



24 Hour Hotline (631)329-2200

www.theretreatinc.org

Administration (631)329-4398

What is a “SANE” Center?

by Guest Columnist, Linda Fairstein

More than a decade ago, advocates and law enforcement agencies lauded the implementation of **Sexual Assault Nurse Examiner (SANE)** programs in a select number of hospital emergencyrooms around the country. It was no secret that rape victims had long been denied appropriate treatment when they presented to the medical community after the trauma of an assault.

It's great news for The Retreat and VIBS – and for the population they have done so very much to serve - that this revolutionary system has been extended to the East End of Long Island, in Riverhead's Central Suffolk Hospital.

I've often been asked why the SANE programs are such an improvement over traditional ER care, and why it has taken so long to place them in medical facilities.

For survivors who present to an ER after an assault, the experience has often been a very unfriendly one. Physicians have repeatedly explained to me that when victims are 'triaged' for care in an emergency room, those exhibiting the most severe physical trauma are always treated first. The fact is that for the rape victim, the most life-threatening part of the event – the occurrence of the crime itself – is over at that point, and most survivors present to physicians without any gross external physical injuries. So while the rape victim waits for her exam – with average delays as long as six hours - the heart attack and stroke patients, the car accidents and gunshot injuries, all get treated before she does.

Add to that the fact that in this day of sophisticated forensic techniques and the dazzling advances in DNA technology used to identify or exonerate suspects, most physicians will tell you that their job is to treat the health care needs of the patient – not to collect evidence for her court case. It's a reality of the medical profession that few physicians have ever been trained to treat survivors of sexual violence– and yet no one suffers more from that failure than the victims of rape, who have been unable to

get the comprehensive treatment they should be entitled to in the aftermath of these devastating crimes.

SANE programs were designed to meet the needs of sexual assault victims – to provide sensitive treatment to them in an environment that is both private and comfortable; to have the exams performed by nurses or examiners specifically trained to handle such cases, as well as to testify in court proceedings about their findings; to offer state-of-the-art evidence collection, because if that step is not available in the emergency room, it is lost to the process forever; and to offer support services for counseling and aftercare, so critical to the recovery of all victims.

I have spent more than thirty years working with survivors of sexual assault and intimate partner violence, and have been surprised by how long it has taken to get these SANE programs in place all over America. In New York City, for example, there are 43 acute-care hospitals in the five boroughs, yet only ten have specialized units that provide for this essential treatment. When in place, they have long been proven to offer enormous benefits to the physical and emotional well being of the patients who are cared for, and they greatly enhance the likelihood of successful prosecutions because of the cutting edge forensic practices in use.

Like everything else, the introduction of the units has seen slow growth because they are expensive to staff and operate, and because they require a culture within the treatment community that acknowledges the necessary interplay between ER staff, nursing and OB-GYN departments, local law enforcement personnel, and social service agencies.

It has been my good fortune to partner with The Retreat and VIBS many times throughout my career, and it is heartwarming to see their commitment to these issues result in the welcome news of the new SANE program. I hope we all join in supporting the life-saving work of this new venture.

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Cover Story

Guest Columnist Linda Fairstein



Linda Fairstein, one of America's foremost legal experts on crimes of violence, served for 25 years as the bureau chief of the famed Sex Crimes Prosecution Unit of the New York County District Attorney's Office before stepping down in 2002. Ms. Fairstein has prosecuted scores of high profile cases including the 'Midtown Rapist' and Robert Chambers, know as the 'Preppy Murderer'.

In addition to her decades of public service, Fairstein is a celebrated author. In 1993, her non-fiction book - **SEXUAL VIOLENCE: OUR WAR AGAINST RAPE** - was published to critical acclaim and was a New York Times "Notable Book of the Year." In 1996, Fairstein realized her life-long dream upon the publication of her first crime novel, **FINAL JEOPARDY**. That debut in the Alexandra Cooper series of crime novels was followed by six more titles - all international bestsellers.

Linda Fairstein is a graduate of Vassar College (1969) and the University of Virginia School of Law (1972), a Fellow of the American College of Trial Lawyers, and a member of the International Society of Barristers. In 1998, several of her law school classmates established a public service scholarship in her name, to support students interested in a legal career in the public sector. Fairstein appears regularly as a legal commentator on national television shows, including TODAY, GOOD MORNING AMERICA, CNN AMERICAN MORNING, and A&E's AMERICAN JUSTICE.

The Impact of Rape & Sexual Assault on the Victim, Family & Friends

Karen Martin, Ph. D., Clinical Director

In order to understand the tremendous impact rape or sexual assault has on a victim, their family and friends, it is important to define rape and sexual assault. According to Rape Abuse and Incest National Network (2005), Rape is defined as forced sexual intercourse, including both psychological coercions and physical force. Sexual assault is defined as a wide range of victimizations, distinct from rape or attempted rape. These crimes include completed or attempted attacks generally involving sexual contact between the victim and offender.

