

**WELCOME**

The webinar will begin shortly.

While you are waiting,  
please mute your sound.

Use the chat box to type questions  
during the webinar.

Test Support: (833) 851-8349  
Webinar ID: 222-142-071

**JUST DETENTION** **VALORUS**  
INTERNATIONAL  
RAPE IS NOT PART OF THE PENALTY Advancing Equity. Ending Sexual Violence.

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

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

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**Ask Questions**

Unmute Stop Video Security Participants Chat

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### Introductions



**Marsela Rojas-Salas**  
(She/Her/Hers)  
Project Manager  
ValorUS



**Taylor Miller**  
(She/Her/Hers)  
Project Coordinator  
ValorUS



**Matthew Van Winkle**  
(He/Him/His)  
Senior Program Officer  
Just Detention International



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### ValorUS's Mission



ValorUS is committed to ending sexual violence through a multifaceted approach of prevention, intervention, education, research, advocacy and public policy.



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### JDI's Mission

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



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MADE IS NOT PART OF THE PENALTY



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**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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**JDI's Core Principle**

No matter what crime a person may have committed, rape is not part of the penalty.



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**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.



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### Workshop Agenda

- The Importance of Victim Advocates
- Hotline Services and Written Correspondence
- Forensic Exam Accompaniment



Photo: Just Detention International

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### The Importance of Victim Advocates

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



London, Ark, 2012

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**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.

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**Challenges to Healing**



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

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### 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

§ 115.53 Inmate access to outside confidential support services

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### 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  
\*\* § 115.57 Evidence protocol and forensic medical examinations

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### 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



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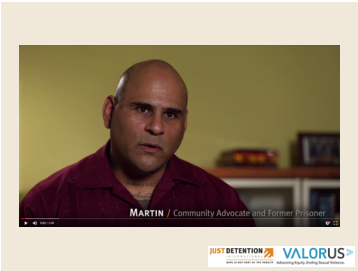
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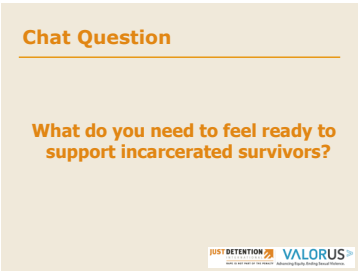
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**Resources Checklist**

- ☐ 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



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**The Empowerment Model**

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



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**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

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### Coping Skills

**PROGRESSIVE MUSCLE RELAXATION (PMR)**

**WHAT IS PMR AND WHY?**

PMR is a technique that helps you relax your muscles and reduce stress. It is a type of relaxation that involves tensing and then relaxing your muscles in a specific order.

**HOW TO DO PMR**

- 1. Find a quiet place to sit or lie down.
- 2. Close your eyes and take a deep breath in.
- 3. Tense your muscles for about 5 seconds.
- 4. Relax your muscles for about 10 seconds.
- 5. Repeat steps 3 and 4 for each muscle group.
- 6. Move on to the next muscle group.
- 7. When you are finished, take a deep breath in and out.
- 8. Open your eyes and feel how you are feeling.

**ADVANTAGES**

- Reduces stress and anxiety
- Improves sleep
- Helps with pain management
- Improves focus and concentration
- Helps with emotional regulation
- Improves self-awareness
- Helps with decision making
- Helps with problem solving
- Helps with communication
- Helps with conflict resolution
- Helps with anger management
- Helps with depression
- Helps with bipolar disorder
- Helps with schizophrenia
- Helps with PTSD
- Helps with substance use disorder
- Helps with eating disorder
- Helps with self-harm
- Helps with suicidal thoughts
- Helps with suicidal behavior
- Helps with suicide risk
- Helps with suicide prevention
- Helps with suicide recovery
- Helps with suicide awareness
- Helps with suicide education
- Helps with suicide research
- Helps with suicide prevention research
- Helps with suicide recovery research
- Helps with suicide awareness research
- Helps with suicide education research
- Helps with suicide research

- Journaling
- Mindfulness and meditation
- Progressive Muscle Relaxation

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### Chat Question

What other coping skills have you offered to incarcerated survivors?

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### Safety Planning

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

SAFETY

✓

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Photo: iStockphoto

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### 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: Getty Images

**JUST DETENTION** **VALORUS**

2021-2022 | 1-800-458-4587 | [www.justdetention.org](https://www.justdetention.org)

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### General Emotional Support

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

Photo: Getty Images

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**Questions from Survivors  
About PREA Reporting**

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



Photo: Just Detention International



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**Scenario: PREA Reporting**

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



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**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



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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



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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



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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



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**Break**



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**Written Correspondence**

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**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

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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
- Letters may be hard to read or understand



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**Letter Structure**

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



Photo: The Oklahoman

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**Establishing Confidentiality in CDCR**

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

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Assessing Needs

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



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Confirming Location

CA GOV CALIFORNIA INMATE LOCATOR

Please enter your search in the fields below.

Inmate Number:

or

Last Name:

First Name:

Middle Name:

Search

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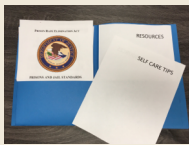
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First Response Packet

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



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**Introductory Paragraph**

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

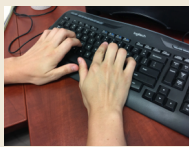


Photo: Josh Davidson International



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**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



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**Forensic Exam  
Accompaniment**

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**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



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**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

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**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: Getty.com

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**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



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**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: JAIL CODE



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**Offer Follow Up**

The goal is to provide continual care via:

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



Artwork: JAIL CODE



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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



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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."



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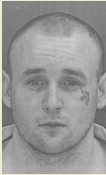
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"I got myself out of that horrible situation and started going to therapy and with the help of two amazing [advocates] that put so much time to help, I took control of my life again."



- Matthew, a prisoner rape survivor



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**We Are Here to Support You!**

- ValorUS  
[valor.us](http://valor.us)
- Just Detention International  
[justdetention.org](http://justdetention.org)
- PREA Resource Center  
[prearesourcecenter.org](http://prearesourcecenter.org)



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**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.ValorUS/hub](http://www.ValorUS/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 [ValorUS](http://ValorUS) landing page!



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**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



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3/23/22



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