

STRENGTHENING THE CORE:
CORE SERVICE AND CHARACTERISTICS
OF RAPE CRISIS CENTERS

Kris Bein & Valerie Davis, Resource Sharing Project

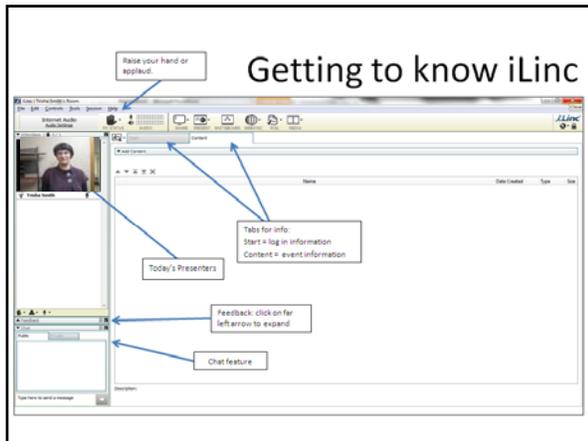
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Welcome to the RSP Webinar!

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Strengthening the Core

- Identify the core services of rape crisis centers
- Identify some of the common philosophies of rape crisis centers
- Understand how to adapt core services and philosophies to rural work

What does your agency do?

- A: Only sexual violence
- B: Only domestic violence
- C: Sexual violence and domestic violence
- D: Other community or statewide work

What do you do?

- A: Advocate
- B: Program manager
- C: Coalition staff
- D: I do other things

Where do you live?

What do you hope to get this webinar?

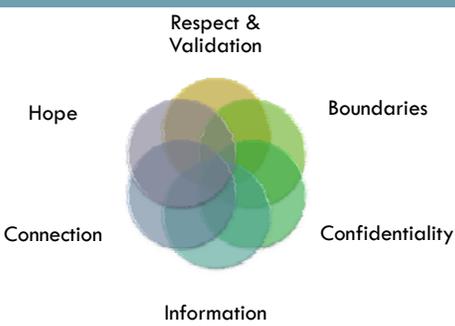
Defining Rape Crisis Services



If what we say is what we see, then simply by altering our words, we may uncover entirely different worlds—dynamic new possibilities of being, relating, and living together.

-Browne, 2002, p. 3

Components of Advocacy



Respect & Validation

Boundaries

Confidentiality

Information

Hope

Connection

(D'Anniballe, 2010)

Who says so?

- State coalitions
- State regulators
- State law

Characteristics

What are the fundamental beliefs & values of our work?



Philosophy



- Social Justice
 - ▣ Victim-centered
 - ▣ Empowerment
 - ▣ Anti-oppression
- Choice & Control
- Services for All

Practices

- Free
- Confidentiality
- 24-hour access
 - ▣ Quick response
- Trained workers



Core Services & Enhanced Services

What do we do?



Crisis Intervention

“A timely response...to an individual presenting a crisis related to sexual violence.”
(Florida Council Against Sexual Violence)

Crisis Intervention

- Reduce current trauma symptoms
- Active listening, empathy
- Teach or reinforce coping skills
- Provide information

How do we find the space to do crisis intervention?

Advocacy

“Supporting and assisting a victim/survivor to define needs, explore options, and ensure rights are respected **within any systems.**” (New Hampshire Coalition Against Domestic and Sexual Violence)

Advocacy

- Medical
- Legal
- Accompaniment
- General



Counseling & Therapy

“Supporting the victim’s recovery process through listening, encouraging, validating, reflecting, giving resources, and providing a safe counseling environment.”

(Illinois Coalition Against Sexual Assault)

In my rural community...

- A. It’s totally easy to get survivors to qualified counselors—we have counselors on staff.
- B. We can get survivors to community counselors, but sometimes it’s difficult.
- C. It’s really difficult to find and keep qualified counselors as referrals.
- D. We have no qualified counselors.

Short-Term vs. Long-Term

- | | | |
|---|-----|--|
| <ul style="list-style-type: none">□ Validating□ Normalizing□ Education/ explanation□ Issue-specific□ Exploring options□ Trigger plans□ Self-care & self-soothing techniques | vs. | <ul style="list-style-type: none">□ Exploration, storytelling, and excavation of history□ Often more intense□ Longer duration□ Planned interventions and goals□ Use of specific modalities□ (D’Anniballe, J., 2010) |
|---|-----|--|

Support Groups

“Meeting in a safe, supportive, non-judgmental environment on a regular, scheduled basis to exchange information, share techniques for problem solving, and to explore feelings resulting from sexual violence.” (West Virginia Foundation for Rape Information and Services).

Support Groups

- May be run by advocates or counselors
- Curriculum-based?
- Open or closed?
- Short-term or ongoing?

What have you tried in your rural community?

Information & Referral

- Connection to other services
- General information and resources for healing



Institutional/Systems Change

“The agency advocates for social change by addressing community conditions which adversely affect sexual violence victims/survivors and with other organizations working toward the elimination of sexual violence.”
(Washington Coalition of Sexual Assault Programs)

Institutional/Systems Change

- Advocating for groups of survivors, not specific survivors
- Professional training
- Community task forces (SARTs, etc)

Prevention & Awareness

“Each member center will be an active community resource providing information, outreach, support, and training. In addition, each member center shall be actively involved in community-based committees regarding sexual abuse.”
(Connecticut Sexual Assault Crisis Services, Inc.)

Prevention & Awareness



- Prevention is part of the mission
- Get out into the community
- Engage the entire community

What are you doing to engage the community in Sexual Assault Awareness Month?

Thank you!

- ▣ Core Services & Characteristics of Rape Crisis Centers: A Review of State Service Standards at www.resourcesharingproject.org

- ▣ Kris Bein, Rural TA Specialist
 - 515-244-7424
 - kris@iowacasa.org

- ▣ Valerie Davis, SADI TA Specialist
 - 515-974-5610
 - valerie@iowacasa.org



References

- ▣ Bein, K. (2010). *Core Services & Characteristics of Rape Crisis Centers: A Review of State Service Standards*. Des Moines IA: Resource Sharing Project of the Iowa Coalition Against Sexual Assault.
- ▣ Browne, B. W., Jain, S. (2002). *Imagine Chicago: Ten years of imagination in action*. Chicago, IL: Imagine Chicago.
- ▣ D'Anniballe, J. (2010). Mad science: understanding the neurobiology of trauma (keynote presentation). *Deepening Our Roots Conference*. Westin San Diego, San Diego CA, February 23-25, 2010.
