

# Accessible Trauma Counseling for Sexual Assault Survivors with I/DD (April 2021)

## PRODUCED BY THE ARIZONA SEXUAL VIOLENCE & I/DD RESPONSE COLLABORATIVE

Sexual assault can have profound impacts on a person's emotional, physical, social, and sexual health. People with intellectual and developmental disabilities (I/DD) are seven times more likely than the general population to be sexually assaulted in their lifetimes. With the increased risk of sexual assault in this population, the Trauma-Informed Access workgroup of the Arizona Sexual Violence & I/DD Response Collaborative wanted to determine what follow up services were available to people with I/DD to address the trauma from the assault.

Work group members contacted counseling agencies across the state to assess whether they provided trauma informed counseling to people with I/DD. In this search, trauma informed counseling is defined as therapeutic interventions that specifically address the emotional aftermath of a traumatic event like sexual assault. Examples of this intervention include trauma-focused counseling, cognitive-behavioral therapy, eye movement desensitization and reprocessing, and psychodynamic therapy. We did not include Applied Behavioral Analysis (ABA) in this definition, as ABA focuses on behavior changes and symptom management rather than the emotional processing of a traumatic situation.

Agencies were contacted via phone and email regarding whether they provide trauma informed counseling, accept AHCCCS (i.e., Arizona's Medicaid agency), and work with the I/DD population. Work group members also contacted advocacy centers affiliated with the Arizona Child & Family Advocacy Network to determine if they provide counseling on site with this population and where they refer for ongoing support after assault. Finally, the work group members contacted health providers, including behavioral health providers, integrated care clinics, intensive outpatient services, and community agencies.

Of the 146 agencies and individuals contacted, 90 agencies provided information. Of the 90 that responded, only 26 confirmed that they have trauma counselors on site that work with the population of people with I/DD and that accept AHCCCS and/or Victims of Crime Act (VOCA) funding. These counseling agencies are often in urban areas. Agencies often cited a lack of available training on providing counseling services with this population as a barrier to providing services.

The following agencies have confirmed providing counseling services for individuals with (I/DD) after sexual assault. They also accept AHCCCS:

NAME	LOCATION	CONTACT INFO
A New Leaf	Mesa	480-969-4024
APEX Rising	Phoenix	602-825-1608
Arizona Autism United	Phoenix	602-773-5773
Arizona Youth & Family Services	Phoenix	602-277-4833
Casa de los Niños	Tucson	520-624-5600

Child Crisis Arizona	Mesa	480-834-9424
Child & Family Support Services in Phoenix/Flagstaff	Phoenix, Flagstaff	480-635-9944 (Phoenix) 928-774-0775 (Flagstaff)
Child Help	Phoenix, Scottsdale	602-271-4500
City of Maricopa Family Advocacy Center	Maricopa	520-720-8888
Easter Seals-Blake Foundation	Apache Junction	928-276-9225
Family Involvement Center	Phoenix	602-288-0155
Glendale Family Advocacy	Glendale	623-930-3720
Grossman and Grossman	Phoenix, Peoria, Mesa, Casa Grande, Tucson, Sierra Vista, Casa Grande	602-419-1463
Guidance Center in Flagstaff	Flagstaff	928-527-1899
Helping Associates	Phoenix, Peoria, Mesa, Casa Grande, Tucson	jmcgillcuddy@helpingassociates.com
Hunkapi Farms (equine-assisted therapy)	Scottsdale	480-393-0870
Intermountain Centers	Tucson	520-721-1887
La Paz Counseling	Parker	928-669-6906
Pathways of Arizona	Tucson, Flagstaff, Yuma, Phoenix	520-774-4376
People Empowering People	Tempe	480-999-3323
Rancho del Pacifico (equine-assisted therapy)	Chandler	480-802-8059
Resolution Group	Mesa	480-962-9288
San Tan Behavioral Health Services	Gilbert	480-507-3644
Southwest Behavioral & Health Services	Phoenix, Buckeye, Bullhead City, Payson, Flagstaff, Kingman, Lake Havasu City, Mesa, Prescott Valley	602-265-8338
Southern Arizona Center Against Sexual Assault	Tucson	520-780-4194
Spectrum Healthcare	Camp Verde, Cottonwood, Sedona, Prescott	928-634-2236

**For more information or if there are additional counseling services, contact Lindsay Ashworth, [Lindsay@acesdv.org](mailto:Lindsay@acesdv.org)**