

Services provided by Marie-Vincent Foundation

At Marie-Vincent Foundation, we provide services to child victims of sexual violence, and to their parents.

To benefit from these services, the child must be referred by one of the Foundation's partners (police departments or Director of Youth Protection) that has conducted the non-suggestive interview or that is able to confirm that the sexual violence allegation is founded.

Psychosocial services for parents

Psychosocial services for parents can help you after you learn that sexual violence was committed against a child or teen. The services aim to help parents face the situation and to accompany them through the various processes.

Meeting process

Our psychosocial services can be provided at various times based on your needs, throughout the child or teen's process with Marie-Vincent, from disclosure through to the end of therapy.

Needs assessment

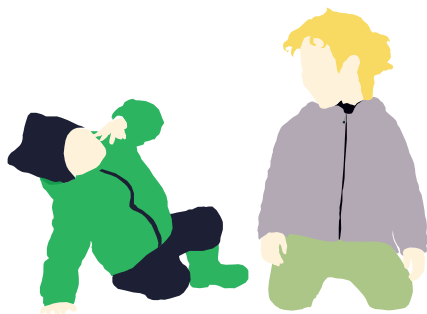
The assessment meetings with your child aim to understand the impacts of the sexual violence on their ability to function and to create a profile (strengths, challenges, family context, etc.) in order to set up a therapy plan tailored to their needs.

→ Three or four sessions, about two hours each

Treatment

The treatment relies on a cognitive behavioural approach centred on trauma resolution and communication between you and your child. The sessions address various topics, including emotions, thoughts, self-protection skills and sex education.

→ About 14 sessions, around an hour and a half each



My child disclosed they experienced sexual violence



In Québec, only the appropriate authorities, a police department or the Direction de la protection de la jeunesse (Youth Protection Directorate) can assess situations in which sexual violence has been alleged.

After a non-suggestive interview with your child, the professionals responsible for the assessment will be able to confirm whether or not the allegations of sexual violence are founded.

How can I properly support my child if they are a victim of sexual violence?

- By telling them you believe them.
- By protecting them from the person who assaulted them.
- By asking for help from specialized sexual-violence resources.
- By letting them express their emotions about the sexual violence or its impacts.

It's normal to feel ambivalent about some of these strategies. We provide aid services to help you talk about your reactions and employ the best possible means to support your child.

A few words about Québec's crime victim compensation benefit (IVAC)

Any person who is the victim of a criminal act that took place in Québec can be given compensation to help mitigate the consequences of the crime they experienced.

Parents can fill out a claim form for their child, online or with the support of a professional. By doing so, you'll be assured that as needed, psychotherapy costs will be covered by Québec's crime victim compensation service, the Indemnisation des victimes d'actes criminels (IVAC).

How should I talk about sexual assault with my child?

Your child's disclosure and their story are often the only "proof" when it comes to sexual violence. This is why it's crucial that you ask them as few questions as possible about the details of the sexual assault in order to help them preserve their story without introducing new facts. This will help them keep it as close as possible to reality.

However, if your child shows a desire to talk about it, your silence or avoidance could be distressing. In this case, you should instead welcome your child's assertions and tell them how brave they are to be talking about it.

Use the following strategies:

- Avoid bombarding them with questions about the sexual violence they experienced.
- Look your child in the eyes when they talk to you, and don't interrupt.
- Verify that you understand the emotions they're expressing. They may also manifest as physical pain, such as stomach aches or headaches.
- Tell them you're available to listen if they want to talk about it.
- Remind your child they did the right thing by telling you about the sexual violence, and that's true regardless of the consequences to your family.
- If your child's statements upset you, realize that the emotions you're feeling are normal and underscore that the child is not responsible for them.

