The Care Center

All services are free, confidential, and are available to people of all ages & genders.

Counseling
Trauma-focused Individual therapy & support groups.

Advocacy & Response
24/7 support line, medical advocacy during forensic exams, assistance with police reports & court proceedings.

Education
Youth & adult sexual assault and consent education, awareness & professional trainings.

About Us
The Sexual Trauma & Abuse Care Center’s mission is to promote a culture of consent while providing 24/7 support to everyone affected by sexual trauma and abuse in Douglas, Franklin, and Jefferson Counties.

Contact

www.stacarecenter.org
Phone (24/7): 785-843-8985
Fax: 785-371-9568

Main office:
708 W 9th Street, Suite 105
Lawrence, KS 66044

Satellite offices:
Ottawa Office
114 W 2nd Street
Ottawa, KS 66067

Oskaloosa Office
100 Washington Street
Oskaloosa, KS 66066
Sexual trauma & abuse can affect us in many ways. It is not unusual for someone who has experienced sexual trauma & abuse to feel a variety of emotions and responses, such as anger, avoidance, sadness, flashbacks, fear, shame, guilt, disorientation, depression, numbness, physical pain, and more.

There is no wrong way to feel about what has happened to you. Every emotion you have is valid and deserves attention. It is important to know that what happened to you is not your fault and you deserve to get the support that you need.

What if I was sexually abused as a young person?

It is never a young person’s fault that they are sexually abused. Many men have a very difficult time processing the trauma of sexual abuse experienced as a young person. We are taught to trust and respect adults. It is common for young people to blame themselves for the abuse that they endure. Men are taught that they can’t be used or abused sexually and should never feel vulnerable or afraid when sex is concerned. Men abused as children by other men can experience a significant amount of shame because men are told they aren’t supposed to have any sexual contact with other man, consensual or not.

Receiving these messages that place the blame and responsibility on young men, when you had a complete lack of control over the abuse you endured, can easily produce feelings of intense and almost constant pain, anger, or shame. Just remember, it’s never too late to tell someone or to get help. It takes a lot of strength to ask for help when you need it.

What if I experienced sexual trauma or abuse as an adult?

It is important to remember that sexual trauma & abuse includes any unwanted sexual experiences or any sexual acts that occurred without your consent. Men who experience sexual trauma & abuse as adults are often ignored or dismissed, sometimes more so than men who are adult survivors of child sexual abuse. Society tells us that men are able to protect themselves and that if they were “real” men they would have been strong enough to prevent an unwanted sexual act. This is not true and can cause extreme guilt and shame. It can also make men question their own masculinity and sexuality.