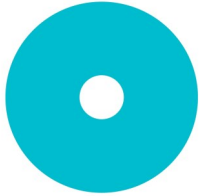




NEBRASKA COALITION

TO END SEXUAL AND DOMESTIC VIOLENCE



NO MORE
TOGETHER WE CAN END
DOMESTIC VIOLENCE & SEXUAL ASSAULT

NO MORE in Nebraska Newsletter

2nd Quarter 2016
Editor: Michelle Zinke

A publication of the
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End Sexual and
Domestic Violence

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NO MORE in Nebraska Conference and Banquet

NO MORE in Nebraska Conference: September 28-29, 2016

Plans are underway for the annual *NO MORE in Nebraska* conference. This year the conference is a partnership with the Nebraska State Patrol and will be two full days instead of 1.5 days. It will be held in Lincoln at the Nebraska Innovation Campus.

Each day will consist of a morning keynote, two breakout sessions, and an afternoon keynote. Speakers are still being confirmed, but topics will include trauma-informed responses in the criminal justice system, working with survivors of sexual assault in detention facilities, fatality death review teams, human trafficking, identifying primary aggressors, sexual assault response teams, and social norms and prevention.

Pre-Conference Events: September 27, 2016

Two pre-conference events will be offered: Movement Building for Domestic and Sexual Violence Advocates and Domestic and Sexual Violence: An Overview.

The Movement Building Day is an all day event sponsored by the Nebraska Coalition. It will include guest presenter Karen Tronsgard-Scott from the Vermont Network Against Domestic and Sexual Violence. She is a nationally recognized speaker on issues related to domestic and sexual violence and on non-profit leadership. This event is only open to staff from community based domestic and sexual violence programs that are members of the Coalition.

The Nebraska State Patrol will host a session that focuses on an overview of domestic and sexual violence. This session is open to any interested person.

Banquet and Awards Celebration: September 28, 2016

The Nebraska Coalition will once again host an awards banquet and celebration! This event will include a social hour, silent auction, dinner, and awards presentation. The categories for awards include: Sexual Violence Advocate of the Year, Domestic Violence Advocate of the Year, Prevention Advocate of the Year, Community Partner of the Year, and Corporate Partner of the Year. Nomination forms will be available in the summer.

Mark your calendars now, and plan to attend!

More information will be sent this summer.

Community Readiness for Lasting Community Change

by Rachel West, Prevention Coordinator



As many of you know, a number of factors influence sexual and domestic violence. (Do not worry – I will not pull out any of my [Social Ecological Model](#) charts *yet again!*) Biological and personal histories, close relationships, community characteristics, and broad societal factors such as social norms and policies interact to influence the likelihood of people experiencing sexual and domestic violence. Because of this, preventionists would be ineffective at preventing sexual and domestic violence if we just focused our efforts on just one factor. Our prevention strategies must be comprehensive and address multiple factors on multiple levels. So when do we move from focusing on traditional education and individual skills based prevention strategies to include more community level efforts? How do we know when the communities in which we work are ready to mobilize and create lasting community change?

We can use the [Community Readiness Model](#) to help us assess how “ready” communities are to engage in sexual and domestic violence prevention programming. In fact, the [Community Readiness for Community Change handbook](#) guides you through every step of the process. The Community Readiness Model assesses community readiness based on five key dimensions: community knowledge of the issue; community knowledge of existing efforts; community climate; leadership; and resources.

Communities can fall within any of these nine stages of community readiness within each dimension:

No Awareness. Community members and leaders do not generally recognize sexual and domestic violence as a problem.

Denial/Resistance. At least some community members recognize that sexual and domestic violence is a concern, but there is little recognition that it is occurring in their community.

Vague Awareness. Most community members feel that sexual and domestic violence is a concern in their community, but there is no immediate motivation to do anything about it.

Preplanning. The community recognizes that they must do something about sexual and domestic violence, and there may even be a local group addressing it. However, the group has not focused their efforts and their work is not detailed.

Preparation. Active community leaders begin planning efforts to address sexual and domestic violence and community members offer modest support of their efforts.

Nine Stages of Community Readiness



continued on page three

Community Readiness *continued*

Initiation. Enough information is available to justify efforts to end sexual and domestic violence and activities are underway.

Stabilization. Community leaders and decision-makers support activities to end sexual and domestic violence and staff is knowledgeable and experienced.

