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## Abuse & Domestic Violence

Did you know that one in four women in Colorado have experienced a completed or attempted sexual assault in their lifetime. (Statewide Health Survey, Colorado Department of Public Health and Environment and the Colorado Coalition Against Sexual Assault, 1998.) Many times, victims are assaulted by those they know: parents, siblings, other relatives, neighbors, supposed friends of the family, and spouses. In addition to the short term consequences victims must deal with, these are often long term emotional consequences and some victims experience Post Traumatic Stress Disorders (PTSD). Mental health care for victims is available. We are happy to help assist survivors of rape and sexual molestation whenever we can with getting into proper evaluation and care.

Whether or not you have private insurance we will help you get in contact with the appropriate qualified people who can treat victims of sexual abuse, rape, or molestation, and who can evaluate and treat PTSD.

For those of you who are underinsured, uninsured, or on Medicaid, then we also recommend Adams County Mental Health Services. Their phone number is 303-853-3654. Assuming you meet with their entry criteria, you will be scheduled with a screening interview then will be scheduled for therapy from there.

In addition to those two avenues there are also two organizations with therapeutic as well as informational opportunities. Both are available starting with a simple phone call:

1. Wings Found.org  
303-238-8660  
Contact person: Mary Wyman  
Adult survivor of childhood sexual abuse
2. Rape Assistance & Advocacy  
303-329-9922  
Long term emotional care referrals
3. Alternatives to Family Violence  
303-289-4441 crisis line - Adams County

We hope these suggestions are helpful. Please contact your care providers. We are eager to help.