When an individual is sexually violated it is not unusual for her/him to experience a variety of conflicting and confusing emotions including denial, shock, helplessness, self-blame, guilt, self-anger, anger at the rapist, shame, humiliation, fear of being attacked again, fear of her own reactions. As with many other traumas, emotions are likely to overlap and bounce back and forth from fear to shame to guilt to anger to fear and so on. Recovering from rape or sexual assault is a process that does not have a timetable. Victims experience recovery at their own pace.

According to RAINN (2005) and Men Can Stop Rape (1997), when helping a victim of rape or sexual assault it is important to:

BELIEVE them. It is not your role to judge whether the assault occurred.

HELP them explore their options.

LISTEN to them. Listening without offering advice is critical to the process.

NEVER BLAME them for being assaulted. No one deserves to be violated.

ASK before you touch them. Don't assume that physical contact is comforting.

RECOGNIZE that you, in a sense, have been assaulted too. It hurts us when someone we love is suffering.

GET HELP for yourself. It is difficult being the supportive person to a victim. Keeping your feelings inside will make you less able to help the victim.

Rape and sexual assault are not only devastating to the victim of the attack but to friends and family as well. Simply not knowing what to say, how to help or how to react when the victim vacillates from one emotion to another can feel debilitating. Whether you are the victim of rape or sexual assault or family and friends of the victim, seeking assistance can help. For further information call the **Retreat's Hotline at 329-2200**.

In 2003 there were on average 223,280 victims of rape, attempted rape or sexual assault.

Every 2½ minutes, somewhere in America, someone is assaulted

Only about 40% of rape sexual assaults were reported to law enforcement in 2003.

(US Department of Justice Bureau of Justice Statistics)

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We have a new look! As you can see, The Retreat's newsletter has a new tri-fold design with areas of interest for everyone. We are especially pleased with our Guest Columnist section. In this edition, we are delighted to have Linda Fairstein as contributor. Linda is a celebrated novelist and former New York Assistant District Attorney who has long been a champion of victims' rights. She has helped to change the way our society thinks about and treats victims of violent crimes – especially women. We thank her for her unwavering support of The Retreat and her thoughtful contribution to this newsletter. We hope to feature a variety of special columnists in upcoming issues who will contribute their views concerning important issues relevant to our mission.

We would also like to express our sadness to all of those affected by Hurricane Katrina. Though no one wishes for disasters, they do somehow bring out the best in most people. To see the outpouring of support from people across the United States as well as other countries is heartening. But a major concern for small not-for-profit organizations like The Retreat who must also rely on the generosity of the community is that donors will inadvertently overlook their local charitable organizations in the face of such a **national** tragedy. Now more than ever, The Retreat needs your help in raising funds to provide uninterrupted services to the women and children who are touched by **personal** family tragedies – domestic violence. We encourage all of you to contribute to the Katrina Disaster Funds as well as to your local organizations that provide directed needed services to you, your family or neighbors.

The State of our Financial Affairs

Jennifer Critcher, Finance Director

This year, The Retreat has faced its biggest challenge ever: raising 46% (approximately \$836,000) of our operating budget, independent of governmental revenue streams. To date The Retreat has successfully increased net profits from events and increased contributions received through cultivation efforts such as our Spring Luncheon and other educational gatherings.

The Retreat's strong leadership and financial position, has sustained our ability to carry out programs, without reduction in services, despite steep government cuts.

*In addition to securing budgeted raffle revenue this fall, **we must raise an additional \$100,000 in donations to meet our 2005 budget.** This is a tremendous challenge that must be achieved or we must face the alternative of cutting our current level of services, when demand for advocacy, counseling, and education services already outstrip our current means.*

I ask you to ponder these domestic violence statistics (as offered by the Family Violence Prevention Fund):

“Around the world, at least one in every three women has been beaten, coerced into sex or otherwise abused during her lifetime.”

“On average, more than three women are murdered by their husbands or boyfriends in this country every day.”

“Studies suggest that between 3.3 and 10 million children witness some form of domestic violence annually.”

“Three in four women who report that they had been raped and/or physically assaulted since age 18 said that a current or former husband, cohabiting partner, or date committed the assault.”

Do you or someone you know recognize the turmoil that spills into the lives touched by violence?

Please join The Retreat in its crucial mission. In 2004 The Retreat's non-residential services reached over 16,000 people in our community. In addition, our shelter's occupancy was over 90%. Please help The Retreat tackle our 2005 challenge to meet our budget, and continue to provide quality services to victims of violence. To learn the various ways you can express your support, visit our website at www.theretreatinc.org.

