



SHARP

SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

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ARMY SHARP FOCUS

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PROGRAM DIRECTOR: MILITARY SEXUAL ASSAULT RESPONSE AND PREVENTION EFFORTS HAVING IMPACT, BUT HURDLES REMAIN

— By Cheryl Pellerin DOD News, Defense Media Activity



WASHINGTON — The latest annual report of the Department of Defense’s (DOD’s) Sexual Assault Prevention and Response Office (SAPRO), the Department of Defense Fiscal Year 2015 (FY15) Annual Report on Sexual Assault in the Military, shows that sexual assault response and prevention efforts are having an impact, but that there are still hurdles to overcome, said Army Maj. Gen. Camille M. Nichols, SAPRO Director, during a media roundtable on May 5, the same day the report was released. Nichols was joined by Dr. Nathan Galbreath, senior executive advisor to SARPO, and Dr. Elizabeth P. Van Winkle of the Defense Manpower Data Center.

In FY15, service members made 6,083 reports of sexual assault – the same rate as the previous fiscal year, with four in 1,000 service members reporting sexual assault despite a smaller active force size, Nichols said.

Also, she added, 21 percent of those making restricted reports in FY15 chose to convert to unrestricted reports, enabling them to participate in the military justice process. “This is encouraging,” Nichols said, “as we believe it is an indicator of growing confidence in a justice system that is now better configured to hear the voice of the victim.”

The report includes analyses from the Defense Manpower Data Center’s 2015 Focus Group Study of SAPR for Active Duty Members, the 2015 Military Investigation and Justice Experience Survey, the 2015 QuickCompass of SAPR Responders, and the 2015 Workplace and Gender Relations Survey of Reserve Component Members.

Sexual Assault Investigations

In FY15, Galbreath said, of the 3,386 subjects for whom SAPRO has final disposition, 2,783 military subjects were

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Program Director: Military Sexual Assault Response and Prevention Efforts Having Impact, But Hurdles Remain, continued from page 1...

considered by military commanders for possible action. "In other words," he explained, "2,783 [active duty service members] were within our jurisdiction under military law."

DOD commanders had evidence and legal authority to take some kind of action on 72 percent of the accused service members, Galbreath said: anything from a court-martial referral of charges to nonjudicial punishment, an administrative action or a discharge.

For 25 percent of the military subjects, no action was taken because there was insufficient evidence of a crime, because the victim declined to participate in the prosecution, and for other reasons. For 3 percent of the 2,783, charges were determined to be unfounded, he added.

"Of the 72 percent of people that were accused of a sexual assault," Galbreath said, "the number of people that we could take action against for a sexual assault offense was 1,437, and two-thirds of those had a court-martial charge referral."

Galbreath said that of those who went to trial, 254 were convicted of different kinds of offenses – 161 were convicted of penetrating offenses, 93 were convicted of sexual contact offenses, and another 158 of some lesser nonsexual offenses, including fraternization, adultery, making a false official statement, and others.

Nichols said the total numbers of reports versus convictions are not a complete picture of what happened and what the outcome was, because not all cases reported in one year are completed in the same year. "It's a snapshot of how many sexual assaults we know have been reported, ... and then what we try to do is use the tools we have and updates provided by the military justice processes to just give facts that year. So it's a fact-based rolling picture," she said.

Five Key Efforts

The report highlights five key SAPR Program efforts, including encouraging greater sexual assault reporting, advancing sexual assault prevention, improving the response to male sexual assault victims, combating retaliation associated with sexual assault, and tracking the accountability of sexual assault cases.

Nearly 20 percent of reports in 2015 were from military men, and a similar number of reports were submitted by

"Still, men remain less likely to report the crime than women. Encouraging their involvement in prevention and reporting efforts remains a high focus area for us."

— Army Maj. Gen. Camille M. Nichols, SAPRO Director

men in 2014, Nichols said. "Overall, the percentage of reports from men these past two years is up considerably from the early days of the SAPR Program," she added. "Still, men remain less likely to report the crime than women. Encouraging their involvement in prevention and reporting efforts remains a high focus area for us."

Nichols said many male sexual assault survivors she's spoken to initially don't believe they were sexually assaulted, but rather that they were physically manhandled as part of a hazing or rite-of-passage ritual. "Only later on, after hearing and seeing definitions, do they understand that they actually were sexually assaulted," the general said. The SAPR Program is making special efforts to reach these men, she said, adding that SAPRO is reviewing campaign plans from the services to improve outreach.

The program now has a male framework plan of action that is being staffed by the Services, the Safe Helpline now has materials specifically for men, and SAPRO trains call takers and caregivers to help male callers, she noted. "We have a male chat room now where male victims are mentoring new male victims," Nichols added, noting that the Marine Corps has a good outreach program to reach and talk to those most at risk: 19-to-21-year-old men.

Galbreath said SAPRO estimates that about 40 percent of female victims report sexual assault, and only about 10

percent of men report the crime.

"I think there are huge concerns that men have. ... The first two questions they ask me [are] 'Am I weak?' and 'What does this mean for my sexual orientation?'" the clinical psychologist said.

"We found last year in our active duty force-wide survey that men experience sexual assault differently than do women. ... We think that ultimately we're going to need to talk to men differently about what sexual assault is and to get them to come forward," he said.

Nichols said that SAPRO is working more closely with the Department of Veterans Affairs (VA), which has military sexual trauma teams that have been set up so that any victim – but certainly a man, especially at remote and small bases – is able to get support from VA, even when they're on active duty.

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Program Director: Military Sexual Assault Response and Prevention Efforts Having Impact, But Hurdles Remain, continued from page 2...

New Information

Nichols said new information in this year's report includes results of the 2015 Military Investigation and Justice

Also, for the first time, the report includes provisional data about sexual assaults that occur in the context of domestic abuse, Nichols told reporters. "These reports of sexual assault between spouses and intimate partners captured by our family advocacy program fill in a small, but important, gap in our reporting picture," she added.

