

WELCOME

The webinar will begin shortly.

While you are waiting,
please mute your sound.

Use the chat box to type questions
during the webinar.

Tech Support: (833) 851-8340

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RAPE IS NOT PART OF THE PENALTY



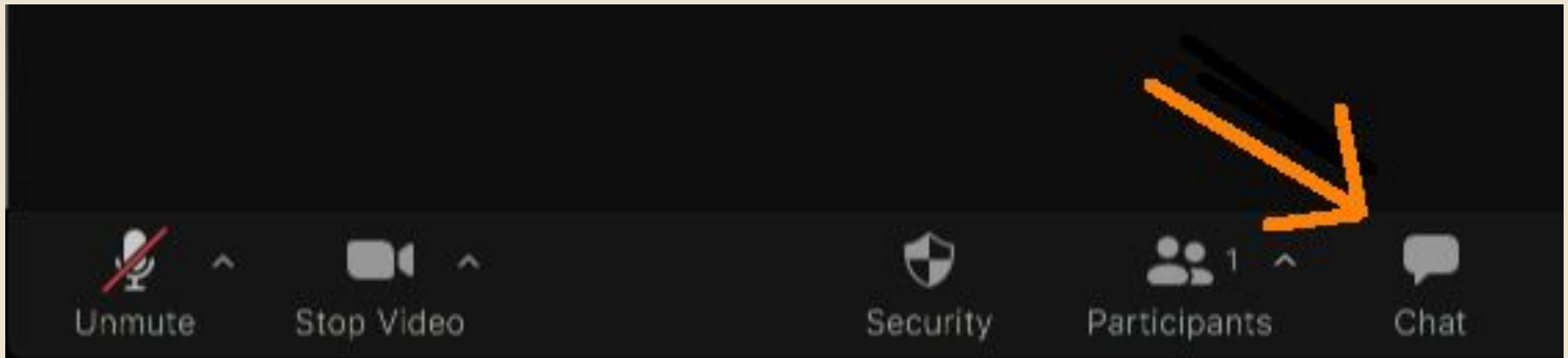
Advancing Equity. Ending Sexual Violence.

CA Advancing PREA: Providing Rape Crisis Services to Incarcerated Survivors

March 22, 2022
Basic Training for Advocates
Part 2 of 2



Ask Questions



Introductions



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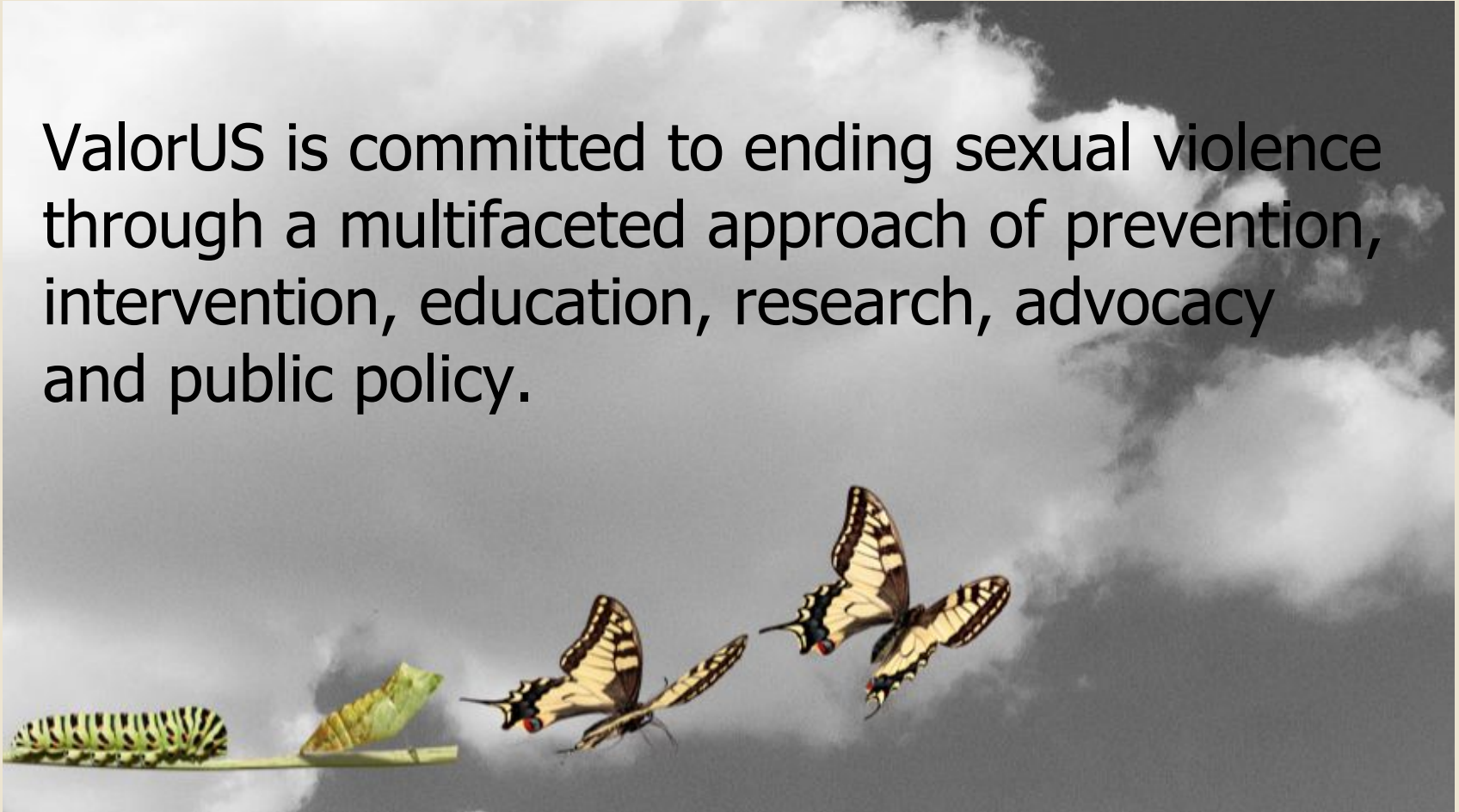
(He/Him/His)

