

# **Supporting Survivors: How to Use BARCC's SEECK Model & Resources**

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# Before we jump in...

- Take care of yourself



# Goals

- Gain a comprehensive understanding of the services BARCC offers and how to make referrals to BARCC
- Learn BARCC's SEECK model of responding to initial disclosures of sexual violence: Safety, Empathy, Empowerment, Connection, and Knowledge

# BARCC'S Mission



End sexual violence through  
healing and social change



# All BARCC Services are:



&



Accessible any amount of time after an assault / experience of sexual violence



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# BARCC Service Area:



## BARCC OFFICES

**Cambridge**  
99 Bishop Allen Dr  
(Central Square)

**Waltham**  
24 Crescent Street



# Who does BARCC serve?

- Survivors ages 12 and up
  - Anyone that has experienced any form of sexual violence in their lifetime
  - Includes: sexual harassment, stalking, childhood sexual assault, adolescent sexual assault, rape, domestic violence

# Who does BARCC serve?

- Significant others 12 and up
  - parents, family, friends, etc.
- Providers
  - therapists, doctors, police, etc.
- Community members



# BARCC Services



# Legal Advocacy & Immigration Legal Services:

- Privacy
- Safety Planning
- Criminal Process
- Civil Suit
- Employment
- Education
- Immigration
- Letters of support
- Stalking, Cyber-stalking
- Representation around certain immigration cases

Information

Advocacy

Legal Advice

Accompaniment



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# Legal Advocacy & Immigration Legal Services Doesn't:

- Provide 24-hour services
- Provide non-immigration related legal representation
- Provide assistance with non-sexual violence related legal issues

# Case Management:

- Housing Options and Rights
- Financial support
- Insurance
- Public Benefits
- Victims Compensation
- Basic needs (phone, clothing, food, transportation etc)

Information

Advocacy

Support



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# Case Management Doesn't:

- Provide 24-hour services
- Have a shelter or own housing
- Give clients funds directly (in most cases)

# Counseling:

- Individual
- Groups
- Workshops
- Referrals
- Consultation

Short Term  
&  
Sexual Trauma  
Focused

# BARCC Counseling Doesn't:

- Have 24-hr access to clinicians
- Prescribe medications

# What it might sound like:

- “How am I going to deal with this?”
- “I’m scared to go back to school.”
- “I need some time off, but I don’t want everyone to know why.”
- “It’s been a long time since my assault, can I still report it?”
- “I’m feeling really triggered.”
- “I can’t get out of bed.”
- “My phone got lost some time the night of the assault.”
- “How am I going to pay for the medication the doctor prescribed me?”
- “I wish I had someone to talk to.”



# How do people request services?

- Hotline/WebChat
- Medical Advocacy
- Website
- Office

# BARCC Hotline

- Available 24/7
- Supports survivors and significant others at any stage of their experience
- Supports people in the moment
- Referrals to BARCC and local support services



# Medical Advocacy

- Available 24/7
- In person/telehealth services to support survivors and significant others in the ER and ICU
- Supports people in the moment
- Referrals to BARCC and local support services



# Website

- Requests through online portal

# Office

- Requests through main line during business hours

# Process to Access BARCC Services

Request for Service



Up to 3 Business Days

Client Services  
Access Team Calls



Next Steps



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# When referring to BARCC:

- Flag client service needs
- Offer (not push) services
- Don't make promises!

## Remember...

- The case management, legal advocacy and counseling departments do thorough assessments & provide extensive support.
- You're not expected to be a clinician, case manager or legal advocate and don't need to get every detail about the client's situation.



**S**safety

**E**mpowerment

**E**mpathy

**C**onnection

**K**nowledge



# Safety

- Is not equitable
- Is a continuum
- Be present
- Be transparent and upfront about any role specific confidentiality limits
- Privacy:
  - Be thoughtful about how sharing may impact their safety
  - Be transparent about whether you will share

# Example Phrases:

- Are you worried about your safety?
- What would help you feel more safe?
- I apologize for interrupting you. Before you continue, I want to make sure you feel comfortable talking here or would you like to find a more private space?

# Empowerment

- Survivors are the experts on their lives
- Center the survivor and their experience
- It is about options and choice
- Respect and honor their decisions
- Use mirroring language around:
  - The incident
  - The perpetrator

# Examples of empowering responses:

- What would be most helpful right now?
- Would you like help finding resources?

# Empathy

- We can use our relatable experiences to remember that just like us, survivors have their own experiences, impacts, and needs.

# Empathy skills

- **Validation:** what you are feeling is okay
- **Normalization:** you are not alone in these feelings, you are not the only one
- **Listening:** being open and present with the person
- **Body language:** staying open and neutral physically

# Examples of responding with empathy

- I believe you. Thank you for sharing with me.
- It makes sense you would be angry. Of course you're angry!
- I've talked to other survivors who have also talked about struggling with nightmares. You're not alone.

# Connection

- Isolation (feeling isolated) can be an ongoing impact of sexual violence for survivors
- Finding connection is a key part of regaining a sense of safety in the world



# Knowledge

- You do not need to be their only support
- Share your resources and self-care ideas
- Share BARCC's or your local rape crisis center's information

“Everyone was trying to make me do what they thought would help me. People were trying to force me to act in a certain way, but my sister didn’t. Because of that, she truly gave me my voice back.”

-Tarhata, taken from

<https://www.rainn.org/survivor-stories/tarhata-story>

# Other Services to Know About

- Legislative and Systems Advocacy
- Access to Forensic Information
- Survivor Speakers Bureau
- Incarcerated Survivor Support Program

**For more information, call the  
office at (617) 492-8306**



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# Boston Area Rape Crisis Center

99 Bishop Allen Drive Cambridge, MA

Office: (617) 492-8306

Hotline: (800) 841-8371

Website: [www.barcc.org](http://www.barcc.org)

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