

Resources

Some practical everyday resources for adult survivors of physical, sexual and/or emotional childhood abuse or neglect

- **Section One** is a practical discussion on exploring how to go about finding local resources.
- **Section Two** lists current organizations that may have something to offer to your ongoing recovery process.
- **Section Three** lists organizations that have compiled extensive lists of resources.
- **Section Four** contains the announcements from our ASCA Internet meetings submitted by various participants.

Section One: Finding Local Resources

Finding Support Groups

One of the best universal resources for finding local support groups is through your local United Way or similar regional fundraising organization. Look within the business section of your local telephone directory for your local United Way's or similar organization's telephone number. Every United Way has some type of referral information database. A helpful staff person will search through the database to uncover any possible support groups that may be available for adult survivors of childhood abuse within your geographic area. Be specific with the staff person concerning the types of groups you are looking for, e.g., adult survivors of child abuse, incest, emotional abuse, physical abuse, childhood neglect, sexual abuse recovery. Also inquire about any self-help or support group "clearing houses" in your area. These "clearing houses" may have leads and information that the United Way may not have in their database.

Alternatives - When Local Support Groups Are Not Available

More often than not, many people will not be able to find a support group that deals with issues germane to adult survivors of childhood abuse within a reasonable commuting distance.

1. One possibility is to find a psychotherapy group with a focus on recovery from childhood abuse. Often psychotherapists will advertise in local weekly newspapers. You might also call local chapters of the a) Marriage and Family Therapists, b) American Association of Social Workers, c) American Psychological Association. Many local chapters have information referral lines and some can be very helpful. Again, their telephone numbers can be found in the business section of your telephone directory. Local professional chapters with referral lines will be likely to supply you with names of therapists running psychotherapy groups focusing on recovery from childhood abuse.
2. Another possibility is to join an online chat group. Some find them helpful, others do not like them at all.
3. A third possibility is to utilize our ASCA Internet Meeting.
4. A fourth possibility is to start your own ASCA support group meeting. ASCA has a meeting format feature that facilitates the use of the ASCA meeting format with

as few as two people. All you need is a friend or two to form an ASCA support group for yourself. See “Customizing the ASCA Meeting Format” .

Reduced Fee Psychotherapy

If you need reduced fee psychotherapy there are several possibilities you might try.

1. Again, call your local United Way who can come up with local nonprofit clinics that provide reduced fee psychotherapy.
2. If there are universities in your area, they may have clinical programs to train psychotherapists. These clinics often provide reduced fee psychotherapy.
3. Professional chapters of psychotherapists may have listings of therapists who specialize in working with adult survivors of childhood abuse and who have pre-licensed therapists attached to their private practices. These pre-licensed therapists usually operate on a reduced fee basis. Finding a pre-licensed psychotherapist who has a supervisor with a specialization in working with adult survivors should be most helpful.
4. Major religious organizations have established mental health clinics. Try Catholic Charities, Jewish Family Services. Call the headquarters of large religious groups and ask if there is a mental health clinic that they sponsor in your area that provides reduced fee psychotherapy.
5. You might try your local county mental health department. However, most county mental health departments tend to be overloaded and understaffed. There may be something available for you, there may not be. It all depending upon the county's budget.

Consumer Warning!

Finding support groups and reduced fee psychotherapy can be challenging. Some referral sources are more user-friendly than others. Larger metropolitan areas will tend to have more services than small cities and towns. Usually reduced fee clients at clinics will receive services from pre-licensed psychotherapists who are under supervision. For people with little experience in psychotherapy, pre-licensed psychotherapists can usually be most helpful. However, for people who have had a considerable amount of psychotherapy and/or are clinically savvy, pre-licensed therapists may be of less help. The unfortunate reality is that in general there are few quality reduced fee resources for adults survivors.

Section Two:

Current Organizations that may have something to offer for your ongoing recovery process.

In Section Two are organizations that have something concrete to offer. They may offer support groups, conferences, workshops, newsletters, correspondence opportunities, as well as books, audio and video tapes for sale, hotline, etc.

Current Resources Updated for the 3rd Quarter of 2000

Click the underlined hyperlink to forward you to the desired resource listing.

- isurvive.org is a non-profit volunteer run web site that facilitates survivors sharing their stories and participating in ongoing discussion. Cross discussion is permitted within a safe and moderated site.
- [A Boys Story](#) an inciteful and touching rendering in pictures and words of a boy's story from childhood sexual abuse, through recovery. The site also includes links to a recovery web ring.
- [Survivorship](#) is a nonprofit volunteer run and membership organization. It works with survivors of ritualistic abuse, "the abuse of children and non-consenting adults in the name of an ideology or belief system..." Provides special membership section, newsletter, conferences, articles, web ring.
- [STOP IT NOW!](#) is a national nonprofit organization that has introduced a groundbreaking public health approach to child sexual abuse prevention. Through it's public education, public policy, and research programs, STOP IT NOW! reaches abusers and those at risk for abusing, helping them to stop the abuse and seek help. STOP IT NOW! created the first helpline (1-888-PREVENT) available for abusers, people at risk to abuse, and their friends and family to call for accurate information and resources to prevent child sexual abuse. For more information

Survivorship, 3181 Mission Street, #139, San Francisco, CA 94110-4515:
www.survivorship.org.

- [The Healing Woman Foundation](#) is a nonprofit organization that publishes a subscription based newsletter, offers articles and audio tapes for sale, sponsors occasional conferences. (They are going out of business, but their website is being maintained for the time being.)

The Healing Woman Foundation, POB 28040, San Jose, CA 95159,
408.246.1788: www.healingwoman.org.

- [THE MORRIS CENTER for healing from child abuse](#) is a nonprofit organization. It provides a support program, Adult Survivors of Child Abuse, ASCA, for adult survivors of physical, sexual and/or emotional child abuse or neglect. Its web site contains manuals that can be downloaded, a monthly newsletter, and an ASCA e-Meeting all for free.

THE MORRIS CENTER for healing from child abuse, P.O. Box 477 . San Francisco . CA . 94114
phone: 415.928.4576
[e-mail](#)

- [VOICES In Action \(Victims of Incest Can Emerge Survivors\)](#) is a nonprofit organization. It is a membership organization which sponsors a newsletter, conferences, referrals, interest groups (SIGS).

VOICES In Action, Inc., POB 148309, Chicago IL 60614, 773.327.1500:

Section Three:

Announcements from ASCA e-Meetings

Click to view the [announcements](#) page.

[Email](#) us for more information