Senior Program Officer

Just Detention International

ValorUS's Mission

ValorUS 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.



JUST DETENTION
INTERNATIONAL

RAPE IS NOT PART OF THE PENALTY

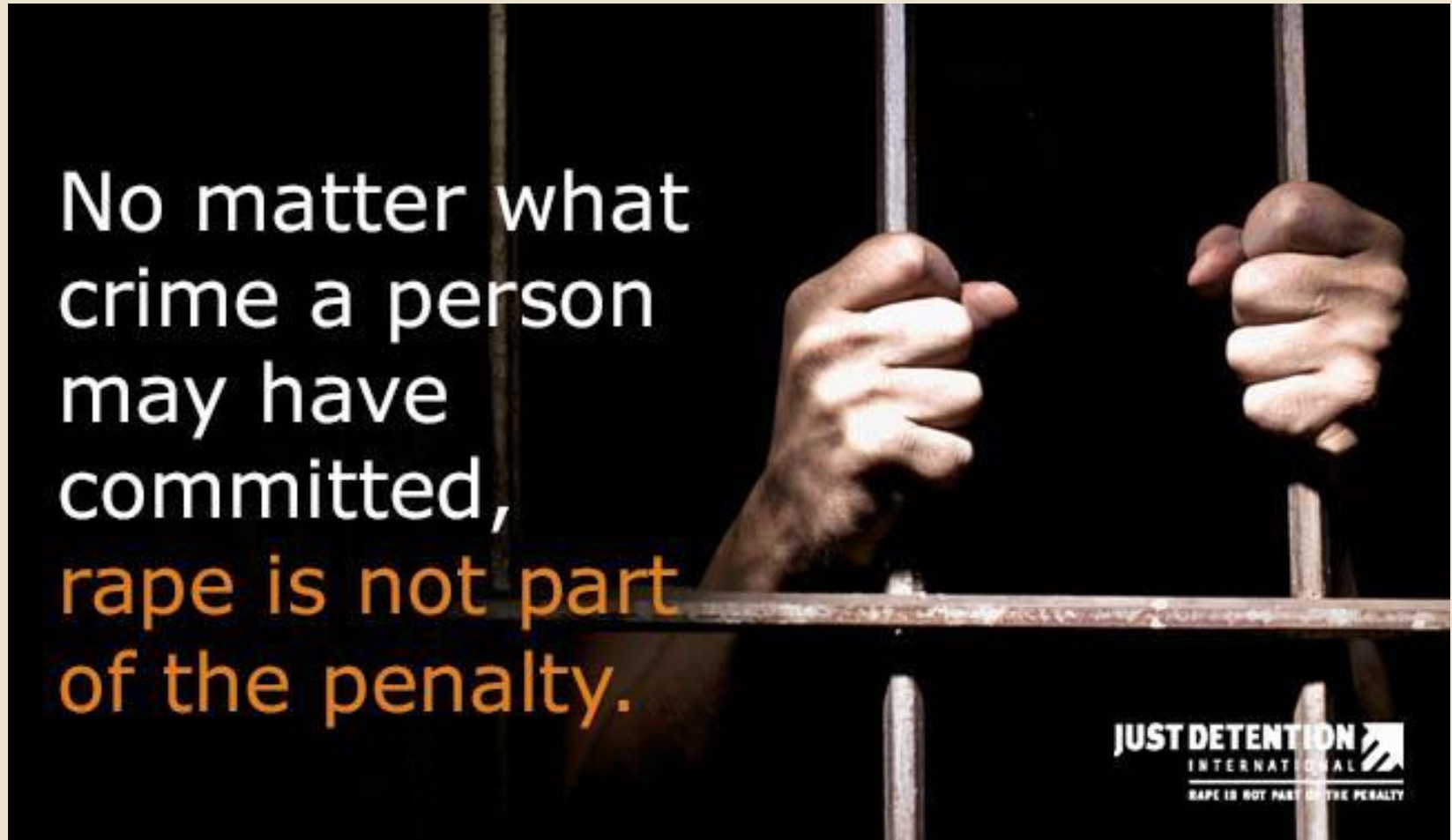
How JDI Carries Out Its Mission

- By holding government officials accountable
- By changing public attitudes about sexual violence behind bars
- By ensuring that survivors get the help they need



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RAPE IS NOT PART OF THE PENALTY

JDI's Core Principle



CA Advancing PREA Overview

ValorUS 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 and Written Correspondence
- Forensic Exam Accompaniment



