

*“Thankfully there are people who won’t judge you. The staff of The Center for Women and Families has been there for me throughout the most difficult experience of my life.”*

—Elyse, SANE Clinic Client



We're here for you.

*“The SANE Clinic Nurses helped me feel comfortable, respected and safe. They were patient and answered my questions honestly.”*

—Bonnie, SANE Clinic Client

- › **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.
- › **Talk to people you trust.**
- › **Take care of yourself.** Get rest, plan comforting activities and avoid use of alcohol or drugs.

**You don't have to go through this alone. The Center for Women and Families is available 24 hours a day, every day of the year.**

- › **If necessary, ask for help** from family, friends, police, medical professionals and counselors.
- › **Follow through** with suggested medical care.
- › **You only have to tell the people you choose to tell.**
- › **You only have to share what you are comfortable sharing.**

## RESOURCES

### The Center for Women and Families

Joan E. Thomas, M.D. Campus  
927 South 2nd Street  
P.O. Box 2048

Louisville, KY 40201-2048

Business Line: (502) 581-7222

Toll-free 24 Hour Crisis Line: (877) 803-7577

### The Louisville SANE Program at University Hospital

530 South Jackson Street  
Louisville, KY 40202

Business Line: (502) 562-4064

Toll-free: (800) 891-0947

### The Specialty Clinic

850 Barret Avenue, Suite 301

Louisville, KY 40201

(502) 574-6699



*The SANE Clinic staff and partners wish to thank the Sexual Assault Task Force for their vision and for all the hard work and dedication it took to get the clinic open to the public.*

*The Center for Women and Families engages individuals and community in the elimination of domestic violence, sexual violence and economic hardship through service, education and advocacy.*



THE  
CENTER  
FOR  
WOMEN  
AND  
FAMILIES

University Hospital

A great member of  
UL Health Care



## THE LOUISVILLE SEXUAL ASSAULT NURSE EXAMINER (SANE) CLINIC

at The Center for Women and Families



## FREQUENTLY ASKED QUESTIONS

### WHO WILL PAY FOR THE SANE EXAM?

The medical/forensic examination will be paid for by the Crime Victims Compensation Board. Follow-up counseling and therapy services provided by The Center for Women and Families are free of charge.

### HOW IS MY PRIVACY PROTECTED?

The Louisville SANE Clinic and The Center for Women and Families adheres to HIPAA (Health Insurance Portability and Accountability Act) guidelines concerning privacy; however, you will be asked to allow the release of your information to the state Crime Victims Compensation Board so that the SANE program receives proper compensation for the medical procedures.

### SHOULD I GO TO THE HOSPITAL OR THE SANE CLINIC?

If you have life-threatening injuries, immediately go to the nearest emergency room or call 911 for help. If you do not have life-threatening injuries, the Louisville SANE Clinic could be your best option. The Center for Women and Families crisis counselors can help you determine the best location for you to receive services. **Just call The Center's Toll-free 24 Hour Crisis Line for more information: 1-877-803-7577.**

### CAN I STILL RECEIVE SERVICES FROM THE CENTER FOR WOMEN AND FAMILIES IF I CHOOSE NOT TO PURSUE LEGAL CHARGES?

Yes, you can still receive your medical/forensic exam, medications, counseling and follow-up services from The Center for Women and Families. You can also request an advocate from The Center for Women and Families meet you at any Louisville area hospital.

### THE LOUISVILLE SANE CLINIC ALLEVIATES POSSIBLE LONG WAITS IN HOSPITAL EMERGENCY ROOMS.

The clinic provides a thorough medical/forensic exam and assists with the initial contact with law enforcement should patient choose to report. Patients are offered emergency contraception and medication to treat sexually transmitted infections. If patient needs a higher level of care than the clinic can offer, the nurse will arrange for transfer to University Hospital where immediate medical needs can be addressed.

### SURVIVING AND HEALING TAKES TIME.

People who have been sexually assaulted may have many of the following reactions. Remember, these are normal and, in most cases, temporary.

**Emotional reactions:** depression, 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

You may feel dirty, ashamed, guilty, humiliated or responsible. It is normal to experience these feelings, but it is not your fault.

These reactions may be more difficult to handle on holidays, the anniversary date of the assault, or an event that reminds you of the assault.



**It's not your fault.**

### THE LOUISVILLE SEXUAL ASSAULT NURSE EXAMINER (SANE) CLINIC IS THE FIRST OF ITS KIND IN THE REGION.

The Louisville SANE Clinic provides immediate, confidential services for male and female sexual assault victims over the age of 14.

All services are provided by a Registered Nurse who has completed specialized forensic training in the care and treatment of sexual assault victims. The Louisville SANE Clinic provides evidence documentation for all sexual assaults regardless of whether victim chooses to report to law enforcement.

**We believe you.**