"We must continue to foster a climate where dignity and respect, where service men and women feel empowered to take action, where they feel safe reporting a crime, and where allegations of inappropriate behavior are treated with the utmost seriousness."

— Army Maj. Gen. Camille M. Nichols, SAPRO Director

Experience Survey, which offers survivor feedback about participating in the military justice process. Most survey respondents said they were highly satisfied with the support they received, and 77 percent said they would recommend that other survivors come forward to report sexual assault, she added.

"Eliminating sexual assault remains a top priority for the department," the general said. "We must continue to foster a climate where dignity and respect, where service men and women feel empowered to take action, where they feel safe reporting a crime, and where allegations of inappropriate behavior are treated with the utmost seriousness. The future of our profession of arms depends on our ability to get this right."

Strengthening Support

Pentagon Press Secretary Peter Cook told reporters during a briefing later that day that Defense Secretary Ash Carter released the department's retaliation strategy on April 28, which provides a framework for strengthening support for those who experience retaliation in connection with reporting sexual assault or sexual harassment, and for clarifying the retaliation response process.


(See article here.)

"The report shows the value of persistent intensive efforts to combat a problem that senior leadership from the secretary on down is fully engaged in attacking," he said.

"It is a difficult challenge for the military and other institutions in this country, but it's one [that] under the secretary's leadership, we're determined to take on," Cook added, noting that other institutions – from higher education and other federal agencies, even the United Nations – have looked to the Defense Department's programs as potential models for their own efforts.

Full story: <http://www.defense.gov/News-Article-View/Article/752797/program-director-military-sexual-assault-efforts-having-impact-but-hurdles-remain>

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CARTER ANNOUNCES SEXUAL ASSAULT RETALIATION PREVENTION STRATEGY

— By Lisa Ferdinando, DOD News, Defense Media Activity



Defense Secretary Ash Carter

Photo Credit: DOD Photo by U.S. Navy Petty Officer 2nd Class Sean Hurt

WASHINGTON — Defense Secretary Ash Carter announced a sexual assault retaliation prevention and response strategy on April 28, saying both sexual assault and retaliation against those who report it are attacks against the values of the military. “Wherever sexual assault occurs – whether it’s on the front lines or here at home – it not only undermines our values, it undercuts our ability to execute our mission, which is to protect our people and make a better world for our children,” Carter said at a Pentagon ceremony today.

According to a statement released the same day by the Department of Defense’s (DOD’s) Sexual Assault Prevention and Response Office (SAPRO), the strategy includes standardizing the definitions of retaliation, improving data collection and analysis, building strong and supportive systems of investigation and accountability, providing comprehensive support to reporters, and creating a culture intolerant of retaliation. It also extends to first responders, including Sexual Assault Response Coordinators (SARCs), and witnesses of sexual assault and sexual harassment or retaliation.

The strategy aims to improve how the department supports service members who experience retaliation, while aligning prevention and response efforts across

the services, Carter said. “While there is much work that remains to be done to eliminate this overall scourge of sexual assault from our military, today we’re taking an important step with the release of this strategy,” he added.

Strategy Upholds Commitment to Survivors

Army Maj. Gen. Camille Nichols, Director of SAPRO, called the policy an important step forward. “Supporting those who make the difficult decision to report sexual assault or [sexual] harassment not only upholds our commitment to them, but also influences others who may be considering whether to make a report,” she said in the statement. She said service members reporting sexual assault or sexual harassment should be able to do so without the fear of retaliation by their peers or leadership. “Reporting the crime is the only way offenders can be identified and held appropriately accountable,” Nichols said.

The new strategy provides a framework for strengthening support for those who experience retaliation in connection with reporting sexual assault or sexual harassment and for clarifying the retaliation response process, Carter said at the ceremony. DOD must do everything it can to provide the proper protections and support for those who come forward, he added. “Honor and trust are the lifeblood of the profession of military arms. Every sexual assault is an attack on those values, so too are acts of retaliation against those who report these crimes,” he said.

Improved Systems to Streamline Reporting

The Defense Digital Service is combining forces with SAPRO to launch a project to improve the systems that underlie the reporting databases, Carter announced. “This will allow for more streamlined, timely and accurate reporting,” he said.

According to Carter, the project will help the department understand sexual assault data in a more meaningful way. That, he said, will ultimately lead to greater transparency with advocates and others.

Eliminating Retaliation, Removing Barriers

Allison Greene-Sands, Deputy Chief of Staff of SAPRO, said the department took action because it is so egregious that a sexual assault survivor would face retaliation in addition to the trauma the person already suffered. “The fear of retaliation can be a barrier to reporting any crime,” Greene-Sands said, in an interview with DOD News.

DOD learned from best practices in industry and the corporate world that removing barriers and having increased protections will help those who want to come forward and report a crime, she said.

Retaliation is a symptom of a poor command climate or a lack of professionalism, she said. Survivors or witnesses can report retaliation to their chain of command, or to a SARC or other appropriate personnel, she said. They can also anonymously report retaliation at safehelpline.org, which will report the incident directly to SAPRO.

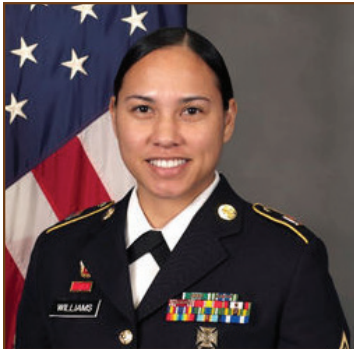
“At the end of the day, if these things are happening, then we have a readiness issue. We’re not going to be able to respond to missions in the way that we’re supposed to,” she said.

DOD conducted several data gathering efforts to capture sexual assault victim experience with retaliatory behavior in 2012 and 2014. Surveys indicated that well over half of military women who experienced a sexual assault and reported it to a DOD authority perceived some kind of retaliation. In May 2015, Carter directed the development of a department-wide strategy to address retaliation.