Photo: Just Detention International

SLOW
DOWN

KEEP
CALM

BE
POSITIVE

TAKE
IT
EASY

UNPLUG

ENJOY
LIFE

HAVE
FUN

BREATH

RELAX

GO
OUTSIDE



MEDITAT



The Importance of Victim Advocates

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



Survivor Art, 2012

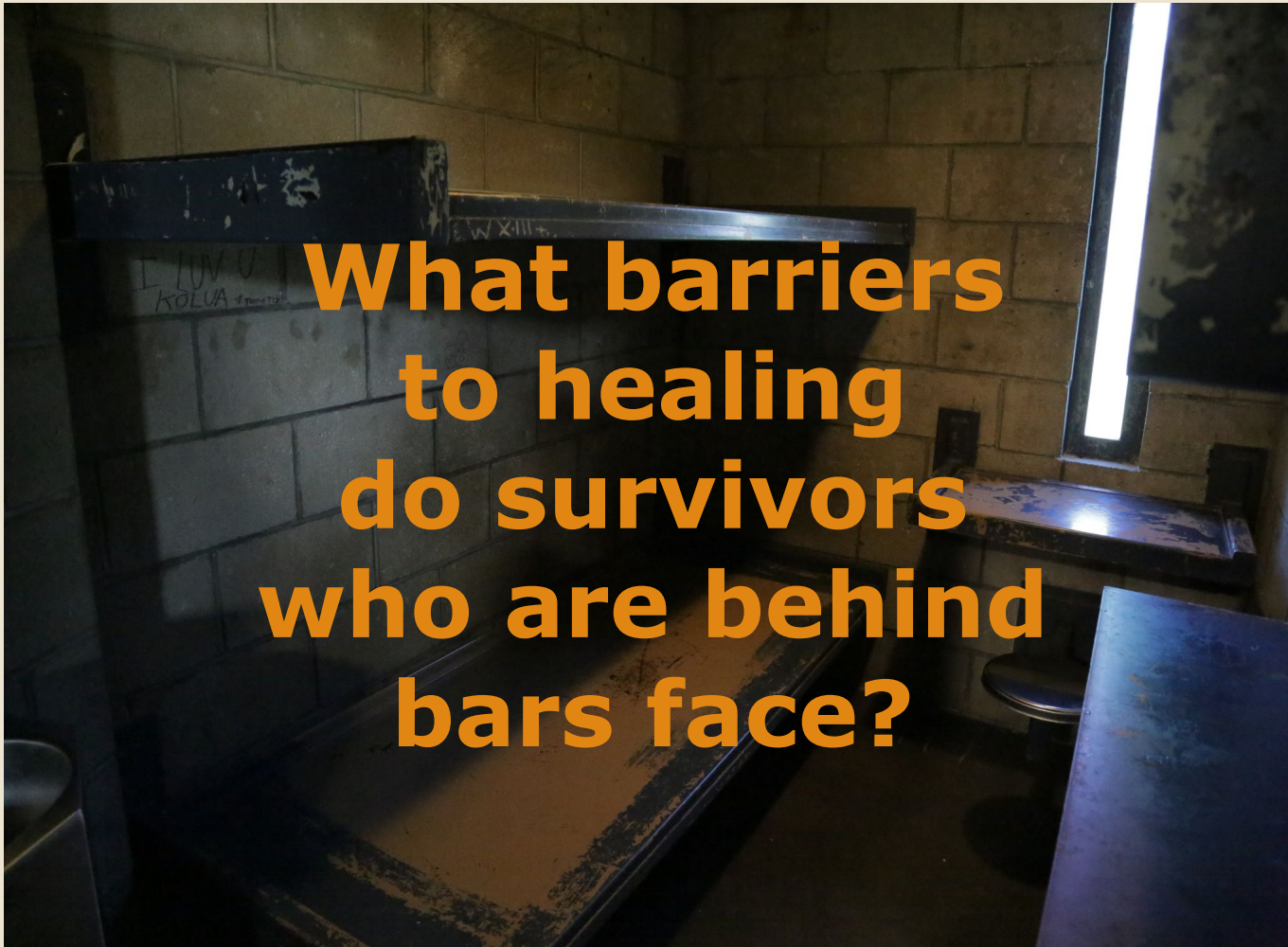
Rates of Sexual Abuse in Detention



**Roughly 200,000 people are
sexually abused behind bars
every year in the U.S.**

Source: Bureau of Justice Statistics, *Sexual Victimization in Prisons and Jails Reported by Inmates, 2011–12*, May 2013.

Challenges to Healing



**What barriers
to healing
do survivors
who are behind
bars face?**

What PREA Requires of Detention Facilities

- Attempt to enter into an MOU with RCCs to provide confidential emotional support services
- Provide people in custody with RCC mailing addresses and hotline numbers



Photo: CDCR

What PREA Requires of Detention Facilities

- Inform people in custody of the extent to which these communications will be treated as confidential*
- Offer survivors accompaniment by RCC Victim Advocates during forensic medical examinations and investigatory interviews**



Photo: CDCR

* § 115.53 Inmate access to outside confidential support services

