

**COUNTY OF ALBANY  
CRIME VICTIM AND SEXUAL VIOLENCE CENTER**

**24-Hour Sexual Assault Hotline**

(518) 447-7716

**Main Office and Information**

(518) 447-7100

**Fax**

(518) 447-7102

**Website**

[www.albanycounty.com/cvsvc](http://www.albanycounty.com/cvsvc)

**Confidential email**

[cvsvc@albanycounty.com](mailto:cvsvc@albanycounty.com)



Daniel P. McCoy  
Albany County Executive

Albany County Crime Victim and Sexual Violence Center  
is a department of Albany County government

Albany County does not discriminate on the basis of race, religion, color, national origin, sex, gender identity or expression, disability, genetic information, veteran status, marital status or age in its programs and activities.



Daniel P. McCoy  
County Executive

Karen Ziegler  
Director

**COUNTY OF ALBANY  
CRIME VICTIM AND  
SEXUAL VIOLENCE CENTER**

# Community Education Programs

112 State Street, 11th Floor

Albany, New York 12207-2077

(518) 447-7100 fax: (518) 447-7102

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## OUR MISSION

The mission of the Albany County Crime Victim and Sexual Violence Center is to “provide direct and comprehensive services to all victims of sexual assault and other crimes of personal violence and to change, through community and prevention education and bystander engagement, societal conditions that allow oppression, especially interpersonal violence, to exist”. The Center also assists other victims of personal violence, particularly adults and children abused within domestic relationships.

## OUR SERVICES

The Albany County Crime Victim and Sexual Violence Center provides a comprehensive range of services to emotionally and physically injured crime victims in Albany County. Services are available to anyone of any age who has experienced a sexual assault or other violent crime at any time in his or her life, or who has been affected by someone else’s assault.

The Center provides information, referral services, criminal justice advocacy and therapy to crime victims. Professional staff and volunteers assist victims in filing claims for compensation through the New York State Office of Victim Services. Courts, police records and referrals from other agencies help identify crime victims in Albany County who qualify for our services.

The Center operates a 24-hour sexual assault hotline for crisis counseling and advocacy at Albany County hospitals and police stations for victims of sexual assault.

Free, confidential therapy for victims of violent crime, including sexual assault, incest, domestic violence, assault and homicide is available Monday through Friday by appointment. Friends and family members of crime victims may also schedule therapy appointments. Therapy is offered in individual, family or group sessions.

## OUR EDUCATIONAL PROGRAMS

The Center provides free training to civic, education, business and professional groups in Albany County. Presentations are tailored to the interest, need, skill level, age, and education level of the audience. Topics include personal safety, healthy relationships, communication skills, stalking, sexual assault/consent, bullying, bystander intervention and workplace violence. Programs can be applied to professional settings as well as the classroom.

## FORMAT OF PROGRAMS

Our education programs can be designed into one-session, multi-session or ongoing workshops, based on the needs of the organization and the audience with which we are working. Multiple sessions and ongoing workshops are most effective to ensure sustainability of information.

**ALL SERVICES ARE FREE AND CONFIDENTIAL**

## PROFESSIONAL TRAININGS (continued)

Athletic Directors and Coaches	This training provides professionals in athletics with the resources and tools to create a safe social environment that promotes enjoyment, team work, sportsmanship and a zero tolerance policy for any form of abuse; including bullying, harassment, physical violence, sexual violence and stalking. Discussion addresses how acts of violence affect team dynamics and includes warning signs; prevention; consequences; working with parents; handling disclosures; and NYS mandated reporting laws.
Community Service Providers	This training is customized to service providers in various fields; including LGBT, substance abuse, mental health, gerontology, child care, therapy/counseling, medical, and shelter services. Participants are given resources and tools to better service domestic violence and sexual assault victims within their scope of practice. Discussion includes common myths; common emotions and responses of victims; the stages of victimization and healing; and reporting and medical options.

