



RAPE RECOVERY CENTER

hope | healing | recovery

raperecoverycenter.org

2035 South 1300 East

Salt Lake City, Utah 84105

PO Box 26625

Salt Lake City, Utah 84126

Office:

(801) 467-7282

Office Hours:

Monday - Thursday 9:00 a.m. - 5:00 p.m.

TTY:

(801) 746-5551

Utah's 24-Hour Sexual Violence Crisis Line:

1(888) 421-1100

Línea de Apoyo de Violencia Sexual las 24 Horas de Utah:

(801) 924-0860

What we did today

- Filled out a fast-track reimbursement form for the Utah Office for Victims of Crime (UOVC) to cover the initial hospital bill during this forensic exam.
- Filled out an application for the Crime Victim Reparations Program to the Utah Office for Victims of Crime (UOVC). UOVC may pay for financial loss, physical injuries, and mental health counseling resulting from this crime.
- Received a Law Enforcement case number.
- Received a voucher for medical follow-up if applicable.

What to do if you have immediate concerns:

- If you need to contact the Forensic Nurse about medications or side effects, call: _____ at () _____.
- If you have Law Enforcement concerns contact your law enforcement advocate: _____ at () _____.
- If you need emotional support or have questions, call the Utah's 24-Hour Sexual Violence Helpline at 1(888) 421-1100.
- To speak with a mental health professional, call the Utah Crisis Line at (801) 587-3000.
- If in immediate danger, call 911.

What to do later on

- Call the Rape Recovery Center office to schedule an appointment for services.
- If you receive a hospital bill or have questions about Crime Victims Reparations, call the Utah Office for Victims of Crime (UOVC) directly at (801) 238-2360 or visit <https://uovc.concerncenter.com>.
- Schedule follow-up medical care two weeks after the forensic exam, by:
 1. Call the UOVC at (801) 238-2360 to ask for your claim number. Take this number with you to your appointment.
 2. See a preferred provider or the Utah Health Department at 610 South 200 East, Salt Lake City, Utah, to schedule your follow-up care. Provide your claim number to your provider.
 3. You must complete follow-up care within four weeks for it to be paid for by UOVC.
 4. If you choose to go to your preferred provider, the provider must be covered in your network insurance for UOVC to pay for any other costs.

You may experience these common reactions after an assault.

Anxiety

- Anxiety is a normal and a common response.
- Anxiety can range from mild uneasiness and worry to severe panic.
- When anxiety becomes too severe or chronic, it can become debilitating, preventing us from living our daily lives and reaching our full potential.
- Anxiety typically involves an emotional component (e.g., fear or nervousness), a physical component (e.g., trembling/shaking, dry mouth, racing heart, etc.), and cognitive components (e.g., frightening thoughts or a feeling of losing control.)

Panic Attacks

- A panic attack is an intense and sudden feeling of fear and anxiety. It can have many physical symptoms such as rapid heartbeat, trembling, rapid shallow breathing, pins and needles in the arms, and feeling faint or dizzy.
- These attacks do not cause long-term health problems and usually go away between five minutes and half an hour.
- The body has an automatic fear response that prepares you to cope with or run away from danger. A panic attack results when this response either goes into overdrive or becomes active when it is not needed at all.
- During a panic attack, your body reacts physically as if you are facing life-threatening situations, even though you may not be in danger.

Flashbacks

- A flashback is a momentary, vivid recollection of a past traumatic experience.
- A flashback can take the form of an image, sound, smell, or feeling.
- A flashback can be an involuntary memory, and a person may feel they are reliving the experience and cannot recognize that it is not happening in real-time.
- A flashback can occur at any time and may be directly related to the circumstance of the assault and conversely not related at all.
- Frequent flashbacks can make you feel out of control or wholly controlled by your experiences.