Confirmation/Expansion. Efforts to end sexual and domestic violence are in place and informed by ongoing data. Community members feel comfortable using services, and they support expansion of the work.

High level of community ownership. The community has detailed and sophisticated knowledge about the prevalence, causes, and consequences of sexual and domestic violence. The community uses evaluation to guide new directions and applies the model to other issues.

What can you do if your community is at the *No Awareness* stage? Visit community members and leaders and educate them on sexual and domestic violence. Get people excited to support the cause by using creative opportunities for them to get involved and help spread awareness about the issues. Use social media to stir up interest and support, and to spread your message far and wide.

Perhaps your community is already aware of sexual and domestic violence, views it as a concern in the community, but they have not organized to act on those concerns. In this *Preplanning* stage, you might review existing efforts addressing sexual and domestic violence in the community and conduct local focus groups to discuss the issues and develop strategies.

Whichever level of community readiness that your community possesses, check out the [Community Readiness for Community Change handbook](#) to learn how you can move your community to the next level. Help your community mobilize to end sexual and domestic violence once and for all.

Resources on Community Mobilization for Prevention

- California Coalition Against Sexual Assault. **Community Mobilization and Primary Prevention** [Online learning course]. <http://learn.preventconnect.org/course/view.php?id=6>
- California Coalition Against Sexual Assault. **Creating Safer Communities: The Underlying Theory of the Rape Prevention and Education Model of Social Change.** www.calcasa.org/wp-content/uploads/2014/03/rpemodelslitreviewim_2_.pdf
- Oetting ER, Plested B, Edwards RW, Thurman PJ, Kelly KJ, Beauvais F. **Community readiness for community change: Tri-Ethnic Center community readiness handbook.** Edited by Stanley L, 2nd edition: Colorado State University; 2014. http://triethniccenter.colostate.edu/docs/CR_Handbook_8-3-15.pdf

How I Spent My Summer Vacation

Summer is rapidly approaching, as evident by the increase in temperature, the increase in bugs, and the increase in swim suit ads and commercials about obtaining your “beach body” (a concept for another article about social norms and self-image).

Many people look forward to the summer months. Family vacations are taken, grilling out becomes a weekly (or maybe daily) occurrence as we enjoy time spent with our family in the great outdoors. For some the summer months are particularly important due to the connection he/she has with nature and the enjoyment found in gardening, landscaping, and enjoying a nap in the hammock. For others who suffer from seasonal affective disorder, the summer months are literally good for their mental and emotional health.

However, the focus on summer fun and sun sometimes overshadows the need for advocates and others who work with trauma survivors to maintain ongoing self-care practices. During the summer months schedules may be hectic and our routines are disrupted. Our exercise regimen at the gym may be skipped on a regular basis due to vacations, extended stays by family, camping trips, etc. Healthy eating habits are set aside as we indulge in summer treats like ice cream, popsicles, potato salad, sweet corn covered in butter, and fresh fruit pies.

As you plan how to spend your summer months, include ways to maintain self-care practices. Some basic tips and ideas include:

- Plan a “staycation” - by yourself. If time alone to rejuvenate is part of your self-care routine, build that into your summer schedule. It’s not selfish to ask for some “me time,” even if it’s for a short period. Explore something in your community that you haven’t visited before - a local museum, park, or coffee shop. Go to the Farmers’ Market. Take a drive to a neighboring city and participate in a local festival. Or, plan a staycation in your own backyard with your favorite book.
- Find alternatives to the gym that you can do with friends and family - walks, swimming in the lake, sand volleyball, etc. Consider things that could fit within the vacations and visits from friends and family.
- Experiment with new recipes that provide healthier options for those summer barbecues. It’s fine to enjoy summer treats but find a balance between indulgences and healthy eating habits.
- Plan time at work after a vacation that can be used to get caught up. Try not to schedule meetings or appointments on your first few days back in the office. This can help minimize stress about balancing professional duties and personal activities.
- Don’t sweat the small stuff. Stop, breathe, and relax. The fact that you forgot the bug spray doesn’t make you a bad person. Not having a towel at the pool or the lake doesn’t mean you can’t enjoy the water. Focus on the activities and people who are important to you.

Resources for Article:

- psychcentral.com/blog/archives/2013/06/23/summertime-self-care-10-ways-to-nurture-yourself-this-season/
- www.tolerance.org/blog/summer-self-care
- www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/basics/definition/con-20021047

Responding to Survivors in Detention Facilities

by Marla Sohl, Prison Advocacy Coordinator

Imagine, they know everything about you. Everything bad, that is. Not just what you've done to find yourself incarcerated, but everything negative that is recorded in your Presentence Investigation which has influenced the sentence you received. It's all right there in your file.

