



Metropolitan Organization to Counter Sexual Assault

Know My Options

“I have choices”

If you have questions or need help, contact our 24-hour Crisis Line

In Missouri call: 816-531-0233

In Kansas call: 913-642-0233

This book is made possible by the generous people from
the Assistance League of Kansas City



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MOCSA

You received this resource guide because you were visited by an advocate from MOCSA.

MOCSA is the rape crisis response and prevention agency that services the Greater Kansas City Area.

MOCSA provides many services that are **free** to the community. These services include:

- Advocacy:
 - 24 hour Crisis Line
 - Hospital Advocacy
 - Police & Court Advocacy
- Counseling
 - Individual & Group
- Community Education & Prevention with youth and adults

To learn more about accessing these services, call the Crisis Line at 816-531-0233 (MO) or 913-642-0233 (KS).

Coping after the hospital visit

Every individual reacts differently to traumatic situations. After experiencing a sexual assault you may be feeling a range of emotions. There is no one way or right way to feel & all of your feelings are valid. Below are some examples of the emotions you could be experiencing:

Anger Confusion Numbness

Disgust Vulnerable Overwhelmed

Guilt Fear Sadness

If you feel like you are having difficulty managing your emotions, reach out to our 24-hour Crisis Line.

Some people can experience feelings and thoughts related to suicide. It is important to reach out for help if you are feeling suicidal. You can call The National Suicide Lifeline at 1-800-273-TALK (8255), text “hello” to 741-741, contact the police or go to the nearest Emergency Room.

Grounding Techniques

Some individuals find that using grounding techniques can help when they are feeling overwhelmed, triggered or stressed. Grounding works by redirecting the energy from the person's negative thoughts and feelings into positive ones.

Techniques that can be used include:

- Focus on where you are right now. Focus on how your feet feel against the ground.
- Identify five objects that are in your sight.
- Take a moment to focus on your breathing making sure you're breathing in through your nose and out through your mouth. Breathe in and hold for 5 seconds then exhale for 5 seconds.
- Visualize a peaceful place. Describe the place's physical setting, the colors you see, what things you could touch.

Safety Planning

For many people affected by sexual assault, current and long term safety can be an ongoing concern. Safety planning is about brainstorming ways you can stay safer and may help reduce the risk of future harm. Identifying ways to stay and feel safer can be an important step towards healing.

If you have concerns for your safety, an advocate can help you create a personalized safety plan. You can contact the crisis line to get connected to an advocate.

Some things to consider when thinking about your safety may include but are not limited to:

- Identify safe places near you
- Create a code word between family and friends that means “I need help”
- Lean on family and/or friends
- Stay safe at home: Keep doors locked, sleep in a public space like the living room
- Change up your routine or transportation
- Gather personal items in case you need to leave home quickly
- Consider filing a protection order or police report

What happens to my forensic kit?

The forensic kit will be picked up from the hospital by the crime lab or law enforcement. Your kit may stay at the hospital for up to several weeks until crime lab or law enforcement collects it. The kit will be tested only if a detective deems the evidence necessary for an investigation and requests the testing. It can take up to 6-9 months for the kit to be fully processed.

If evidence is collected in a forensic exam but a report is not filed, the kits will remain in storage. If in Kansas, the kit will be transferred and stored at the Kansas Bureau of Investigations in Topeka. In the Kansas City, Missouri area, untested kits will be stored at the KCPD Crime Lab. If the kit is outside the metro Kansas City area, it will be transferred and stored at the Missouri Highway Patrol Crime Lab in Jefferson City.

Please note that if any of your belongings are collected as evidence in the forensic exam kit, you will not be able to get the item back.

The hospital should not bill you for a forensic exam. If you receive a bill, call the crisis line and an advocate can help you.

What happens if I requested follow up?

If you requested follow up, an advocate will call you within 1-3 business days after your hospital visit.

Please note that the call will show up as a blocked or unknown number on caller ID. The advocate calling will likely not be the same person who met you in the hospital. If you have urgent needs before you receive your follow up call or haven't received a call 1-3 business days after your hospital visit, you can always call our crisis line.

Criminal Justice Advocacy

MOCSA provides advocacy services that can assist with law enforcement, criminal court and civil court. An advocate can assist with filing a report to law enforcement and provide advocacy through the investigation.

