Sexual Assault Services
Empowerment Services

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Sexual Assault Services
Objectives

- **Objective 1:** To place Empowerment Services within the context of Trauma Informed Care.

- **Objective 2:** Articulate the benefits of empowerment based activities and a continuum of support for survivors of sexual violence.

- **Objective 3:** Determine opportunities and strategies for empowering survivors in your organization.

- **Objective 4:** Develop action steps for engaging survivors in empowerment based activities.

- **Objective 5:** Identify specific community and organization resources for organizing an empowerment event.
Trauma Informed Care

Individuals and families being provided the opportunity to live with more hope than fear.
CCTB Guiding Principles

Recovery is a journey of self-healing.

Survivors need a place of safety where they can give voice to the violence, humiliation and injustice that they have experienced.

- We affirm that survivors did nothing, absolutely nothing to deserve the degradation and suffering inflicted upon them
- We will be a witness to their story
- We will empower and support them as they repair the physical, emotional, mental and spiritual aftermath of their trauma.

To be a companion for those whose courage and resiliency brings them to our doors is both a privilege and a sacred honor.
Reasons to advocate for Trauma Informed Care & Trauma Specific Services

Trauma is
- pervasive
- very broad and touches many life domains
- often deep and life-shaping
- often self-perpetuating
- repetitive among the more vulnerable among us
- can influence the way people seek and use help
- often occurs when people are trying to help
- impactful to staff members as well as consumers in human service programs
- recoverable

Trauma Informed vs. Trauma Specific

- **Trauma informed care** is a framework that incorporates, in all aspects of organizational culture and operation, an understanding of the prevalence and impact of trauma and the complex paths to healing and recovery. These principles and practices seek “safety first” and commit themselves to “do no harm.”

- **Trauma specific services** are interventions that directly address trauma and its impact and facilitate trauma recovery.

Trauma

Traumatic Events overwhelm a person’s capacity to cope and elicit feelings of terror, powerlessness, and out of control physiological arousal.
Types of Trauma

A single traumatic Event that is limited in time

- Acute Trauma
- Chronic Trauma

The experience of multiple Traumatic events

- Vicarious Trauma
- System Induced Trauma

Exposure to chronic trauma, And the impact on the individual

- Complex Trauma

Trauma or re-traumatization brought about by system actions such as multiple placements within a short time
“Don't ever take a fence down until you know why it was put up.”

—Robert Frost
Exposure to Trauma

*It is an individual’s experience of the event, not necessarily the event itself that is traumatic.*
5 Protective Factors for Adults

- Resilience in previous life experiences
- Social connections
- Concrete support in times of need
- Knowledge of when, how & where to seek help
- Competence in one or more life domains
What does Resiliency mean to you?

Resilience (n): The capacity to absorb energy from disruption.
Trauma-Informed Care (TIC) provides a new paradigm under which the basic premise for organizing services is transformed.

From:

“What’s wrong with you?”

To:

“What has happened to you?”
Core Principles of a Trauma-Informed System

**Safety**: Ensuring physical and emotional safety

**Trustworthiness**: Maximizing trustworthiness, making tasks clear, and maintaining appropriate boundaries

**Choice**: Prioritizing consumer choice and control

**Collaboration**: Maximizing collaboration and sharing of power with consumers

**Empowerment**: Prioritizing survivor empowerment and skill-building

Empowerment Services

Providing opportunities for empowerment.
Sexual Violence Services Provided

Continuum of Services Provided:

- The Crisis Center of Tampa Bay provides sexual assault forensic exams, advocacy, follow-up care, information and referral, counseling, support groups, group therapy, family stabilization and financial assistance, 211 hotline 24/7 phone counseling and empowerment services to those affected by sexual violence.
Empowerment - Survivor Transformation Continuum of Care

Survivor

Sexual Assault Services
Advocacy
Counseling
Groups

2-1-1

Trauma - Victim

Somatocognitive Body Work and Stillness practice
Empower Survivors Group
Healing Workshops
Retreats and mini retreats
Take Back the Night
Awareness and Healing Events

Empowerment-Survivor

Giving Back and Advocacy
Speakers Bureau

Speaker Bureau

Crisis Center of Tampa Bay
Increase Number of Clients Served

**Outreach Services**

**Awareness**
- Marketing campaigns for specific targeted populations
- Flyers
- Pamphlets and Brochures

**Outreach**
- Service Provider System of Referral
- Crisis Center Service Collaterals
- Focus Groups Presentations & Workshops
- Service Education

**Sustainability**
- Partnerships
- Grant Opportunities
- Donor Engagement
- Increased Volunteer Opportunities

**Prevention**
- Men’s Group Education Presentations
- SV:101 and SV:102
- Bystander Training
- Men’s Pledge Youth Services

**Community Engagement**
- Community Mobilization
- Take Back the Night
- Voices of Strength
- Awareness Events Workshops

**Empowerment Services**
- Healing workshops and events
- Retreats, activities and groups
- Speakers Bureau
- Survivors’ Group Support Opportunities
- TBTN & VOS

**Empowerment Services**

***This is not a power and control wheel.***
“It’s about the right to have a present and a future that are not completely dominated and dictated by the past.”

