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2020

Barriers to Accessing the First Step Resource Center

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Recommended Citation

Manley, Corinne Frances, "Barriers to Accessing the First Step Resource Center" (2020). *Undergraduate Theses, Professional Papers, and Capstone Artifacts*. 314.

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Barriers to Accessing the First Step Resource Center

Hello, I am a senior psychology major at the University of Montana, with minors in biology and biochemistry. The following brochure is one that I created as the final artifact for my Davidson Honors College Senior Capstone Project. I have volunteered with the Student Advocacy Resource Center (SARC) at UM for two years. Through my work there, as well as conversations I've had with other students, I realized that there is confusion surrounding the initial options after someone experiences an incident of sexual assault. One of the most important resources that we refer SARC clients to is the First Step Resource Center, located at St. Patrick Hospital in downtown Missoula, Montana. First Step provides Sexual Assault Nurse Examiner (SANE) exams, medications to prevent sexually transmitted infections, mental health counseling, treatment of injuries, referrals to other agencies, help coordinating with law enforcement, and other services for adult and child survivors of sexual assault. Their services are free, confidential, and available 24 hours a day, 7 days a week. For my project, I created a survey designed to gauge the level of awareness of First Step on campus. I was particularly looking to see if there were any knowledge gaps or misbeliefs that were keeping people from accessing this important resource. With the data that I collected, I created this brochure, designed to highlight the information that was not commonly known or was misunderstood. The brochure will be available for distribution to SARC clients. Thank you for viewing my project!

Sincerely,
Corinne Manley

**IF YOU HAVE BEEN
SEXUALLY ASSAULTED,
YOU MAY CHOOSE TO:**

Find a safe place

Call the **YWCA** at (406)542-1944 for support and advocacy

If you are a University of Montana student, contact the **Student Advocacy Resource Center (SARC)** at (406)243-6559

Go to the Emergency Department or **First Step** for medical attention

Call **911** to speak to a representative from law enforcement, with or without making an official report

HOURS: 24/7

CALL: (406)329-5776

You will be connected to an examiner that will meet you at the confidential clinic

If it is an EMERGENCY, please visit the emergency department:

**500 W Broadway
Missoula, MT 59802**



HAVE YOU HEARD OF

**THE FIRST
STEP
RESOURCE
CENTER?**

**Free and confidential
support for adult and
child survivors of abuse
or assault**

Missoula, MT

Services:

- Forensic Evidence Collection/ SANE exams
- Medication to prevent sexually transmitted infections
- Treatment of Injuries
- Mental Health Counseling
- Help communicating with law enforcement
- Coordination with other resources and care providers as needed

First Step supports survivors of all genders, sexualities, and races

Sexual Assault Nurse Examiner (SANE) Exams:

- Collect forensic evidence of an incident of assault or abuse
- In Montana, evidence can be collected for up to 5 days after the incident
- Adult survivors can have evidence collected without reporting to police

Using the bathroom, taking a shower and changing clothes can lower the chances of an examiner finding evidence, but please contact First Step even if you have done these things

Visiting First Step empowers you in your healing process

Clients have control over their bodies and choices. Visiting is a client-centered experience focused on healing and preventing further trauma

If you have experienced assault or abuse, please contact us and take the first step in healing