Now imagine that while you're separated from your freedom, your support system, your independence, you are sexually assaulted by another inmate—or by a corrections officer. What do you do? Do you tell someone? If you report to staff you could be seen as a snitch—a dangerous label to carry on the inside. And if it was a correctional officer, who are they going to believe? The criminal whose entire criminal history is at their finger tips, or the officer who has at least passed a thorough background check to be employed here? So... what would you do?

This is the situation that far too many inmates find themselves in during their stay in both juvenile and adult, local and state detention centers. It would seem there's no clear "next step" after being assaulted in prison. Truly, there is no clear "next step" for any sexual assault survivor, incarcerated or not. However, the options available to an incarcerated victim are far more limited and can carry very real, very dangerous repercussions.

The Nebraska Coalition to End Sexual and Domestic Violence recognizes the significant and unique barriers incarcerated victims of sexual assault face to secure safety and healing. To ensure these individuals have a place to turn, the Prison Sexual Assault Hotline has been established. This line is a secure, confidential option for victims in the detention facilities under the direction of the Nebraska Department of Correctional Services. Advocates who staff this line have special training in prison dynamics, resources and referrals. Most importantly, the advocates will provide impartial, non-judgmental support to those who utilize this resource. Advocacy services are built on the solid foundation that no one deserves to be sexually assaulted, and all victims should have free, confidential access to support for healing.

For more information about the Coalition's prison advocacy project, contact Marla at marlas@nebraskacoalition.org or 402-476-6256. For more information about rape in detention facilities, including topics such as the Prison Rape Elimination Act (PREA), visit the website of the National PREA Resource Center at www.prearesourcecenter.org or Just Detention International (JDI) at www.justdetention.org.

Just Detention International at *NO MORE in NE Conference*



Representatives from Just Detention International will provide a keynote session and workshops at the upcoming *NO MORE in Nebraska Conference*. Just Detention International is a health and human rights organization that seeks to end sexual abuse in all forms of detention.

The conference will take place on September 28-29 and will be held at the Nebraska Innovation Campus (NIC) in Lincoln. The conference is a partnership between the Nebraska Coalition and the Nebraska State Patrol. Watch your mailbox for more "save the date" information and registration materials this summer!

What's New at the Programs?

SASA Director Receives Visionary Voice Award



Congratulations to Jamie Manzer, Executive Director of SASA Crisis Center in Hastings! She was awarded the Visionary Voice Award in honor of her leadership in the area of sexual assault prevention.

The Visionary Voice Award is sponsored by the National Sexual Violence Resource Center (NSVRC). One person per state is selected to receive the award. The Nebraska Coalition nominated Jamie due to her dedication to victim services and her efforts to improve the response to sexual violence.

As an Executive Director of a rural program, Jamie fills many roles, from administrator and grant manager to supervisor to victim advocate. She continues to find innovative ways to use available funds to expand or implement services for sexual assault survivors in her service area. She understands the importance of implementing sexual violence prevention efforts in her community and has made this a priority for her program as well. Jamie provides mentoring and role modeling as well as opportunities for reflection, ensuring that advocates feel challenged yet supported and have opportunities to grow. Providing this kind of guidance and support to staff is important to ensure advocates are providing competent and appropriate services to survivors.

Additionally, Jamie has made great efforts to implement trauma-informed principles at every level of her agency. Not only does she emphasize advocate self-care, but she also emphasizes the importance of addressing the holistic needs of survivors, including their physical and mental health needs. With this in mind, Jamie has expanded services and forged collaborations in her community in order to provide more comprehensive services to survivors.

Congratulations, Jamie!

WCA Advocate Receives Accreditation

Guadalupe Rivera with the Women's Center for Advancement has been fully accredited by the Board of Immigration Appeals (BIA). This accreditation strengthens the WCA's capacity to serve undocumented victims of domestic violence and sexual assault.

There are immigration relief options available for undocumented victims of crime, including victims of domestic and sexual violence and stalking. While an attorney is not needed to apply for some of these options, the process can be long and complicated. BIA accreditation means that the person has training and knowledge in the process for relief petitions and can assist someone in navigating the system.

