation by performing oral sex, and his friend becomes his victim. Later, he claims the sex was consensual.

An male Army officer meets a local woman in a downtown club. They keep in touch by Facebook over the next two weeks and eventually meet for a first date. After an evening of drinks, they return to his apartment. They talk and drink for hours. He is too intoxicated to drive her home, so she decides to stay the night. He forces himself on her, pinning her down on the bed, kissing and touching her body. Afraid of being raped, the woman yells that she has HIV as the only way to make him stop.

These are all true stories from recent news articles. The common element: alcohol. Drinking doesn't cause sexual assault, but it's certainly more than a coincidence that in over half of sexual assault cases, one or both parties had been drinking heavily in the hours before the incident.

There were 198 reports of sexual assault in USAREUR during the fiscal year ending Sept. 2013. According to DOD experts, only about 11% of sexual assaults are reported, so the actual number is probably many times higher. As many as 38% of female Soldiers in Europe may have experi-

enced a reportable incident in the past year.

In Ansbach, 16% of our Soldiers reported high-risk drinking behavior a recent ASAP survey, and 4% reported having been sexually harassed within their unit. In a community that still glorifies high-risk drinking, a macho image and stereotypes about woman and alcohol can become a recipe for sexual assault.

"The reasons for the growing sexual assault problem in our military are complex and require serious investigation. Sexual assault is not confined to places and times when alcohol is consumed. But it has been known for years that alcohol abuse is a dominant factor in most military sexual assault cases," writes LTC Elizabeth Robbins in a June 14, 2013 OpEd to the Washington Post.

"We must be honest with ourselves: Alcohol abuse strips away the brotherhood and incapacitates the better angels of human nature. After a few drinks with the guys, official lectures on mutual respect are forgotten by otherwise decent people."

We know that alcohol exaggerates risk in a variety of ways. For a potential perpetrator, it lowers inhibitions and judgment, impairs short-term memory, and increases sexually aggressive behavior. For a potential victim, alcohol causes relaxation, euphoria, confusion, sedation, and eventually loss of consciousness. Forget about roofies -- alcohol is the most socially acceptable date rape drug. Both parties have to consent to sexual activity, but unclear communication and alcohol-clouded judgment

can increase the risk that one hears "yes" when the other said "no." High-risk alcohol choices are resulting in real-world consequences on Soldiers' lives and livelihoods.

According to the Associated Press, the number of officers who were forced out of the Army as a result of misconduct have tripled in the past three years. Enlisted soldier separations related to drugs, alcohol, crimes and other misconduct increased to more than 11,000 last year. This compares with only 5,600 in 2007, at the height of the troop surge in Iraq. The Army was perhaps willing to overlook misconduct in favor of technical and tactical expertise in time of war -- but no longer. More budget cuts and intense scrutiny on the DOD's sexual assault problem will combine to make any misconduct involving alcohol and sexual harassment the perfect justification for getting rid of problem Soldiers. Even witnesses who fail to intervene may face consequences.

"If someone is not acting within our values, within our beliefs, you have a duty to do something about it," said Sgt. Maj. of the Army Raymond F. Chandler III at a recent town-hall forum in Fort Belvoir, Va. "We have too many bystanders. If you are a bystander, you are part of the problem."

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Defense Sexual Assault Advocate Certification Program (D-SAACP)

By Luis F. Bispo, SARC, USAG Ansbach

Hello SHARP Team!

Just want to share some important news from D-SAACP that impacts greatly on us all - Victim Advocates. On January 14, 2014, Jessica L. Wright, Acting Under Secretary of Defense for Personnel and Readiness, signed [Directive-type Memorandum \(DTM\) 14-001 -- "Defense Sexual Assault Advocate Certification Program \(D-SAACP\)"](#). This directive specifically provides us with guidance on several areas to include renewal of our D-SAACP certification, see Attachment 3, page 6 of the DTM, 32 HOURS OF CONTINUING EDUCATION TRAINING FOR CERTIFICATION RENEWAL.

To summarize the 2 page attachment of the 11-page document, the following applies:

1. CONTINUING EDUCATION TRAINING. The 32 hours of training will be comprised of:

- Prevention and Advocacy Training (1) Applicants must take 30 hours of prevention and victim advocacy courses in topics relevant to their role as a SARC or SAPR VA. Training courses are not limited to sexual assault advocacy.
- Advocates should seek training in emerging issues and victim-focused, trauma-informed care by taking courses that are related to prevention and response.

- Ethics Training. Applicants must take 2 hours of victim advocacy ethics training. The Military Services are encouraged to create their own ethics training and submit the curriculums to the D-SAACP Review

Committee for review. To the extent allowed by law and regulations, SAPRO will provide a list of pre-approved courses that satisfy this requirement.

REMEMBER: When you received your D-SAACP certificate, enclosed was a letter that stated: You will need 32 hours of sexual assault victim advocacy related continuing education training during the two-year period [between the date of your most recent certification and the date you apply for renewal of your certification](#).

Time is running out and two years fly by especially if you deploy. For more information on how to get training online and/or classroom type training contact your SARC.