WELCOME
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Sustaining Our Services, Sustaining Ourselves
March 12, 2019
Webconference

Introduction
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CALCASA’s Mission
The California Coalition Against Sexual Assault (CALCASA) is committed to ending sexual violence through a multifaceted approach of prevention, intervention, education, research, advocacy and public policy.

JDI’s Mission
JDI is a health and human rights organization that seeks to end sexual abuse in all forms of detention.

JDI’s Core Belief
No matter what crime a person may have committed, rape is not part of the penalty.
CA Advancing PREA Overview

CALCASA and JD1 offer support and guidance to all CA rape crisis centers on how to:

- Build strong relationships with California Department of Corrections and Rehabilitation (CDCR) staff.
- Create sustainable agreements and protocols for the provision of victim services to survivors.

Workshop Agenda

- Sustainable Partnerships with Corrections
- Sustainability at the Agency Level
- Sustainability at the Individual Level

Practice Self Care

- Take a moment to pause and savor your beverage.
- Move around for 10 minutes. You may also try stretching in the mornings and between sessions.
- Find a space: a room, a lounge, somewhere outside in the quiet, or somewhere with a noise level that comforts you. Concentrate on yourself, where you are and who you want to be, emotionally, mentally and so on, if you are new to meditation by breathing slowly and deeply. You may find that as you do this there may be thoughts in your head; do not engage with them; simply view them as clouds passing by.
- Grab a coloring page, pick some colors to take with you, try coloring on your break or while listening during a workshop.
Sustainable Partnerships with Corrections

Partnering with Corrections

- Connect with staff beyond the PCM
- Keep in constant contact, and meet in person when possible
- Be aware of informal opportunities to provide TA

Separate Roles. One Goal.

**Corrections**
- Investigates reports
- Obtains information through interviews
- Enforces rules to maintain security
- Prevents emergencies by strictly adhering to policy and procedure

**Advocates**
- Supports survivors during the investigative process
- Protects confidentiality
- Provides trauma-informed crisis intervention
- Handles unexpected crises on a daily basis
Setting “SMART” Goals

- Specific
- Measurable
- Achievable
- Relevant
- Time-based

Project Achievements

- 32 of 35 DAI CDCR facilities have operational MOUs with their local RCC
- CDCR agrees to facilitate:
  - forensic exam accompaniment
  - toll-free, non-recorded, non-monitored calls
  - confidential written correspondence

Two Truths

1. Partnering with CDCR can be hard.
2. There are survivors inside CDCR facilities who need help.
Tips for a Sustainable Partnership with Corrections

- Take the lead
- Be aware of the facility’s needs, and fill them
- Use a concise and direct communicational style
- Have deep knowledge of the PREA standards

Always be . . .

- Consistent
- Persistent
- Active
Successes

- Common Ground group has begun at CEN
- 8 Sure Helpline staff have “brown cards”
- We have three additional staffers cleared to enter
- Sure Helpline presented at the statewide LDI training at invitation of PCM at CEN

Sustainability at the Agency Level

What You Can Control

- Make a communications plan, and stick to it.
- Document your outreach efforts, and change tactics when necessary.
- Keep abuse in detention a living topic at your agency.
Agency Sustainability

- Who at your agency will work with incarcerated survivors?
- Are your intake forms appropriate for clients who may be incarcerated?
- Are there obstacles to accessing your services inside the facility?

Tips for Agency Sustainability

- Identify and train staff members to provide back-up
- Allow departing staff to train their replacements
- Have departing staff introduce new staff to CDCR partners
- Maintain informational resources that can be accessed by all staff
- Don’t keep work in detention “in a bubble”
**Successes**
- In-person services have been provided at Folsom
- Connected by PCM to staff in different departments
- Improved communication with CDCR staff, leading to an introduction to the MAC
- Advocates have a feeling of confidence serving incarcerated survivors

**Sustainability at the Individual Level**

**Women’s Center High Desert, Inc.**

134 South China Lake Boulevard, Ridgecrest, CA
Phone: 760-371-1969

**Mona Brown**
Counselor & Group Facilitator
**Tips for Individual Sustainability**

- Know what drives you
- Know your limits *before* you reach them
- Give yourself permission to make changes
- Make space for self care

**WCHD Successes**

- CCI and CAC issue ducats for incarcerated survivors to attend groups
- Incarcerated survivors receive attendance chronos for participating in groups at CAC and CCI
- Buy-in has increased among CAC and CCI staff
- Word of mouth inside the facilities that WCHD is a resource for healing
- CAC group waitlist is currently 200+

**Self-Care for Advocates**

- Develop your own self-care plan
- Check in with your agency
- Get support
“If I had an advocate, it would have saved me so much grief. It would have helped me through that traumatic event immensely.

Going through it alone, I didn’t know who I could trust and who I could talk to about it — which appeared to be nobody.”

— Frank Mendoza, prisoner rape survivor and member of JDI’s Survivor Council

Resources

Coalition for Family Harmony’s Ventura Youth Correctional Facility Sexual Assault Response Protocol Manual

Additional Resources

- California Coalition Against Sexual Assault calcasa.org
- Just Detention International justdetention.org
- PREA Resource Center prearesourcecenter.org
We are here to support you:

advocate@justdetention.org
or
prea@calcas.org

Advancing PREA Contact Info
Thank you!