

# WELCOME

We'll begin shortly.

While you are waiting, please mute your sound.

# Serving Incarcerated Survivors: Beyond Basic Services

Tuesday, September 27, 2022  
10:00am-12:00pm PST



# Introductions



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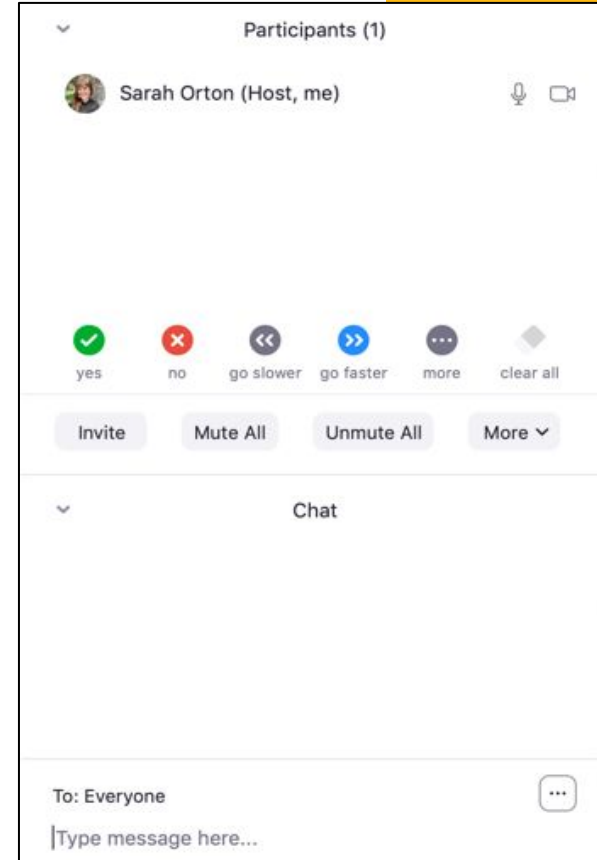
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Program Officer  
Just Detention International



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Stand Up Placer

# How to Use Zoom

- Text chat
- PowerPoint
- Slides
- Phone



# ValorUS' Mission

ValorUS is committed to preventing and ending sexual violence by advancing equity and eradicating oppression.



# CA Advancing PREA Overview

- Build strong relationships between CA state prison/ county jail staff and rape crisis advocates
- Create sustainable agreements and protocols for the provision of victim services to survivors



***Cal* OES**  
GOVERNOR'S OFFICE  
OF EMERGENCY SERVICES

# 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

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RAPE IS NOT PART OF THE PENALTY



# JDI's Core Principle

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





# Session Objectives



- Determine your agency's capacity to offer services beyond letter-writing, hotline calls, and forensic accompaniment to incarcerated survivors
- Identify ways to advocate on behalf of incarcerated survivors

# Session Objectives



- Determine the steps to providing one-on-one in-person support to incarcerated survivors
- Determine the steps to facilitating support groups for incarcerated survivors

# 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.

# What PREA Requires

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## 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\*\*

\* § 115.53 Inmate access to outside confidential support services

\*\* § 115.21 Evidence protocol and forensic medical examinations

# Assessing Your Readiness



# Readiness Checklist: MOU

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Enter into operational MOUs with your local jails or county which include:

- Forensic exam accompaniment
- Free, unmonitored, unrecorded, confidential phone calls
- Confidential written correspondence
- Confidential in-person services

# Poll Question:

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Does your agency have an MOU  
in place with all of your local  
facilities?



# Readiness Checklist: Before In Person Services

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- You have established rapport and trust with staff and people in custody
- You have toured your facilities
- You use knowledge of the PREA standards to make the case for access to your services
- You have established a strong letter program and confidential hotline access

# Barriers to Service Provision



# Things to Prepare For

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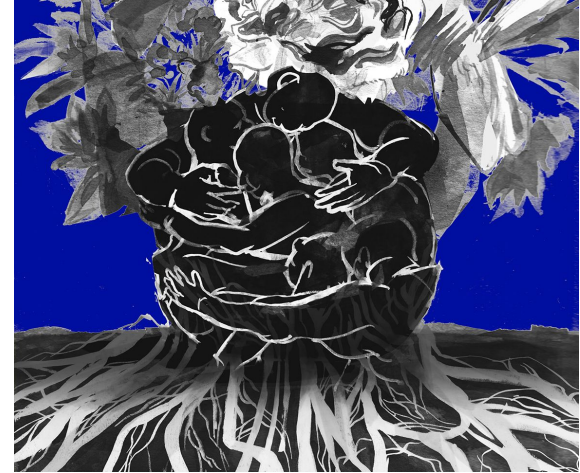
- Staff who are unfamiliar with or dismissive of your role
- Clients who do not come to the session
- Clients who do not speak about the abuse directly
- Being denied access to your client or the facility itself



# Barriers to Participation

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- Taboos against talking about sexual abuse
- Fear of retaliation
- Experiences with oppression and marginalization, before and during incarceration
- Loss of interest/comfort with groups among some who have long been incarcerated/isolated



Graphic: *Colin Laurel*

# Approaches to Advocacy in Detention



# Advocacy Addresses

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



Photo credit: LAPD

# Providing Advocacy

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- 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



Photo credit: <https://businessfightspoverty.org/>



# CDCR Oversight

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

10111 Old Placerville Road  
Suite 110  
Sacramento, CA 95827

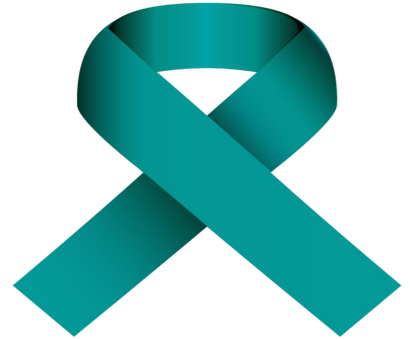
Office: (916) 830-3600  
Website: [www.oig.ca.gov](http://www.oig.ca.gov)



# Communicating with your Client

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- 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



# Advocacy Scenario

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A survivor you work with was assaulted by a fellow prisoner four years ago at another facility. They filed a report and the abuse was substantiated.

