

## WHAT WE DO

The Iowa Coalition Against Sexual Assault (IowaCASA) provides training, resources, and support across the state to 25 rape crisis centers, culturally specific programs, emergency sheltering programs, and allied agencies that work with survivors of sexual violence and domestic abuse.

- IowaCASA connects survivors of sexual violence to free and confidential services in their area.
- We advocate on behalf of survivors and victim service programs at the Iowa Capitol.
- We provide survivors in middle schools, high schools, and colleges with free civil legal aid through our legal clinic.
- We support prevention efforts across the state so that we can stop sexual violence before it occurs.
- We work with underserved communities including people of color and incarcerated individuals to improve and expand access to services.
- We provide bilingual assistance in Spanish to victim service programs and Latino survivors.

## GET HELP NOW

Anyone in the state of Iowa can access services anonymously and confidentially. If you or someone you know is a survivor of sexual violence, you are not alone. It is not your fault. Help is available.

**Iowa Victim Service Call Center:**  
**1-800-770-1650 or text**  
**'IOWAHELP' to 20121**

## HOW CAN I HELP A SURVIVOR?

If someone you know has been sexually assaulted, start by believing them unconditionally. Remind the survivor that it wasn't their fault. When a survivor shares their story with you, listen to them. Respect the survivor's personal boundaries. Provide information, not advice. And remember—you might also need support.

## EVERY SURVIVOR IS DIFFERENT

Every survivor reacts to sexual violence in a different way—and that's okay. Some survivors might talk openly about what happened to them. Others might not want to talk at all, keeping their emotions inside. Some survivors want to wait weeks, months, or even years before discussing their sexual assault. Others might want to talk about it with someone right away.

If you are supporting someone you know who has been sexually assaulted, it's important to respect their personal choices as they cope with sexual violence in their own way.

## ADVOCATES ARE AVAILABLE

Advocates are professionals trained and certified by IowaCASA to support survivors of sexual violence. They offer information, emotional support, and help to find resources within survivors' communities. Advocates work in all of Iowa's 99 counties.

To find an advocate near you, contact your local victim service program by visiting IowaCASA's website at [www.iowacasa.org](http://www.iowacasa.org).

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**To unite people and organizations to promote a society free from sexual violence, and to meet the diverse needs of survivors.**

# STATISTICS AT A GLANCE

**1 in 3**

women in the U.S. have experienced some form of sexual violence during their lifetime

**1 in 6**

men in the U.S. have experienced some form of sexual violence during their lifetime

**50%**

of transgender and gender non-conforming individuals have experienced sexual violence

Statistics from the National Intimate Partner and Sexual Violence Survey (NISVS) 2010-2012 State Report—Sexual Violence Data and Prevention Implications; national transgender anti-violence organization FORGE; and the National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Findings on Victimization by Sexual Orientation.

# SERVICES FOR SURVIVORS OF SEXUAL VIOLENCE IN IOWA

## Sexual Assault Services

### **Centers Against Abuse & Sexual Assault Spencer**

Crisis Line: 1-877-362-4612

*Service Area: Buena Vista, Calhoun, Carroll, Cherokee, Clay, Crawford, Dickinson, Emmet, Ida, Lyon, Monona, O'Brien, Osceola, Palo Alto, Plymouth, Pochahontas, Sac, Sioux & Woodbury counties*

### **Crisis Intervention & Advocacy Center Adel**

Crisis Line: 1-800-550-0004

*Service Area: Adair, Adams, Clark, Dallas, Decatur, Guthrie, Madison, Ringgold, Taylor & Union counties*

### **Crisis Intervention Service Mason City**

Crisis Line: 1-800-479-9071

*Service Area: Butler, Cerro Gordo, Floyd, Franklin, Grundy, Hamilton, Hancock, Hardin, Humboldt, Kossuth, Mitchell, Webster, Winnebago, Worth & Wright counties*

### **Polk County Crisis & Advocacy Services Des Moines**

Crisis Line: 515-286-3600

*Service Area: Polk & Warren counties*

### **Rape Victim Advocacy Program Iowa City**

Crisis Line: 1-800-228-1625

*Service Area: Cedar, Des Moines, Henry, Iowa, Johnson, Lee, Van Buren & Washington counties*