With this accreditation, Rivera is now able to represent WCA clients before immigration judges, Department of Homeland Security (DHS), and the Board of Immigration Appeals.

Source: Information modified from the WCA April Newsletter, received via email April 30, 2016.

What's New at the Coalition?

Coalition Board President Receives Award



Congratulations to Board Chair Toni Jensen, who received the Allied Professional Award from Nebraska Coalition for Victims of Crime (NCVC) for her efforts in serving victims in Nebraska! Toni is an Assistant Professor in the Social Work Department of Nebraska Wesleyan University.

The Nebraska Coalition for Victims of Crime envisions a state where the rights and needs of victims are fulfilled. In observance of Crime Victims' Rights Awareness in April, they honored various people who work to fulfill the rights and needs of victims every day. Other honorees included Kerry McGrury, Gage County Victim Assistance; and Charlie Venditte, Rhonda Rolles, and Jennifer Meckna with the Douglas County Attorney's Office.

The Nebraska Coalition would like to thank all of the award recipients for their work to support victims and survivors of violence.

Movement Building for Social Change



In 2016 the Nebraska Coalition will offer a series of events related to movement building for social change, sponsored by the Verizon Foundation. The events will be based on principles and activities of the NoVo Foundation and their Move to End Violence initiative.

The Move to End Violence initiative supports leaders in the U.S. movement to end violence against girls and women to step back from their daily work to envision the change they want to see, imagine new strategies, and build the capacity needed to realize this change (www.movetoendviolence.org).

July 13, in Lincoln: Movement Building with Kelly Miller from the Idaho Coalition Against Sexual and Domestic Violence

Kelly works to cultivate healthy relationships and compassionate communities as a way to end violence against women and girls, men and boys. She has been privileged to work alongside social change agents in the domestic and sexual violence field for more than 30 years.

September 27, in Lincoln: Movement Building with Karen Tronsgard-Scott from the Vermont Network Against Domestic and Sexual Violence.

Karen is a nationally recognized speaker on issues related to domestic and sexual violence and on non-profit leadership. She began her career in advocacy and non-profit leadership in the 1980's as a volunteer at a school for children with developmental disabilities in Colombo, Sri Lanka. She was the Executive Director of a domestic and sexual violence services organization in southeastern Ohio for the thirteen years prior to joining the Vermont Network.



Please note that these events are only open to the twenty community-based domestic and sexual violence programs that are members of the Coalition.

For more information, contact Lynne at the Nebraska Coalition, 402-476-6256 or executivedirector@nebraskacoalition.org.



Nebraska Coalition to End
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Community
Services Fund
of Nebraska

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Heather Duhachek, Omaha
Jennifer Kirkpatrick, Lincoln
Suellen Koepke, Broken Bow
Annie Walworth, Omaha

Mark Your Calendar

May 2016

- 17 Working with Law Enforcement, Grand Island, Nebraska Coalition, 402-476-6256
- 18 Webinar: Legislative Updates, YOUR DESK, Nebraska Coalition, 402-476-6256
- 26 Intervention and Prevention on College Campuses, Lincoln, Nebraska Coalition, 402-476-6256

June 2016

- 14 Housing, Homelessness, and Domestic and Sexual Violence, Grand Island, Nebraska Coalition, 402-476-6256
- 15 Webinar: Long Term Effects of Sexual Violence, YOUR DESK, Nebraska Coalition, 402-476-6256
- 24 Batterer Intervention Program Sharing Day, Grand Island, Family Violence Council, 402-476-6256
- 29-30 Directors Days, North Platte, Nebraska Coalition, 402-476-6256

July 2016

- 7 Economic Advocacy: Career Empowerment, Guest Speaker Kim Pentico with the National Network to End Domestic Violence, Lincoln, Nebraska Coalition, 402-476-6256
- 13 Movement Building, Guest Speaker Kelly Miller from Idaho Coalition Against Sexual and Domestic Violence, Lincoln, Nebraska Coalition, 402-476-6256
- 20 Webinar: Outreach and Remote Offices, Guest Speaker Leah Green with the Resource Sharing Project, YOUR DESK, Nebraska Coalition, 402-476-6256
- 21 Crisis Intervention Program Day, Grand Island, Nebraska Coalition, 402-476-6256
- 26 Building Organizational Capacity for Prevention, Guest Speakers from National Sexual Violence Resource Center, Lincoln, Nebraska Coalition, 402-476-6256