

SURVIVOR RESOURCE GUIDE

California

MENTAL HEALTH RESOURCES

Bay Area Women Against Rape (BAWAR)

470 27th Street
Oakland, CA 94612
(510) 430-1298
(510) 845-7273 *24-hour crisis line*
E-mail: bawar2001@msn.com

BAWAR is a non-profit organization formed in 1971 to provide free, in-person counseling to survivors of sexual assault and their significant others. They also offer accompaniment to survivors visiting police, courts, and hospitals, a 24-hour hotline, support groups, and community education.

Bienestar Human Services, Inc.

5326 E. Beverly Blvd.
Los Angeles, CA 90022
Tel: (323)727-7896
Fax: (323)727-7985
Website: www.bienestar.org

Bienestar is committed to enhancing the health and well-being of the Latino Community and other underserved communities. Bienestar accomplishes this through community education, prevention, mobilization, advocacy, and the provision of direct social support services. Bienestar offers mental health programs specifically for people living with HIV/AIDS.

Bill Burmester, M.F.C.

822 Delaware St.
Berkeley, CA 94710
(510) 235-4601
Website: www.psychreview.com

Bill Burmester is a licensed Marriage, Family, and Child Counselor associated with The Men's Center for Counseling and Psychotherapy. Bill has worked with survivors of sexual abuse in individual, family, and group psychotherapy since 1987. He has a particular interest in issues faced by men in recovery from abuse and their potential for challenging stereotypes of masculinity.

Stephen L. Braveman, M.A., L.M.F.T., D.S.T.

494 Alvarado Street, Suite A
Monterey, CA 93940
(831) 375-7553
E-mail: Stephen@bravemantherapy.com
Website: www.bravemantherapy.com

Stephen Braveman is a Licensed Marriage & Family Therapist and Certified Sex Diplomat of Therapy with a private practice in Monterey, CA specializing in Sexual Abuse issues. He runs Men's Group for Adult Male Survivors of Sexual Assault at the Monterey Rape Crisis Center and Groups for Survivors at the Salinas Women's Crisis Center.

California Coalition Against Sexual Assault (CALCASA)

1215 K Street, Suite 1100
Sacramento, CA 95814
(916) 446-2520
Website: www.calcasa.org
E-mail: info@calcasa.org

CALCASA is a statewide coalition of rape crisis centers and prevention programs that provides leadership, vision and resources to rape crisis centers, individuals and other entities committed to ending sexual violence in California. CALCASA works closely with other statewide organizations such as the California District Attorneys Association and the California Police Officers Standards and Training to develop a statewide response to sexual violence and serves as a resource for policy makers working to change society's response to sexual violence by providing information and expertise on a wide range of issues. With over 90 rape crisis centers in California, CALCASA can connect survivors with the center that can serve you and your family or friends.

California Coalition for Women Prisoners (CCWP)

1540 Market Street, Suite 490
San Francisco, CA 94102
(415) 255-7036
E-mail: info@womenprisoners.org
Website: www.womenprisoners.org

CCWP promotes the leadership of and gives voice to women prisoners, former prisoners, and their families. Their services include: visiting women in prison, The Fire Inside newsletter, annual protests, advocacy, education and outreach, and support for former prisoners.

Prisoners interested in visitors who will lend them support should contact Christina at (415) 255-7036 ext. 4. All volunteers are trained to respond to general prison issues as well as violence issues.

A support group for formerly incarcerated women is led by a formerly incarcerated woman and a female psychologist. Formerly incarcerated women who are interested in joining this support group should contact Dorris at (415) 255-7036 ext. 314.

Center for the Pacific-Asian Family (CPAF)

543 North Fairfax Ave., Room 108
Los Angeles, CA 90036
(323) 653-4045
(800) 339-3940 *24-hour crisis line*
Website: www.cpaf.info
E-mail: karenc@cpaf.info

CPAF is committed to meeting the specific cultural and language needs of Asian Pacific Islander women and their families. CPAF operates a 24-hour crisis hotline to support survivors of sexual assault and provides crisis intervention, advocacy, information, and referral resources. Emergency response services such as hospital / court accompaniment, survivor advocacy, and access to legal and financial assistance, are available to survivors of sexual assault. Additionally, individual and family counseling are available.