## IMPORTANT PHONE NUMBERS

*To reach any police department in an emergency dial 911.*

**24-Hour Sexual Assault Hotline: (518) 447-7716**

Albany City Police 438-4000 Albany County Sheriff 765-2351 Altamont Police 861-5480 Bethlehem Police 439-9973 Coeymans Police 756-2059 Cohoes Police 237-5333 Colonie Police 783-2811 Green Island Police 273-2401 Guilderland Police 356-1501 Menands Police 463-1681 Watervliet Police 270-3833 NYS Police 783-3211	Child Advocacy Center 447-2525 Equinox Domestic Violence Hotline 432-7865 Shelter 434-6135 Albany Medical Center Hospital 262-3125 Albany Memorial Hospital 471-3221 St. Peter’s Hospital 525-1550 Albany County District Attorney 487-5460 Legal Aid Society 462-6765 Legal Project 435-1770 In Our Own Voices (LGBT) 432-4188 Albany County Mental Health 447-4537
Albany County Mobile Crisis NYS Domestic Violence and Sexual Assault Hotline NYS Office of Victim Services NYS Child Abuse Hotline NYS Mandated Reporter Hotline NYS Justice Center for Protection of People w/ Special Needs CONTACT Lifeline Hotline (crisis support hotline) Lifeline Crisis Chat (online support)	(518) 549-6500 (800) 942-6906 (800) 247-8035 (800) 342-3720 (800) 635-1522 (855) 373-2122 (518) 689-4673 <a href="http://www.CrisisChat.org">www.CrisisChat.org</a>

## PROFESSIONAL TRAININGS

First Responders	This training provides police officers, emergency medical technicians, fire department personnel, security officers and public safety personnel with the resources and tools to assist in interactions with victims of sexual assault or intimate partner violence. Discussion includes sensitivity training and victim dynamics.
Medical Professionals	This training provides information on screening patients for intimate partner violence and sexual assault; handling a disclosure; when and how victims typically present for medical care; common symptoms and emotions following a sexual assault; symptoms of a drug-facilitated sexual assault; treatment options; the purpose and process of forensic evidence collection; and the importance of provider self-care.
Military Entry Training	This training provides entry-level military applicants with information about intimate partner violence and sexual assault. Discussion includes common myths; how to help a friend or loved one; reporting and medical options; common emotions and responses from victims; and the stages of victimization and healing.
School Administrators, Teachers, Nurses, Social Workers, Counselors	This training provides professionals with information to identify and respond to students' behaviors and disclosures of sexual assault. Discussion includes NYS mandated reporting laws; reporting incidents of suspected child abuse or maltreatment to the State Central Registry (SCR); indicators of abuse; handling a disclosure; the purpose and role of Child Protective Services investigations; and community resources.
Bullying Prevention Training for School Administrators, Faculty, Teachers, Parents and Coaches	This training provides participants with a better understanding of New York State Education Law regarding policies and guidelines for responding to and reporting incidents of bullying, discrimination and harassment. Discussion includes the dynamics of bullying; bullying vs. typical "picking on" behaviors; the dynamics of victims; the effects on victims, witnesses, and peers; handling a disclosure; warning signs; prevention; and consequences. Discussion addresses how to create a systemic change in the school culture; sustaining a safe and comfortable environment free from violence; and resources to develop protocol for reporting in compliance with The NYS Dignity for All Students Act.

## New York State Education Standards

Prevention Education programs from the Albany County Crime Victim and Sexual Violence Center address the New York State Education Standards of *A Safe and Healthy Environment* and *Resource Management*. These programs will encourage student self-management and relationship management as they pertain to interpersonal relationships, abuse and violence.

**Standard 1: Personal Health and Fitness** — Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

**Standard 2: A Safe and Healthy Environment** — Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

**Standard 3: Resource Management** — Students will understand and be able to manage their personal and community resources.

### Scheduling a Program

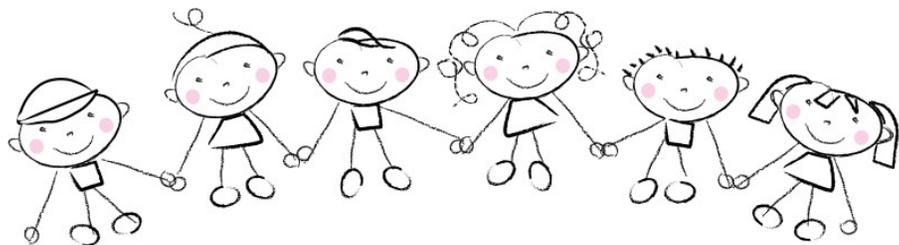
To arrange programs for grades 9-12, colleges, businesses, or professional groups, please contact Renisse Bains at [renisse.bains@albanycounty.com](mailto:renisse.bains@albanycounty.com) or 518-447-7100. To arrange programs for grades K-8, please contact Kaitlin Wax at [kaitlin.wax@albanycounty.com](mailto:kaitlin.wax@albanycounty.com) or 518-447-7100.

