



Hello Future Volunteer!

My name is Stacey McCullough and I am the SARA Volunteer Developer. Thank you for showing interest in our volunteer opportunities. Our mission is to raise awareness about sexual assault, foster social change in the community, and advocate for and provide support to all persons affected by sexual violence. Our motto and what we work to convey to survivors of violence is “You are not alone.”

As a volunteer you would be an important contributor to the realization of our mission by providing support services to survivors of sexual assault and their families. Volunteers are needed primarily to serve as hotline companions, although other opportunities are sometimes possible.

On the next few pages you will find a description of the Hotline Companion opportunity. Please read this description and fill out the volunteer application if you are interested in becoming a SARA volunteer and would like to receive more information. Also, if you would like to speak to a volunteer who has been a Hotline Companion with the SARA Program for a while, I would be happy to connect you. Once your application is received, I will contact you to set up a pre-training interview at your convenience. ***The next 40-hour training will begin in October. Meetings will be held on Monday and Wednesday evenings from 6:30 pm – 9:30 pm over a five week period, and two Saturday mornings (TBA) from 9am – 2pm.***

*\* Please note that while the training is intensive, the commitment following training is two hotline shifts per month. Volunteers take shifts from home or anywhere accessible by phone.*

Thank you again for your interest in giving your time and energy to the SARA Program. I look forward to meeting you and working with you for healing, peace and social change.

## About SARA

The mission of the program: “The Alexandria SARA Program is dedicated to raising awareness about sexual assault and fostering social change in the community. SARA advocates for and provides support to *all* those affected by sexual violence.” The philosophy of the program centers around empowering survivors through support to take control of their lives and their healing processes. The motto and what the SARA Program hopes to convey to survivors is “You are not alone.”

### Services

Trained volunteers and staff are available 24 hours a day to provide:

- crisis intervention and emotional support
- advocacy and accompaniment with medical, police, and court systems
- short-term individual and group counseling
- information and referrals

The SARA Program offers services to:

- sexual assault (i.e. rape, attempted rape, fondling, indecent exposure, etc.) survivors and their family and friends
- sexual harassment victims
- women and men of any age or sexual orientation, English or non-English speaking

## Hotline Companion Description

**Goal:** To provide support, information, advocacy, hospital and police accompaniment, and crisis intervention to persons affected by sexual assault.

### Duties:

- Provide crisis intervention, advocacy, information, and emotional support; act as a referral resource, both over the phone and in person (in person could be at the hospital, police department, or designated “safe” place)
- Provide follow up services for clients as requested
- Follow SARA policies and procedures
- Refrain from the use of alcohol and/or recreational drugs while on call

### Qualifications:

- Be a Good Listener, first and foremost!
- Be at least 18 years of age
- Have ready access to a telephone or cell phone while volunteering
- Have ready access to transportation (*Volunteer must live within approx. 30 driving minutes from Alexandria*)
- Possess, or have the ability to acquire, the following skills:
  - Crisis Intervention, active listening, support skills

- Ability to stay calm and non-judgmental
- Ability to work with people from all backgrounds and cultures
- Ability to work independently as well as part of a team
- Responsible and professional behavior
- Willingness to work with a supervisor

**Time Requirements:**

- Attend a comprehensive 40-hour initial volunteer training
- Commit to two to three on-call shifts per month from home or anywhere accessible by phone or cell phone
- Attend volunteer/case management meetings

**Location:** *\*\*Companion duty can be done at home or anywhere the volunteer is accessible by telephone, within approx. 30 minute driving distance from Alexandria and Fairfax Hospital.*

**Training Topics:**

Myths and Facts about Sexual Assault  
 Listening Skills and Problem-Solving Techniques  
 Rape Trauma Syndrome  
 P.E.R.K. Exam and Medical Information  
 Suicide  
 Self Harm  
 Secondary Survivors (Family, Friends, Loved Ones)  
 Police Information  
 Sex Offender Profile and Information  
 Child and Adolescent Victims  
 Adults Molested as Children  
 Child Protective Services (CPS) Issues  
 Victim Witness Assistance Program (VWAP)  
 Legal Process/Issues  
 HIV and STDs  
 Sexual Harassment  
 Special Populations – Male, GLBT, Elderly, Disabled Survivors  
 Cultural Perspectives of African American, Hispanic, and Asian Survivors  
 Chemical Dependency Issues  
 Acquaintance Rape  
 Drug Facilitated Sexual Assault  
 Marital Rape & Domestic Violence  
 Community Services and Referrals  
 Confidentiality & Reporting  
 Documentation  
 Policies and Procedures  
 Survivor's Story  
 Vicarious Trauma  
 Boundaries and Self Care

