

Resources

Wcasa

(Wisconsin coalition against sexual assault)

Resources for local advocate agency by county can be found online at wcasa.org/

RAINN

National Sexual Assault Free 24/7
Confidential Hotline

1.800.656.4673

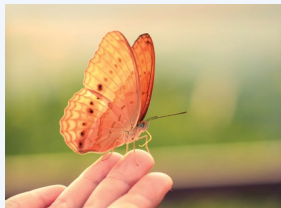
Human Trafficking Hotline

1.888.373.7888 or text HELP to 233733

Upper Michigan Advocate Resource dove-inc.net

Crisis Line - 906.932.0310

EVAWI - Seek then Speak seekthenspeak.app



S.A.N.E.

The Sexual Assault Nurse Examiner Program for adults and adolescents is available at:

Aspirus Ironwood Hospital

906.932.2525

Aspirus Medford Hospital

715.748.8100

Aspirus Langlade Hospital

715.623.2331

Aspirus Rhinelander Hospital

715.361.2000

Aspirus Riverview Hospital

715. 423.6060

Aspirus Stanley Hospital

715.644.5530

Aspirus Stevens Point Hospital

715.346.5000

Aspirus Wausau Hospital

715.847.2121

Howard Young Medical Center

715.356.8000

Please visit the Emergency Department
at any time for care.

Visit us online.



S.A.N.E.

Sexual Assault Nurse
Examiner Program



Providing compassionate care for adolescents and adults who experience a sexual assault.

The experience of sexual assault is deeply devastating for patients and their loved ones. To help begin the healing process the nurses of the Aspirus SANE Program provide compassionate care and treatment to patients who have been sexually assaulted.

The SANE program provides medical and forensic examination and resources for adolescent females with the onset of menses and males 12 years of age and older who have been sexually assaulted. The program is staffed by registered nurses who have advanced training in medical forensic examination and emotional trauma.

The Value of Care

Care is important whether a patient chooses to report the assault to law enforcement or not. Nurses are mandated to report sexual assaults of patients under 18 years old. The Aspirus SANE program encourages all patients of sexual assault to receive a forensic exam to ensure their health and safety, as well as to collect evidence if desired.

Should a patient choose to report their assault, SANE nurses collaborate with police, prosecutors and counselors to coordinate care. The highly skilled professionals can also serve as expert witnesses in legal proceedings.

The Aspirus SANE Program Provides:

- Prompt care from specially trained medical professionals who understand trauma.
- Risk assessment and prevention of pregnancy and sexually transmitted diseases.
- Compassionate patient directed medical forensic exams in a dedicated safe and private environment.

What Happens During the Exam

The patient is always in control. What happens during the examination is completely up to the patient. The SANE nurse will explain each step of the process to allow for an educated decision. With permission, the nurse will ask you about the assault, perform a physical exam including genitalia, complete an evidence collection kit, offer risk assessment for pregnancy and sexually transmitted infections and coordinate care with a sexual assault advocate.

If the patient wishes to report the assault to law enforcement, the SANE nurse will provide assistance. If the patient is unsure if they want to report the assault, the medical forensic examination is still available.

Normal Reactions After an Assault

The following reactions are normal and, in most cases, temporary following a sexual assault.

Emotional reactions: Depression, disbelief, guilt, shame, grief, fear, anger, mood swings

Behavioral reactions: Inability to concentrate or relax, avoiding places, people, thoughts or feelings, general loss of interest

Physical reactions: Nausea, headaches, changes in eating or sleeping patterns or menstrual cycle

Dealing with Your Emotions

- Be honest with yourself about your feelings and thoughts.
- Try not to punish yourself with questions about why. The perpetrator chose to commit this crime, not you.
- Take care of yourself. Get rest, plan comforting activities and avoid use of alcohol or drugs.
- Talk to people you trust. If necessary, ask for help from family, friends, police, medical professionals and counselors.
- You only have to tell the people you choose to tell and share what you are comfortable sharing.
- Follow through with suggested medical care.

