

RESOURCES & SUPPORT

Free and Confidential Services

Sexual Assault

mecasa.org | 1-800-871-7741

24-hour confidential crisis and support line

Domestic/Dating & Relationship Abuse

familycrisis.org | 1-800-537-6066

24-hour confidential crisis and support line

USM Health and Counseling Services

usm.maine.edu/uhcs | 207-780-4050

Individual and group counseling & support sessions, connections with other services

USM Religious & Spiritual Life Council

usm.maine.edu/sul/usm-religious-spiritual-life

Space for reflection & support with ordained chaplains from diverse religious and spiritual traditions

ADDITIONAL CAMPUS SUPPORT

USM Wellness Center

Portland: 207-780-4996

Gorham: 207-780-5375

Center for Sexualities & Gender Diversity

207-780-5767

USM Residential Life

207-780-5240

TO MAKE A REPORT

EMERGENCY:

USM Public Safety: 207-780-5211

USM Public Safety is available 24 hours a day to ensure student and community safety, connect with advocates, and work with local law enforcement.

NON-EMERGENCY:

Deputy Title IX Coordinator, Sarah Holmes, 207-780-5767

The Coordinator will ensure that the rights of the student are protected, assistance is provided, and appropriate measures are taken to protect both the student and the USM community.

VICTIMS/SURVIVORS HAVE THE RIGHT TO:

Support services, including the right to be connected with a confidential advocate who can assist with local resources

Meet with the Title IX Coordinator or Deputy Coordinator

Request accommodations to improve your safety and reduce contact with the accused

Request accommodations such as extensions on assignments in classes, security escorts, counseling, etc.

Have your report handled as confidentially as possible

Be informed of the University's Policies

File a complaint with the University and have assistance in doing so

Be free from retaliation

Have your complaint investigated

Request that Student Conduct Code charges be filed if the accused is a student

File a police report



Rights and Resources:

Sexual Assault, Sexual Harassment, Stalking, Domestic/Dating Violence, Retaliation and Relationship Abuse

Information for USM Students

usm.maine.edu/campussafetyproject

DEFINITIONS

Consent: Consent must be informed, freely and actively given, and consist of a mutually agreeable and understandable exchange of words or actions. Consent is active, not passive, and can be withdrawn at any time. Silence, in and of itself, cannot be interpreted as consent.

Sexual Harassment: Unwelcome sexual advances, requests for sexual favors, other verbal/physical conduct of a sexual nature, including sexual assault, made with explicit/implicit condition that submission or rejection of such will affect an individual's employment, education, living environment, or participation in a University program or activity.

Domestic/Dating Violence: Intentionally, knowingly or recklessly causing bodily injury or offensive physical contact to a family or household member (current or former), or by an individual who is/has been in a relationship of a romantic/intimate nature with another person.

Relationship Abuse: A pattern of abusive and coercive behaviors used to maintain power and control over a former or current intimate partner. Abuse can be emotional, financial, sexual, or physical.

Stalking: A course of conduct that would cause a reasonable person to suffer serious inconvenience or emotional distress, to fear bodily injury or death to self or close relative, to fear damage or destruction to/tampering with property, or to fear injury or death of an animal owned or possessed by that person.

Sexual Assault: Subjecting another person to sexual contact to which that person has not consented, or has only submitted to due to compulsion, or to which that person cannot legally consent due to age or physical or mental incapacity.

What should I do if I'm experiencing these crimes?

GET HELP

Emergency:

USM Public Safety 207-780-5211

Non-Emergency:

Deputy Title IX Coordinator, Sarah Holmes,
207-780-5767

Connect with an Advocate

There are trained staff on campus, and community advocates who will come to campus, to listen and help you decide the best steps for you - including seeking medical help, counseling, and legal assistance.

HOTLINES AVAILABLE 24/7

Sexual Assault: 1-800-871-7741

Family Crisis Services: 1-800-573-6066

Seek Counseling

USM Health and Counseling offers confidential support for students 207-780-4050

Helping a Friend

If you have a friend who is in an abusive relationship, or has been assaulted, the most important thing you can do is to listen, support, and be there for them. Be patient, understanding, and caring. When they're ready, help them to access the services listed here.

But I don't want everyone to know...

Students seeking confidentiality and/or who are unsure if they want to file a complaint, are encouraged to reach out to:

Advocates/Hotlines

University Health & Counseling

Ordained Chaplains

These entities are confidential and can provide support and assistance in determining next steps.

Most University employees are required by law to reach out to the USM Deputy Title IX Coordinator whenever they receive a disclosure of this type from a student. The Deputy will work to connect the student to services and to assess whether there is any threat to the University community.

Individual privacy will be respected and protected to the fullest extent possible. The student involved will be kept informed of any action by the University.

Please Contact:

Deputy Title IX Coordinator, Sarah Holmes
207-780-5767
sarah.e.holmes1@maine.edu