Community Service Programs, Sexual Assault Victim Services

1821 East Dyer Road, Suite 200
Santa Ana, CA 92705
(949) 752-1971
(949) 831-9110 *24-hour crisis hotline for South County*
(714) 834-4317 *24-hour crisis hotline for North County*
Website: www.cspinc.org/program/victimassistance
E-mail: sexualassault@cspinc.org

The Sexual Assault Victim Services Program is a component of Community Service Programs providing extended support services to victims of rape and sexual assault. Rape Crisis Centers are located in Santa Ana and Irvine. Certified Sexual Assault Counselors work with law enforcement and the Criminal Justice System serving Orange County. The Program maintains 24-hour crisis counseling hotlines with on-call counselors available to provide 24-hour telephone response to clients. Additional services include: crisis intervention and counseling for victims and their families, support groups for mutual sharing and support (support groups for survivors of sexual assault are offered in English and Spanish), emergency assistance, accompaniment to hospitals, law enforcement agencies, court proceedings, and other agencies, advocacy and intervention on behalf of clients, and information and referrals to connect clients with various community resources.

Community Violence Solutions, Rape Crisis Center of Marin and Contra Costa Counties

2101 Van Ness Street

San Pablo, CA 94806
(510) 237-0113
(800) 670-7273 *24-hour crisis hotline*
Website: www.cvsolutions.org

Community Violence Solutions' Rape Crisis Center responds to more than 1,300 requests for help each year. Staff and approximately 75 volunteers are on call to provide support both by phone and in-person, 24 hours a day, 7 days a week. Victims receive immediate help through: 24-hour crisis line counseling, in person support, including accompaniment to hospitals, police interviews, and legal proceedings. Community Violence Solutions' Stepping Stones Counseling Center specializes in providing counseling for people whose lives have been affected by sexual assault. Services are available to child, adolescent, and adult survivors of recent or past rape, incest, molestation or other forms of sexual abuse, as well as to friends or family members of sexual assault survivors. In a compassionate and non-judgmental setting, clients are helped to heal and to gain the self-confidence and understanding to move forward with their lives. These services are provided to individuals from offices in San Pablo, Antioch, Concord, and San Rafael.

Domestic Violence and Sexual Assault Coalition (DVSAC)

P.O. Box 484
Grass Valley, CA 95945
(530) 272-2046
(530) 272-3467 *24-hour crisis hotline*
Website: www.dvsac.org
E-mail: dvc@dvsac.org

DVSAC serves victims of domestic violence and sexual assault in western Nevada County. The 24-hour crisis line is available 365 days a year to victims in crisis, or their friends and family members. The crisis line gives access to crisis intervention services, no matter what the hour is. Depending on an assessment of the individual situation, counseling, emergency shelter, food, transportation, emergency protective orders, and medical and law enforcement accompaniment are all immediately available to those in crisis. During office hours - Monday through Friday, 9:00 a.m. to 5:00 p.m., walk-in and scheduled services are available. These include: crisis counseling, scheduled individual counseling, and support groups. Counselors are also available to accompany and advocate for victims in court and at the emergency room.

East Los Angeles Women's Center

1255 South Atlantic Blvd.
Los Angeles, CA 90022
East L.A. Rape and Battering Hotline: 1(800) 585 - 6231
Office: (323) 526 - 5819
Website: www.elawc.org

The mission of the East Los Angeles Women's Center is to provide a variety of services for women, focusing on sexual and domestic violence and HIV/AIDS. We offer crisis intervention, prevention, education, and advocacy in order to address the needs of our multicultural and multilingual community. With an emphasis on the Latino community, we work to empower and give hope to individuals, families, and the community at large.

Friends Outside in Los Angeles County, Inc.

464 E. Walnut Street
Pasadena, CA 91101
Office: (626) 795-7607, ext. 103
Fax: (626) 795-1476

Friends Outside in Los Angeles County serves as a bridge between families, inmates, and the community, to break the cycle of crime. Friends Outside creates the bridge by providing support services to the families of those incarcerated, by linking these families to community organizations and government programs, and by supporting inmates and ex-inmates in making a successful transition into society. Friends Outside in Los Angeles County is a 501(c)(3) nonprofit organization that was founded in 1972.

Los Angeles Commission on Assaults Against Women (LACAAW)

605 West Olympic Boulevard, Suite 400
Los Angeles, CA 90015
Phone: (213) 955-9090
Fax: (213) 955-9093
TDD: (213) 955-9095
Website: www.lacaaw.org
E-mail: info@lacaaw.org

LACAAW is a non-profit, multi-cultural, feminist, community-based volunteer organization. Our mission is the elimination of violence against women, youth and children through working toward social change, equality and social justice.