-Karen Saakvitne
Empowerment Services The purpose of Empowerment Services is to provide healing experiences and opportunities that support the transformation of survivors of sexual violence. Empowerment Services provide opportunities for hope and a safe place to heal. The Crisis Center of Tampa Bay provides an environment of support that fosters authenticity, support and healing.
Survivor Voice, Choice, Decision-making & Opportunities

- Building on the strengths & resiliency of survivors
- “Conditions of empowerment”
- Every suggestion is a consideration
- Community Meeting
- Part of the development process
- Make decisions such as time, space, location, agenda, activity flow
- Volunteer “duties” during the activity
- Experiential
Guiding Principles

- Empowerment
- Transformation
- Support
- Help, Hope and Healing
- Celebrating Resiliency
Action Steps for Empowerment

Safety and Confidentiality
Capture Opportunities
Utilize Focus Groups
Give “VOICE”
Action Steps Survivor Involvement and Empowerment

- **Action Step 1:** Create a safe environment of trust and confidentiality.
- **Action Step 2:** Determine organization opportunities for empowerment and participant population.
- **Action Step 3:** Utilize survivor focus groups and advisory boards to brainstorm and strategize events and activities.
- **Action Step 4:** Create opportunities for “Survivors Supporting Survivors”.
Survivors Supporting Survivors
Strategic Steps for Community Mobilization

- Define Goals
- Collaborate
- Create Strategic Steps
- Set Realistic Timeframe
- Work the PLAN
Strategic Steps for Organizing an Empowerment Activity

- **Step One**: Clearly define goals and objectives for the event, workshop or activity.
- **Step Two**: Collaborate with community partners and survivor advisory group.
- **Step Three**: Create strategic steps for organizing the event, workshop or activity.
- **Step Four**: Create a timeline or implementation plan.
- **Step Five**: Work the PLAN but be flexible.
Potential Resources

Allies

Partners

Community
Identify Resources

- Identify specific community and organization resources for supporting an Empowerment Event.
  - Volunteer Opportunities - Create positions of leadership and involve survivors
  - Engage men in violence prevention, supporting survivors
    - Men Stopping Violence against Women
    - Men’s Pledge
    - Safety Team
  - Work within a realistic budget and leverage resources
    - Donations
    - Show gratitude and appreciation
Addressing Potential Barriers

- Resources
- Survivor buy in & participation
- Staff/Clinicians assume expertise
- Over-protecting survivors from experience
- Time constraints – inflexible scheduling
- Cultural barriers (gender? Ethnicity?)
Outreach

- Reach out to like-missioned organizations
- Utilize partnerships and collaborations
- Develop a press release
- Post event on online community calendars
- Utilize Social Media: Develop a Facebook Page
- Create an Eventbrite for confidential registration
- Send reminder emails
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<th>Workshops, Activities, Meetings and Events</th>
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<td>Voicing My Strength: Resiliency and Coping training</td>
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<td>Voicing My Strength 2: Speakers workshop</td>
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<td>Survivor Mini Retreats</td>
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<td>Take Back the Night</td>
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<td>Redefining Boundaries Workshop</td>
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<td>Zumba, Yoga, Cumbia</td>
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<td>Monthly Empowerment Meetings</td>
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<td>Healing through Laughter Workshop</td>
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<td>Relaxation and Coping Somatocognitive and Body Work</td>
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<td>Empowerment through Movement</td>
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<td>Voicing My Strength</td>
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<td>Survivor Support BBQ</td>
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<td>Vision Boards and Coping Circles</td>
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<td>Creative Transformation: Art and Clay Expression</td>
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<td>Voices of Strength</td>
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<td>Empowerment Jewelry Making</td>
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<td>Survivor Music Session</td>
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Empowerment Pictures

Pictures from Empowerment based activities, workshops and events. All pictures that are used have consent.
Empowered
Capturing Success: Outcomes and Feedback

- Surveys
- Questionnaires
- Social Media
- Survey Monkey
- Follow-up calls or appointments
There is that point I think at which we all have the potential to cross over (or do, or need to for survival’s sake) into that impediment to healing—in the deep desire of avoidance, of slipping into the pain we face or being caught up in the evil we survived, we can become instead unfeeling, cold, hard, numb, shut down, or worse. I’m not sure how far I crossed over before I found my way back, aside from not inflicting pain or harm to anyone else. I certainly closed off for a long time…..but I found people, the Crisis Center, this community of supporters… before I turned to stone.

So Friday was really, really huge for me. I want to thank you for putting it together, and really just the gratitude I have for the entire warmth of the community there that I felt. It was just okay for me to “be”, shaking, nervous, messing up, and all. I was authentic. And to be accepted for that, I think is an amazing thing 😊
Survivor Quote

- Tonight I was overwhelmed with feelings of strength, gratitude, and love. Take Back the Night was truly amazing, and I feel blessed and honored to have been a part of it.
Plan Survivor Your Activity

- Please move into groups with individuals who work in your agencies or who you know
- Plan your agency’s Empowerment Activity
Thank you!