

**CA Advancing PREA:
Providing Rape Crisis Services
to Incarcerated Survivors**

September 22, 2020
Basic Training for Advocates
Part 2 of 2



Introductions

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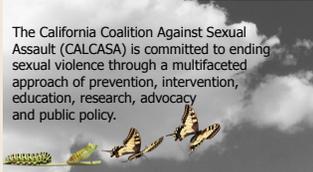
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Just Detention International



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.



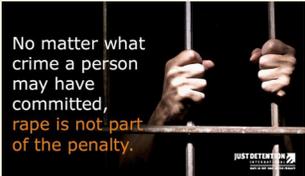

JDI's Mission

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

- Build strong relationships with CA state prison and county jail staff.
- Create sustainable agreements and protocols for the provision of victim services to survivors.





Workshop Agenda

- The Importance of Victim Advocates
- Hotline Services
- Written Correspondence
- Forensic Exam Accompaniment
- Advocacy on Behalf of Survivors
- In-Person Support



Photo: Just Detention International



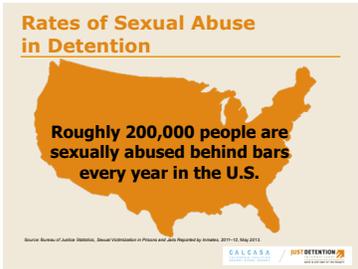
Ask Questions

- If you are joining us by computer, type into the question pane of the control panel to ask a question, or participate in share-outs
- If you are joining us via smart phone, tap the ?











What PREA Requires

Facilities must:

- Attempt to enter into an MOU with community service providers (RCCs) who can provide confidential emotional support services related to sexual abuse
- Provide mailing addresses and telephone numbers to rape crisis organizations
- Make inmates aware of the extent to which these communications will be treated as confidential*
- Make Victim Advocates available to survivors during forensic medical examinations and investigatory interviews**

* § 115.23 creates a barrier to outside confidential support services

** § 115.23 hinders physical and forensic medical examinations



In His Words

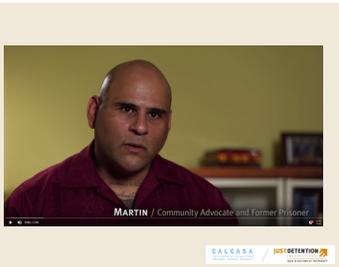
"If I had an advocate, it would have saved me so much grief. It would have helped me through that traumatic event immensely.



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





The Empowerment Model

- No assumptions
- Trust is earned
- Validation is key
- Options, not advice
- Survivor is the expert



Photo: Shutterstock/Photo

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Adjusting Your Skills

- Referrals that you frequently use for survivors in the outside community may not be applicable for an incarcerated client
- Safety planning for a client in a detention setting can force you to think creatively
- Coping skills you might offer to clients in the community might not be applicable for folks in detention

CALCASA JUST DETENTION

Making Referrals

- Ensure that outside organizations serve people who are incarcerated can be contacted within a facility
- Develop and understanding of what programs are available within the facility
- Understand that there may be a lack of trust for facility based support

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Coping Skills

PROGRESSIVE MUSCLE RELAXATION (PMR)

WHAT IS THIS USED FOR?
 PMR is used to reduce stress and anxiety. It is a simple technique that can be done anywhere and at any time.

HOW TO DO PMR

- Sit or lie down in a comfortable position.
- Close your eyes and take a few deep breaths.
- Starting with your feet, tense the muscles for 5-10 seconds.
- Relax the muscles completely for 30 seconds.
- Move up to your legs, then your arms, shoulders, neck, and head.
- Repeat the process for each muscle group.

ADVANTAGES

- Reduces stress and anxiety.
- Improves sleep.
- Relieves muscle tension.
- Helps with headaches and migraines.
- Improves concentration.



Journaling

Mindfulness and meditation

Progressive Muscle Relaxation

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Chat Question

What other coping mechanisms have you offered to incarcerated survivors?

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Hotline Services

Starting a Call

- Treat calls like any other crisis line calls
- Remind survivor call is non-recorded and confidential
- Take the time to clarify what the line is for




General Emotional Support

- Normalize trauma reactions
- Offer relevant coping skills
- Provide resources




Questions About PREA

- Validate frustrations with the system
- Explain reporting options
- Offer advocacy




Harm to Self or Others

- Follow agency steps to address suicidality
- Facility will perform its own assessment
- Offer follow-up services



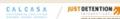
Off Topic Calls

- Maintain boundaries
- Address any issues right away
- Stay professional



Ending a Call

- Summarize call and safety plans
- Discuss follow up
- Collect any remaining information



5 Minute Break



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Written Correspondence

Filing and Tracking Decisions

- Where and how will letters be stored?
- How will you include incarcerated survivors in your database?
- How will you track letters for monthly reporting?



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What to Expect

- Letters can vary widely in length and level of detail
- Letters may not directly disclose sexual abuse or sexual harassment
- Disclosure of sexual abuse or sexual harassment may be in the body of a longer letter
- Letters may be hard to read or understand




Letter Structure

- Respond in a timely manner
- Response length
- Letters should be typed
- Address the envelope and the letter
- Ensure accessible language
- Be consistent




Confidentiality

**OPEN ONLY IN PRESENCE
OF ADDRESSEE**
CA Evid. Code 1035.4
Privileged Communication

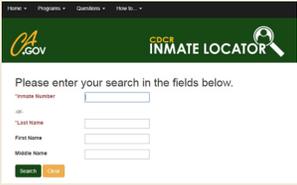


Assessing Needs

- Safety
- Current level of crisis
- Types of abuse
- Other issues




Confirming Location




First Response Packet

- Letter
- List of services
- Trauma information
- Rights under PREA
- Self care tips
- Offer to refer to other agencies in event of transfer




Introductory Paragraph

- Thank survivor for writing
- Validate their experience
- Describe what agency can and cannot do




Why Survivors Write

- General emotional support
- Help for ongoing abuse
- Institutional advocacy
- Support around suicidal ideation
- Off topic support




General Emotional Support

Dear Advocate,

I saw your info in a resource guide. I didn't have anyone else to talk to about this so I thought I'd try writing to you. A few months ago something happened here with one of the other inmates. He is gone now but I feel so violated and dirty. I just feel like somehow this is my fault. I have been having nightmares and I haven't slept well since it happened. I just want to feel normal again.