### **Riverview Center Dubuque**

Crisis Line: 1-888-557-0310

*Service Area: Allamakee, Black Hawk, Benton, Bremer, Buchanan, Chickasaw, Clayton, Delaware, Dubuque, Fayette, Howard, Jones, Linn & Winneshiek counties*

## Shelter & Housing Services

### **Cedar Valley Friends of the Family Waverly**

Crisis Line: 1-800-410-7233

*Service Area: Allamakee, Benton, Black Hawk, Bremer, Buchanan, Chickasaw, Clayton, Delaware, Dubuque, Fayette, Howard, Jones, Linn & Winneshiek counties*

### **Children & Families of Iowa Des Moines**

Crisis Line: 515-243-6147

*Service Area: Polk & Warren counties*

### **Council on Sexual Assault and Domestic Violence Sioux City**

Crisis Line: 1-800-982-7233

*Service Area: Buena Vista, Calhoun, Carroll, Cherokee, Clay, Crawford, Dickinson, Emmet, Ida, Lyon, Monona, O'Brien, Osceola, Palo Alto, Plymouth, Pochahontas, Sac, Sioux & Woodbury counties*

### **Domestic/Sexual Assault Outreach Center Fort Dodge**

Crisis Line: 1-888-356-2006

*Service Area: Butler, Cerro Gordo, Floyd, Franklin, Hamilton, Hancock, Hardin, Humboldt, Kossuth, Mitchell, Webster, Winnebago, Worth & Wright counties*

### **Domestic Violence Intervention Program Iowa City**

Crisis Line: 1-800-373-1043

*Service Area: Cedar, Des Moines, Henry, Iowa, Johnson, Keokuk, Lee, Van Buren & Washington counties*

**Need help now? Call the Iowa Victim  
Service Call Center: 1-800-770-1650 or  
text 'IOWAHELP' to 20121**

## Culturally Specific Services

### **Amani Community Services Cedar Rapids & Waterloo**

Crisis Line: 1-888-983-2533

*Culturally specific services for the African American community*

### **Deaf Iowans Against Abuse Cedar Rapids**

Crisis Line: V/VP 319-531-7719

24/7 Text 515-661-4015

*Culturally specific services for the Deaf & Hard of Hearing community*

### **LUNA: Latinas Unidas por un Nuevo Amanecer Des Moines & Marshalltown**

Crisis Line: 1-866-256-7668

*Culturally specific services for the Latino community*

### **Meskwaki Victim Services Tama**

Crisis Line: 1-855-840-7362

*Culturally specific services for the Meskwaki Native community*

### **Monsoon Asians and Pacific Islanders in Solidarity**

**Des Moines & Iowa City**

Crisis Line: 1-866-881-4641

*Culturally specific services for the Asian & Pacific Islander community*

### **Nisaa African Family Services Des Moines & Iowa City**

Phone Number: 515-255-5430

*Culturally specific services for the African immigrant community*

### **Transformative Healing Iowa City**

Website: [www.thiowa.org](http://www.thiowa.org)

*Culturally specific services for the Lesbian, Gay, Bisexual, Transgender, Gender Non-Conforming, Queer, Intersex & Asexual community*

Culturally specific services were established through grassroots organizing and advocacy. Iowa is one of the few states with more than half a dozen culturally specific victim service programs.

## Sexual Assault & Housing Services

### **Assault Care Center Extending Shelter & Support Ames**

Crisis Line: 1-800-203-3488

*Service Area: Boone, Greene, Marshall, Story & Tama counties*

### **Catholic Charities Domestic Violence and Sexual Assault Program Council Bluffs**

Crisis Line: 1-888-612-0266

*Service Area: Audubon, Cass, Fremont, Harrison, Mills, Montgomery, Page, Pottawattamie & Shelby counties*

### **Crisis Intervention Services Oskaloosa**

Crisis Line: 1-800-270-1620

*Service Area: Appanoose, Davis, Jasper, Jefferson, Keokuk, Lucas, Mahaska, Marion, Monroe, Poweshiek, Wapello & Wayne counties*

### **Survivor Services Family Resources Davenport**

Crisis Line: 1-866-921-3354

*Service Area: Clinton, Jackson, Louisa, Muscatine & Scott counties*