



The Mental Health Impact of Sexual Trauma

- **An estimated one in 4 women and one in 6 men will experience a sexual assault.** (National Institute of Justice, 2000.)
- **Almost one-third (31%) of all rape survivors develop Post-traumatic Stress Disorder (PTSD) sometime during their lifetimes.** (Rape in America: A Report to the Nation. 1992. National Victim Center and Crime Victims Research and Treatment Center, University of South Carolina, Charleston.)
- **Rape survivors are 13 times more likely than non-crime victims to attempt suicide and 6.4 times more likely to have used cocaine or other hard drugs.** (Rape in America: A Report to the Nation. 1992. National Victim Center and Crime Victims Research and Treatment Center, University of South Carolina, Charleston.)
- **The U.S. Public Health Service Office on Women's Health reports that 50-75% of women in substance abuse treatment programs are survivors of sexual violence.**
- **Child and adult histories of sexual and physical abuse appear frequently to be the first experience in a sequence that leads to homelessness for both women and men.** (*The Interface of Homelessness, Addictions and Mental Illness in the Lives of Trauma Survivors*. Catherine M. Anderson and Katherine B. Chiochio. Sexual Abuse in the Lives of Women Diagnosed with Serious Mental Illness. 1997. Maxine Harris, Ed., pp. 21-37.)
- **Girls who are raped are about three times more likely to suffer from psychological disorders and over four times more likely to suffer from drug and alcohol abuse in adulthood.** (Medical College of Virginia Commonwealth University, 2000.)
- **Improved understanding about the relationship between trauma and mental illness make it essential to care for people without resorting to coercive strategies. Additionally, this intervention places patients and staff at higher risk for injury.** (NASMHPD (National Association of State Mental Health Program Directors), Medical Directors Council, 2000)
- **An independent assessment of severely mentally ill recipients of public mental health inpatient and outpatient services revealed 43% had a diagnosis of PTSD not previously assessed by any of the facilities. Mental health staff had only noted a diagnosis of PTSD in the charts of 2% of the patients.** (Mueser K.T., Goodman L.B., Trumbetta S.L., Rosenberg S.D., Osher C., Vidaver R., Auciello P., & Foy D.W. (1998). Trauma and posttraumatic stress disorder in severe mental illness. *Journal of Consulting & Clinical Psychology*, 66(3), 493-499)