** § 115.21 Evidence protocol 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*





Chat Question

What do you need to feel ready to support incarcerated survivors?

Survivor Needs Are Universal

Outside Detention

- Validation
- Emotional Support
- Coping Skills
- Resources
- Safety Planning

Inside Detention

- Validation
- Emotional Support
- Coping Skills
- Resources
- Safety Planning

Resources Checklist

- ☐ You and your agency
- ☐ Programs or services available in the facility
- ☐ Other community organizations that serve people in detention
- ☐ Coping skills that do not require additional resources



Photo: Just Detention International

The Empowerment Model

- The survivor is the expert
- Don't make assumptions
- Trust is earned
- Validation is key



Photo: Wonderferrit/flickr

Making Referrals

- Ensure that organizations you refer clients to actually provide services for incarcerated survivors
- Understand what programs are available within the facility
- Understand that incarcerated clients may not trust facility-based support

Coping Skills

PROGRESSIVE MUSCLE RELAXATION (PMR)

WHAT IS PMR USED FOR?

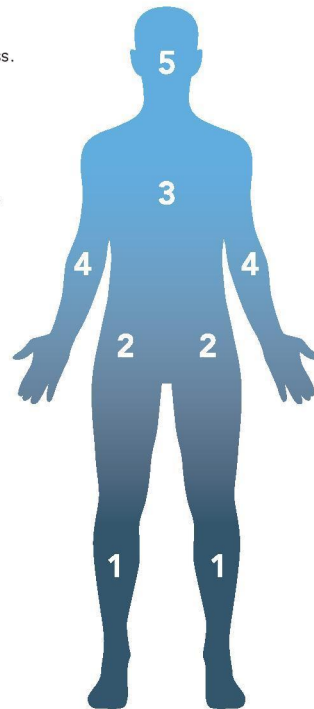
PMR is a method of relieving anxiety or stress. It can be done almost anywhere.

