

Regional Assault Care Program Services are:

- Available 24/7
- Confidential
- Available in every emergency department in Renfrew County
- Safe, supportive and non-judgmental

Health Care Options Include:

- Crisis counselling and emotional support
- Physical examination
- Treatment of injuries
- Documentation of injuries including photographs
- Offer you medicine to prevent pregnancy
- Offer you medicine to prevent sexually-transmitted infections including HIV
- Testing for sexually transmitted infections/diseases
- Testing for drugs of abuse
- Collection of forensic evidence
- Assist you with police reporting, if you want
- Risk assessments and safety planning
- Referral to counselling and community services
- Follow-up health care, testing and support

Follow-up Services

Our nurse will call you in follow-up with your permission a few days after you have been seen in the emergency department, providing it is safe to do so.

Outpatient Services

Outpatient appointments can be booked for individuals who do not need emergency room care. Appointments are scheduled in the outpatient department of the hospital of your choice.

**Confidential, safe,
supportive and
non-judgemental.**

**Reach out—
We are here to help
You have options.**

Call one of our specially-trained registered nurses 24 hours a day, 7 days a week for information and support.

Our nurses can be accessed through the emergency departments at any Renfrew County hospital 24/7.

Call our confidential, toll-free line at 1-800-363-7222

**Abuse is never
your fault.**

Regional Assault Care Program



A specialized service designed to meet the health care and safety needs of women, children and men who are victims of sexual assault/abuse, domestic violence, child maltreatment and elder abuse in Renfrew County.

Call toll-free: 1-800-363-7222

Regional Assault Care Program

The Regional Assault Care Program is one of 36 hospital-based Sexual Assault/Domestic Violence Treatment Centres in Ontario. We provide emergency room care, follow-up and outpatient appointments to women, children and men who are victims of sexual assault/abuse, domestic violence, child maltreatment and elder abuse. Our specially trained nurses are available in any Renfrew County emergency department 24 hours a day, 7 days per week.

Child and Youth Abuse Services

Our specially-trained registered nurses provide sensitive assessment and treatment for all children and youth who are suspected victims of all forms of abuse.

Physical Abuse and Neglect

- Examination and support of child/youth
- Support for parents/caregivers
- Assessment, treatment and documentation of injuries and condition
- Report to child protection services when required
- Health care follow-up and support, referrals to community services

Sexual Abuse/Assault

- Crisis counselling and support
- Assessment and treatment of injuries
- Offer medications to prevent pregnancy
- Offer medications to prevent sexually-transmitted infections including HIV
- Test for drugs of abuse
- Collection of forensic evidence
- Documentation of injuries including photographs
- Follow-up testing and support
- Referrals to community services

Sexual Assault and Domestic Violence Services

Domestic violence can include emotional, physical, financial and sexual abuse as well as intimidation, isolation and threats. The purpose of this abuse is to establish and maintain control over a partner or ex-partner.

Strangulation is the ultimate form of power and control, where the abuser takes control over the victim's next breath. Death can occur days to weeks after the assault due to non-visible internal injuries and complications. Long-term effects of strangulation can include brain damage, memory problems, paralysis, anxiety, depression and PTSD. **Urgent assessment and follow-up by the Regional Assault Care Program is needed, even if there are no visible injuries.**

Reporting to Police

Adult domestic violence and sexual assault cannot be reported to police unless the client requests it. **It is your choice.**

Sexual assault is any form of sexual activity without your permission. It may include (but not limited to) kissing, grabbing, fondling and rape. Sexual assault is often committed by someone the victim knows. Alcohol and drugs often play a role in sexual assault. This may include intentional drink spiking or knowingly using these substances. This type of sexual assault is called **Drug Facilitated Sexual Assault**.

Common Drugs Used in Sexual Assault

Alcohol is the most common drug used in sexual assault.

Substances can be used to make you drunk or high so that you are more vulnerable to sexual assault.

Someone who sexually assaults you may buy you a lot of drinks or might put too much alcohol in your drinks.

They might slip a drug or medicine into your drink so that you become drunk or high. Some perpetrators look for someone who is already drunk or high.

Was I Drugged and Sexually Assaulted?

You may know that you have been sexually assaulted or you may wake up feeling that something is wrong. You might not remember, you might feel really hungover or sick, your clothes might not be right, you might be hurt, or feel like someone has had sex with you.

If you believe you were sexually assaulted when you were drunk or high, it is not your fault! It is not okay for someone to have sex with you when you are drunk or high; it is a crime.