

Quarterly Newsletter

SASO



ISSUE WINTER '24



SASO

SEXUAL ASSAULT SERVICES
ORGANIZATION

Happy Winter!

As the year winds down, we're reflecting on all we've accomplished and looking forward to the exciting opportunities ahead:

Thank you for your ongoing support of SASO!

Because of your generosity, we've made significant strides in supporting survivors and preventing sexual violence in our community.

So far in 2024, we've served over 285 survivors, answered 916 calls on our 24/7 support line, and provided more than 775 individual services. We've

also engaged with over 10,000 community members through 75 educational sessions, 136 cultural outreach events, and 68 community awareness initiatives.

We're also proud to celebrate the incredible generosity of our donor community. This year, we've received 191 gifts, each one helping to make our work possible. Your contributions, along with the support of many others, have allowed us to achieve even more, and we are deeply thankful for your partnership in this important mission.

Thanks to you, we've made a significant impact, and we're proud of what we've accomplished together. Your support—whether through donations, time, or advocacy—has been crucial in moving us toward our goal of ending sexual violence in our community. **We look forward to continuing this important work with you by our side.**

SASO Team

Join the Fight:

We need your help to continue this critical work! We're looking for passionate volunteers and board members to join our team. No prior experience is necessary, but for board positions, we're especially interested in individuals with financial or fundraising expertise.

Get Involved:

Visit our website, www.durangosaso.org/get-involved, to learn more about volunteer opportunities and board membership. Thank you for your continued support!

It is still Colorado Gives Season!

Colorado Gives Day was Tuesday, December 10, and we received so much generous support! Giving season is not over! Every dollar you donate helps us reach our goal!

Join the Donor List!
We appreciate any donations!
The link here brings you to ColoradoGives



www.coloradogives.org/organization/SexualAssaultServicesOrganization

THIS YEAR AT SASO!



Making a Difference Speaker Event: Elizabeth Smart



SASO Staff speaking at Making a Difference Speaker Event: Elizabeth Smart



Together We Heal Symposium



Playing games at Consent Fest at FLC



Our Community Education Coordinator, Alexis Mitchell presenting on Nonviolent Communication



Cultural Outreach Coordinator II, Raven Nyx and Tracy Jones with SURJ



The first slide of our Get Your Girl Power presentation



Cassidy, an artist, presenting at this year's SAAM Art Show



Our Data Specialist, Tanette Perez-Garcia, supporting the SASO table at a local roller derby bout



Our SASO table, set up and ready to talk to our community



Our view: Attending a speaker presentation at CAIA



Our staff at CAIA (Colorado Advocacy in Action) Conference

2024 Program Highlights

Violence Against Indigenous Relatives Symposium

- 22 attendees, 5 on Facebook Live
- Top presenters: 4Corners K-9 Search and Rescue and Becki Jones (highest marks)
- Sponsors: Farmers Fresh, TBK Bank, Colorado Rides, Don Brockus
- Special thanks to: Councilwoman Marge Barry, Robert Ortiz (The Southern Ute Drum), Sun Ute Community Center

Oh Yes! Consent Fest

- 13 Tables featuring on-campus and off-campus resources
- Over 100 attendees
- Over 10 Prizes donated from local organizations and businesses including:
 - A sex coaching session
 - A session with an intimacy coach
- This event supported one of our missions to promote healthy relationships and consent.

Deadly Aunties Tea

- Deadly Aunties Tea was created to hold space for traditional crafts and "all the tea".
- Our first DAT was May 8th, 2024
- To date we have held 13 Deadly Aunties Tea groups with the average attendance being between 2-4 people.
- Beads and Beyond donated beads and coupons for the event.

9R Collaboration

- Delivered secondary prevention education and empowerment and peer helper groups at local middle and high schools. Topics included consent, healthy relationships, and violence prevention.
- Hosted K-6 prevention sessions at elementary schools and through community partners like the Women's Resource Center, Manna, and La Plata Youth Services.
- Reached 375 students across all grade levels.

Phoenix Center

- The Phoenix Center is located on the Fort Lewis College campus.
- The Phoenix center opened it's doors in 2021.
- The center consists of SASO, Alternative Horizons, and on-campus resources.
- SASO staff spent 64 hours at the Phoenix Center over the Fall semester.

¡Si se puede! Symposium

- Hosted the symposium to empower the Latine community, in partnership with FLC and local organizations.
- 5 presentations in Spanish covering topics like sexual education, self-love, community impact, renters' rights, and self-care.
- Provided food and childcare to remove barriers, with 85 attendees.
- Secured over 30 prizes donated by local organizations and businesses to support the event.

We also made some impactful and important resource pamphlets for our community!