HOW TO DO PMR

- Take a deep breath in through your nose, and release slowly through your mouth.
- Squeeze and relax your muscles in groups, beginning with your feet and legs, and ending with your head.
 - Feet and legs
 - Buttocks and hips
 - Stomach and chest
 - Hands, arms, and shoulders
 - Head and face muscles
- As you flex each muscle group:
 - Take a slow, deep breath in, and tense (squeeze) the muscle group for **5-10 seconds**.
 - Breathe out. Relax the muscle group for **10-20 seconds**.
 - Move on to the next muscle group.
- Once you finish, bring your focus back to the present by taking a breath and counting backwards: 5, 4, 3, 2, 1.

REMEMBER

Don't tense your muscles too hard. You shouldn't feel any pain or cramping during this exercise. If you find that it is upsetting you to do this exercise, take a break.



- Journaling
- Mindfulness and meditation
- Progressive Muscle Relaxation

Chat Question

What other coping skills have you offered to incarcerated survivors?

Safety Planning

- Use the empowerment model
- Consider emotional and physical safety
- Include follow up support



Photo: Avitus Group



Hotline Services

Starting a Call

- Treat calls like any other crisis line calls
- Share information about confidentiality, or lack of
- Discuss the purpose of the line and what services you can provide
- Be aware of any call time restrictions, and remind survivors they can call back



Photo: Drew Scofield/dscofield@morningjournal.com

General Emotional Support

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

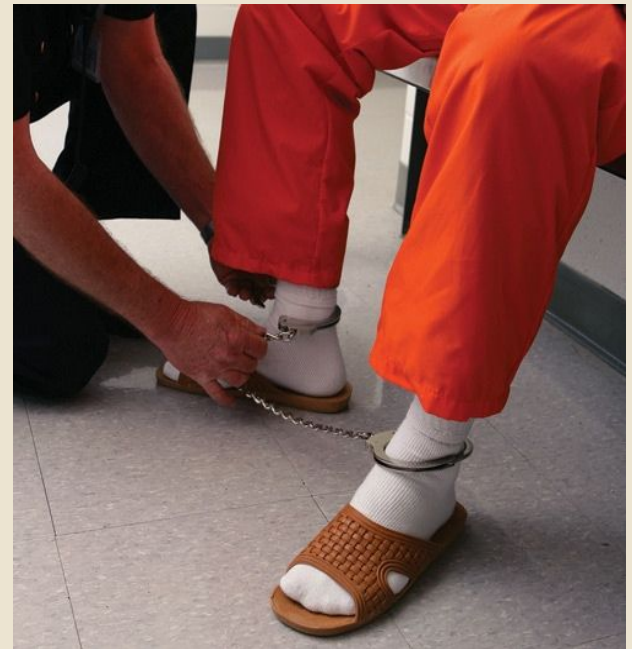


Photo: Galls, LLC

Questions from Survivors About PREA Reporting

- Discuss reporting options
- Validate frustrations with the system
- Offer advocacy as appropriate



Photo: Just Detention International

Scenario: PREA Reporting

A survivor calls your hotline and asks you to file a PREA report on their behalf.

Harm to Self or Others

- Follow your agency's steps to address suicidality
- If reported, facility will perform its own assessment
- Offer follow-up services



Photo: American Psychological Association

Off Topic Calls

- Remind callers of the purpose of the hotline
- Be clear about boundaries
- End the call if needed
- Communicate with your team to ensure a consistent approach



Photo: Just Detention International

Repeat Callers

- Remind the caller of the need to keep the line open
- Set reasonable expectations (e.g. one call per day)
- Remember that your agency may be their only available resource
- Offer encouragement and validate progress



Photo: Just Detention International

Ending a Call

- Summarize call and safety plans
- Discuss available follow up options
- Collect any remaining information needed to ensure you can provide follow up



Photo: Just Detention International

Break





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?

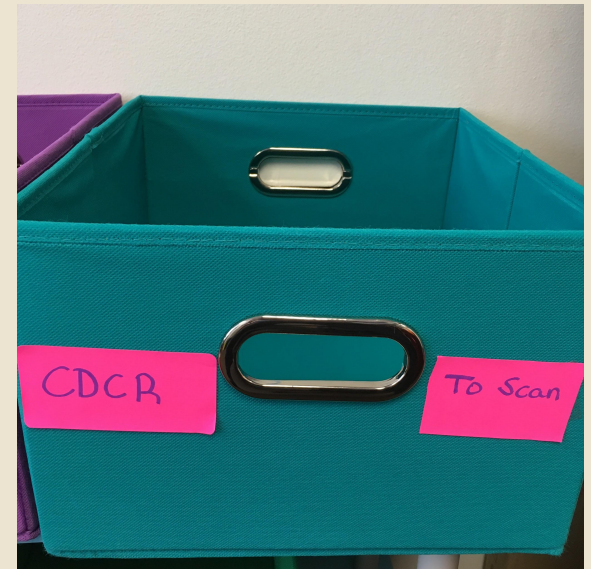


Photo: Just Detention International

What to Expect

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



Photo: Just Detention International

Letter Structure

- Respond with consistent timing
- Be mindful of response length
- Ensure accessible language and font size



