Commander’s Corner

RADM John C. Scorby, Jr.

I am impressed with your continued efforts to promote prevention, encourage reporting, and improve response capabilities for victims of sexual assault.

Creating a climate inhospitable to sexual assault and its enabling behaviors is paramount!

As we approach the last quarter of 2017, I trust our leaders to re-examine Command policies and sexual harassment/assault action plans to ensure the safety and well-being of our personnel.

Make continuous assessments and enhancements to your Command’s Sexual Assault Prevention and Response (SAPR) Program, with the goal of consistently offering professional and compassionate support for victims, eliminating fears of stigma, aiding in victim recovery, and holding offenders accountable.

However, don’t stop there; also look at your plans/programs that support Suicide Prevention, Domestic Violence, Drug and Alcohol Prevention, and Equal Opportunity, too! Your efforts in examining all of these programs will set the foundation for improvements in training, policy, communications, and workplace climate and culture.

I am grateful to all Sailors and Civilians serving Mid-Atlantic. Each of us has a role in ensuring the men and women around us can live and work in an environment that promotes professionalism, trust, and respect.

Thank you for what you do in support of the Fleet, Fighter, and family, and most of all, each other!

CMC’s Remarks

CMDCM Steven Timmons

Shipmates, I believe daily honest and frank conversations about sexual assault prevention and other destructive behaviors will make a huge impact on our Sailors.

Chiefs, set the standard, build trust, and create an open environment where respectful, professional discussion can take place about these serious issues. Talk to each other, talk with your Sailors, and make sure that you’re aware of the issues at hand.

Continue being engaged DECKPLATE LEADERS!

Challenge yourselves to be familiar with all facets of sexual assault prevention. But don’t stop there.

What do you know about Domestic Violence and Suicide Prevention? How about Equal Opportunity and Drug and Alcohol abuse? Are you able to answer questions or point our Sailors in the right direction? The answer is “NO” or “MAYBE,” that’s not good enough. Learn about these programs and pass on your knowledge to others; encourage those that you serve with and for, to think outside the box on how to eliminate these issues that affect each one of us.

Through your conversations and mentorship, find out what our Sailors understand and don’t understand when it comes any of these topics.

Always remember that we control our words and our actions. Interaction and deterrence makes a difference. I believe that together there is nothing that we cannot accomplish. Thank you for what you do.
The Myth of False Reporting
How Society Tricks You Into Hurting Victims

Ben Carling, Portsmouth Naval Shipyard, NH, SAPR Victim Advocate

One of the biggest fears of any sexual assault victim is that they won’t be believed. It can be very difficult to report a crime and not be believed. Take for example, Crazy O’ Maurice from Disney’s Beauty and the Beast. “He’s got’er locked in a dungeon!” he says, and not a soul believes him. They laugh and mock him and he is left in a state of helplessness. “Will no one help me?” he pleads to himself. But what if he wasn’t crazy after all? What if the Beast was just a common occurrence. The reality of the situation is that these cases make the news because they are uncommon. Sexual Assault and Rape cases are, unfortunately, extremely common—even with high profile celebrities, athletes, politicians, and the like. When it makes the news is when there is something peculiar about the case, such as dozens of victims, like in the Bill Cosby case, or a false report. What you don’t see in the news is the constant stream of low-profile and completely true sexual assault reports. Bottom line: There is widespread believing of rape stories. The Washington Post.

References:
**Frequently Asked Questions**

**CNIC SAPR Team**

**Q:** Are dependents (18 years of age or older) of Reservists eligible for SAPR services?

**A:** They are eligible for the same SAPR services as any dependent if the Reservist is on active orders. A DD Form 2910 is completed and a case is opened in DSAID. Eligibility is as follows:

1. Reservist on orders or active training at time of assault – dependent is eligible for full SAPR services.

2. Reservist not on orders – dependent is eligible for limited SAPR services. Limited SAPR services are defined as the assistance of a SARC and a SAPR VA. SELRES mental health support and referrals are obtained through the Navy Reserve Psychological Health Outreach Program (PHOP).

**Q:** What do we do in the instance where there is a case where the victim declined all SAPR services and subsequently transfers? Does the case transfer to the gaining command’s SARC (for sexual assault CMG) too even if the victim is not involved to provide consent to transfer?

**A:** Policy requires victim’s consent to transfer a case. In this instance, the case would remain with the original SARC.

**Q:** What do we do when a subject transfers to a new installation in cases involving civilian victim with military subject? Does that case stay with SARC or does the case transfer and is heard at the gaining command’s sexual assault CMG?