Full story: <http://www.defense.gov/News-Article-View/Article/745585/carter-announces-sexual-assault-retaliation-prevention-strategy>

VICTIM ADVOCATE RECOGNIZED DURING SAAPM

— By Sgt. 1st Class Nelson F. Hankins 21st Signal Brigade



Staff Sgt. Connie C. Williams. Williams was selected as the first 21st Signal Brigade Victim Advocate of the Year on April 14.

Photo Credit: Courtesy Photo

The 21st Signal Brigade at Fort Detrick, Maryland held its first annual Victim Advocate of the Year board on April 12 during Sexual Assault Awareness and Prevention Month (SAAPM). Victim Advocate (VA) noncommissioned officers competed in a multiple subject promotion board style setting. The event was presided over by Command Sgt. Maj. Myron Geter from the 21st Signal Brigade headquarters, and each VA was asked

an average of six Sexual Harassment Assault Response and Prevention (SHARP)-related questions from five different board members.

The winner, selected April 14 and hailing from Saipan, Northern Mariana Islands, was Staff Sgt. Connie C. Williams. Williams represents the 327th Signal Company, 56th Signal Battalion, and has been performing duties as a VA since November 2014. Her motivation for becoming a VA was to provide a voice for lower enlisted and new generation Soldiers.

“Being that person a Soldier can come to for information, and also being entrusted with that information, is one of the best parts,” said Williams. Williams added that Soldiers are reporting incidents, knowledgeable about resources and intervening more, which is great for the future direction of the SHARP Program.

Full story: http://www.dcmilitary.com/standard/community/sexual-assault-awareness-month-continues-with-victim-advocate-recognition/article_3aa9297f-c156-5759-9430-7d3240e767fc.html

COMMAND HIGHLIGHTS: MAY 2016

A LOOK AT WHAT THE ARMY COMMANDS ARE DOING IN THEIR SHARP PROGRAMS



United States Army Installation Management Command (IMCOM)

- The SHARP team at Fort Wainwright, Alaska (FWA) had an active Sexual Assault Awareness and Prevention Month (SAPPM) in April. Multiple “No More” tables were set up so the FWA community could access information on ways to take a stand against sexual violence. On April 7, the “Strike Out Sexual Assault” bowling event provided Soldiers & Family Members with an opportunity

to further engage with the SHARP Program. Next, Maj. Gen. (Ret) Robert Shadley visited FWA on April 29 and provided his insight from uncovering the sexual abuse at Aberdeen Proving Ground, Maryland. Lastly, FWA participated in the 3rd Annual Fairbanks “Walk a Mile in Her Shoes” event on April 30. As a special nod to the FWA community and to honor those in the military family affected by sexual assault, participating Soldiers were encouraged to “Walk a Mile in their Boots.”

- The Fort Hood, Texas, United States Army Garrison (USAG)

SHARP Program conducted several information booths throughout the month of April in observance of SAAPM. Mr. Mark Francis, the USAG Sexual Assault Response Coordinator (SARC), planned, coordinated and set up the awareness booths, which offered information on sexual assault awareness and prevention to the Fort Hood community. Francis went above and beyond expectation in providing and keeping display booths stocked daily throughout the month, utilizing promotional items from the fiscal year (FY) 2015 budget.

- USAG-Yongsan, Seoul, South Korea SHARP Program
 - Three USAG SHARP Victim Advocates (VAs) are scheduled to attend the Navy Sexual Assault Prevention and Response (SAPR) Program course in Yongsan. Upon graduation, they will be able to provide services for NAVY personnel stationed in Area II.

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*Command Highlights:
May 2016, continued from page 5...*

- The USAG SHARP Office is conducting Sexual Assault Awareness training in Korean language for Korean employees working in Area II. Thus far, 530 Korean nationals have received training in FY16.
- The Army Substance Abuse Program conducted Applied Suicide Intervention Skills Training (ASIST) from May13-20 for SARCs and VAs in Area II.
- The male and female mentorship program, "Brothers & Sisters in Arms" conducted their "first Tuesday of the month" meetings on May 3 and June 7 at Commiskey's Activity Center.



**United States Army
Cadet Command
(USACC)**

USACC and Fort Knox, Kentucky held a "Not in My Squad" Proclamation Signing and Cake-Cutting Ceremony to kick off their observance of SAAPM in April. USACC and Fort Knox Command Sergeant Major Gabriel S. Arnold, the U.S. Garrison Fort Knox Command Sergeant Major Bobby R. Wooldridge, and the Cadet Command and Fort Knox Installation SHARP Program Manager Dr. Janet Jones participated in the ceremony and took the Fort Knox Sexual Assault Awareness and Prevention Pledge:

"Not in My Squad, Not in Our Army." Every Soldier, Family Member, Soldier for Life and Civilian employee on Fort Knox was urged to join in this worthy effort and make a positive difference on behalf of their comrades and the Army.



**United States Army
Materiel Command
(AMC)**

Ms. Laura Crawford, Headquarters (HQ) Department of the Army SHARP Program Office, recently visited Redstone Arsenal, Alabama. HQ AMC SHARP personnel truly appreciated the time she spent with them and the G-1 leadership.

HQ AMC would like to welcome Mr. Stanley J. Quinn as the new SHARP Program Manager for Joint Munitions Command, Rock Island, Illinois.

In honor of SAAPM, leaders from Rock Island Arsenal, Illinois and the surrounding Quad Cities signed a document proclaiming their continued commitment to ending sexual violence on April 1. In addition to the military and Civilian leaders in attendance, the Army Sustainment Command would like to thank the following community leaders for their attendance: John Thodos, Mayor of East Moline; Dennis Pauley, Mayor of Rock Island; Scott Raes, Mayor of Moline; Tom Conrad, Mayor of Silvis; Alderman Jerry Sechser representing Robert Gallagher, Mayor of Bettendorf; Alderman Rita Rawson representing Frank Klipsch, Mayor of Davenport;

Deborah Haffner and Rob Winchester representing Senator Mark Kirk, Illinois; Andrew Spyrow representing Senator Joni Ernst, Iowa; Jared Mullendorf representing Congressman Dave Loebsack, Iowa; and Barbara Sennet representing Congresswoman Cheri Bustos, Illinois.



