ICCR Newsletter

August 2020

SPOTLIGHT ON EMOTIONAL SAFETY

CAMPUS SAFETY AWARENESS MONTH

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UPCOMING EVENTS

SPOTLIGHT ON EMOTIONAL SAFETY

Many professionals who work with people experiencing domestic violence are familiar with the importance of creating a physical safety plan. We encourage survivors to think through, write down, and plan for the steps they will take to keep themselves safe the next time a violent situation escalates.

Similarly, emotional safety—"the experience of safely expressing and coping with one's feelings and emotions"—is also an important aspect of survival. Creating an emotional safety plan in advance can help survivors deal with symptoms of emotional crises that often occur as a result of abuse, such as panic attacks, feelings of dissociation, numbness or hopelessness, suicidal thoughts, or overwhelming trauma symptoms.

Steps for creating an emotional safety plan:

1. Identify your triggers
2. Identify your warning signs
3. Things to distract you
4. Calming coping strategies
5. Call people in your support system
6. Make changes to your surroundings
7. Truths you can hold onto
8. Reach out to professionals and resources for support

Learn more about creating an emotional safety plan HERE.

Adapted from Genesis Women's Shelter & Support blog post, "Emotional Safety Planning."

SEPTEMBER IS CAMPUS SAFETY AWARENESS MONTH

DID YOU KNOW?

- 1 in 5 college women are sexually assaulted during their time on campus [1]
- 43% of dating college women experience abusive behavior by their partner [2]
- 4.2% of college students have experienced stalking [3]
- More than 80% of college sexual assaults go unreported to authorities [4]

[1] www.rcadv.org
[2] www.rcadv.org
[3] www.ojp.gov
[4] www.pbs.org

Resources

Click on the icons to learn more!

- The Clery Center
- One Love Relationship Videos
- College & Campus Safety Guide

FELLOWS! Click here to access ICCR Link for more resources on the link between domestic violence & campus safety.

IN THE NEWS

New Instagram Page Gives Survivors of Sexual Assault a Safe Place to Share Their Stories

Campus Survivors is a new organization launched by Boston University students that seeks to create a supportive community for survivors of sexual assault from any college campus by inviting them to share their stories, which are posted to the group's Instagram page. Campus Survivors also shares resources, including organizations that can offer assistance and guidance on how to report the crime.

Read more here

Experts on virtual learning & children who see domestic violence abuse at home

A Florida nonprofit is bracing to assist children who are opting for virtual schooling this year. Many children who experience family violence find help and safety from school teachers and counselors; virtual learning will remove that safety net for them. The organization is encouraging community members to get more involved and report abuse so the children will have a safe way to get help.

Read more here

How Unproven Trafficking Stories Spread Online & Why Stopping Them Matters

The National Human Trafficking Hotline has received hundreds of reports referencing social media posts claiming online retailer Wayfair is part of a complex child sex trafficking scheme. Unfortunately, these reports about debunked conspiracies distract from the more disturbing but simple realities of how sex trafficking actually works, and how we can prevent it.

Read more here

SAVE THE DATE

Community Training, Groesbeck: Comprehensive Domestic Violence Response "In-Person & Virtual Options"

REGISTER

And learn more about this event!

Presented by Justin Boardman, John Guard, Lana Gudjel, & Amanda Miller, **August 28, 8:45 AM-4:15 PM**

This day-long training will encompass four separate sessions, including: Trauma-Informed Victim Interview for the Justice System; Leveraging What's Known: The Art of the Suspect Interview in IPV Investigations; Domestic Violence Report Writing: Painting the Picture with Words; and Understanding Your Victim. Join four professionals in the field for a comprehensive training on the various aspects of successful investigation, interviewing, prosecution, and advocacy in domestic violence cases.

Accreditation available for LPC, LMFT, Social Work, MCLE, & TCOLE!

Webinar: Courageous Conversations, Pt. 2: From Trauma to Healing: Finding Common Ground

REGISTER

And learn more about this event!

Presented by Gretta Gardner, Tom Tremblay, & Carolyn West, **September 10, 2:00 PM-3:30 PM**

"RESTRICTED TO LAW ENFORCEMENT" This facilitated conversation, building on the discussion begun in "Courageous Conversations, Pt. 1 - Improving Our Response to the Black Community," will explore the parallels between how trauma shows up in the culture of policing and Black lived experiences. The presenters will discuss the nuances of compound, complex trauma and create common ground on how trauma impacts help-seeking, service provision, and resiliency/pathways to healing for both law enforcement and Black survivors. Attendees will be encouraged to actively participate in the discussion and brainstorm with each other to answer the question, "How can we use this information to better our response to survivors in the Black community?"

Webinar: Why Won't She Listen? How to Effectively Communicate with Survivors & Increase Participation

REGISTER

And learn more about this event!

Presented by Ruth Guerreiro & Jordyn Lawson, **September 17, 2:00 PM-3:30 PM**

Have you ever found yourself feeling frustrated while working with a victim of domestic violence? Ever thought to yourself... "Why won't she listen?" It may feel taboo to say, but the truth is that we all feel frustrated at times. This workshop will discuss typical reactions from victims that may affect their ability and/or willingness to participate in the investigation, prosecution, or therapeutic process based on where they are at in the stages of change. The presenter will also lay out practical ways to address these reactions and overcome barriers to more effectively communicate with victims of domestic violence.

Accreditation available for LPC, LMFT, Social Work, & MCLE!

Apply today for the 2021 ICCR Cohort!

APPLY

And learn more about ICCR!

Applications close in November 2020

Teams of three—made up of a prosecutor, law enforcement officer, and advocate—from rural, under-resourced counties in Texas are encouraged to apply. **Because we are targeting specific geographic clusters in Texas, we encourage you to apply EARLY!**

LINK LEADERBOARD

Congratulations to **Renee Jones** for being the most active fellow on ICCR Link this month!

Your Amazon gift card will be emailed to you shortly!

1 Renee Jones

2 Thomas Moore

3 Angela Gamboa

ICCR Link

Follow us on social media!