


COMMUNITY EDUCATOR TRAINING

OCTOBER 19, 2020. 6-7 PM

- Welcome
- Review Key Concept from Initial DV Training
- Formulating Prevention and Responses
- Healing Responses
 - Wellness, journaling, therapy,
- Restorative Justice Orientation
 - 6 min. video
- Planning for Communities Educators
- Communities of Interest
- Specific Aims/Plans

DOMESTIC VIOLENCE EDUCATION TRAINING

Promoting Family Health for
Sacramento African/African-American/Caribbean Communities



When
Oct. 5th and Oct. 7th, 2020
6:00 p.m. – 9:00 p.m.

Where
Zoom meeting




How
Virtual, group and online learning;
speakers, videos, discussions

Register
<https://rb.gy/w5100n>
After registering, you will receive a confirmation email
containing information about joining the meeting.

Class Space is Limited

- What do you do when you witness or experience intimate/family violence?
- COVID-19 has kept us home resulting in the increase in domestic violence.
- Learn about the warning signs, triggers, prevention and early intervention of domestic violence with a focus on the African Diaspora, including African/African-American/Caribbean Communities.
- Earn a Domestic Violence (DV) Education Training Certificate.
- Become an advocate for family health & peace.
- Join the Sacramento Africa Peace Committee.
- Receive \$250 for post-training DV education activity.

Contact Us: CAPCR@csus.edu or 916-278-6282
Funding by the Domestic Violence Prevention & Intervention Program CARES Act Grant.



Promoting Family Health
and Nonviolence



HOW TO EDUCATE ABOUT DV...

WHAT TO DO IF SOMEONE YOU KNOW IS BEING ABUSED?

Information on use of our services under this contract [here](#)

***VICTIM
FOCUSED
RESPONSE TO
DV***

- Therapy
- Self-Care Checklist
- Safety Planning
- Affirmations
- Journaling

THERAPY

- If you feel that therapy might be helpful, sooner is always better. Therapy can be beneficial for everyone because it's a place where you can learn increased self-awareness, clarify your goals and look at the choices in front of you.
- Counseling sessions provide a safe and confidential environment for survivors to express their feelings, thoughts and fears. Counselors are nonjudgmental third-party advisors who listen and can help survivors work through the things that they are experiencing.
- Entering counseling does not necessarily mean that you are mentally ill or can't cope on your own. Therapy is about how much you're putting in place to support yourself in healing and succeeding.
- Speaking with a trauma specialist can help survivors to deal with their remaining anxiety and find ways to relieve that stress. These specialists can help to process traumatic memories or experiences so that it is possible to move on. They can also aid survivors in learning to regulate their strong emotions like fear and anger.
- A good match between therapist and client is one of the most powerful healing factors in a therapeutic relationship. Look for someone who makes you feel heard, understood, safe and comfortable.

SELF-CARE CHECKLIST

Relationship to Self: Take time for yourself and your own interests. Remember to do what makes you the happiest. Here are a few ways you can attend to your personal well-being.

Get	Get enough sleep
Attend	Attend to personal hygiene
Exercise	Exercise or physical activity
Take	Take deep breaths during the day
Make	Make time for self-reflection
Read	Read a book
Set	Set boundaries with toxic or negative people
Allow	Allow yourself to cry

- ✓ Meditate
- ✓ Keep a journal
- ✓ Try an artistic activity
- ✓ Take deep breaths during the day
- ✓ Solve a puzzle or brain teaser
- ✓ Do something new
- ✓ Listen to music
- ✓ Give yourself positive affirmations

DOMESTIC VIOLENCE SAFETY PLANNING

- **What is a DV Safety Plan?**
- A safety plan is a personalized, practical, plan that includes ways to remain safe while in a relationship, planning to leave, or after you leave.
- Safety planning involves how to cope with emotions, tell friends and family about the abuse, take legal action and more.
- A good safety plan will have all the information you need and is tailored to your unique situation and circumstances, and it will help walk you through different scenarios.
- When making a safety plan, it is important to remember to outline things that may seem obvious because in moments of crisis your brain does not function the same way when you are calm. Having a safety plan laid out in advance can help you protect yourself in those stressful moments.

AFFIRMATIONS AND JOURNALING



Affirmations: Praise yourself for accomplishments, little or big, and counter any negative self-talk with positive mantras or affirmations.



Becoming aware of what you think and say about yourself can help shift negative thoughts.



Journaling: Writing about difficult, even traumatic, experiences appears to be good for health on several



levels - raising immunity and other health measures and improving life functioning.

Tips for Journaling:

- Find a serene, quiet spot
- Allow your thoughts to flow
- Set a realistic time
- Choose specific days/times

<https://www.apa.org/research/action/writing>

<https://www.thehotline.org/help/help-for-survivors/>

<https://www.breakthecycle.org/blog/journaling-tool-healing>

RESTORATIVE VS. PUNITIVE RESPONSES





***RJ BLACK MEN'S CIRCLE –
INSERT 6-MINUTE VIDEO HERE***

DISCUSSION GROUP

- How can your community engage Black men and women in supporting family health, especially those who are causing harm using DV?