CELEBRATING SURVIVORS LUNCHEON: "Living an Empowered Life"

*In May of this year, the **Communities of Faith Task Force on Domestic Violence** hosted their first annual luncheon at the Huntington Town House to celebrate survivors of domestic violence. The Retreat is a member of the Task Force, which is co-chaired by Eileen Troiano, Director of Advocacy.*

*We were honored to have as our keynote speaker, **Sister Marguerite Torre of the Joe Torre Safe at Home Foundation** which "develops educational programs that will end the cycle of domestic violence and save lives". Sister Marguerite, and her brother Joe Torre, Manager of the New York Yankees, grew up in a home where their mother was abused. Her remembrances touched us all.*

*Sister Marguerite described her mother, Margaret, as courageous in dealing with the violence she suffered and in her desire for her children's happiness. She spoke fondly of her siblings, noting that when she left home in Brooklyn to join the Ursuline Sisters, she gave Joe a baseball glove. "I could give you a rosary, but I gave you a glove. Every time you catch a ball, I want you to say a prayer". She spoke of the family's private pain, which was never discussed until Joe wrote his 1997 autobiography and went on to found **Safe at Home**. She ended by saying "No one should have to live in fear. God made each of us wonderful. We shouldn't have to feel like we aren't."*

*One third of the audience were survivors, who were deeply moved by hearing someone speak of her own experiences. **NEWSDAY** reported on the luncheon with front page coverage and followed with an editorial several days later.*

*Eileen Troiano
Director Hotline/Advocacy*



Sister Marguerite Torre speaking to the audience.

Shelter Wish List

As our clients change, so do our needs. To hear what our current client needs are, please call 329-4398, ext 308.

Listed here are items that are always needed.

Bedding:

Twin sheets, blankets, & quilts, pillowcases

Alarm clocks, watches

Towels, washcloths

Shower curtains

Bed & Bath scatter rugs

Small lamps

Night tables and dressers

Curtains

Pictures

Suitcases

New undergarments & socks

Dishes, serving dishes

Cutlery

Pots & pans,

Tablecloths

Special needs:

Van (new or gently used, 12 passengers would be great) to transport clients.

Materials to tile living room floor.

Donations are accepted on Monday OR Friday, 9-4, at our 13 Goodfriend Dr. East Hampton office.

Holiday Donations



As the holiday season approaches I am hearing in my head Johnny Mathis singing, "It's the most wonderful time of the year!" But for some it isn't the most wonderful time of the year, especially for our residential and non-residential clients and their children.

Each year your generous donations and the tremendous job our staff does help to bring the happiness, peace and hope of the season to our clients. It is with that sense of giving that I extend to you the opportunity to once again open your hearts and give to those striving to better their lives and the lives of their children.

We are requesting gifts for the younger children and for the teenaged youngsters as well. C. D. players and gift cards to places like The Gap and Long Island Sound will be so appreciated by the older children. For the mothers we suggest gift cards for King Kullen, Waldbaum's, T. J. Maxx and Target.

A list of the families and their particular needs will be available soon. If you would like to adopt a family, or make any type of donation, please contact Eileen at The Retreat.

May it truly be as the song says, "...the most wonderful time of the year..." for you and yours.

*Tammy Morgan
Hotline Counselor/Legal Advocate*

ARTISTS AGAINST ABUSE 2005



Melissa Cohn, Toni Haber,
Caroline Hirsch, Joy Behar and
Jane Wind



Rosemary and Ken Caruso;
Tracey Lutz



Paul Nickolatos and Board
President Katherine Ryden

Artists Against Abuse 10th Anniversary Gala was held on June 25th at the Bridgehampton Tennis & Surf Club. This year's event honored Melissa Cohn of The Manhattan Mortgage Company for her dedication to The Retreat and to causes that benefit women and children. Joy Behar of ABC-TV's "The View" teamed up with auctioneer August O. Uribe of Sotheby's for a rousing Live Auction of works by April Gornik, Ross Bleckner, Cindy Sherman, Ibram Lassaw, Hans Van de Bovenkamp, Sue Williams, Audrey Flack, Jenny Holzer, Bryan Hunt, Judy Ledgerwood, Donald Lipski and Susan Rothenberg. Co-Chairs Tulla Booth and Ann Chwatsky really outdid themselves with another 70 renowned artists donating hand painted ceramic plates for our Silent Auction commemorating the 10th Anniversary of this great event. Sponsors for the Gala included The Manhattan Mortgage Company, Samuel Goldberg & Sons Foundation, Prudential Douglas Elliman, Brown Harris Stevens – S. Jean Meisel, Wilbur & Hilary Ross, Louise & Steve Bergerson, Hon. Bruce M. Kaplan & Janet Yaseen Kaplan, Devlin McNiff, Twomey, Latham Shea & Kelley, Robert Sculthorpe & Kaye Russell Sculthorpe, Susan & Tim Davis, Argo Corporation, Follow Your Art, ClearVision Optical, Chatham Imports and Robbins Wolfe Eventeurs. Thank you to all of our supporters for making this year's event our most successful one ever!



