

Core Values

Intersectionality

We believe and acknowledge: that all identities are valuable and affect the way we respond to trauma.

We are committed to: providing safe spaces to proactively explore these intersections and the impact they have on healing.

Community Ownership

We believe: that healing comes from community support, and that survivors deserve to be met where they feel safe and comfortable.

We trust: survivors to define their community, and we are committed to helping those survivor-identified communities make a positive impact.

Wisdom

We believe: that survivors are the experts in their own lives and needs.

We are committed to: supporting survivor autonomy.

Courage

We believe: that talk about violence is an act of bravery.

We are committed to: having the courage to amplify survivor voices and seek new and creative approaches to prevention and healing.

Transformative Justice

We believe: that the conditions that allow violence to occur must be transformed in order to have true justice.

We are committed to: exploring ways to ensure safety and accountability without perpetuating systems of inequity and abuse of power.



**ALL
ARE
WELCOME**

Mission

Transformative Healing seeks to:

Provide survivors with marginalized gender and/or sexual identities compassionate and individualized services that emphasizes community engagement through a holistic approach to healing.

History

Founded in August 2014, Transformative Healing is a culturally specific LGBTQIA organization serving survivors of sexual violence and their support systems through:

- crisis intervention and advocacy services
- community engagement and involvement
- prevention services

Contact Us

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Transformative Healing is currently housed under IowaCASA

**Transformative
Healing**
"A safe space for LGBTQIA
survivors of sexual violence"

www.thiowa.org

What is Sexual Violence?

Sexual violence is a broad term that encompasses a continuum of behaviors and actions varying in degree from harassing comments of a sexual nature to sexual contact (including, but not limited to sexual intercourse). Sexual violence can occur:

- ◇ without consent
- ◇ with the use of physical force, coercion, deception or threat
- ◇ in the form of rape, incest, childhood sexual assault, ritual assault, intimate partner violence, stranger assault, sexual harassment, stranger rape, exposure/voyeurism, or date/acquaintance rape
- ◇ when the victim/survivor is mentally incapacitated or impaired physically

What options are there if I am sexually assaulted?

Talk to a trained, confidential advocate at the *Iowa Sexual Assault Line*, 24 hours a day. Call **1.800.284.7821**

Medical Exams are available free of cost and can be done anonymously. The exam is most effective if done within 72 hours of an assault.

You may report to law enforcement, or not, whether or not you go to the hospital.

Know that what happened was not your fault.



What Can I Expect if I Seek Services?

At Transformative Healing, our advocates strive to tailor services to *your* needs. We acknowledge and honor the unique life experiences that you bring.

Below are some common examples (but ***not*** limited to) what our advocates can assist with survivors. These include:

- ◇ immediate crisis intervention
- ◇ safety planning
- ◇ counseling
- ◇ law enforcement, court and social services advocacy and accompaniment
- ◇ referrals to LGBTQIA-friendly resources and information
- ◇ Assistance with resources such as Crime Victim Compensation

Sexual violence affects not only the survivor but their friends, family and support systems. We are here to provide support to both survivors and their support systems.

Transformative Healing services are FREE and CONFIDENTIAL.

LGBTQIA Specific Information

Sexual violence can happen to people of all gender and sexual identities. Sexual violence affects and can be perpetrated by people of all identities. Sexual violence may be perpetrated by friends, partners, acquaintances, family, or strangers

Although sexual violence can happen to anyone, the rates against LGBTQIA and gender and sexual diverse communities are disproportionately high:

- ◇ Nearly 1/2 of bisexual women and 1/3 of lesbians experience intimate partner violence in their lifetime.
- ◇ Nearly half of bisexual men and four in ten gay men have experienced sexual violence other than rape in their lifetime.
- ◇ Transgender women of color are among the most affected by sexual violence
- ◇ 50% of transgender and gender non-conforming individuals experience sexual violence.

Homophobia and transphobia in our culture places greater risk for LGBTQIA people for violence.

**ALWAYS REMEMBER:
IT WAS NOT YOUR FAULT.
YOU ARE NOT ALONE. WE CAN HELP.**