**A:** Case should be transferred to the subject’s gaining command SARC to allow for the continued monitoring and updates at the new installation sexual assault CMG.

**Q:** If a victim gets an expedited transfer to a new command and that victim has shared with the command that they are an expedited transfer, are the SAPR VAs supposed to reach out to that victim or should the VAs wait until the victim reaches out to them?

**A:** In this instance, the SARC/SAPR VA must wait for the victim to reach out for support. A victim can opt to transfer/not transfer their case for case management to the new SARC. However, this is different from the command transfer. Their sharing information with the command would not force a case to be transferred to the gaining SARC.

**COMHELSEACOMBAT WINGLANT Focus Groups Insight into First Term Sailors’ Perspectives on SAPR**

Bridget Rinehart, SAPR VA, FFSC Norfolk and LT Daitra Pierson, CHSCWL SAPR POC

Following the February 2017 CNRMA SAPR ESC, MIDLANT Commands were charged with increasing efforts to better conceptualize the limitations associated with SAPR prevention training initiatives. Keen to increase understanding and perspective, Commander, Helicopter Sea Combat Wing Atlantic (CHSCWL) embarked on a wing-wide focus group initiative. CAPT Mark Leavitt endeavored to concentrate initial focus group sampling on first-term Sailors with the understanding that prevention is critical within the day-to-day microclimate environments and the aim to shed traditional top-down training approaches. This targeted demographic serves as the focal area for implementing deck plate command climate change from the ground up while simultaneously assessing the largest group of Sailors impacted by sexual assault. In partnership with the Naval Station Norfolk SAPR Program, CAPT Leavitt, CAPT Alan Worthy, CMDCM John Bowler, and SAPR POC LT Daitra Pierson aimed to gain input regarding the effectiveness of current SAPR prevention efforts, how commands contribute to or deter from training effectiveness, and what leadership can do to improve prevention efforts.

With the assistance of SARC Meredith Noha and Civilian Victim Advocate Bridget Rinehart, focus group discussion guides were formulated to stress non-attributional input centering on three focus group goals: 1. Evaluation of general and SAPR-related command climate 2. Evaluation of SAPR training and marketing efficacy 3. Assessment of SAPR-related attitudes and impressions across CHSCWL. Discussion guides included 21 questions such as: “Do you feel respected within your work center? Have you ever witnessed or experienced disrespectful behavior in your work center? Would you feel comfortable and/or safe reporting sexual assault at your command? Do you think the current command climate promotes prevention of sexual assault? Which aspects of the SAPR GMT are most impactful to you?, and Do you think the training is impactful to you?, and Do you think the training is delivered in an effective manner?”

Though focus groups remain underway, initial data collation and analysis renders insight into proposed changes for future prevention efforts. Qualitative analysis reveals recurring themes including but not limited to a need for increased incorporation of prevention-talk in daily command activities rather than confined to GMTs and safety stand-downs; need for increased interactivity in trainings (command-wide PowerPoint-based trainings as ineffective for information retention), and Sailors’ perception of command investment in the SAPR-program as it relates to confidence in reporting incidents of sexual assault. As focus groups continue, CHSCWL and Naval Station Norfolk remain committed to the overarching goal of incorporating feedback into future training initiatives, to improve SAPR prevention efforts, and to ultimately positively impact overall command climate.
“Change the Culture”
Pacific Fleet SAPRO, CAPT Roy Nafarrete, to visit to Hampton Roads (13-17 November 2017)

In order to prevent destructive behaviors and destructive events, we have to attack the root cause – “the sometimes violent use, and abuse of power and control resulting in a culture that lacks dignity and respect, fostering left-side behaviors such as sexism, misogyny, objectification, homophobia, fear, low empathy, and racism.” “Change the Culture,” is PACFLT’s approach to Destructive Behavior Prevention. The program supports PACFLTs number one Commander’s Intent priority, “to maintain a resilient workforce by eliminating destructive behaviors and promoting positive behaviors.” CAPT Nafarrete developed and delivers the training program and promotes primary prevention of destructive behaviors and events by:

1. Defining Culture
2. Explaining Society’s Role in the development of our Personal Behaviors
3. Challenging Sailors, especially the “critical middle,” to Assess and Change their Behavior Change
4. Re-defining and executing a New Social Norm derived from Individual Behavior Change

Supporting Survivors of Sexual Assault
Rape, Abuse & Incest National Network Sexual Assault Helpline

1. Listen. Sometimes you don’t even need words (or at least, a lot of words), to be there for someone. Many people share that just being able to tell their story to someone else lessens the weight of isolation, secrecy and self-blame.