Creatively reworked by intern, Aliyah Reid

TIPS FOR TEACHERS AND STAFF

- Before sending students, be sure you are grounded and have support systems in place.
- Remember that your emotional well-being is essential.
- Help students recognize that their reactions are natural and valid.
- Assure them that their feelings may become less intense over time and everyone copes differently.
- Encourage open discussion.
- Provide them with a safe and judgment-free space to talk, if they want to do so.
- Be establishing safety and belonging is critical in trauma recovery.
- Be mindful of the cognitive challenges they may face such as impaired focus and cognitive functioning.
- Be flexible with academic expectations in the weeks following the traumatic event.
- Encourage creative expression for students who are having difficulty verbalizing their emotions.
- Create a safe space for the parents towards seeking professional counseling options.

ABOUT THE AFFECTS OF SEXUAL VIOLENCE

SASO
SEXUAL ASSAULT SERVICES ORGANIZATION

CONTACT US!
24-hr Support Line: 970-247-5400
701 S. Camino del Rio #312, Durango, CO
Office Line: 970-259-3074
115 W. Street, Room 22, Ignacio, CO
Office Line: 970-563-0695
PO Box 2823, Durango CO, 81302

Resources

- **Birns & Bee LLC:** Erin M.B. Brant... Always check in with yourself about whether you want to be having sex or not.
- **Tantra or Yoga:** Monica Mesa Desi: Monica's workshops cover self-love and sexuality.
- **The Venus Oracle:** I help people who tend to lose themselves in Love.
- **Andrea de la Rainbow:** offers tantra embodiment ceremonies to heal sexual trauma.
- **Therapy:** Shelley Nilsen: focuses on the body and body-centered care, and offers yoga therapy!

Practices

A Beginning

Starting solo is a good way to explore the likes, dislikes, and triggers that tend to come up. Developing a scale to document your triggers, body sensations, and emotions allows you to figure out where you stand and where you'd like to move forward.

Journal Prompts for Sexual Readiness:

1. How do I feel about sex? When do I think it would be right for me? Under what conditions and with what kind of person?
2. How do I feel about sex? How do my feelings fit in with my own?
3. Is there any chance that I'm feeling pressured? From where is this pressure coming from?
4. What do I expect sex to be like? What if it's bad and I don't enjoy it? How would I feel about myself or my partner?
5. What extra pressures might I feel? How do I feel once we have sex?

SASO: Reclaiming Sexuality

Sexuality & Sensuality Resources for Survivors After Trauma

Our support line: 24/7 970-247-5400

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TIPS FOR PARENTS AND FAMILY MEMBERS

When supporting your child after a traumatic event, it is important to encourage them to talk about their experience.

COMMON REACTIONS TO TRAUMA

Here are some common reactions to trauma, which are important to understand when someone you love experiences a traumatic event.

5-4-3-2-1 MINDFULNESS

5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste

Emotional Reactions

- Shock, disbelief, numbness
- Feelings of anger, resentment
- Feeling lifeless or out of control
- Irritability, emotional lability
- Feeling isolated from others

Cognitive Reactions

- Intrusive thoughts, memories, or unwanted recollections of the event
- Difficulty concentrating
- Loss of interest in previously enjoyable activities
- Negative thoughts
- Regression (behaving like someone from an earlier age, e.g., clinging with the infant)

Behavioral Reactions

- Withdrawal from social activities and people
- Loss of energy or motivation
- Changes in eating and sleeping
- Hyperactivity
- Irritability
- Engaging in high-risk or dangerous behaviors

Physical Reactions

- Headaches, dizziness, muscle tension, nausea

Supportive Responses

- Listen without judgment
- Validate their feelings
- Offer reassurance and support
- Encourage healthy habits (sleep, eating, etc.)
- Encourage them to seek help if needed
- Encourage them to seek help if needed

Social Reactions

- Withdrawal from social activities and relationships
- Clinging to loved ones for reassurance
- Isolation or avoidance of social interaction



Thoughtfully created by intern, Levi Patkotak and Data Specialist, Tanette Perez-Garcia

Your Journey

Recovery isn't Linear

As with any part of your healing journey, it is important to go at your own pace.

Reclaiming sexuality is a healing process. Sexual fulfillment might not be priority, and that's okay. Take note of what your body says and have compassion for yourself!

Expression & Positivity

A sex-affirmative or sex-positive approach to trauma-informed healing encourages and supports survivors in several ways:

- To say "no" as much as to say "yes."
- To set boundaries as much as to welcome intimacy.
- To freely choose one's sexual experiences and expressions from an empowered place.

Sexual Health

Sexual Interactions On A Continuum

Sexual behaviors and relationships occur on a spectrum, ranging from harmful to unhealthy to healthy.