Utah Victims Rights

You have the right to:

- To be treated with fairness, respect, and dignity, and free from harassment and abuse throughout the criminal justice process.
- To be informed and assisted as to your role in the criminal justice process, including clear explanations regarding legal proceedings.
- To be present and heard at important criminal justice and juvenile justice hearings. Those hearings include preliminary hearings, arraignment, any court proceeding involving the disposition of charges or the delay of a previously scheduled trial date, a court proceeding relating to the defendant's release from custody, the criminal trial, sentencing hearings, and parole hearings.
- To be heard and that the statements be included in any presentence report.
- To receive notice of important criminal justice hearings in felony cases.
- To protected information such as an address, telephone number, and written impact statement, be only available to a limited group of victim specialists.
- To request a pretrial criminal no-contact order be issued by the court.
- To a speedy resolution of the case.
- To have the sentencing judge receive and consider information about the impact of the crime upon the victim and any other information the victim would like to share.
- To restitution and for any personal property obtained in an investigation returned to the victim when the court or prosecution no longer needs the property.
- To object to a petition for expungement.
- To have their confidential communication to a sexual assault counselor remain confidential.
- Access to Victim Information & Notification Everyday (VINE).
- To have a representative exercise the same rights that the victim is entitled to.

You have the following rights in regards to DNA and HIV Testing:

- To request testing for yourself and the alleged sexual offender for HIV infection.
- To be informed whether a DNA profile was obtained from the testing of the rape kit evidence or other crime scene evidence.
- To be informed whether a DNA profile has been entered into the Utah Combined DNA Index System (CODIS).
- To be informed whether there is a match between a DNA profile developed from evidence and a DNA profile contained in CODIS, as long as disclosure would not impede or compromise an ongoing investigation.
- To designate a person of the victim's choosing to act as a recipient of the information gathered in HIV infection and DNA testing.

Children who are victims of crime have additional rights:

- To be communicated to in age-appropriate language.
- To have the process conducted in the most effective and least traumatic, intrusive, and intimidating manner.
- To not be questioned, in any manner, nor to have allegations made, implying that they are responsible for inappropriate behavior adults committed against them was the child's responsibility.
- To have interviews related to criminal prosecution kept to a minimum.
- To be informed of available community resources that might assist them and how to gain access to those resources.

The Sexual Assault Kit Process

After a sexual assault kit (also known as a forensic exam), you have the right to decide to move forward with an investigation or not. There is no correct path to take, and the Rape Recovery Center fully supports the rights of survivors to make the best decision for themselves.

If you decide to move forward with the investigation, your kit will be released and collected by law enforcement. Any possible DNA evidence is turned into the State Crime Lab within 30 days as required under Utah law.

The following is a general overview of the forensic kit process if you decide to move forward with the sexual assault investigation:

-  Evidence collected by medical professional
-  Kit transferred to law enforcement
-  Law enforcement submits to crime lab
-  Crime lab begins to test
-  Determine if sufficient DNA for analysis
-  DNA profile for CODIS
-  OR
DNA profile ineligible for CODIS
-  DNA Profile uploaded to CODIS
-  HIT
DNA matches another
-  OR
NO MATCH
DNA profile remains in CODIS for potential future hits

If you decide not to move forward with any further investigation, your kit will not be turned over to law enforcement or sent to the Utah Crime Lab. This is also known as a restricted kit. If you change your mind, you can un-restrict your kit at any time by contacting the appropriate law enforcement agency.

The above information was prepared from Utah Code Section 77-37 and 77-38 and materials and consultation provided by the Utah Sexual Assault Kit Initiative, Utah Crime Victims Legal Clinic, and the Utah Council on Victims of Crime.

Domestic Violence & Shelter Services

The resources listed are a select list of the most common referrals survivors of sexual assault find helpful. For additional resources, please call 211, text 898-211, or go to www.211utah.org.