2. Validate. Think about a time when you felt vulnerable or faced a crisis, and think of what helped you the most. Chances are that it was not a specific conversation that you had, but it was the knowledge and comfort the person or people you told were there for you, believed in you, were on your side and were committed to supporting you through a hard time.

3. Ask what more you can do to help. Violence and abuse is about power and control. It is vital for survivors to regain their sense of personal power and agency. Instead of pushing someone into taking actions for which they are not ready, ask how you can support them.

4. Know where to point someone to for more help. You can best help the survivor by offering options and leaving space for them to decide where to go from there.

Client Contact Card
Naval Station Norfolk SAPR Team

Recognizing that clients in the SAPR program often have 4-8 new personnel in their lives and may not be able to recall whose role is whose, the Client Contact Card was developed by the Naval Station Norfolk Sexual Assault Prevention and Response Program team. This tool is to assist clients with maintaining all providers’ contact information in a centralized location. The Client Contact Card mimics the size and look of a business card, but folds. The card’s fold-over-in-half capability adds discretion and confidentiality to the information being written. The client is able to utilize the interior of the card to write the name, number, and email of the professional provider. Such providers include the Sexual Assault Response Coordinator, Clinician, Victim Advocate, Chaplain, Victim’s Legal Counselor, Law Enforcement Investigator, Judge Advocate General, and Medical Provider. The Client Contact Card also provides the 24/7 hotline emergency contact numbers for NSN designated areas, which includes NSN SAPR On-call, Duty Chaplain line, NCIS, DOD Safe Helpline, LiveSafe, and the National Suicide Prevention Lifeline. As clients transition through their case and/or seek support, this Client Contact Card retains provider information easily accessible. Because of their discretionary size the Client Contact Card can be kept in a wallet, purse, or even in their pocket.

In FY17, CAPT Nafarrete provided the training with overwhelmingly positive feedback to over 50,000 Sailors and Civilians (not just PACFLT AOR), including the VCNO, OPNAV N17, DOD SAPRO, DON SAPRO, the Navy’s Command Climate Specialists, the Navy’s SAPROs and SARCs, SPECCWAR, SPAWAR, NAVSEA and the Navy’s EO Director.

CAPT Nafarrete’s schedule for Hampton Roads includes:

13 Nov 2017: NAS Oceana Aero Theater, 0830-1100
13 Nov 2017: Naval Medical Center Portsmouth Auditorium, 1300-1530
14 Nov 2017: Naval Station Norfolk Building C-9, 0830-1100 and 1300-1530
15 Nov 2017: Naval Weapons Station Yorktown NCHB-1 Auditorium, 0830-1100 and 1300-1530
16 Nov 2017: NAVIFOR Suffolk Hall of Heroes Auditorium, 0830-1100
16 Nov 2017: Norfolk Naval Shipyard Auditorium, 1300-1530
17 Nov 2017: JEB Little Creek / Fort Story Gator Theater, 0830-1100 and 1300-1530

Come and BE PART OF THE SOLUTION! See you there!

Sexual Assault and Domestic Violence Safety Planning

For many people who have been impacted by sexual assault, current and long-term safety can be an ongoing concern. Safety planning is about brainstorming ways to stay safe that may also help reduce the risk of future harm. It can include planning for a future crisis, considering your options, and making decisions about your next steps. Finding ways to stay and feel safer can be an important step towards healing, and these plans and actions should not increase the risk of being hurt.

Safety planning when someone is hurting you:

• Lean on a support network. Having someone you can reach out to for support can be an important part of staying safe and recovering. Find someone you trust who could respond to a crisis if you needed their help.

• Become familiar with safe places. Learn more about safe places near you such as a local base/installation or civilian resource [link to: https://safehelpline.org/search.cfm] or a friend/family member’s house. Learn the routes and commit them to memory.

• Keep computer safety in mind. If you think someone might be monitoring your computer use, consider regularly clearing your cache, history, and cookies. You could also use a different computer at a friend’s house or a public library.

• Create a code word. It might be a code between you and your children that means “get out,” or with your support network that means “I need help.”

• Prepare an excuse. Create several plausible reasons for leaving the house at different times or for existing situation that might become dangerous. Have these on hand in case you need to get away quickly.

If you are in a domestic violence situation and need help, the Family Advocacy Program (FAP) is a base/installation resource available to you.

Source: DOD Safe helpline