Methods

Therapy

Regulating your nervous system brings you into a place where you can feel safe.

Cognitive Behavioral Therapy (CBT) or Dialectical Behavioral Therapy (DBT) might work for you, but if they don't, support groups might be ideal for you.

Internal family systems is another type of therapy that addresses the sub-parts of our core self, we wounded parts within one's authentic whole.

GROUNDING TECHNIQUES FOR THE SENSES

5 THINGS YOU CAN SEE
4 THINGS YOU CAN TOUCH
3 THINGS YOU CAN HEAR
2 THINGS YOU CAN SMELL
1 THING YOU CAN TASTE

Trauma In The Body

You are absolutely entitled to however you feel

Disconnection can be common, so don't feel pressured when your body says that it's not ready to process.

Trauma responses like dissociation and flashbacks are normal, grounding yourself in the moment may help.



Alexis Mitchell
Community Education
Coordinator

“ We’re proud to provide prevention education in our community, offering valuable topics and resources for diverse age groups. Feedback, especially from the youth in our community, has been impactful. For example, Durango High School students who attended our workshop on consent, healthy relationships, and bystander intervention praised it, saying, "loved it #slay" and "y'all ate that up! I wouldn't change a thing." We're committed to continuing this important work. ”

“ In November, SASO had the opportunity to work with *Stephanie.*
80% of women experiencing homelessness have a history of sexual violence, which, combined with the dangers of street life, makes them highly vulnerable to further harm. Stephanie, a former Durango resident, faced repeated assault and theft, forcing her to lose her belongings each time. SASO provided crucial support, including hygiene supplies, medical prescriptions, and a backpack. Determined to escape, Stephanie relocated with SASO's help, receiving assistance with a hotel stay and airfare for a fresh start. ”



Laura Latimer
Executive Director

What's Ahead for SASO? 2025 Forecast

JANUARY

- Volunteer training
- FLC class visits

FEBRUARY

- Volunteer training
- Snowdown tabling at American Legion Hall

APRIL

- SAAM
 - Art Show
 - Denim Day
 - Durango Wine Experience

MAY

- Get Your Girl Power
- Missing & Murdered Indigenous Relatives

JUNE

- Juneteenth
- Pride

AUGUST

- FLC class visits

SEPTEMBER

- Consent Events
- FLC class visits
- Volunteer Training

OCTOBER

- Si Se Puede symposium

NOVEMBER

- Violence Against Indigenous Relatives symposium

...And many more in the works!

Thank you to everyone who donated this year!

It's because of people like you that we can do the work we do!

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Join the Donor List!
We appreciate any donations!
The link here brings you
to ColoradoGives



www.coloradogives.org/organization/SexualAssaultServicesOrganization

The duplication of this brochure was supported by Coronavirus State and Local Fiscal Recovery Funds Grant 2022-AR-23-188-06.

SASO'S 24-HOUR SUPPORT LINE IS AVAILABLE TO SURVIVORS, FRIENDS AND FAMILY, PROFESSIONALS, AND THE GENERAL PUBLIC.

All calls are free and completely confidential.*

We acknowledge it can feel awkward and scary to call a support line. We are here to help. SASO support all victims of sexual violence regardless of immigration status, sexual orientation, religion, gender, income level, race/ethnicity, age, or ability.

Call us 24/7/365
970-247-5400



*SASO advocates are, however, mandatory reporters for sexual abuse involving individuals under the age of 18.

LA LÍNEA DE APOYO DE SASO ESTÁ DISPONIBLE LAS 24 HORAS DEL DÍA PARA SOBREVIVIENTES, AMIGOS, FAMILIA, PROFESIONALES Y EL PÚBLICO EN GENERAL.

Todas las llamadas son gratis y completamente confidenciales.*

Reconocemos que puede ser incómodo y puede dar miedo llamar a una línea de apoyo. Estamos aquí para ayudar.

SASO apoya a todas las personas sobrevivientes de violencia sexual, sin importar su estatus migratorio, orientación sexual, religión, género, estatus económico, raza, etnia, edad o ningún otro motivo.

Llámanos 24/7/365
970-247-5400



*El staff y voluntarios de SASO, sin embargo, están obligados a reportar abusos sexuales que involucren a personas menores de 18 años.

Thank you for reading!

24/7 SUPPORT LINE: (970) 247-5400	Durango: 970.259.3074 Ignacio: 970.563.0695
https://www.durangosaso.org Mailing: PO Box 2723 Durango, CO 81302	Durango: 701 Camino Del Rio #312, Durango, CO 81301 Ignacio: 115 Ute Street Room 22, Ignacio, CO 81137

Sexual Assault Services Organization
701 Camino Del Rio #312,
Durango, CO 81301