

Part 2 - Section 13 SEXUAL ASSAULT

TRAUMA EVALUATION FORM

Are you suffering from a post-traumatic stress disorder following a violent incident? Use this checklist to evaluate your response to trauma.

SINCE THE INCIDENT, YOU HAVE EXPERIENCED:

- Flashbacks.
- Panic attacks.
- Mood swings.
- Emotional numbness.
- Unexplained anger and rage.
- Feelings of isolation.
- Low morale and productivity.
- Sleeping or eating disorder.
- Physical symptoms of stress (stomach pains, headaches, etc.).
- Poor concentration.
- Feelings of helplessness.
- Depression.
- Feelings of guilt.
- Nightmares.
- Drug and alcohol abuse.
- Increased irritability.

A person who begins to experience any of these symptoms after a traumatic event should receive or be offered assistance. A professional counselor should make an evaluation. In some cases, post-traumatic stress syndrome can last for years if not treated. However, with skillful intervention, most people with this disorder can be helped to return to a healthy and productive life.

Taken from "Preventing Workplace Violence," Parley International.

Assign crisis management team member (counselor) to stay with the victim. Depending on the situation, victim should not eat or drink, change clothes, or shower, while awaiting police. Isolate the victim from activity related to the incident.

- Determine if immediate medical attention is needed, if so call 911.
- If there is a crime scene related to the assault, close off the area to everyone. Assign crisis management team member for security.
- Call 911 and request that police respond.
- Assign Crisis Management Team member (counselor) to stay with the victim. Depending on the situation, victim should not eat or drink, change clothes, or shower, while awaiting sheriff's arrival.
- Isolate the victim from activity related to the incident.
- Review possible need for a lockdown until circumstances surrounding the incident are known.
- Victim should not be asked any questions beyond obtaining a description of the perpetrator.
- NOTIFY CENTER UNIFIED DISTRICT OFFICE.
- Notify victim's family.
- Notify student services staff members as appropriate.
- Sheriff's will coordinate questioning of victim, suspects, and collection of evidence. Assign Crisis Management Team member as liaison.
- Gather CMT and discuss how to handle emotional effects of incident on faculty and student population. Plan school events for next day.
- Coordinate statements to media, families and community with the Office of Community Relations.

Be aware of rumors which may start from these type of events and address those rumors directly using facts.