



## The Rowan Center's Direct Services to Stamford Residents

### 1. Trauma Counseling and Advocacy for Survivors

Our licensed clinicians and MSW interns provide free, trauma-informed counseling to survivors of sexual violence of all ages and genders. Each client receives an individualized treatment plan, to support emotional recovery, post-traumatic growth, and long-term healing. The Trauma Recovery Clinic is then a long-term, outpatient mental health care option for HUSKY-insured adults. We also offer crisis advocacy on our 24/7 hotline—accompanying survivors to hospitals, police stations, and courtrooms, and helping them navigate their legal and medical options. All clinicians are EMDR-trained and receive supervision hours toward licensure. This service is the heart of our mission, offering critical support during a survivor's most vulnerable moments.

### 2. K–12 & College Prevention Education Programs

The Rowan Center delivers age-appropriate sexual violence prevention education to students from kindergarten through college in schools across Lower Fairfield County. In Stamford, we educate at West Hill High, Stamford High, AITE High, Rippowam Middle, Dolan Middle, Cloonan Middle, Rogers International, Hart Magnet Elementary, Newfield Elementary, UCONN Stamford. Topics include consent, healthy relationships, boundaries, bullying, sextortion, and bystander intervention. Our evidence-informed curriculum is adapted for different learning levels, including students with disabilities and English language learners. We reach more than 20,000 students annually, with Stamford residents accounting for almost a third. This foundational program prevents violence before it occurs by empowering young people with knowledge and tools to stay safe.

### 3. Anti-Trafficking and Exploitation Prevention Series

In response to increased reports of missing children and community concern, we launched a Five-Part Trafficking Prevention Series, first piloted in Stamford Public Schools. The series is tailored for middle and

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high school students, teachers, social workers, and parents, and focuses on recognizing red flags, online safety, grooming, and how to seek help. Year to date, we have educated 8,675 individuals, and due to overwhelming demand, the program has expanded to multiple districts and been translated into culturally competent Spanish. This program is now a key component of our prevention model, addressing the intersection of sexual violence and exploitation in a way that is scalable and responsive.

#### 4. Postvention Education and Crisis Response Program

When schools or youth-serving organizations experience a sexual violence crisis, we are often called in to provide support after mandatory reporting and police investigations are complete. Our Postvention Program offers trauma-informed response services that include counseling, education, and systems support for affected staff, students, and families. We attend PTO meetings, train faculty, and help organizations develop or revise safeguarding policies to prevent future harm. This program fills a critical systems gap by helping communities heal while strengthening institutional readiness and resilience.

#### 5. Community-Based Training and Technical Assistance

To ensure a broad, coordinated community response to sexual violence, we provide specialized training and workshops for a range of professionals, including law enforcement, healthcare providers, educators, PTOs, and social service providers. These sessions focus on trauma-informed care, responding to disclosures of sexual violence, understanding the dynamics of abuse, and creating safer, more supportive environments for youth and survivors.

We work collaboratively with and provide professional trainings to a wide range of Stamford-based many community partners, including, Building One Community, Family Centers, St. Joseph Parenting Center, DOMUS, DVCC, Pacific House, Boys & Girls Club, Liberation Programs, Child Guidance, Anchor Health, Stamford Youth Mental Health Alliance, Vita Health & Wellness Partnership, Hispanic Advisory Council of Greater Stamford, Community Health Center, Stamford Police, Stamford Hospital, and Stamford CCT.