Incest Survivors

"What Do I Do Now?"

WHY THE NEED FOR THIS BROCHURE:

This brochure is intended to supply you with detailed information about incest if you or someone you love are wondering or have already remembered having had an incest experience. It may have left you feeling confused or foggy as to what actually happened, was it really wrong, and what constituted incest, anyway?

These and other questions will be addressed here, along with referrals to places where you can get more information and counseling. This brochure was written to support you in your struggle to know once and for all what really happened in your childhood.

Produced by: New Mexico Coalition of Sexual Assault Programs, Inc. 3909 Juan Tabo NE, Suite 6 Albuquerque, New Mexico 87111 (505) 883-8020 within the Albuquerque area, or toll free at 1-888-883-8020 beyond the Albuquerque area FAX: (505) 883-7530 E-mail: nmcsaas@swcpcom
Web Site: www.swcp.com/nmcsaas/

This brochure is funded by the Injury Prevention & EMS Services Bureau and the Behavioral Health Services Division, Dept. of Health, Santa Fe, NM.

Developed by MARTHA KLEIN, LISW for the New Mexico Coalition of Sexual Assault Programs, Inc.

New Mexico Sexual Abuse Program Coordinators

> Portales
  Mental Health Resource 339-1221 • 1-800-432-2159 crisis
> Raton
  Taos/Collins Comm. Services 443-2754
> Rio Rancho
  Rio Rancho Family Health Center 896-6928 • 1-888-920-6333 crisis
> Roswell
  Counseling Associates 623-1480
> Ruidoso
  The Counseling Center 237-5838 • 417-7407 crisis 1-800-634-3666 crisis
> San Felipe
  San Felipe Behavioral Health & Family Services 867-9740
> Santa Fe
  Santa Fe Rape Crisis Center 988-1951 • 986-9111 or 1-800-721-7271 crisis
> Santa Rosa
  Las Vegas Medical Center Community Based Services 472-3768 • 425-1048 crisis

New Mexico Sexual Assault Nurse Examiners Units

> Alamosa
  Otero County SANE Unit 443-7900 • 443-2156 crisis
> Albuquerque
  Albuquerque SANE Collaborative 883-8720 • 884-7263, emergency Para Los Ninos, UNM Health Sciences Center Pediatric Sex Abuse Exams Contact: Retire Omlaus, MD 272-6849
> Clovis
> Farmington
  Sexual Assault Services/ Northern NM 505-325-2805 • 505-326-4700 crisis
> Las Cruces
  SANE 526-3477 crisis 1-888-595-7273 Office: 521-5549
> Portales
  Roosevelt County SANE 359-1800, ext. 551
> Roswell
  Esperanza House SANE Unit 623-1457
> Santa Fe
  Santa Fe St. Vincent SANE 995-4999 • 989-5952 crisis
> Shiprock
  Navajo Nation Northern Navajo Medical Ctr. SANE 364-6818

This publication is printed with the permission of the Texas Association Against Sexual Assault, unless noted for the New Mexico Coalition of Sexual Assault Programs, Inc. This project was supported in part by funds from the NM Injury Prevention and EMS Services Bureau and Behavioral Health Services Division, New Mexico Department of Health, and with Grant No. 2003/WX/P005 awarded by the Violence Against Women Office, Office of Justice Programs, U.S. Dept. of Justice (DOJ). Points of view in this document are those of the author and do not necessarily represent the official position of policies of the U.S. DOJ.
If you are beginning to discover memories that have been blocked or unclear up to now, you may be experiencing some of all of the feelings and behaviors listed:

- Fear of being alone
- Unable to make love
- Cynicism
- Feeling out of control
- Angry with yourself and/or others
- Dependency on familiar friends
- Wondering what you did to deserve the abuse
- Being worried that you will never be normal again
- Eating problems
- Increased use of drugs or alcohol

Wondering or realizing that you experienced incest as a child may feel like your entire world has been turned inside out. You may feel like everyone was told or came to believe about your past and your family was a lie. You may also wonder why you were picked; if you did something to “cause” it. These questions and worries are a natural part of the process. Eventually, hopefully, you will be able to believe that it was not your fault, because, truly, the responsibility lies with the adults around you at the time. Even if you enjoyed it physically, it wasn’t your fault. You were a child, he or she was the elder. As a child, you probably didn’t want sex; you probably wanted to be loved and held, and to have your family care about you. It was the adult’s responsibility to keep you safe, and if you were sexualized as a child, you were robbed of this basic right to be safe. Some of the feelings and behaviors you may now be experiencing can be caused by the realization of the danger you were in as a child, and your need for safety.