LACAAW provides Intervention services for Domestic Violence and Sexual Assault, Prevention services in schools and juvenile halls to educate people while they are still young, and self-defense training.

Project Sanctuary

Inland Office
499 Leslie Street
Ukiah, CA 95482
(707) 462-9196

Coast Office
461 N. Franklin Street

Fort Bragg, CA 95437
(707) 961-1507
(707) 964- 4357 *crisis hotline*
Website: www.projectsanctuary.org
E-mail: projsanc@mcn.org

Project Sanctuary is a nonprofit organization serving sexual assault and domestic violence clients with their Rape Crisis Service, which provides emergency response and counseling to survivors of sexual assault. The crisis hotline provides immediate supportive services to victims, families, and close friends. Individual counseling is available for women who have experienced sexual abuse or violence in their lives no matter how long ago the assault occurred. Support groups in Ukiah, in Willits, and in Fort Bragg are offered for women who would like the support and reassurance of other women in a safe and positive environment. Additionally, local referrals to agencies and organizations are provided.

Project SISTER

P.O. Box 1390
Claremont, CA 91711
(909) 623-1619
(626) 915-2535
(909) 626-4375 *24-hour hotline*
(626) 966-4155 *24-hour hotline*
Website: www.projectsister.org
E-mail: info@projectsister.org

Project SISTER is dedicated to reducing the trauma and incidence of sexual assault by helping survivors return to healthy, productive lives. Project SISTER annually serves 30,000 adults and youths through its crisis hotline, individual and group counseling, and prevention education programs in a 700 square-mile service area from the East San Gabriel and Pomona Valleys to Western San Bernardino County communities. Comprehensive services are available to adults and children who have been sexually assaulted and their families. Crisis services include: 24-hour help line, information and referrals, advocate support, counseling services, and support groups.

San Francisco Women Against Rape (SFWAR)

3543 18th Street, #7
San Francisco, CA 94110
(415) 861-2024
(415) 647-RAPE *24-hour crisis hotline*
Website: www.sfwar.org
E-mail: info@sfwar.org

San Francisco Women Against Rape provides resources, support, advocacy and education to strengthen the work of all individuals, and communities in San Francisco that are responding to, healing from, and struggling to end sexual violence. At SFWAR, we believe that no single individual, organization,

foundation, or business alone can stop the epidemic of sexual assault, but by responding as a whole community, we each bring our piece of the solution.

SFWAR is a women of color led, volunteer-based organization that has provided rape crisis services to survivors of sexual assault for over 30 years. As the primary provider of rape crisis services in San Francisco, we also offer support to friends and families of survivors and provide expert advice, training, and assistance to healthcare workers, medical professionals, educators, law enforcement officers and other professionals throughout the city. Our prevention programs have reached young people in classrooms in schools serving every area of San Francisco, and provided information and resources to people of all ages through community programs, social services, and numerous community events. All our services are confidential and free of charge.

Sexual Assault Crisis Agency (SACA)

1703 Termino Ave., Suite 103
Long Beach, CA 90804
(562) 494-5046
(562) 597-2002 *24-hour crisis hotline*

SACA is a nonprofit community-based organization that provides caring support and advocacy for all survivors of sexual assault and their loved ones. With offices in both Long Beach and Redondo Beach, SACA provides services to residents of 22 cities in southern Los Angeles County. SACA's free, confidential services to survivors and their loved ones include: 24-hour anonymous English / Spanish crisis hotline providing counseling, advocacy, information, and referrals, advocacy and accompaniment for survivors to hospitals, police stations, prosecutors' offices, and court hearings, support groups for teens and adults who have been sexually assaulted or raped, and short and long-term individual counseling in both English and Spanish.

United Against Sexual Assault of Sonoma County (UASA)

835 Piner Road #D
Santa Rosa, CA 95403
(707) 545-7270
(707) 545-7272 *24-hour crisis line*
Website: www.uasasonoma.org
E-mail: info@uasasonoma.org

UASA creates and acts on opportunities to promote social justice and equality for all women, men and children who have been sexually assaulted. UASA is further committed to ending sexual assault by working to eliminate those conditions that cause or tolerate it. Based on recognition of the physical, emotional and spiritual injury and insult that result from sexual assault, primary prevention services and survivor services are both offered. UASA's goal is to provide support to survivors and to prevent assault through education to residents of all ages, all genders, and all levels of development in Sonoma County. Central to their relationship with clients is their

commitment to confidentiality and to providing services regardless of ability to pay. UASA works towards empowering clients by acknowledge the assault, validating feelings, providing options and support decisions, in order to aid them in regaining their own power. Part of their commitment to survivors is to provide support and education for families and significant others. Additionally, UASA works with law enforcement and the criminal justice system to assist survivors of assault through the process of bringing the rapist to justice, but to leave the decision of reporting and prosecutions to the survivors.