**United States Army
Forces Command
(FORSCOM)**

The National Training Center (NTC) and Fort Irwin, California observed April's SAAPM with a Denim Day Walk held on April 25. Over 3,000 Soldiers, Civilians, and Family Members took part in the 4th Annual Denim Day Walk. The community event demonstrated support for victims of sexual assault and focused on empowering individuals to intervene when they observe inappropriate behaviors. The NTC and Fort Irwin Commander Major General Joseph Martin, his spouse Leann Martin, Command Sgt. Maj. Edison Rebuck and his spouse Jasmine Rebuck, led the 1.5 mile procession through the installation. Maj. General Martin also spoke to the participants regarding the importance of eliminating these types of behaviors from the Army community.

Editor's Note: SHARP Program Managers can submit highlights to Cherisse Wells at: cherisse.m.wells_ctr@mail.mil by the 10th of each month for inclusion in the next issue.

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SHARP ACADEMY NEWS

THE LATEST NEWS AND UPDATES FROM THE ARMY SEXUAL HARASSMENT/ASSAULT RESPONSE AND PREVENTION (SHARP) ACADEMY

Operations

The SHARP Academy will support 47 Foundation Courses (CONUS/OCONUS) in 3rd Qtr FY16, training over 1,500 collateral duty VAs across the Army.

On May 9, Ms. Karan Reidenbach, Headquarters Department of the Army SHARP Program Office Deputy Director, visited the SHARP Academy. She received an overview of the SHARP Academy, briefed students on the Army SHARP Program Director's FY16 priorities, had lunch with instructors, observed class instruction, and participated in a teleconference with MG Nichols, Department of Defense Sexual Assault Prevention and Response Office. She completed her visit with an office call with Mr. Kirby R. Brown., Deputy to the Commanding General, Combined Arms Center (CAC).

Academic Operations

SARC/VA Career Course #16-009 began on May 9 with 31 SARCs and VAs from across the Army.

SHARP Academy Class 16-008 attended a Sexual Assault Awareness and Prevention Month event in April hosted by the Department of Veterans Affairs, Eastern Kansas at their Leavenworth, Kansas facility. The intent of the event was to highlight the services available to veterans who are survivors of military sexual trauma (MST). The event will benefit SARCs and VAs when dealing with victims who are transitioning out of the Army. The Academy is working with Department of Veterans Affairs representatives to develop a regular block of instruction to provide the same information to all SHARP Career Course classes.

The SHARP Academy hosted Mr. Steve LePore, executive director of 1in6, Inc. Mr. LaPore gave presentations to the three SARC/VA Career Course classes currently in session. Mr. LePore's presentations focused on dealing with male survivors of male-on-male sexual assault.

Leader Development, Education and Training (LDE&T)

LDE&T coordinated the migration of SHARP Academy courses from School Code 126 to School Code 150 (CAC). Now that the Academy has the courses under the CAC/ The Mission Command Center of Excellence (MCCoE) school code, it can begin the submission of Training Requirements Analysis System (TRAS) documentation for approval through Training Operations Management Activity (TOMA).

Conducted a training coordination meeting with Army Management Staff College (AMSC) senior leadership and training developers. The engagement focused on developing a way ahead for inclusion of SHARP lessons throughout all Army Civilian Education System (CES) courses. AMSC leadership is very receptive and eager to integrate SHARP content in both distance learning and resident courses. Additionally, AMSC is interested in developing a civilian-focused Emergent Leader Immersive Training Environment (ELITE) SHARP Command Team Trainer (CTT) scenario.

Members of the SHARP Academy (LTC Bevington and SFC Harris-Griffin) and Combined Arms Center - Training, National Simulation Center (MAJ Migliore) conducted a

BY
THE #'S

77%

The number of survivors of sexual assault in the military who filed an Unrestricted Report and would recommend other survivors to report as they did.

Department of Defense Fiscal Year 2015 Annual Report on Sexual Assault in the Military.

<http://www.sapr.mil/index.php/annual-reports>

media engagement with Channel 41 Action News reporter Ali Hoxie on May 9. The interview covered the design, development and future use of the newly released ELITE SHARP CTT application. The engagement successfully portrayed the Army's continued commitment to developing innovative means of educating the force on how to respond to incidents of sexual harassment and sexual assault.

SHARP HOSTS SAAPM WEBINAR: A VOICE UNHEARD, VICTIM PERSPECTIVE ON MALE VICTIMIZATION

—By Julianne Metzger, SHARP Communications & Outreach



Col. Jack Usrey, Chief of the Adjutant General Corps and Commandant of the Adjutant General School

Photo Credit: U.S. Army Photo

The SHARP Program Office hosted a webinar on April 26, during the Army's observance of Sexual Assault Awareness and Prevention Month (SAAPM), titled "A Voice Unheard, Victim Perspective on Male Victimization," presented by Col. Jack Usrey, the Chief of the Adjutant General Corps and Commandant of the Adjutant General School. Usrey has served as Armor and Adjutant General Officer for 25 years and his assignments range from tank platoon leader to Corps G1. Usrey has also served in the 82nd Airborne Division, 1st Armored Division, Special Operations Command Pacific, 8th Theater Sustainment Command, 1st Cavalry Division, and III Corps Headquarters.

With the hopes that his personal account would have a lasting impact on the audience, Usrey told his story of being the victim of multiple sexual assaults from ages of 5 to 12. He shared the impact the experience has had on his life and the catalysts that inspired him to go public with his experiences. He also discussed sexual assault statistics, negative behavior as a

reaction to sexual assault, his personal coping strategies, and his thoughts on how the Army can widen its scope in addressing and preventing sexual assault, including things leaders and parents should consider as they lead Soldiers and raise their Families.

