

## *How do I join or learn more about the Survivors' Chat Group?*

The Survivors' Chat Group is available to University of Arkansas students. Meetings will be held on campus weekly during the fall and spring semesters. Only individuals who have experienced sexual and/or relationship violence will be permitted to be part of the group. Participants may join the group at any point during the fall and spring semesters. The group is not open to anyone for observation or media.

If interested in joining the group, please contact STAR Central to learn if the group is appropriate for you. The weekly time and location of the current group will be confirmed at the time of acceptance to the group.

To learn more or to join the group, please email [survivor@uark.edu](mailto:survivor@uark.edu) and STAR Central staff will respond. Please include your name and a brief message regarding the nature of your inquiry. You may also call STAR Central at (479) 575-7252.

## **STAR Central**

*Confidential advocacy services.*

**[survivor@uark.edu](mailto:survivor@uark.edu)**

## **Campus Resources**

STAR Central	479-575-7252
For advocacy email	<a href="mailto:survivor@uark.edu">survivor@uark.edu</a>
For education programs email	<a href="mailto:respect@uark.edu">respect@uark.edu</a>
CAPS 24 hr Emergency Line (Counseling & Psychological Services)	479-575-5276
UA Women's Clinic	479- 575-4478
Pat Walker Health Center (University Health Services)	479-575-4451
University Police	479-575-2222
Title IX	479-575-7111
Student Standards & Conduct	479-575-5170

***In the event of an emergency, call 911.***

### **Confidential Campus Resource Options**

If you want to speak on campus with someone confidentially about sexual or relationship violence, you may do so with a victim advocate, a mental health counselor, or a pastoral minister. Faculty and staff are required by federal law under Title IX to report incidents of sexual or relationship violence to the Title IX coordinator in order for the University to further investigate the matter. An advocate is available through STAR Central and may be reached by emailing [survivor@uark.edu](mailto:survivor@uark.edu) or at 479-575-7252 to arrange for an appointment.

***For more resource information, including community resources, please visit <http://respect.uark.edu>***

Forensic Evidence Collection ("a Rape Kit") is available 24 hrs a day (no appointment necessary) at Northwest Medical Center – Willow Creek Emergency Department located just off of I-49, Exit 69 (Johnson exit). Also, available by appointment at NWA Sexual Assault Center, 479-445-6448, located on North Green Acres Road, Fayetteville.

# Survivors' Chat Group



**STAR Central**  
Pat Walker  
Health Center

### ***What is a chat group?***

The chat group is a safe place for victims/survivors of sexual and/or relationship violence to meet face-to-face with other victims/survivors. Approximately 2 to 8 individuals meet to share, discuss, and learn from each other. Members of the group are at various stages along their path of healing.

### ***What is the difference between a chat group and therapy group?***

Chat groups are fundamentally different from therapy groups in that they offer support and an opportunity to share feelings, thoughts, and experiences, but are not a place to resolve deep personal issues. Chat group members are responsible for their own progress by talking about what is troubling them. Chat group members are encouraged to express themselves if something is happening in the group, which does not feel good or helpful. Chat groups are facilitated by advocates, whereas therapy groups are directed by mental health clinicians.

### ***Is the information I share confidential?***

Maintaining group confidentiality is imperative. Every group member must sign a confidentiality agreement. Group members must not share other group members' names, identifying information, personal disclosures, events, or interactions occurring within the group. What people talk about during group must remain among group members. It is not appropriate to discuss or disclose events of the group to any outside person, or to each other outside of group time. Confidentiality is legally limited when information about life-threatening circumstances (planned suicides, homicides, or crimes) and/or child abuse of a minor is revealed to group leaders.

### ***How are chat groups helpful?***

There are a number of reasons why chat groups are helpful to members:

1. The first few sessions of a group usually focus on establishing trust. During this time, members work to build a level of trust that allows them to talk personally and honestly.
2. This climate of trust permits group members to care about and help each other. Group trust is enhanced when all members make a commitment to the group.
3. When someone brings a difficulty to group, the group is able to give support, offer alternatives, or gently confront the person in such a way that new behaviors are learned and the difficulty becomes resolved.
4. The chat group allows people to develop new social techniques or ways of relating to people as part of their path to healing.
5. During the chat group, people begin to see that they are not alone and others understand. Many times people feel that their problems are unique. It is encouraging to hear that other people have experienced a similar difficulty or have already worked through a problem that deeply bothers another group member.

### ***What do I talk about when I am in the group?***

Talk about what brought you to group in the first place. Let the group members know what is bothering you. If you need support, let the group know. If you think you need confrontation, let them know this also. It is important to tell people what you expect from them. In addition, you will probably be most helped and satisfied if you talk about your feelings.

Unexpressed feelings are a major reason that people experience difficulties. When feelings are unexpressed, they stagnate inside us and may cause trouble later. The confidential safety of the group permits the expression of those feelings, which are often too difficult to express outside of the group.

When we talk about revealing our feelings, we are talking about self-disclosure. Self-disclosure is an important part of group and relates very much to how well people get helped. How much you talk about yourself depends upon what you are comfortable with. Group is **not** a place where people are **forced** to talk about their innermost thoughts or feelings. You are ultimately the person responsible for how much you share. The best disclosures are those that relate directly to your present problems. If you have any questions about what might or might not be helpful, you can always ask the group.

### ***What if I need to talk with someone now?***

The Survivors' Chat Group is not an emergency crisis response group. If you need to speak with someone immediately for support or are in need of counseling from a licensed mental health clinician, the Pat Walker Health Center Counseling and Psychological Services (CAPS) provide a 24 hour crisis line. CAPS can be reached at (479) 575-5276. University of Arkansas students may also access CAPS by way of the CAPS Walk-in Hours. For details about walk-in hours or other CAPS services, please visit the Pat Walker Health Center webpage at <http://health.uark.edu>