Susan Wachob, L.C.S.W., B.C.D.

San Francisco, CA 94114
(415) 626-5415
E-mail: Susan@swachob.com

Susan Wachob has 20 years of experience providing both individual and group psychotherapy for men raped as adults or sexually abused as children. She has spoken at numerous conferences and provides consultation to a wide range of clinicians and agencies on treatment issues for male survivors.

Women's Crisis Support - Defensa de Mujeres (WCSDDM)

Santa Cruz Office
1537 Pacific Ave., Suite 300
Santa Cruz, CA 95060
(831) 425-4030
Website: www.wcs-ddm.org
E-mail: saprogram@wcs-ddm.org

Watsonville Office
406 Main St., Suite 326
Watsonville, CA 95076
(831) 722-4532

WCSDDM provides services to survivors of sexual assault for all of Santa Cruz County through their Sexual Assault Program. A 24-hour crisis hotline is staffed by trained sexual assault peer counselors who are always available for support, information, and referrals. Sexual Assault Advocates are specially trained to address issues relating to sexual assault. Advocates are available 24 hours a day to accompany survivors to the hospital, police station and/or to provide court accompaniment. Advocates work collaboratively with law enforcement, hospital staff and the District Attorney's Office to help sexual assault survivors to understand their options and to navigate the criminal justice system. Advocates also provide information and support for survivors and their families. Additionally, peer counseling and support groups are available for sexual assault survivors, family members, or significant others.

Women's Resource Center (WRC)

California State University, Sacramento - Library 1010

6000 J Street
Sacramento, CA 95819
Phone: (916) 278-7388
Website: www.csus.edu/wrc/
Email: wrc@csus.edu

The WRC is an ASI funded program which is available to all CSUS students, faculty, and staff regardless of gender and gender identity, age, race, economic or marital status, sexual orientation, educational level or disability. Housed in the WRC is the Violence and Sexual Assault Support Services Program. This program was established to create awareness, to coordinate and centralize services for victims, and to educate the university community. The WRC has a full-time victim's advocate. The advocate is on-call 24-hours a day and can be reached by calling the office and asking to have her paged. The WRC can offer assistance in the following ways: reviewing your options, assisting in reporting the crime, assisting in reporting to Student Affairs if the perpetrator is a student, academic intervention, assisting in obtaining counseling, legal referrals and assistance, and assisting in obtaining medical care.

Merle Yost, M.A., L.M.F.T.

2917 Mc Clure Street
Oakland, CA 94609
(510) 627-0090
E-mail: merle@myost.com
Website: www.myost.com

Merle Yost is in private practice in Oakland, CA, where he specializes in working with men that were sexually abused as children and adults. He is a licensed psychotherapist, author, workshop presenter, and sexual abuse survivor.

YWCA in Santa Clara Valley, Rape Crisis Center

375 South Third St.
San Jose, CA 95112
(408) 295-4011
(408) 287-3000 *24-hour hotline* (collect calls from jail are accepted)
Website: www.ywca-scv.org

Serving all of Santa Clara County, the YWCA offers a broad range of services to a diverse constituency. The Rape Crisis Center works to minimize the traumatic aftermath of sexual assault. Some of the Rape Crisis Center programs include: 24-hour rape crisis hotline, counseling services, support groups, safe ride home, and legal advocacy. Counseling services and support groups are available for survivors, their families, and friends. To ensure that everyone can benefit from their programs, all services are offered on a sliding scale basis.

Gadi Zohar, L.M.F.T.

3516 Geary Blvd., Suite 102
San Francisco, CA 94118
(415) 933-6163
E-mail: therapy@wholehuman.com
Website: www.wholehuman.com

Gadi Zohar has 6 years of experience providing both individual and group psychotherapy for men raped as adults or sexually abused as children. He provides individual, couple, family, and group psychotherapy focusing on therapy with men and women who have been sexually violated.

LEGAL SERVICES

Charles Carbone, Esq.

PMB 212
3128 16th Street
San Francisco, California 94103
(415) 531-1980
(415) 885-4810 [fax]
charles@charlescarbone.com
Website: www.charlescarbone.com

Charles Carbone, Esq. is an attorney dedicated to fighting for prisoner rights and human rights for California prisoners and their families.

