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Our Mission

To promote healing and justice to all who are affected by sexual violence through advocacy, education and prevention.

Our Vision

To end sexual violence and support those affected by it.

8th Annual SNO-RUN

The 8th Annual Andy Santerre SNO-RUN was held on February 11, 2012. New to this event was a 3K walk/run which 17 people participated in. There were also 120 snowmobilers who took part in the 100 mile ride.

This fundraising event is the only event AMHC Sexual Assault Services puts on each year which assists with service provision to victims, survivors, and their families throughout Aroostook

County. This year's dinner/auction was attended by 385 people which is the most attended in all the years doing this event. At the auction there were many items such as NASCAR memorabilia, jewelry, gift cards, handmade items, and much more.

This year we raised \$52,188 which is the highest amount in history. Our goal has always been to match what we did last year but going over is wonderful for us.

Andy Santerre was awarded with a Legislative sentiment from the Governor's office in recognition all of Andy's efforts toward increasing awareness and gaining financial resources for Sexual Assault Services.

To read more about our 2012 event please log on to www.amhc.org.

April Awareness Month

The month of April has been designated Sexual Assault Awareness Month (SAAM) in the United States. This goal of this month is to raise public awareness about sexual violence and to educate communities and individuals on how to prevent sexual violence.

This year's campaign is focused on creating a dialogue, and the topic of conversation is healthy sexuality.

This year's campaign encourages communities and individuals to join this conversation. It is a time to get tools and resources that focus on promoting positive messages of sexuality and healthy behaviors.

This can help build safe, healthy relationships and communities.

Nationally 1 in 4 women and 1 in 6 men will be a victim of sexual violence. In Maine roughly 14, 000 residents will be sexually assaulted in a calendar year. Aroostook Mental Health Center (AMHC) Sexual Assault Services will be focusing their efforts in educating the communities of Aroostook County with many events to be held in April.

Events include a 5K walk/run by partnering with the local Houlton Band of Maliseet and the Aroostook Musterd; informational booths will be set up at the

local community and university campuses, and open mic night will be held at UMFK, and we will be displaying our survivor tee shirts during this month.

For more information please call 1-800-550-3304 support line.



AMHC
Sexual Assault
Services

P.O. Box 1018
Caribou, ME 04769

SUPPORT LINE
1-800-550-3304

E-MAIL:
stars@amhc.org

Up Coming events:

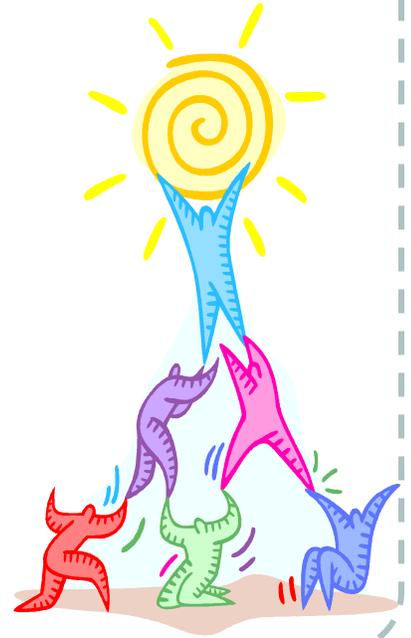
Bystander Intervention with "Boys to Men"

The Hampton Inn in Presque Isle was a busy place on Monday, February 27th. 36 students from Loring Job Corp and 2 of their staff arrived to take part in an exciting adventure that included an overnight stay at the hotel. Loring Job Corp was 1 of 3 chosen schools to receive a free training from Portland-based, "Boys to Men."

"Boys to Men" offers a training called "RSVP" or Reducing Sexism and Violence Program. Boys to Men travel to high schools and educate students about what sexism and sexual violence is and how to be active bystanders when confronted with

It. School staff chose a diverse group of students to participate who they believe are leaders in their individual peer groups. These students worked for 4 days with Boys to Men facilitators to learn how to prevent and respond to violence in their environments. It was exciting to be a part of this event and it was inspiring to watch the students' growth over the 4 days.

Special thanks to Kellie Miller and Marty Thompson for all of their hard work that went into organizing and participating in this opportunity. Sexual Assault Services is looking forward to collaborating with Job Corps in the future to help put an end to sexual violence.



Services :

Support/Advocacy Services Group (TREM)

If you are victim or know someone who is a victim of sexual violence, there is support. Advocates are available to listen, provide options, and support victims and loved ones through this difficult time. For more information please call 1-800-550-3304.

Trauma Recovery Empowerment Model

AMHC Sexual Assault Services provides support groups throughout Aroostook County for women and men who are survivors of physical, emotional and sexual abuse. The group, Trauma Recovery Empowerment Model or TREM is a sixteen week free and confidential group that meets weekly.

If you are interested in learning

more about this group please call or 1-800-550-3304.

Prevention Education

Sexual Assault Services provides school based, community and prevention education throughout Aroostook County. If you would like to bring prevention education to your community organization or school please contact 1-800-550-3304 for more information and topics.



AMHC Sexual Assault Services is a member of the Maine Coalition Against Sexual Assault



We're on the Web!

Visit us at:
www.amhc.org

1st Male TREM Group

Sexual Assault Services Celebrates Their First Group for Male Trauma Survivors

"It was a living hell until I could find some inner peace. I haven't got it all the way. I'm still working on it."

"Don't keep it a secret!"

"One of the few things that help me get through it is to help other people get through it."

"Don't pretend it didn't happen."

Those are the words of the members of Sexual Assault Services' first Male TREM Group. TREM, or the Trauma Recovery and Empowerment Model, is a psycho-educational group for those who have suffered emotional, physical, or sexual abuse at some point in their lifetime. It has long been a goal of SAS to have a male group, but it is difficult for a man to come forward and be open about a past in which he was a victim of abuse and referrals have been slow in coming. The men who shared the words above were courageous enough to be our trail-blazers.

In this 12 week group, the men gained an understanding of the connections between their trauma histories

and current functioning regarding emotional and psychological symptoms, substance use and relationship patterns. The group members created a safe space for growth and validated and encouraged each other as they began their journeys toward healing and an improved quality of life.

We at Sexual Assault Services want to thank our "trail-blazers" as we celebrate the successful completion of our first Male TREM Group! We are looking forward to facilitating many groups to come.

Please contact 1-800-550-3304 for more information about TREM.