Experiencing these new feelings and perspectives will take time and patience. Speaking for all survivors everywhere, we encourage you to go to a counselor or therapist for help while you try to fit the pieces back together. It is important to remember that whatever strategy was used on you to keep secret the crime, you are now breaking that secret. This can be a terrifying feeling even if you are now an adult and know that the perpetrator can’t reach you. Breaking this rule of silence may make your child-self feel nervous and scared. You do not have to endure these major changes alone. You were isolated and alone when all this happened to you as a child. You deserve to have an ally to help you through this.

WHERE CAN I GO FOR HELP?
Incest is a crime that lives in the dark and in order to re-claim your life you must eventually talk with someone about your worries. You do not have to have all the specific details of every sexual contact before you can talk with someone. For some people, distinct memories are a long time in coming. For now, your feelings are enough to show that something wrong happened to you when you were young.

The following is a list of mental health agencies with counselors trained to help survivors of sexual abuse. You may decide you want to talk with someone over the phone before you can go in to see them. You may want to join a group for incest survivors. Either way, find a therapist who believes your feelings and memories. Give yourself the time and compassion. You will need both.

No matter what is true of your past, the world is in need of your best self. Contributions you can make. You can only give your best by becoming your best self, and this is only possible if you consider yourself deserving of emotional healing.  (Betty Capenen, Ph.D., Overcoming Past Experiences’)

**New Mexico Sexual Abuse Program Coordinators**

- **Alamogordo**
  - The Counseling Center
  - 724-7845

- **Albuquerque**
  - Albuquerque Rape Crisis Center 266-7711
  - Programs for Children & Adolescents 272-2190 • 272-2800 after 5pm
  - Sequoia Adolescent Treatment Center 334-4073

- **Artesa**
  - Artesa Counseling Center 746-9848 • 365-7606 crisis

- **Aztec**
  - Daybreak Center 336-3444 • 342-8002 crisis

- **Belen**
  - Valencia Counseling Svcs., Inc. 864-1909 • 865-3539

- **Bernalillo**
  - La Buena Vida + 867-2383

- **Carlsbad**
  - Carlsbad Mental Health 885-4856 • 885-8888 crisis

- **Clovis**
  - Mental Health Resources 769-2345 • 1-800-432-2159

- **Dominguez**
  - Border Area Mental Health Center 546-2174 • 1-800-426-6997 crisis

- **Espanola**
  - Northern NM Family Crisis Center 751-1656 • 1-800-206-1656 crisis

- **Estancia**
  - Valencia Counseling Services 384-0220 • 365-4739 crisis

- **Farmington**
  - Presbyterian Med. Svcs.
  - Community Counseling 325-0238 • 325-1906 crisis

- **Gallup**
  - Western NM Counseling Svcs. 863-3828
  - 1-800-649-0181 crisis

- **Grants**
  - Cibola Counseling Services 287-7985 • 1-800-287-6212

- **Hobbs**
  - Guidance Center of Las Cruces 393-5168 • 393-6633 crisis
  - 992-0996 for adolescents

- **Jemez Pueblo**
  - Pueblo of Jemez Soc. Services 834-7117

- **Las Cruces**
  - La Piana Rape Crisis Center 526-3417
  - 1-888-595-7273 crisis

- **Los Lunas**

- **Las Vegas**
  - Northeast Hawaii Counseling
  - 454-1028 • 425-1048 crisis

- **Lordsburg**
  - Los Alamos Family Counseling
  - 562-2246 • 632-4422 crisis

- **Las Vegas**
  - Valencia Counseling Services 865-3539 • 865-3359 crisis