Charles represents prisoners in California's worst prisons on conditions of their confinement including:

- medical neglect
- guard abuse and misconduct
- indeterminate gang validations for prisoners in the security housing units (SHUs)
- in-custody disciplinary charges (115's)
- parole revocation hearings
- parole release hearings for lifer inmates
- disabled prisoners
- family visiting
- and civil, religious and political rights for prisoners

Charles is personally and professionally dedicated to championing the rights of prisoners in California.

Justice Now

1322 Webster Street, Suite 210

Oakland, CA 94612
(510) 839-7654
Website: www.jnow.org

Justice Now is the nation's first legal training program serving imprisoned women. Undergraduate students and law school students are trained and supervised in providing women prisoners with legal assistance, information, and referrals. Services are offered in prisons and county jails. Individual cases are not accepted, but Justice Now can help women navigate the state's Compassionate Release program when there has been abuse and sexual violence against female inmates. Incarcerated women should send a letter detailing their experience and desired assistance.

Lambda Legal: Western Regional Office

3325 Wilshire Blvd., Suite 1300
Los Angeles, CA 90010-1729
Phone: (213) 382-7600
Fax: (213) 351-6050
Website: www.lambdalegal.org
E-mail: legalhelpdesk@lambdalegal.org

Lambda Legal is a national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people, and those with HIV through impact litigation, education and public policy work. Western Regional Office provides services for those who are located in Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, Oregon, Utah, Washington, and Wyoming.

Help Desk Hours (Pacific Standard Time):
Mondays: 10:00 a.m. to 12:00 p.m. and 2:00 p.m. to 4:00 p.m.
Tuesdays: 10:00 a.m. to 12:00 p.m. and 2:00 p.m. to 4:00 p.m.
Wednesdays: 2:00 p.m. to 4:00 p.m.
Thursdays: 10:00 a.m. to 12:00 p.m. and 2:00 p.m. to 4:00 p.m.
Friday: 10:00 a.m. to 12:00 p.m. and 2:00 p.m. to 4:00 p.m.

If Help Desk staff are busy helping other callers, your call will be routed to the Legal Help Desk voicemail. Please leave the following information: name, state, contact info, best time to reach you, and a brief message outlining your legal inquiry. A Help Desk staff person will return your call.

It is usually most efficient for Help Desk callers to contact us by phone. If you are in a place where you are not able to make long distance calls, we can make an appointment to call you. If you are absolutely unable to call us, you may e-mail us at legalhelpdesk@lambdalegal.org or write to the addresses above.

Legal Services for Prisoners with Children

1540 Market Street, Suite 490
San Francisco, CA 94102

(415) 255-7036

E-mail: info@prisonerswithchildren.org

Website: www.prisonerswithchildren.org

Legal Services for Prisoners with Children does not have funding to provide individual legal assistance to prisoners, but does respond to hundreds of inquiries each month. Legal Services for Prisoners with Children will investigate cases of abuse, assault, and rape by conducting legal visits. They will provide information and referrals that are advocacy-related and they may be able to help guide you through the litigation process. For more information contact Heidi at (415) 255-7036 ext. 321.

Prison Law Office

General Delivery

San Quentin, CA 94964

(415) 457-9144

Website: www.prisonlaw.com

The Prison Law Office provides free legal services to California state prisoners, and occasionally to California state parolees. Assistance is generally limited to cases regarding conditions of confinement. Self-help and informational materials are also provided free of charge to prisoners. All issues concerning individual prisoners and prison conditions should be sent via mail. Telephone calls from prisoners and their families are not accepted.

Prisoner Services

Contact: Peggy Harrell

Marin County Jail

13 Peter Behr Dr.

San Rafael, CA 94903

(415) 499-3203

Prisoner Services provides direct services for prisoners in the Marin County Jail. A nursing staff and rape crisis counselor are available. Prisoners who require assistance should be able to find a request slip in the jail.

William L. Schmidt, Esq.

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Pismo Beach, CA 93449

Phone: (805) 556-0844

Fax: (805) 556-0141

E-mail: bschmidt@ncinternet.net

William L. Schmidt, Esq. is an experienced, aggressive and successful lawyer. He concentrates his practice on "Prison Law", specifically handling cases which originate in California including, medical malpractice, civil rights violations, administrative issues, writs of habeas corpus, appeals, parole

hearings, revocations, and transfers.

William is centrally located in California and frequently travels the state to visit clients at various institutions.