

Please detach and send to:

Asian Americans for Community Involvement
Gordon N. Chan Community Services Center
2400 Moorpark Avenue, Suite 300
San Jose, CA 95128

- Enclosed is my tax-deductible donation of:
- \$1000 \$500 \$250 \$100
 \$50 \$25 Other: _____
- I choose to pay by
- Check VISA Mastercard
- I am interested in finding out more about AACI.
- Please send additional pamphlets to the address below.
- I am interested in volunteering with AACI.

Name

Street Address

City State Zip Code

() ()

Phone - Office Cell

Email

Credit Card Account Number Expiration Date

Signature

- My company / organization will match my gift.

Company/Organization Name ()

Contact Person Phone

Please make checks payable to "Asian Americans for Community Involvement."
Thank you for your support!

Center for Survivors of Torture (CST)

CST provides clinical evaluation and/or treatment and social services to survivors of political torture from all countries. Since its inception in 2000 CST has provided specialized services, including individual and group psychotherapy, psychiatry, psychological and medical evaluations for political asylum cases, medical, social and legal services to more than 800 victims of torture and family members from 56 countries

Survivors of torture are severely traumatized and suffer from a variety of physical symptoms and psychological and social service needs, sometimes well after they arrive in the U.S. CST provides the survivor the insight into these effects, and the consistent care to re-establish trust, bring damage under control, and help relieve exile by enabling some mastery of problems in a new country and culture.

CST is funded by the Office of Refugee Resettlement (ORR) U.S. Department of Health & Human Services, Administration for Children & Families and the United Nations Voluntary Fund for Victims of Torture

Asian Americans for Community Involvement - Main Office

Gordon N. Chan Community Services Center
2400 Moorpark Avenue, Suite 300
San Jose, CA 95128

Phone: (408) 975-2730

Fax: (408) 975-2745

www.aaci.org
cst.aaci.org

Center for Survivors of Torture



Opening a door...

... to hope and healing



asian americans for community involvement

The Effects of Torture

Modern torture is designed to break trust among people, so there can be no organized alternative to the torturers--not the family, the community, the church, the political party, the trade union. To achieve political control, torture is used to terrify the entire populace of a country and create distrust.

Virtually all torture has psychological effects; much torture also has physical effects. Physical effects may be permanently damaging, and leave chronic pain and disabilities. But many physical effects heal or were deliberately designed not to be permanent in order to leave no evidence for human rights or international legal groups. Such physical tortures as suffocation, drowning, or electric shock are of the non-traceable sort; so too are psychological tortures such as mock executions or forced watching of torture.

All torture however, leaves an emotional mark. Major Depression and any of the 17 symptoms of Post Traumatic Stress Disorder are very common. Among disabling PTSD symptoms are memory loss, difficulty concentrating, sleep disorders, withdrawal, suicidal thoughts, hopelessness, constant fear and distrust.

Without help, these symptoms make it difficult to learn a language, to perform work or to study, or to contribute emotionally to family life. They also make it hard to present well in Immigration Service hearings or U.S. citizenship applications.

Our Service Area

The U.S. government estimates 400,000 survivors are now in the U.S. Population statistics show there may be upwards of 35,000 torture survivors in Santa Clara County alone, and a significant number in the surrounding counties as well.

Survivors from any country are eligible for CST services. Service areas also include the counties of Santa Cruz, Monterey, San Benito and San Mateo.

For more information please contact:

Armina Husic, Program Manager
(408) 975-2730 ext. 247
armina.husic@aaci.org

Office hours: 8:30am—5:30pm
Monday—Fridays

The many torture survivors in the U.S. may need to move to follow work or for other reasons. Therefore, CST is part of both the California and U.S. consortia of torture treatment centers, 26 centers in all. These networks make continuing services possible with interagency referrals, from San Diego to Chicago to New York.

All services are

- ◆ Completely confidential
- ◆ Available in many languages
- ◆ Free or low cost; available regardless of ability to pay

Services

Years of experience with the effects of torture have taught care providers that anything that restores trust is therapeutic. For that reason CST offers a variety of complementary services:

- ◆ **Psychological support system** including evaluation of torture for political asylum, psychotherapy, and helpful medications
- ◆ **Medical support system** including evaluation for political asylum, examinations and referral for care
- ◆ **Social service support system**
- ◆ **Legal support system**
- ◆ **Family support system**
- ◆ **Training and consultation** for health workers, lawyers, and others