Filing a Police Report

Deciding whether or not to report to police is not always easy. You can reach out to the crisis line if you want to talk this through with an advocate.

If you decide that filing a police report is the next step for you, you can make a walk-in report at the patrol station in the jurisdiction where the assault occurred (Example: if the assault happened in Overland Park, KS a report should be filed with the Overland Park Police Department, even if you live in Kansas City, MO). Adult survivors must file

their own reports, and know beforehand, that the process of reporting may take time to complete.

If you would like an advocate to be with you while you make the report, contact our Crisis Line and an advocate can arrange to meet you there.

It is important to know that police officers and detectives might ask questions that are invasive but generally they ask the questions so they can understand the full scope of what happened. It is okay to say “I don’t know” or “I don’t remember”.

If you make a report, remember that you can take as many breaks as you need. You may be asked similar questions several times that may make you feel uncomfortable. It’s important to note that an anonymous police report is a myth. You cannot file a report without sharing your identity.

Overview of the criminal justice process:

1. Filing a report- patrol officer takes an initial report
2. Report is forwarded to a detective. The assigned detective will contact the survivor to schedule an interview. A time frame in which the detective follows up to schedule can vary greatly.
3. Kit may be sent to crime lab by detective.
4. Detective determines if there is enough evidence to refer the case to the prosecutor. It can take up to one year for an investigation to be completed by a detective.

5. Prosecutor determines whether there is enough evidence to file charges against the perpetrator.

6. Case continues on to the criminal court system

*It is important to note that this is a very long process and not guaranteed.

Victim's Rights

All victims have the rights listed below. If you have questions about these rights, you can call the crisis line and speak with an advocate.

- Right to Due Process, Fairness, Dignity, Respect and Privacy
 - Victims have the right to be treated with courtesy, fairness and care by law enforcement throughout the criminal process
- Right to Notice
 - Victims have right to receive notification of important events in their cases
- Right to be Present
- Right to be Heard
- Right to Reasonable Protection
 - Victims have right to protection from threats, intimidation or retaliation during criminal proceedings
- Right to Information or Referral
 - This makes sure that victims have the information they need to exercise their rights and to see services and resources available to them.
- Right to Apply for Victim Compensation

- See Crime Victims Compensation below
- Right to Proceedings Free of Unreasonable Delay

Orders of Protection (OOP), Protection from Abuse (PFA), & Protection from Stalking (PFS)

An Order of Protection (Missouri) or Protection from Abuse/Stalking (Kansas) is a court order issued in civil court by a judge, to the petitioner (you) that tells the respondent (the other person), to stay away from you.

An OOP or PFA/PFS may order someone to not contact you by phone, mail or social media and may also require the other person to stay a specific distance away from you, including your home, school or workplace. An OOP or PFA/PFS is issued through civil court but a violation of the order is considered a criminal offense. Anytime there is a violation, the police can be contacted.

How do I file an Order of Protection or Protection from Abuse/Stalking?

For most counties, you are able to go to the county courthouse to file. A full list of addresses and phone numbers for area courthouse is included on pages 20-21.

MOCSA is available to assist you with filling out paperwork and filing an order. Contact the 24-hour crisis line to get connected to an advocate who can help you.

Before filing, make sure you have information for the respondent because some courthouses will not allow you bring a cell phone in. Information that is helpful to have ahead of time includes full name, address (home, work or other location), race, and hair and eye color. If you have social security number, date of birth and/or phone number those can be helpful but not necessary to file.

If filing in Missouri:

- Anyone 17 years and older can fill out an adult petition.
 - Anyone under 17 years old must have a parent or guardian fill out a petition.
- Petitioner must file for an ex parte in the county where they live, where the abuse or stalking took place, or where the abuser lives or works.
 - You can file a stalking order if you were sexually assaulted by someone who is not a current or former intimate partner. Include the lack of relationship in the petition.
 - If it is a stalking order where no sexual assault occurred, you will need to provide at least two separate incidents of stalking.

If filing in Kansas:

- Anyone over the age of 18 can file as an adult.
 - Anyone under 18 will need a parent or guardian to file a PFA or PFS on their behalf.
- In order to file a PFA, there must be an intimate relationship between petitioner and respondent.

