

SEXUAL VIOLENCE STRIKES LIKE A CATEGORY 5 TORNADO: HOW MOCSA SAVED MY LIFE

Anonymous

“ Before 2016 I had never heard of MOCSA, but it would be that very place that would save my life after I was raped in my home by an acquaintance. The thing about being assaulted at home is that is supposed to be your safe haven and when sexual violence strikes it's like a category 5 tornado to your life.

Sexual violence doesn't discriminate. It doesn't matter if you live in a safe neighborhood, if you met the would-be perpetrator at church, or if you have known them for over a decade. Every safety net I once had was obliterated that night! He not only assaulted my body, but my mind, and any sense of security I had.

I reported this crime and had a rape kit done which was almost as awful as the assault itself! My body was literally evidence and my house a crime scene. I was told they would arrest the perpetrator the next day, but it wouldn't be until 3 months later and he would spend less than 24 hours in jail.

Those 3 long months are mainly a blur. But...
I remember having to tell my parents
I remember eating boxes and boxes of mini cinnamon donuts
I remember taking sleeping pills morning and night
I remember the horrible nightmares and flashbacks

When I went to the hospital after the rape, I was met by a MOCSA volunteer and that would be my first introduction to this life-saving organization!

I started therapy almost immediately. I attended a support group weekly for months and took part in trauma sensitive yoga!

I had a MOCSA advocate who would call the DA's office so I wouldn't have to, and she would attend court hearings to block me from having to see the perpetrator! Every hearing they would send me a letter stating what had taken place and seeing my name and his name on the same paper disgusted me.

You see, sexual violence doesn't go away. In fact it changes over time and can hit you like a semi-truck at the seemingly oddest of times!

My therapist at MOCSA was, and is, my saving grace! She helped me in ways I can't adequately describe in words! To say I'm grateful for MOCSA and their amazing staff is an understatement. I never thought I would be a survivor of sexual violence. I'm proof that with the assistance of trained professionals that I can now live my life and try to live it to the fullest.

MY MOMENT
OUR MOMENTUM