A Voice Unheard

"I am here today, to help us as an Army and a nation get un-squeamish about ... male sexual assault survivors," Usrey said. "I am a sexual assault survivor. I was sexually assaulted from the ages of 5-12, by different groups of people: babysitters, a family member, and a neighbor," Usrey said. Though the assaults occurred prior to Usrey's military career, he believes that sharing his perspective as a victim will help Army personnel understand the devastating and long-lasting effects of sexual assault.

Usrey began by reliving three periods when he was sexually abused and assaulted during his childhood. "I can see daylight through the window; I can see a gun rack on the wall. I can see the whole backyard. I was five years old then, but I can remember today," Usrey said. "That was 45 years ago." Those specific details stem from where the first assault occurred, a babysitter's home. He can still see each assailant's face; older children, a teenager. A photographic memory of assaults and abuse is not uncommon in sexual assault survivors, he said. "Every day, an assault victim relives and remembers, and can't get it out of his or her mind," he said.

"The second time [I was sexually assaulted] was somewhere between [ages] 7 and 9," said Usrey. For some reason, my mind won't let me see exactly how old I was, he said. Usrey described spending the night at a family

member's house where he shared a bed with an older male family member. That family member molested Usrey over a period of time. "Frankly, I don't know how many [times]," Usrey admitted. "I've concluded that my mind shuts out most of those memories, and for that I am thankful."

The last assault occurred in his home, committed by a neighbor and a family member. "To this day I've hated them, but I've come to grips with it, and not allowed it to own me," said Usrey.

"I never told anyone about [the assaults] until a little over 21 years ago," Usrey said. "I was so scared; I didn't want anyone to know. I certainly didn't want my family to know. I didn't want my wife to know," he said. "I didn't think [my wife] would love me anymore because who would love someone who was assaulted, who was dirty and worthless as I was?"

When Usrey and his wife had their first child, Usrey's fear of sharing was overtaken by protectiveness for his son. "I had to tell my wife," Usrey said. He wanted her to understand why he would be protective of his child and wary of strangers minding the kids. When he told his wife about the sexual assaults, it was the first time he had spoken about those events aloud to anyone. "She didn't love me any less," Usrey said. "In fact, she has been the one who has saved me through all of this."

This webinar was the fourth time he's ever told these stories in public. One such time was during a SAAPM event held last year.

"I became more worried about what was going on in our Army, even in our Families, and after that, I knew I couldn't

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SHARP Hosts SAAPM Webinar: A Voice Unheard, Victim Perspective on Male Victimization, continued from page 8...

stay quiet anymore," Usrey said. Though difficult to share memories that are still raw, that day yielded surprising results for Usrey. After giving a presentation to 400 people, at least 10 people immediately came forward with their own sexual assault experiences. "I did not know them. Some were active military, some were retired, some had never served in the military – they

to eradicate and prevent sexual assaults inside our formation, he said.

Usrey then shared societal statistics on male sexual assault: 16% of males are sexually abused by the age of 18 and 28% of male rape victims were first raped when they were 10 years old or younger. "I certainly fall into that category," said Usrey. It happened twice by two different people who didn't know each other or what happened, he said. "It made me think: is there something wrong with me? Do I have a sign on my back? Why did I get

we have Soldiers in our ranks [who] are survivors from day one," Usrey said. "I know that as a survivor, I had so much rage inside as a teenager – this self-destructive behavior that I chose as a coping mechanism was not healthy," said Usrey. "I suspect that [with] some of our Soldier issues in our Army, if we could really peel back the onion on it, we'd realize that some of that comes from coping mechanisms for survivors."

Oftentimes, surviving sexual abuse and sexual assault comes with the guilt, shame, fear, denial and anger that Usrey

"I'm not a doctor of any sort. But I believe, based on my experience, someone who does not come forward, does not find a way or someone to share it with, has greater potential for destructive behavior that will hurt them personally, professionally, or both."

— Col. Jack Usrey, Chief of the Adjutant General Corps and Commandant of the Adjutant General School

were ... civilians that worked here, but all of them were survivors," Usrey said.

The next week, 20 more survivors emerged from the audience, and those are just the survivors who "chose to contact me," Usrey said. "I don't know what the real number is, but that really made me pause and think and reaffirm my decision to become part of the solution." said.

Male Sexual Assault

In fiscal year 2015 (FY15), according to the United States Army Recruiting Command, the Army accepted more than 74,148 new Soldiers into the active Army and Army Reserves. Approximately 59,000 of those new recruits were male, said Usrey. If the statistic that 1 in 6 males are a survivor of sexual assault is applied to FY15, alone, that means over 9900 males entered the Army as a sexual assault survivor. That dynamic is so important to think about as we work

assaulted by three different groups of people?" Usrey asked.

Usrey's own experience illustrates the problems the Army faces today when dealing with male sexual assault. Males are less likely to tell anyone, and males are less likely to disclose their assault than females, Usrey said. "Think about what that means for the Army," Usrey said, in which the force is predominately male. In addition to that, there is a stigma of a "manliness culture," which prevents reporting, he said.

Survivors in the Ranks

You'll begin to grasp the magnitude and prevalence of sexual assault if you think about those who grew up experiencing sexual assault and those who experience it as members of our Army, Usrey explained.

Many people who join the Army are looking for an escape, Usrey said. "Leadership needs to understand that

described feeling. "Survivors that join our ranks are six times more likely to suffer from symptoms of posttraumatic stress disorder, three times more likely to suffer from depression, 13 times more likely to abuse alcohol, 26 times more likely to abuse drugs, and four times more likely to contemplate suicide," Usrey said.

"I'm not a doctor of any sort. But I believe, based on my experience, someone who does not come forward, does not find a way or someone to share it with, has greater potential for destructive behavior that will hurt them personally, professionally, or both," said Usrey.