- A PFS form will be filled out for an incident of sexual assault or stalking where there was no intimate relationship between petitioner and respondent.

In the paperwork, you will be asked to write why you are seeking an OOP or PFA/PFS. Include when the most recent incident happened, what happened and why you feel unsafe.

Completing the paperwork can take up to an hour and a half. Some courthouses might ask you to wait at the courthouse while a judge makes a decision, so the whole process can take a few hours.

What happens after I file?

A judge will review the request and decide whether or not to schedule a hearing, and if so, whether or not to issue a temporary order of protection (ex parte).

If the ex parte is granted, it will typically last for two weeks. A hearing is scheduled and the respondent has the right to be there. The respondent will be given a copy of the order paperwork you filled out and will be able to read what you wrote in the petition.

You will need to attend the court date or you risk the order being dismissed. If you are concerned or have questions about what to expect at court, a MOCSA advocate can talk with you or possibly go with you for support.

In civil court it is not required that a petitioner have an attorney. If you are interested in getting connected to an attorney for support, contact our crisis line to speak with an advocate.

Where to file an OOP or PFA/PFS:

County	Address/Phone number
<p>Jackson County- Kansas City and Grandview</p>	<p>415 E. 12th St. Kansas City, MO 816-881-3974 -3rd floor in Adult Abuse Office</p>
<p>Eastern Jackson County- Independence, Blue Springs, Lee's Summit, Raytown, all other Eastern Jackson County</p>	<p>308 W. Kansas, Independence, MO 816-881-4555</p>
<p>Clay County- James S. Rooney Justice Center</p> <p>*Cell phones cannot be brought into the courthouse. You will need to stay and wait for the judge to rule on the petition.</p>	<p>11 S. Water, Liberty, MO 816-407-3908 -1st floor County Clerk's office -- through the door to the left of the traffic ticket windows is Ex Parte window</p>
<p>Cass County</p>	<p>2501 W Mechanic St, Harrisonville, MO 816-380-8232</p>

<p>*Cell phones cannot be brought into the courthouse</p>	<p>-1st floor Clerk's office</p>
<p>Platte County- Platte County Government Complex</p> <p>*Cell phones cannot be brought into the courthouse. You will need to stay and wait for the judge to rule on the petition.</p>	<p>415 3rd St., Platte City, MO</p> <p>-1st floor, first window on right</p> <p>816-858-3485</p>
<p>Johnson County</p> <p>*You will meet with the judge after filing out the paperwork</p>	<p>100 N. Kansas Ave, Olathe, KS</p> <p>913-715-3004</p> <p>-5th floor District Attorney's Office</p> <p>-Victim Assistance Unit helps with filing.</p>
<p>Wyandotte County: Civil Department/Domestic/Protection Orders</p>	<p>701 N. 7th St, Kansas City, KS</p> <p>-file with Civil Court Clerk's office</p> <p>-Must arrive before 10am M-F to file</p>

Crime Victims Compensation (CVC):

CVC is a program to provide victims of violent crime with reimbursement of some types of financial losses or medical expenses as a result of being a victim of a crime. If you feel you may benefit by receiving Crime Victims Compensation, please contact MOCSA's crisis line to get connected to an advocate who can help you with the application process.

- Missouri CVC information can be found at <https://dps.mo.gov/dir/programs/cvc/forms.php>
- Kansas CVC information can be found at <https://ag.ks.gov/victim-services/victim-compensation>

Title IX: Information for students

Under Title IX, schools that receive federal funding are legally required to respond and offer solutions to address hostile educational settings.

Title IX grants protections to survivors of sexual assault by requiring schools to provide a prompt and equal response to sexual violence complaints, investigate those complaints regardless of law enforcement involvement, provide alternate housing a comfortable distance from perpetrator and provide counseling, medical and academic support.

If you are a student with questions about Title IX or have had difficulty with getting in contact with your schools Title IX Coordinators, contact our Crisis Line to get connected to our Title IX advocate.