Photo: The Oklahoman

Establishing Confidentiality in CDCR

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

[Home](#) ▾ [Programs](#) ▾ [Questions](#) ▾ [How to...](#) ▾



Please enter your search in the fields below.

***Inmate Number**

-or-

***Last Name**

First Name

Middle Name

First Response Packet

- Letter to survivor
- List of services you can provide
- Information about trauma and healing
- Information about PREA and survivor's rights

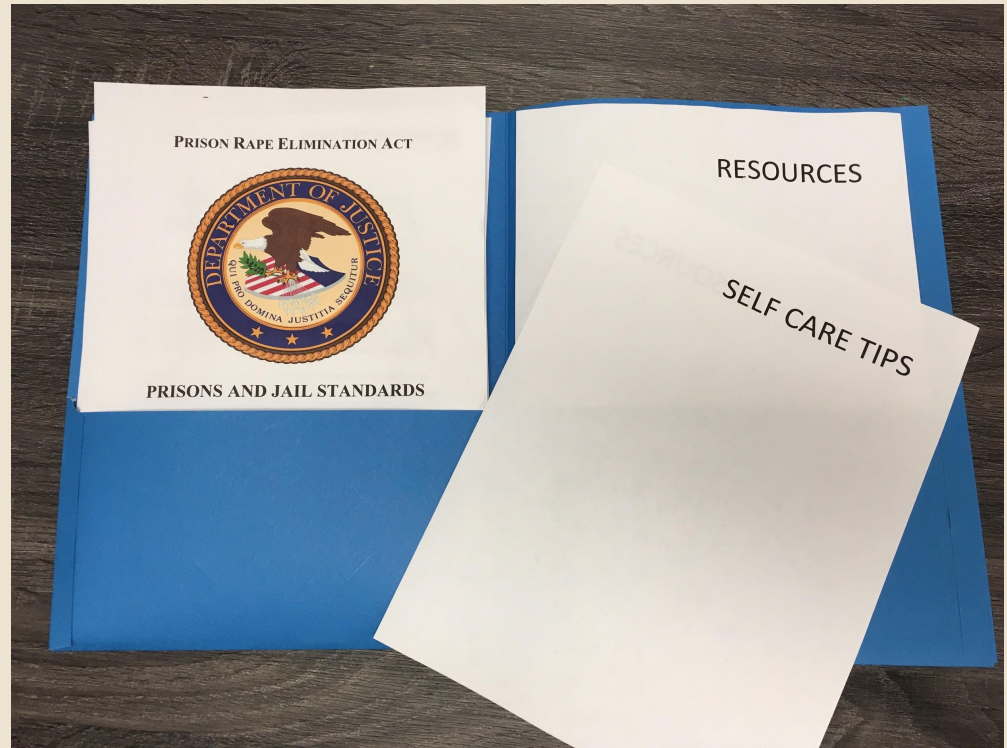


Photo: Just Detention International

Introductory Paragraph

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

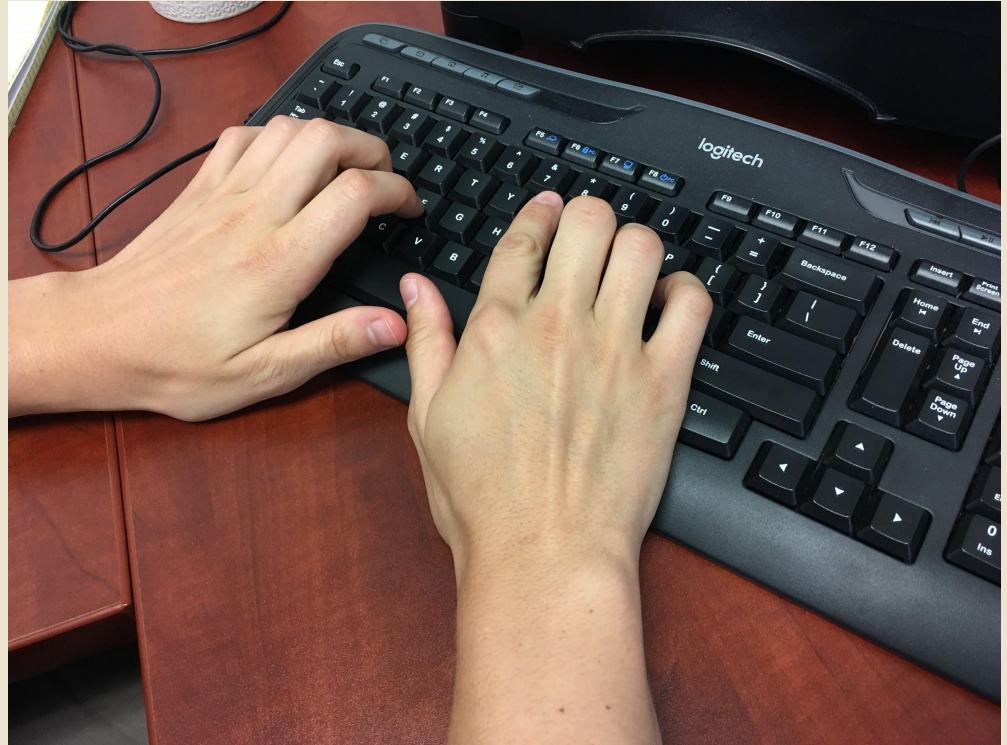


Photo: Just Detention International

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 prisoners. He is gone now but I feel so violated and dirty. I just feel like somehow this is my fault. I've been having nightmares and I haven't slept well since it happened. I just want to feel normal again.

Sincerely,

A. Survivor

A black and white photograph showing a close-up of a hand gripping a vertical metal bar. The hand is positioned on the right side of the frame, with fingers wrapped around the bar. The background consists of several other vertical bars, creating a sense of confinement. An orange rectangular box is overlaid on the left side of the image, containing white text.

Forensic Exam Accompaniment

Before an Exam

- Find out what you can about the facility's coordinated response plan:
 - *Where are exams done?*
 - *How are survivors transported?*
 - *How are advocates contacted?*
- Make sure your advocacy team understands this process
- Adapt resources and materials for incarcerated survivors



Istock

At the Exam

- Explain your role to the survivor and officers
- Describe what your agency does
- Offer survivor as many options as possible



Photo: California Department of Corrections and Rehabilitation

What to Expect: Transport Restraints

- Not an indicator of dangerousness
- May hamper the forensic nurse in carrying out the exam
- May be adjusted in order to make the survivor more comfortable – and to aid the nurse



Photo: Galls.com

A Note About Confidentiality

- Advocate for as confidential a space as possible
 - Presence of officers
 - Privacy curtains
- Be clear about what is confidential and what is not
- Be prepared to advocate for a survivor's right to confidentiality if needed



Photo: California Department of Corrections and Rehabilitation