The Chief of Staff of the Army's (CSA) number one priority is readiness; and the CSA's number three priority is taking care of Soldiers, Civilians, and our Families, Usrey explained. Sexual assault, resulting self-destructive behaviors, and the stresses of military life all culminate in service members

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SHARP Hosts SAAPM Webinar: A Voice Unheard, Victim Perspective on Male Victimization, continued from page 9...

suffering and problems for leadership. Ultimately, these human issues affect the readiness of the Army overall. That is why it is necessary to attack and

back on an airplane from a [temporary duty assignment]. I was having a bad moment and I whipped out my iPhone and wrote a poem. And sometimes just reaching out for support can be helpful. "I'll go to my wife and say 'I am not having a good day and I just need you to help me.'"

"I want you to choose not to be a bystander," Usrey said. "I want you to choose to do whatever it takes to stop sexual assault before it occurs. And, like the [Sergeant Major of the Army] says, 'Not in My Squad, Not in My Army', I'd like to add 'Not in My Family, Not in My Neighborhood' because that's where it

"I'm telling you that sexual assault is real, and what happened to me in the '70s is happening just as much today as it ever was, and it's happening to our children and our Soldiers and we have to fight it."

— Col. Jack Usrey, Chief of the Adjutant General Corps and Commandant of the Adjutant General School

prevent sexual assault, Usrey said. "I'm telling you that sexual assault is real, and what happened to me in the '70s is happening just as much today as it ever was, and it's happening to our children and our Soldiers and we have to fight it."

From Victim to Survivor

The years prior to joining the Army were turbulent for Usrey. "I acted out in ways I now regret. I hold myself accountable because there are no excuses in life, but I understand why I lashed out. I understand now the source of my rage," said Usrey.

Finding peace meant years of work and reflection. He's learned to recognize some of the triggers that come from painful memories. He's found mental and physical strategies for staying healthy, coping mechanisms that help him deal with the onslaught of negative feelings that stem from his sexual assaults.

"My number one coping mechanism is, if I see myself moving toward a trigger, I walk away. There are songs that trigger memories," said Usrey. Also, he channels negative emotions into exercise or creative pursuits. "I write poems, as corny as that may sound," said Usrey. "I wrote a poem six months ago flying

Self-awareness is essential for surviving and thriving after a sexual assault. "Something I always tell my Soldiers: you've got to know your strengths and weaknesses," said Usrey. "My number one strength is that I know my weaknesses and I'm not afraid to tell people what my weaknesses are," he admitted.

Even with strategies and self-knowledge, surviving sexual assault can still be challenging. "I wake up every day ... with rage and shame," Usrey said. "I liken it to what I believe a recovering alcoholic must feel like. Every day an alcoholic fights to not take a drink and every day, as a survivor, I fight not to self-destruct. And I think that the Army has helped me with that fight."

Usrey asked the audience to think about what they had heard during the webinar, not only about the survivors who joined our formation, but of those who have been assaulted while they have worn the uniform. Usrey said he wants people to think about their families and children, too, and to have the difficult conversations about sexual assault. The topic may be uncomfortable, but real authentic discussion is the only way to get after the problem of sexual assault, he said.

begins. ... Help the Soldiers in uniform, help your Families, and let's beat this thing."

Conclusion

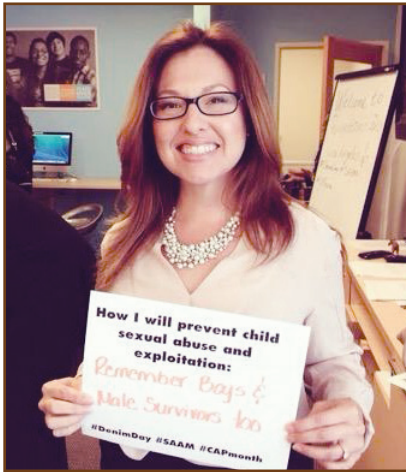
Col. Usrey concluded the presentation by answering questions. SHARP hosted a morning and afternoon session totaling 240 participants.

SHARP's May Webinar

SHARP hosted the webinar "Reactions to Rape: Short and Long-Term Reactions with a Focus on the Gray Areas and on Treatment of PTSD," presented by retired Col. Elspeth Cameron Ritchie, MD, MPH on May 26. It will be covered in a future issue of the SHARP Focus Newsletter. Look for the SHARP Webinar announcement/invitation to sign up for future SHARP webinars.

SHARP HOSTS WEBINAR: WORKING WITH MEN WHO HAVE BEEN SEXUALLY ABUSED OR ASSAULTED

—By Teresa Westfall, SHARP Communications & Outreach



Martha Lucia Marin, managing director of special projects, 1in6, Inc.

Photo Credit: Courtesy of Martha Lucia Marin

The SHARP Program Office hosted a webinar on Feb. 23, titled “Working with Men Who Have Been Sexually Abused or Assaulted.” The webinar featured Martha Marin, the managing director of special projects at 1in6, Inc., a nonprofit organization aimed at helping men who have had unwanted or abusive sexual experiences in childhood live healthier, happier lives. During the webinar, Marin explained the nuances and differences in treating men who are survivors of sexual abuse or sexual assault and provided approaches to connecting with survivors and their loved ones.

Marin specializes in developing outreach and engagement programming at 1in6. The name, 1in6, comes from research that says an estimated 1 in 6 men have had unwanted or abusive sexual experiences in childhood and that many men don’t begin to deal with the negative effects of those experiences until their 30s, 40s or even later. Wanting to know what resources were available for male survivors, 1in6

conducted a survey of service providers. The survey showed that among the resources offered to men, support groups had the lowest usage. This led 1in6 to question whether the services provided to survivors of sexual abuse or sexual assault are meeting the needs of men and if there is an awareness and understanding of the differences in treating men who are survivors of sexual abuse or sexual assault.

Marin started the presentation by addressing societal myths about sexual assault and the stereotypes surrounding masculinity and how they create barriers to disclosure and deter men from seeking help. She advised looking through the lens of masculinity for an

to understand why male survivors are behaving in certain ways so we can begin to connect the dots and see a clearer picture of their needs. “I think it might change how we feel about their behavior and I think it might help us have more empathy and a better understanding of what space they’re in and what their needs are, and how we can better meet those needs.”

