How to get help following an incident:

1. Get to a safe place.
2. Get help. Consider telling someone you trust what has happened.
3. Contact one of the offices in this pamphlet to get support and talk about options. There are confidential and non-confidential resources in this pamphlet.

Confidential vs. Private

Confidential resources CANNOT share information without explicit consent from the student.

Exception: someone is threatening to harm themselves or others.

Private resources need to share information, with or without consent from the student.

DEFINITIONS

Sexual Assault/Misconduct
Any sexual activity done without affirmative consent or with an individual under the age of 17 in New York.

Affirmative Consent
Affirmative consent is a knowing, voluntary and mutual decision among all participants to engage in sexual activity. Consent cannot be given when incapacitated by substances (alcohol, drugs, etc.), when being coerced or pressured, or otherwise being forced from the individuals.

Intimate Partner Violence (IPV)
Use of physical violence, coercion, threats, intimidation, isolation, or other forms of violence directed towards a person who is or has been in a social relationship of a romantic or intimate nature with another. IPV can be a single act or a pattern of behavior in relationships.

Stalking
Stalking refers to a course of knowingly unwanted conduct directed at a specific person that would cause a reasonable person to fear for that person’s safety or the safety of others, or suffer substantial emotional distress.

For full definitions & other related information, scan this QR code to view the HWC Prevention Education website:

WHO TO CALL AND WHERE TO GO

Resources for Victims of Sexual Assault, Intimate Partner Violence and Stalking

Utica University Reporting and Support Services
Student Bill of Rights

All individuals have the right to:

1. Make a report to the University, local law enforcement, and/or state police

2. Have disclosures of domestic violence, dating violence, stalking, and sexual assault treated seriously

3. Make a decision about whether or not to disclose a crime or violation and participate in the conduct process and/or criminal justice process free from pressure by Utica University

4. Participate in a process that is fair, impartial, and provides adequate notice and a meaningful opportunity to be heard

5. Be treated with dignity and receive from the University, courteous, fair, and respectful health care and counseling services, where available

6. Be free from any suggestion that the reporting individual is at fault when these crimes and violations are committed, or should have acted in a different manner to avoid such crimes or violations

7. Describe the incident to as few University representatives as practicable and not be required to unnecessarily repeat a description of the incident

8. Be protected from retaliation by Utica University, any student, the accused and/or the respondent, and/or their friends, family, and acquaintances within the jurisdiction of Utica University

9. Access to at least one level of appeal of a determination

10. Be accompanied by an advisor of choice who may assist and advise a reporting individual, accused, or respondent throughout the conduct process including during all meetings and hearings related to such process

11. Exercise civil rights and practice of religion without interference by the investigative, criminal justice, or judicial or conduct process of Utica University

Confidential Resources

These resources CANNOT share information without consent from students, except in cases with imminent harm/danger.

On Campus

Health & Wellness Center
Medical & Counseling services
204 Strebel Student Center
(315) 792-3094
HWC@utica.edu

Bethany VanBenschoten
Campus Victims Advocate
206 Strebel Student Center
Hours: M-F 8am-3pm
(315) 792-3708
bavanben@utica.edu

UWill Virtual Counseling
Register/Login: http://app.uwill.com/register
Email: support@uwill.com

Off Campus

YWCA Mohawk Valley Hotline
Sexual Assault, Domestic Violence, Stalking
24/7 Confidential Resource
Oneida County (315) 797-7740
Herkimer County (315) 866-4120
YWCAMV.org/chat
Use for help after-hours or on weekends.

Local Hospitals
Faxton-St. Luke’s ER (315) 624-6112
St. Elizabeth’s ER (315) 801-8111

Sexual Assault Nurse Examiner (SANE) Services
Help Restore Hope Center Hotline 1-855-966-9723
Community Memorial Hospital ER (315) 824-1100
Oneida Healthcare ER (315) 361-2024

MCAT Mobile Crisis Assessment Team
at (315) 732-6228.
24/7 Confidential Resource
Use for mental crisis help after-hours or on weekends.