Difficult Conversations

- Doctors, nurses, and officers may use problematic language
- Determine what advocacy is needed and include the survivor in that process
- Offer follow-up training



Photo: Bill Selak

Offer Follow Up

The goal is to provide continual care via:

- Confidential hotline
- Confidential mail
- In-person services (if applicable)



Survivor Art, Just Detention International

Release of Information (ROI)

- Allows you to continue advocating on behalf of your client with facility staff
- Allows you to provide crucial follow up services
- Can enable you to refer your client to another RCC if needed

REV: 3/21/17

PEOPLE AGAINST RAPE
PREA Limited Release

I, _____, understand that People Against Rape (hereinafter "PAR") has an obligation to keep my personal information, identifying information, and my records confidential. I also understand that I can choose to allow PAR to release some of my personal information to certain individuals or agencies.

I, _____, authorize PAR to share the following specific information with:

I authorize PAR to speak to:	Name(s) of individual(s) and the corresponding office or agency with whom information may be shared: PREA Coordinator at _____
I authorize PAR to share the following information with the above-named individual(s):	(List as specifically as possible, for example: name, dates of service, any documents). Name, type of services used, and date of service
Why I want my info shared: (purpose)	(List as specifically as possible, for example: to receive benefit(s)). To receive follow up care from PAR staff

I understand:

- ☐ That I do not have to allow PAR to share my information. I do not have to sign a release form and the signing of this form is completely voluntary.
- ☐ That this release is limited to what I write above. If I would like PAR to release information about me in the future, I will need to sign another written, time-limited release.
- ☐ That allowing PAR to release information about me will confirm that I have been receiving services from PAR. I also understand that allowing PAR to release information about me could potentially give another agency or person information about my location.
- ☐ That PAR and I may not be able to control what happens to my information once it has been released to the above person or agency, and that the agency or person receiving my information may be required by law or practice to share it with others.