Myths about sexual abuse experience come from the intense fears of not wanting to step outside of societal norms said Marin. She added that there is an intense sense of safety and security to think or accept these myths. “It is important to separate the sexual aspect of the assault, especially the

“It is important to separate the sexual aspect of the assault, especially the sexuality and the act, and the sense of abuse, and call it a bad use of power, a betrayal of trust.”

— Martha Marin, managing director of special projects, 1in6, Inc.

understanding of how men feel they need to behave to be safe in the world. Society assigns stereotypes to men and we ask men to live by these stereotypes. For example, young men are asked not to show emotions as they are taught to be “real” men. Marin said we connect to them through these stereotypes. She emphasized that it is important to shift the lens we’re looking through

sexuality and the act, and the sense of abuse, and call it a bad use of power, a betrayal of trust.” Some myths focus on these thoughts – if you were sexually assaulted that means you’re now gay or bisexual, or there’s something about you that came across as homosexual and that’s why they sexually assaulted you. Instead of contradicting the myth,

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SHARP Hosts Webinar: Working with Men Who Have Been Sexually Abused or Assaulted, continued from page 11...

restate it as an actual fact and focus on how a topic is discussed and how a message is given. For example, the fact is that sexual arousal doesn't mean that somebody has consent, it could be manipulated. "If we can reiterate with facts, we can combat those thoughts [or] insecurities and encourage help-seeking and encourage healing. It's about creating that safe space in our communities – how we talk about it is very important," said Marin.

Marin often gets asked, 'How [do I] interact with a man?' from male service providers and she advised, "Just follow their lead, but first look at your own expectations." She said, "What we can do is have an understanding of what

manifested in their lives?" She advised to assess the current and immediate need, encourage support, provide information and education, and discourage pressuring disclosure.

Family, friends, and community can either be an ally or they can be a barrier to the survivor. Marin said when survivors want to disclose to their family member, help them create that plan. Help them process that experience and make sure that they have a strong network of support. "What is important for the family and the survivor to know is that however ... [someone first reacts after] a disclosure, whatever that immediate dynamic or response was, it doesn't have to stay this way." She added, "People need time to process. They can grow, they can be educated, and they can eventually come back to a safe space."

with and to not define their experience for them. If the survivor is not ready to say they were abused, utilize the term "unwanted" and make sure to define the terms used because they might define them differently. In addition, make sure to use hopeful images and messages as part of the organization's program.

"Men [who] have experienced rape do have a higher rate of suicidality, thinking of suicide, or planning suicide," said Marin. They may use coping mechanisms that are harmful or self-destructive and [those mechanisms] might be supported or discouraged depending on their social control norm. Their behavior may even be encouraged by the people around them. It is important to connect the dots, to learn their story and how they relate to the coping mechanism(s) they are using.

Marin shared some presenting issues that can occur in male survivors and provided suggestions on ways to address them. She urged focusing on how the issues manifest, as well as how they may differ in men than women.

Post-Traumatic Stress Disorder (PTSD): PTSD can manifest in men differently. These manifestations can include reliving the event such as flashback episodes and repeated nightmares of the event, also strong uncomfortable reactions to situations that remind them of the event; avoidance, feelings of indifference, detachment, and amnesia of certain aspects of the trauma; and experiencing hyper arousal in a way that it causes concentration problems, startle easily, irritability, angry outbursts, trouble sleeping, guilt, anxiety, stress and tension. Marin said to also consider the compounding effects of PTSD on military men who come back from combat and are dealing with the complex traumas of a sexual assault.

Guilt: Self-blame for male survivors can best be dealt with by separating the betrayal from the sex or from the sexual act. "It's easier to focus on and validate 'yes, this was a betrayal of your

"Men [who] have experienced rape do have a higher rate of suicidality, thinking of suicide, or planning suicide."

— Martha Marin, managing director of special projects, 1in6, Inc.

our expectations are and maybe start to create this community for them and let them know that they're certainly not alone."

Another important factor when working with male survivors is to consider how they interact with their partners, families and communities. Marin suggested being conscience about who you are working with. "For instance, if you're working with a partner of [the survivor], or maybe [their] children, they tend to want to help. The question for you is 'who's really in crisis at the moment?' Are we talking about the man who [has experienced] ... sexual assault? Or somebody [else] who's feeling the effects of how this sexual assault has

Marin cautioned about the use of language when working with male survivors. Use language in a way that can be helpful and doesn't inadvertently create an unsafe space for men. What words people choose and how they speak can play a big role in creating safety. "People who have been sexually traumatized use different terms to describe their own experiences. Some use the word 'victim,' some say 'survivor.' ... Some people don't identify with any of that," said Marin. It is important to take their cue, take their example and not to correct them or tell them that they are a victim. Marin emphasized allowing them to define the language that they are comfortable

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SHARP Hosts Webinar: Working with Men Who Have Been Sexually Abused or Assaulted, continued from page 12...

trust.” Marin said when you separate the betrayal from the sex, stereotyping or categorizing will not be the focus and that might be helpful in your conversation with male survivors.

Depression: Depression might also manifest differently in survivors in that instead of numbing or lack of interest in things, there might be a heightened engagement in activity. Marin said there is also a correlation to depression

Reactive Thought and Behavior:

Survivors will experience a lot of reactive thoughts and behaviors to trauma such as an increase in higher risk activities such as addictions to pornography, strip clubs, or casual sex. Marin cautioned against judging and not pulling the coping mechanism out from under them because, inadvertently, it might create a situation that becomes more dangerous. One thought that comes up from survivors is ‘am I going to become abusive now?’ Marin recommended addressing this issue by using facts to help survivors understand, and then referred to hard data that says the

be very frustrating for you but for them as well, especially if they are from the civilian side.” She said to also be aware that resources may be limited for men, may seem unwelcoming, or may appear to be catering to women. Therefore, it is important to make sure the organization has created a safe space for men, as well.