Resources

Hotlines	Phone Numbers
Youth	National: 800-442-4619 Synergy Youth Crisis Line: 816-741-8700
Domestic Violence	National: 800-799-7233 Metro: 816-468-5463
Suicide	National Lifeline: 1-800-273-8255 Spanish: 1-888-628-9454 Suicide Text line: Text "Hello" to 741-741
LGBTQ	The Trevor Project: 866-488-7386 Trans Lifeline: 877-565-8860 Kansas City Anti-Violence Project: 816-561-0550

Shelters	Crisis hotline numbers
Hope House -Independence & Lee's Summit -Domestic Violence	816-461-4673
Rose Brooks Center -South Kansas City -Domestic Violence	816-861-6100

<p>Synergy Services</p> <ul style="list-style-type: none"> -Synergy House (teen shelter) -SafeHaven (domestic violence shelter) -Children’s Center (children’s shelter) -North Kansas City 	<p>816-741-8700 (youth)</p> <p>816-321-7050 (domestic violence + children)</p>
<p>Newhouse</p> <ul style="list-style-type: none"> -Northeast Kansas City -Domestic Violence 	<p>816-471-5800</p>
<p>SAFEHOME</p> <ul style="list-style-type: none"> -Johnson County -Domestic Violence 	<p>913-262-2868</p>
<p>Hope Haven of Cass Count</p> <ul style="list-style-type: none"> -Domestic Violence 	<p>816-380-4663</p>
<p>Joyce Williams</p> <ul style="list-style-type: none"> -Wyandotte County -Domestic Violence 	<p>913-321-0951</p>
<p>Homeless Hotline for Kansas City</p>	<p>816-474-4599</p>

reStart Inc. -Homeless shelter for men, women, youth & families	816-472-5664
Forest Avenue Family Shelter -Homeless shelter for single women & women with children	816-753-4753
Mother's Refuge -Independence -Shelter for homeless, pregnant and young parents	816-353-8070

Free or Sliding Scale Health Clinics

Name & Location	Phone Number & Hours
Kansas City Care Clinic 3515 Broadway Blvd., Kansas City, MO 64111	816-753-5144 M:Th: 8AM-8PM F: 8AM-5PM Sat: 8A-12PM

<p>City of Kansas City Health Department</p> <p>Sexual Health Clinic</p> <p>2400 Troost Ave., Kansas City, MO 64108</p>	<p>Call to schedule an appointment: 816-513-6379</p> <p>M-W & F: 8AM-11:30AM and 1PM-3:30PM</p> <p>TH: 8AM-1PM</p> <p>(Registration closes at 12:30PM on Thursdays)</p>
<p>Planned Parenthood-Patty Brous Health Center</p> <p>1001 Emmanuel Cleaver II Blvd., Kansas City, MO</p> <p>-Walk ins are welcome to stop in to make appointment or see if there are same day appointments available</p> <p>-Insurance or lower fee scale</p>	<p>To make an appointment: 816-756-2277</p> <p>M: 9AM-5PM</p> <p>W: 11AM-7PM</p> <p>Th:9AM-5PM</p> <p>Sa: 8:30AM-1PM</p>
<p>Swope Health Services-Central location</p> <p>-Swope has locations throughout the city</p>	<p>Medical & Dental appointments: 816-923-5800</p> <p>M-F: 8AM-5PM</p>

<p>3801 Blue Parkway, Kansas City, MO 64130</p> <p>-STD & HIV/AIDS treatment</p>	
<p>Platte County Health Department</p> <p>Parkville location: 1201 East St., Parkville, MO 64152</p> <p>Platte City location: 212 Marshall Rd., Platte City, MO 64709</p>	<p>816-587-5998</p> <p>M-F: 8AM-4:30PM</p>
<p>Clay County Health Department</p> <p>800 Haines Dr., Liberty, MO 64068</p> <p>-STD Testing & Treatment</p>	<p>816-595-4261</p> <p>M-F: 8:30AM-3:30PM (appointment only)</p> <p>W: 8:30AM-11:00 AM (walk ins welcome)</p>

Wyandotte County Health Department	913-573-6741
General & STD Clinic	M-F: 8:30AM-5PM
619 Ann Ave., Kansas City, KS 66101	

MOCSA's Mission

MOCSA exists to improve the lives of those impacted by sexual abuse and assault and prevent sexual violence in our community. MOCSA envisions a community free from sexual assault and abuse.

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