Caroline Hirsch and Joy Behar



Tulla Booth and Ann Chwatsky



Dennis and Cynthia Suskind

Save the date
Artists Against Abuse
2006

JUNE 24, 2006
Bridgehampton Tennis & Surf Club



Warren Feder, Sharyn Lawall,
Guillermo Vilas, Susi Wunsch

LTU CHAMPIONS TROPHY TENNIS TOURNAMENT

Claude Okin of Sportime Amagansett hosted the LTU Champions Trophy Tennis Tournament presented by Volvo August 18th through August 21st to benefit The Retreat, and the Michael J. Fox Foundation for Parkinson's Research. Supporters of The Retreat had the opportunity to play in a pro-am exhibition match with such tennis legends as Guillermo Vilas, Mansour Bahrami and Mel Purcell. Other legends who thrilled the crowd included John McEnroe, Anders Jarryd, Peter McNamara and Aaron Krickstein. The Retreat's players were Sharyn Lawall, Steve Bergerson, Harris Barer, Susi Wunsch, Denise Shirley, Mark Lopez, Dave Taylor, Joe O'Connell, Warren Feder, Benjamin Zwirn and Paul Kerz.



Joe O'Connell, Guillermo Vilas,
Steve Bergerson



Mansour Bahrami and Paul Kerz



Harris Barer with his winning
plaque

THE RETREAT'S ANNUAL RAFFLE

Tickets are now on sale for The Retreat's Annual Raffle to benefit our award-winning **In-School Violence Prevention and Awareness Program**. The Grand Prize is \$10,000. If you would like to help support our education program, please fill out and return the reply form in this newsletter or call our Administrative Office at 631-329-4398 for information.

The raffle drawing will take place at our Holiday Party on Monday, December 5th at World Pie in Bridgehampton. Winners do not need to be present at the drawing. Please help us to continue to offer our East End school students this unique program.

Take a Chance to Win...

THE RETREAT Annual Raffle
To Benefit Our In-School Education Program

GRAND PRIZE \$10,000
Additional Cash Prizes and Luxury Gifts

\$25 per ticket or 5 for \$100

Tickets eligible for all prizes. You need not be present to win.

Drawing on December 5, 2005.

Purchasers of tickets must be at least 18 years old.

Tickets may be purchased as gifts for minors. Ticket price is not tax deductible.

This raffle is for the benefit of The Retreat's In-School Violence Prevention Education Program.

In 2004 this award-winning program reached over 3,500 elementary, middle and high school students on the East End of Long Island at no cost to participating schools or students.

Additional services provided by The Retreat during 2004 include:

Housing for women and children in our Residential Shelter at an occupancy rate of 90%.

Approximately 4,000 Counseling Services.

Responded to nearly 3,000 Hotline Calls.

Provided Community Education for nearly 2,000 individuals
The Retreat is a 501(c)3 non-profit.

Please complete the form and return to **The Retreat Raffle, 13 Goodfriend Dr., East Hampton, NY 11937** or fax to (631) 329-2944

Name _____

Address _____

Phone _____

Charge card VISA _____ MASTERCARD _____ AMERICAN EXPRESS _____

CC# _____

Name on card _____

Exp. Date _____

Signature _____

In addition to private donations, the work of
The Retreat is made possible through funding from:
Town of East Hampton
Town of Southampton
Suffolk County Probation Dept.
Suffolk County Department of Social Services
New York State Crime Victims Board
New York State Office of Children & Family Services
New York State Federal Family Violence Prevention Fund
Long Island's United Way

DOES YOUR PARTNER...
Track all of your time?
Constantly accuse you of being unfaithful?
Discourage you from having relationships with family and friends?
Prevent you from working or going to school?
Criticize you for little things or blame you for every-thing that goes wrong?
Anger easily when using drugs or alcohol?
Control your finances and force you to account for the money you spend?
Make fun of you or humiliate you in front of others?
Destroy your personal property or sentimental items?
Threaten to harm you or your children?
Hit, punch, slap, kick or bite you or your children?
Use or threaten to use a weapon against you?
Force you to have sex against your will?
If Yes, You Are Not Alone
For information and support, call
THE RETREAT
(631) 329-4398
or our 24 hour crisis hotline (631) 329-2200
All calls are strictly confidential

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