Lastly, Marin advised to disconnect for some self-care. “Consider how you experience the messages you’re hearing with the disclosure.” She explained both men and women experience trauma, but there are higher instances of more physically intense behavior against men. “You are going to hear stories that

“Whether they’ve been abused in childhood or assaulted as an adult, the case is that they do not go on to engage in sexually abusive behaviors. That might be a very useful fact to pass on.”

— Martha Marin, managing director of special projects, 1in6, Inc.

and a higher rate of risky behaviors, more insistence with breaking rules, presenting different behaviors at home with their partner, and anger management issues.

Addiction: According to Marin, addiction connects to self-worth in male survivors. “Their self-worth may have been compromised beforehand and they may be coming to you already with this sense of ‘I’m not good enough.’” She advised reminding them that they are worthy and to create a safe space.

Orientation and Gender Identity

Confusion: How gender expression is formed, from the point of view of the survivor, plays a big role in the fear of discussing sexual abuse or sexual assault. Some survivors might have an “intense fear of being seen as homosexual [and] this can increase intense homophobia. It is having an awareness of where this is coming from and why it has become so intense,” explained Marin.

majority of men and women who have been sexually abused do not go on to abuse. “Whether they’ve been abused in childhood or assaulted as an adult, the case is that they do not go on to engage in sexually abusive behaviors. That might be a very useful fact to pass on.”

Physical and Biomedical Effects:

A survivor’s body can become affected by trauma, especially if they are not processing it and, for some, it may manifest physically. Marin said recent developments in research suggest there have been gastrointestinal problems among survivors. Therefore, it is important to understand how the survivor is experiencing the trauma and what relationship the trauma has with their body.

Isolation and Suicidality/Suicide:

When talking about suicide and suicidality to survivors, Marin instructed to consider all of the manifesting issues and try to connect the dots to what has happened. “Feelings of isolation can

are very troubling, so permit yourself to take the space and ask yourself, ‘is this something that is good for me – can I do this?’ and it’s OK to pass it along,” said Marin. “In the end, what is better for the client and for their healing is to be with someone [who] really can help them.”

Marin concluded her presentation by reminding everyone about the array of resources available on the civilian side and directed participants to the 1in6 website at <http://www.1in6.org> for support and additional information. She urged all to “reach out and connect the dots so that together we can create a safe community for male survivors.” Following the presentation was a question and answer session with webinar participants.

SHARP hosted a morning and afternoon session, totaling 174 participants. Look for the SHARP Webinar announcement/ invitation to sign up for future SHARP webinars.

SHARP COMMUNITY OUTLOOK

DISCLAIMER: This information is provided for awareness and does not constitute endorsement of outside groups and their activities by the United States Army or the SHARP Program Office. Those interested in attending the conferences/training listed, should obtain approval in accordance with Army Directives.

JUNE

16

SHARP Webinar: Treating and Responding to Lesbian, Gay, Bisexual, and Transgender (LGBT) Victims of Sexual Assault/Harassment
 Host: Army SHARP Program Office
 Session 1: 1100-1200 ET
 Session 2: 1400-1500 ET

27-29

Campus Safety Conference & Expo 2016
 National Harbor, MD
 Host: Campus Safety Magazine
 For information: <http://www.campussafetyconference.com/dc/>

AUGUST

SHARP Webinar
 Date: TBD
 Host: Army SHARP Program Office

24

JBLM Noncommissioned Officer (NCO) SHARP Summit
 Joint Base Lewis-McChord, WA
 Host: Joint Base Lewis-McChord

9-11

U.S. Army Reserve Internal Review Annual Professional Development Training Forum
 Orlando, FL
 Host: U.S. Army Reserve Command

JULY

25-29

2016 National School Safety Conference
 Orlando, FL
 Host: School Safety Advocacy Council
 For information: <http://www.schoolsafety911.org/event.html>

14-17

42nd NOVA Training Event
 Atlanta, GA
 Host: National Organization for Victim Assistance (NOVA)
 For information: <http://www.trynova.org/2016-nova-training-event/>

26-27

2016 National Symposium on Sex Offender Management & Accountability
 Kansas City, MO
 Host: U.S. Department of Justice, Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering and Tracking (SMART)
 For information: <http://smart.gov/symposium.htm>

31-Sept. 2

2016 National Sexual Assault Conference
 Washington, D.C.
 Host: National Sexual Violence Resource Center
 For information: <http://www.nsvrc.org/nsac>

28

SHARP Webinar: BOUT that Life: Bystander Intervention for Communities of Color
 Host: Army SHARP Program Office
 Session 1: 1100-1200 ET
 Session 2: 1400-1500 ET

TELL US ...

Please share success stories about the positive impact SHARP has had on you or within your community, including events and outreach activities. We'd like to include your stories in future issues of the SHARP newsletter. Please send submissions to Cherisse Wells at: cherisse.m.wells.ctr@mail.mil. Thank you!

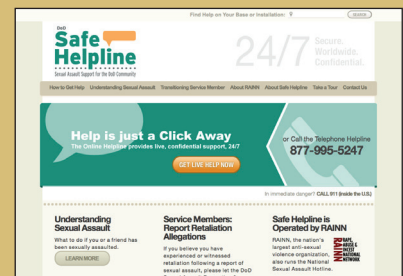
RESOURCES

SHARP Website



www.preventsexualassault.army.mil
www.army.mil/sharp

DOD Safe Helpline



Call 877-995-5247;
 text 55-247 (inside the U.S.)
 or 202-470-5546 (outside the U.S.); or go to:
<https://SafeHelpline.org/> or download mobile app at <https://SafeHelpline.org/about-mobile>.

This is a crisis support service for members of the DOD community who are victims of sexual assault. Available 24/7 worldwide, users can “click, call or text” for anonymous and confidential support.

VA Military Sexual Trauma Information



<http://www.va.gov/health/NewsFeatures/20120319a.asp>