VIOLENCE INTERRUPTERS



KEY DOMESTIC VIOLENCE RESOURCES

NOTE: This list of domestic violence resources is intended to provide information on critical resources. This is not an endorsement of the services of the programs that the listed agencies and/or organizations provide. In an emergency, please contact 911.

❖ AFRICAN-AMERICAN MENTAL HEALTH PROVIDERS:

- **Website:** <http://aamhp.com/contact-us/>
- **Phone:** 916- 691-1190
- **Services:** Provides a directory of providers that are licensed, registered, and/or certified to practice in the State of California. The directory of mental health providers includes the following: social workers, psychologist, psychiatrist, and family therapist.

❖ CALIFORNIA COALITION AGAINST SEXUAL ASSAULT:

- **Website:** <http://www.calcasa.org>
- **Phone:** 916-446-2520
- **Services:** "The California Coalition Against Sexual Assault (CALCASA) provides leadership, vision and resources to rape crisis centers, individuals and other entities committed to ending sexual violence." See <http://www.calcasa.org/about/mission-values-philosophy/>.

❖ CALIFORNIA PARTNERSHIP TO END DOMESTIC VIOLENCE:

- **Website:** <https://www.cpedv.org>
- **Phone:** 1-800-799-7233
- **Services:** "The California Partnership to End Domestic Violence (the Partnership) is California's recognized domestic violence coalition, representing over 1,000 advocates, organizations and allied groups throughout the state. Through our public policy, communications and capacity-building efforts, we align prevention and intervention strategies to advance social change. We believe that by sharing expertise, advocates and policy-makers can end domestic violence. For nearly 40 years, we have inspired, informed and connected all those concerned with this issue, because together we're stronger." See <https://www.cpedv.org>

❖ CALIFORNIA SECRETARY OF STATE – SAFE AT HOME:

- **Website:** <https://www.sos.ca.gov/registries/safe-home>
- **Phone:** 1-877-322-5227
- **Services:** "Safe at Home offers victims of domestic violence, stalking, sexual assault, human trafficking & elder and dependent abuse, as well as reproductive health care workers, a substitute mailing address to receive first class, certified, and registered mail." See <https://www.sos.ca.gov/registries/safe-home>.

KEY DOMESTIC VIOLENCE RESOURCES CONT'D

❖ California Victim Compensation Board:

- Website: <https://victims.ca.gov>
- Phone: 916-491-3600
- Services: "The California Victim Compensation Board (CalVCB) can help pay bills and expenses that result from violent crime. Victims of crime who have been injured or have been threatened with injury may be eligible for help." See <https://victims.ca.gov>.

❖ A Community of Peace:

- Website: <https://acomunityforpeace.org>
- Phone: 916-728-7210
- Services: "A Community For Peace is a state certified trauma-informed social justice crisis center serving children and adult survivors of domestic violence and sexual assault." See <https://acomunityforpeace.org>. Programs and services include the following: emergency shelter, education and training program, counseling, and legal services. **Women's Empowerment:**

❖ Family Justice Center:

- Website: <http://www.hopethriveshere.org>
- Phone : 916-875-4673
- Services: Mobile legal and mental program, safety planning, counseling, VOICES (a committee of survivors who volunteer to empower and educate other survivors), and Camp Hope America (nationwide camping and camping initiative geared towards children exposed to domestic violence).

❖ Foundation for Peaceful Communities:

- Website: <https://afoundationforpeace.org/about-the-foundation/>
- Phone: 916-728-5613
- Services: "Foundation for Peaceful Communities promise is to grow healthy communities by developing and supporting social renewal projects and enterprises that empower underserved and high-risk populations, so that they can thrive, contribute and participate in the peace and well-being of our greater society." See <https://afoundationforpeace.org/about-the-foundation/>.

KEY DOMESTIC VIOLENCE RESOURCES CONT'D

❖ ManAlive Sacramento Inc.:

- **Website:** <http://www.no2violence.com/about-us>
- **Phone:** 1-877-662-8465
- **Services:** Offers a “Batterer's Accountability and Advocacy Re-education Program.”

❖ Mary's House:

- **Website:** <https://sacloaves.org/maryhouse>
- **Phone:** 916-446-0874
- **Services:** Offers day-time hospitality services for women and children.

