
New Mexico Resources

Law Enforcement Emergency: Dial 911

The Arc NM: Sexual assault victim advocacy for people with intellectual and developmental disabilities:
505-883-4630 Ext 119

NM Abuse, Neglect and Exploitation
Hotline: 1-800-445-6242

NM Adult Protective Services:
1-866-841-6691

NM Child Protective Services:
1-855-333-SAFE

Disability Rights New Mexico
505-256-3100

Emergency Services for the Deaf (TTY)
505-768-1980

NM Coalition Against Domestic Violence
505-246-9240

Rape Crisis Centers

Albuquerque 505-266-7711

Santa Fe 505-986-9111

Las Cruces 575-488-7233

Alamogordo 575-526-3437

Helping After Sexual Assault
3655 Carlisle Blvd NE
Albuquerque, NM 87110

athompson@arcnm.org

(505)-883-4630 Ext 119

Helping After Sexual Assault

**For individuals with
intellectual and
developmental
disabilities**


The Arc[™]
New Mexico

If you are a family member, guardian, or friend of a child or adult with disabilities who tells you or you suspect abuse or identify abuse:

- Remain calm and reassure the individual that you want to help. Exercise caution to not heighten the crises with your response. To do so moves the focus to you and may result in fear or guilt for the victim
- If the abuse or assault has just occurred or you feel someone is in imminent danger, call 911. Explain the person's disability as well as the incident, so that an investigator trained in disability can be sent if possible. Preserve any physical evidence that may exist. If rape or injury has occurred, take the person to a hospital.
- If the victim is a child, call Child Protective Services. If the victim is an adult, call Adult Protective Services or the ANE Hotline
- Provide support for the person throughout the investigation process. Even if the disclosed abuse occurred many years ago, find a counselor or therapist who understands IDD and sexual abuse to provide treatment.

Get Advocacy! The sexual assault victim advocate at The Arc NM will provide support for medical and legal appointments, find resources for long-term support and more.

Call Amanda at (505)-883-4630

What if This Happens to Me?

If you are a person with intellectual or developmental disabilities who has been sexually abused or assaulted:

1. Call 911 and call an adult you trust for help.
2. Do not bathe or change clothes before going to the hospital.
3. Do not keep the abuse a secret.
4. The abuse was NOT your fault.
5. Even if you were abused a long time ago, tell an adult you trust what happened. If this person does not believe you, tell someone else: a teacher, doctor, family member or guardian, a service provider.
6. Ask a trusted adult to help you find a counselor to talk to about the abuse.
7. Call The Arc NM for a Victim Advocate at (505)-883-4630 Ext 119.

Help for Professionals:

Individuals with intellectual and developmental disabilities can be competent and credible witnesses:

- Be encouraging: ask simple, open-ended questions
- Understand that the victim may be very attached to or dependent upon the offender
- Do not be judgmental, imply fault or indicate a preferred response to a question
- If there are communication problems provide an interpreter
- Be prepared to spend extra time getting the facts
- Try to coordinate interviews and exams so that a person does not have to be questioned repeatedly
- Explain all procedures carefully; provide pictures, anatomical dolls to aid understanding of a hospital exam or instruments which will be used
- Many individuals with IDD may have a poor concept of time. Establish references to events which occurred during abuse. (lunch, a tv show, bus passing by, etc.)
- If the person must appear in court, visit the courtroom first and explain what will happen