Shelter the Homeless

242 West Paramount Avenue
Salt Lake City, Utah 84115
(801) 359-0698
Homeless Connections Hotline:
(801) 990-9999
www.homelessutah.org

Family Promise Shelter

814 West 800 South
Salt Lake City, Utah 84104
(801) 961-8622
www.familypromisesaltlake.org

Geraldine E. King Resource Center

(Women)
131 East 700 South
Salt Lake City, Utah
(801) 990-9999
[www.voaut.org/
womens-resource-center](http://www.voaut.org/womens-resource-center)

Peace House

Confidential Location
(435) 658-4739
24-hour Crisis Line:
1 (800) 647-9161
www.peacehouse.org

Rescue Mission Women's Center

1165 South State Street
Salt Lake City, Utah 84111
(801) 521-5925
www.rescuesaltlake.org

Safe Harbor Shelter & Services

Confidential Location
24-Hour Crisis Line:
(801) 444-9161
www.safeharborhope.org

South Valley Services

Confidential Location
24-hour Crisis Line:
(801) 255-1095
Text Helpline:
(801) 870-5018
www.svsutah.org

The Road Home Shelter

Gail Miller Resource Center
242 Paramount Avenue
Salt Lake City Utah 84115
(801) 456-5900

Midvale Family Resource Center
529 West 7300 South
Midvale, Utah
(801) 569-1201

South Salt Lake Men's
Resource Center
3380 South 1000 West
Salt Lake City, Utah 84119
(801) 359-4142
www.theroadhome.org

Utah Domestic Violence Coalition

Utah 24-Hour Linkline:
1-800-897-LINK (5465)
National 24-hour Domestic
Violence Hotline:
1-800-799-SAFE (7233)
www.udvc.org

VOA Youth Resource Center

888 South 400 West
Salt Lake City, Utah
(801) 364-0744
www.voaut.org/ycr

YWCA Shelter & Services

322 East 300 South
Salt Lake City, Utah 84111
(801) 537-8604
24-hour Crisis Line:
(801) 537-8600
www.ywcautah.org
www.voaut.org/cornerstone

Safety & Support

The resources listed are a select list of the most common referrals survivors of sexual assault find helpful. For additional resources, please call 211, text 898-211, or go to www.211utah.org.

Family Justice Center at the YWCA

322 East 300 South
Salt Lake City, Utah 84111
(801) 236-3370
www.slcfamilyjusticecenter.org

Family Support Center

Sugarhouse Crisis Nursery
2020 South Lake Street
Salt Lake City, Utah 84105
(801) 487-7778

West Valley City Crisis Nursery
3663 South. 3600 West
West Valley City, Utah 84119
(801) 967-4259

Midvale Crisis Nursery
777 West Center Street
Midvale, Utah 84047
(801) 255-6881
www.familysupportcenter.org

Salt Lake City Police Department Non-Emergency

475 South 300 East
Salt Lake City, Utah 84111
(801) 799-3000

Sexual Assault Kit Initiative

Help Desk Email: sakitta@rti.org
1 (800) 957-6436.
sakitta.org

Salt Lake City Police Department Victim Advocates

475 South 300 East
Salt Lake City, Utah 84111
24-Hour Crisis Line:
(801) 580-7969
[www.slcpcd.com/
resources/victim-services](http://www.slcpcd.com/resources/victim-services)

Unified Police Department

3365 South 900 West
Salt Lake City, Utah 84119
Non-Emergency:
(801) 840-4000
Victim Advocate Program:
(385) 468-9520
www.updsl.org

West Valley City Police Department Victim Advocates

3575 Market Street
West Valley City, Utah 84119
(801) 963-3223
After-Hours Crisis Line:
(801) 231-8185
www.wvc-ut.gov/18/victim-services

Utah Crime Victims Legal Clinic

404 East 4500 South, Suite Bw
Murray, Utah 84107
(801) 746-1204
www.utahvictimsclinic.org

Utah Office for Victims of Crime

350 East 500 South., #200
Salt Lake City, Utah 84111
(801) 238-2360
www.justice.utah.gov/crime

Scan to download booklet, access additional resources and provide feedback.



www.raperecoverycenter.org/afteraforensicexam

Our Mission

To empower those victimized by sexual violence through advocacy, crisis intervention, and therapy and to educate the community about the cause, impact and prevention of sexual violence.