❖ My Sister's House:

- **Website:** <http://www.my-sisters-house.org>
- **Phone:** 916-428-3271
- **Services:** Provides and offers several services and programs, including a 24-hour support hotline, safe haven shelter program, women to work program, counseling sessions, healing through art, parenting classes, and a #MeToo Sexual Assault Survivor Support Group

❖ The National Domestic Violence Hotline:

- **Website:** <https://www.thehotline.org>
- **Phone:** 1-800-799-7233
- **Services:** Call the hotline to speak with a nonjudgmental advocate who can help you identify signs of abuse, create a safety plan, and provide information regarding domestic violence programs.

KEY DOMESTIC VIOLENCE RESOURCES CONT'D

❖ Sacramento Food Bank & Family:

- Website: <https://www.sacramentofoodbank.org>
- Phone: 916-456-1980
- Services: Provides the following services and programs: food, clothing, adult learning, computer and technology classes, parent education classes, immigration and refugee legal services, and utilities assistance. **Mary's House:**

❖ A Safe Place:

- Website: <https://www.asafeplace.org>
- Phone: 1-510-536-7233
- Services: The following programs and services are provided: 24-hour emergency shelter, community mental health services, community education and health outreach, domestic violence and volunteer training, teen dating violence prevention, professional development, and disaster preparedness.

❖ Saint John's Program for Real Change:

- Website: <https://saintjohnsprogram.org>
- Phone: 916-453-1482
- Services: Provides shelter and the following services: mental health services, supportive services, career education, on-the-job training, and mental health respite services.

❖ Superior Court of Sacramento – Domestic Violence and Elder Abuse Resource Services:

- Reporting Abuse:
 - ❑ Adult Protective Services: Phone: 916-874-9377 Website: <https://cdhs.ca.gov/reporting/report-abuse>
 - ❑ Child Protective Services: Phone: 916-875-5437 Website: <https://cdhs.sacramento.net/CPA/Pages/Emergency-Response-GIL-Emergency-hotline.aspx>
- Domestic Violence Restraining Order: Information on how to file a domestic violence restraining order: <https://www.sacourt.ca.gov/restraining-orders/domestic-violence.aspx>

❖ Red Women Rising:

- Website: <http://redwomenrising.org/directory>
- Phone: 1-800-399-6789
- Services: "The Red Women Rising Project is dedicated to uplifting the voices of Urban Indian survivors of domestic violence and sexual assault through increasing awareness around Urban Indian women's domestic violence issues and enhancing survivors' access to domestic violence services." See <http://redwomenrising.org/directory>.

KEY DOMESTIC VIOLENCE RESOURCES CONT'D

❖ Victims of Crime Center:

- **Website:** <https://1800victims.org/contacts/>
- **Phone:** 1-800-842-8647
- **Services:** The Victims of Crime Center operates a hotline, provides information and referrals, provides legal research for service providers, publishes and distributes brochures on victim's rights, and may be able to offer limited legal representation determined on a case-by-case basis.

❖ Weave Inc.:

- **Website:** <https://www.weaveinc.org>
- **Phone:** 916-920-2952
- **Services:** "WEAVE is the primary provider of crisis intervention services for survivors of domestic violence and sexual assault in Sacramento County. Through a multi-disciplinary effort with Sacramento County, law enforcement, the Commercially Sexually Exploited Children Court, Child Protective Services, and the District Attorney's Office, WEAVE also provides 24/7 response, outreach and services for victims of sex trafficking." See <https://www.weaveinc.org>

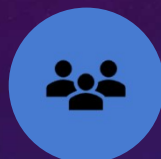
❖ Wellspring Women's Center:

- **Website:** <https://www.wellspringwomen.org>
- **Phone:** 916-454-9688
- **Services:** "Wellspring Women's Center in Sacramento's Oak Park neighborhood, nurtures the innate goodness and personal self-esteem of women and their children. We serve nearly 200 women and children each weekday and offer four different programs: the Nutritious Meal Program, the Children's Corner Program, the Safety Net Services Program, and the Women's Wellness Program." See <https://www.wellspringwomen.org>.

❖ Women's Empowerment:

- **Website:** <https://womens-empowerment.org>
- **Phone:** 916-341-0730
- **Services:** "Women's Empowerment educates and empowers women who are experiencing homelessness with the skills and confidence necessary to get a job, maintain a healthy lifestyle, and regain a home for themselves and their children." See <https://womens-empowerment.org>. Programs include the following services: job readiness and empowerment, child development center, paid job training, and graduate services.

COMMUNITY INFUSION PLAN



Breakout groups of 4 to 5 members



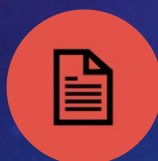
10-minute session



Explore communities where they educators may make presentations



What is needed in your community in DV training?



Report back

NEXT STEPS...

EDUCATION SERVICE PLAN FOR COMMUNITY EDUCATORS

- Population of interest to educate...
- Specific focus of your education efforts
- Basis of the culturally specific issues affecting DV
- Where will education efforts occur?
- When is the optimal time to conduct the education?
- How will you conduct the training?
- With whom will you complete the efforts?