This release expires on _____ **Expiration should meet the needs of the victim, which is typically no more than 15-30 days, but may be shorter or longer.**
Date Time

I understand that this release is valid when I sign it and that I may withdraw my consent to this release at any time either orally or in writing.

Signed: _____ Date: _____
Time: _____ Witness: _____

Reaffirmation and Extension (if additional time is necessary to meet the purpose of this release)

I confirm that this release is still valid, and I would like to extend the release until _____
New Date New Time

Signed: _____ Date: _____
Time: _____ Witness: _____

Scenario

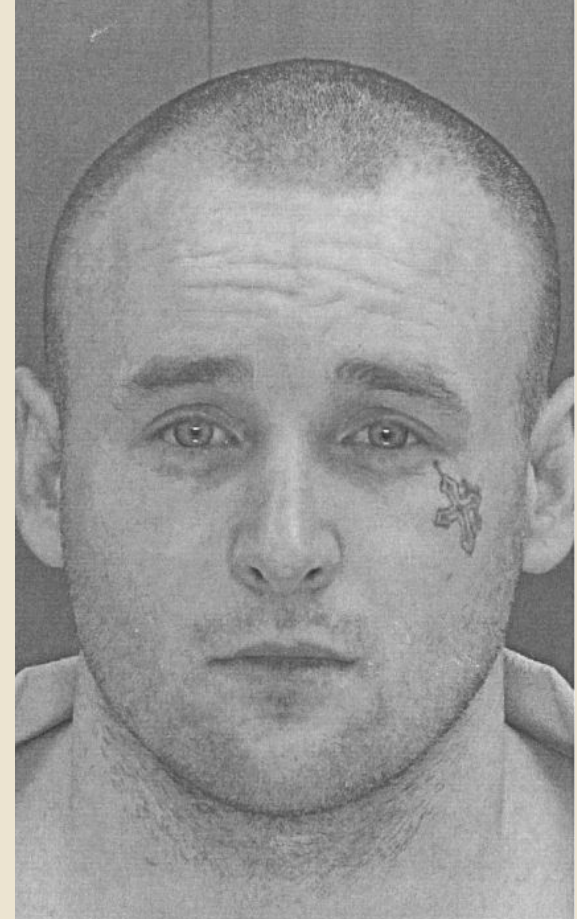
You are in the exam room with the forensic nurse, an incarcerated survivor from your local facility, and two correctional officers.

You ask the officers if you can speak privately with the survivor.

"No way," she replies. "We're going to remain in this room. It's for your own safety."

"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



We Are Here to Support You!

- ValorUS
valor.us
- Just Detention International
justdetention.org
- PREA Resource Center
prearesourcecenter.org



The ValorUS Hub

The Hub is a repository of resources, web conferences, courses, and newsletters for all staff within California's Rape Crisis Centers and community partners.

Here is how you can get started:

- Step 1: Go to The Hub (www.Valor.US/hub)
- Step 2: Create Your Login/Profile
- Step 3: Explore!
- Our ValorUS Team will approve you
- If you have credentials from the previous version of the HUB, your same HUB credentials will work. Just mind the new URL.
- You can also find the hub by scrolling to the bottom of the Valor.US landing page!

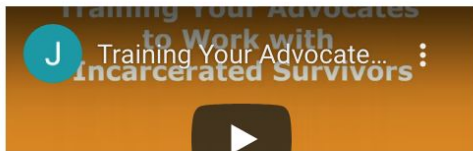


CA Advancing PREA: Resources for California Advocates

CALIFORNIA ADVANCING PREA: RESOURCES FOR CALIFORNIA ADVOCATES

The below resources were developed by Just Detention International and ValorUS to support California advocates.

Training Your Advocates to Work with Incarcerated Survivors



September 24, 2019
CA Advancing PREA Webconference

CALCASA
CALIFORNIA COALITION
AGAINST SEXUAL ASSAULT

JUST DETENTION
INTERNATIONAL
RAPE IS NOT PART OF THE PENALTY

This webinar introduces a PowerPoint presentation and facilitators guide to RCC staff who will train volunteers and advocates at their agency about how to best serve survivors of sexual abuse and sexual harassment who are incarcerated.

QUESTIONS?