## ELEMENTARY SCHOOL PROGRAMS

Healthy Friendships	This program allows students to explore and discuss the characteristics of a healthy friendship. The lesson emphasizes that two essential characteristics of a healthy friendship are communication and respect. Students will use this lesson to identify healthy relationships within their own lives and learn how to sustain them.
Bullying	This program involves a brief activity and discussion using a storybook about bullying. Students discuss what bullying is, how to recognize it, the effect on victims, and how to become an active bystander. Students will be encouraged to relate this lesson to their own experiences and formulate a plan to prevent and confront bullying in their environment.
Personal Safety	This program allows students to identify safety rules for school and home. Students learn how to set appropriate boundaries in regards to personal space; and who and when to tell when their boundaries are violated.
Cyber-Bullying	This program encourages cyber safety and security. Students discuss the benefits and dangers of technology; and the use of online and digital media for communication, learning and positive interactions. Students review examples of potentially harmful interactions, discuss personal experiences and generate solutions and plans for personal and emotional safety.

## MIDDLE SCHOOL AND HIGH SCHOOL PROGRAMS

Healthy Relationships	This program helps students to identify healthy and unhealthy characteristics of relationships and develop effective communication skills. Discussion encourages students individually and collectively to think about their views of healthy relationships and what they value in a friend or dating partner.
Bullying and Bystander Intervention	This program defines bullying, discusses the effects on victims, and identifies potentially harmful situations and behaviors. Students learn bystander intervention techniques and are able to identify specific actions and dialogues for utilizing bystander interventions in their own lives.
Relationship Violence	This program explores the types of abuse (physical, sexual, emotional and verbal) as well as the cycle of violence and how it appears within an abusive relationship. Discussion includes warning signs of an abusive relationship, community resources, and how to help a friend or loved one who may be experiencing abuse.
Sexual Assault	This program addresses basic sexual assault definitions and prevention methods. Students discuss NYS consent laws and their application to minors; the most common date rape drug (alcohol) and it's use; and resources to use if they, a friend or a loved one are a victim of sexual assault.
College Prep	This program prepares high school students for being on a college campus. Students gain a better understanding of violence that occurs within dating relationships; warning signs of an abusive partner; and indicators of healthy and unhealthy relationships. Discussion includes common myths about sexual violence; NYS consent laws and their application to minors; sexual assault prevention; date rape drugs; common responses from victims; and how to help a friend or loved one. Students are provided with campus and community resources.



## COLLEGE PROGRAMS

New Student Orientation	This program provides information about sexual assault prevention; relationship violence prevention; bystander intervention skills; how to help a roommate, friend or loved one; and campus and community resources. Discussion includes common myths; NYS consent laws; date rape drugs; stalking; and reporting and medical options.
Sexual Assault	This program provides information about NYS consent laws; date rape drugs; myths and facts; community resources; and reporting and medical options. Discussion includes common responses and emotions of sexual assault victims, and how to help a friend or loved one.
Sexual Assault Jeopardy	This program is a fun and interactive way to challenge participants' knowledge and awareness of issues surrounding sexual violence, including date rape drugs, relationship violence, consent, sexual harassment, and offender dynamics.
Relationship Violence	This program provides information about the types and characteristics of intimate partner violence; the warning signs of an abusive partner; the obstacles to leaving an abusive relationship; how to provide options and support to a friend or loved one; and community resources. Discussion encourages students individually and collectively to think about their views of healthy relationships and what they value in a dating partner.
Bystander Interventions	This program utilizes the Mentors in Violence Prevention Curriculum, which educates, inspires and empowers men and women to prevent, interrupt and respond to violence. This program aims to raise awareness of issues of violence; challenge students to think critically and personally about these issues; and inspire them to be proactive leaders by providing concrete options for intervention in potentially dangerous situations.
Resident Administrators, Directors and Assistants	This program provides the resources and tools to respond to incidents of violence that occur on campus. Discussion includes relationship violence; sexual violence; stalking; harassment; consent; handling a disclosure; campus and community resources; and reporting and medical options.
Peer Educators and Peer Counselors	This program provides basic information about sexual violence and relationship violence. Participants will be given resources to address these issues, including community referrals; hotline numbers; safety plans; crisis intervention skills; and reporting and medical options.