Before the Exam

- Review your facilities' coordinated response plan
 - Where are exams done?
 - How are survivors transported?
 - How are you contacted?
- Make sure your advocates understand this process

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Arriving for a Forensic Exam

- Two officers are generally present
- Survivor will be in waist chains
- To the extent possible, create a sense of privacy

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Explaining Why You Are There

- Explain your role
- Describe what your agency does
- Give the survivor control



California Department of Corrections and Rehabilitation



A Note About Confidentiality

- Create as a confidential a space as possible
- Be clear about what is confidential and what is not
- Be prepared to enforce boundaries if officers ask questions



California Department of Corrections and Rehabilitation



Starting the Exam

- Introduce yourself
- Use survivor's preferred name
- Be mindful of your body language and where you sit



California Department of Corrections and Rehabilitation



During the Exam

- Clarify the process of the exam
- Explain the process of reporting
- Provide emotional support



Difficult Conversations

- Doctors, nurses, and officers may use problematic language
- Determine what advocacy is needed, remembering that the exam is not the time for in-depth education
- Provide follow-up training at a later time



Offer Follow Up

- The goal is to provide continual care via:
 - Hotline
 - Confidential mail
 - In-person services (if applicable)

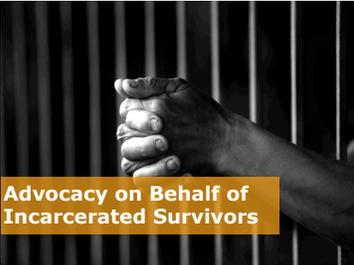


Release of Information (ROI)

- ROIs allow you to advocate on behalf of your client with facility staff
- Set realistic expectations and discuss safety
- ROIs can enable you to refer your client's case to another RCC



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Advocacy on Behalf of Incarcerated Survivors

Advocacy Addresses

- Safety concerns
- Housing changes
- Reporting issues
- Ongoing harassment
- Medical needs



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Chat Question

What are some other ways that you've been able to advocate for incarcerated survivors?



Communicating with Your Client

- Get a strong understanding of what the survivor wants and needs
- Be careful not to over-promise
- Be truthful and honest
- Discuss safety concerns
- Get release of information




Providing Advocacy

- Speak with facility staff in a professional manner
- Know the body responsible for oversight of the facility
- Document your advocacy efforts
- Keep track of patterns of concern
- Remember that systemic change happens gradually




Oversight for CDCR

Office of the Inspector General,
Sexual Abuse in Detention
Elimination Ombudsperson

10111 Old Placerville Road
Suite 110
Sacramento, CA 95827

Office: (916) 830-3600
Website: www.oig.ca.gov






In-Person Services

**Internal Planning for One-on-One,
In-Person Support**

- How often will you see clients?
- Do you want to set a maximum number of sessions?
- Have you defined clear policies to establish boundaries?
- Do the counseling policies work for people in detention?



Planning with the Facility for In-Person Support

- Identify a place to meet with survivors
- Create a strong referral process
- Determine how survivors will get to and from your session
- Develop a plan for emergencies



Photo credit: JBI Services Inc.

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Providing One on One Support to Your Client

- Build rapport
- Set goals for your work together
- Normalize trauma reactions and validate feelings
- Offer coping skills
- Plan for follow up



Photo credit: JBI Services Inc.

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Groups in Detention

- You provide individual, in-person support services in detention
- You have proven group facilitation skills, preparing a list of group topics & activities
- You have received approval to facilitate groups from the facility



Source: Shapiro, Panchenko & Shapiro, Facilitating

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Internal Planning for Groups

- What kind of group are you doing?
- Will your group be open or closed?
- How will people sign up?
- How will prospective members be screened and oriented?
 - Is being a survivor required for joining?
 - Will you allow clients to participate in one-on-one and group sessions simultaneously?



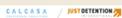
Planning Groups with the Facility

- What units can have groups?
- Can people from different housing units attend the same group?
- What days and times work best for the survivors?
- What materials are you allowed to bring in?
- How does the facility approve group topics and activities?



Things to Prepare For

- Staff who are unfamiliar with or dismissive of your role
- Clients who do not come to a session
- Clients who do not speak about the abuse directly
- Being denied access to your client or the facility itself



"I got myself out of that horrible situation and started going to therapy and with the help of two amazing [advocates] that put so much time to help, I took control of my life again."



- Matthew, a prisoner rape survivor



You are the experts – and an invaluable resource for survivors.

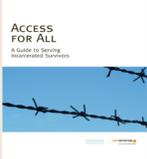


Survivor Art 2020



A Toolkit for You

Access for All:
A Guide to Serving
Incarcerated Survivors




Training Your Advocates

Additional Resources

- California Coalition Against Sexual Assault
calcasa.org
- Just Detention International
justdetention.org
- PREA Resource Center
prearesourcecenter.org

QUESTIONS?