You learn that the perpetrator was transferred to your client's current facility, and is sharing a housing unit with them.

What actions can you take to advocate for the survivor?

# Planning for In-Person 1:1 Support Services



# Internal Planning for Individual, In Person Support

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- Determine how often you will see clients
- Identify clear policies to establish boundaries
- Determine whether counseling policies work for people in detention
- A note on Covid-19



# Coordinating with the Facility for Individual, In-Person support

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

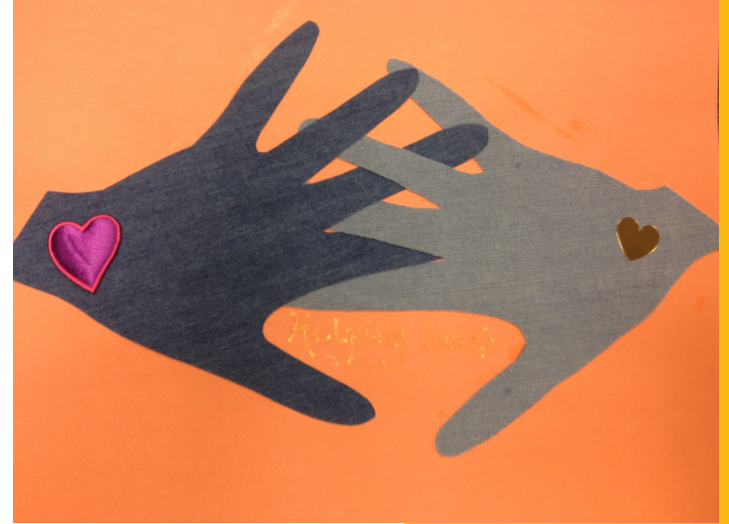


Photo credit: JDI Survivor Art

# Providing 1:1 Support Services





# Providing Support to Your Client

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- Build rapport
- Set goals for your work together
- Provide only referrals that make sense for someone who is in detention



PREA Peer Educators at the California Department of Corrections and Rehabilitation

# Providing Support to Your Client

- Normalize trauma reactions and validate feelings
- Offer coping skills
- Plan for follow up



Photo credit: JDI Survivor Art

# Coping Skills

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## PROGRESSIVE MUSCLE RELAXATION (PMR)

### WHAT IS PMR USED FOR?

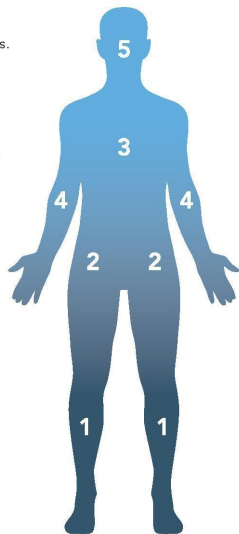
PMR is a method of relieving anxiety or stress. It can be done almost anywhere.

### 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.
  1. Feet and legs
  2. Buttocks and hips
  3. Stomach and chest
  4. Hands, arms, and shoulders
  5. 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

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What coping mechanisms have you shared with incarcerated survivors?

# Individual Scenario

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A survivor has reached out to you for services related to sexual harassment they have experienced while incarcerated.

During your sessions, they are very reluctant to speak about their experience as it relates to sexual harassment.

## What would you do?

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# BREAK

# Planning for In-Person Group Services





# The Voice of a Survivor

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# Readiness Checklist

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- You have experience facilitating groups
- You already provide individual, in-person support services in detention
- You have received approval to facilitate groups from the facility



Source: *Graphic Facilitation & Graphic Recording*

# Internal Planning for Groups

- Assess how many sessions you'd like to offer
- Determine co-facilitators or other roles
- Consider the following
  - Number of sessions you'll offer
  - Co-facilitators and other roles
  - Under-participation and over-enrollment
  - The needs of the community
  - Screening process for prospective participants

## Planning Groups with the Facility

- Determine which units can participate.
- Find out if people from different units can attend the same group.
- Establish consistent days and times for the groups.
- Obtain allowable materials list.
- Review facilities process for group approval and plan accordingly.





# Inclusiveness and Marketing

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- Make sure groups are applicable to, and offered to, people of all genders
- Consider language, colors, and images carefully when developing outreach materials
- Create advertisements for your group, including information on how to join
- Speak with members of the inmate advisory council to fine-tune your message for the facility culture and maximize your program's reach

# Identifying the Purpose of the Group

## Establishing Safety

- *Goals: Identify trauma reactions common symptoms, and self care and safety planning tips*

## Trauma Processing/Support

- *Goals: Storytelling and emotional peer support*

## Reconnection and Integration

- *Goals: Empowerment, self-determination, and peer mentoring*

# Types of Groups

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- Psychoeducational groups
- Process-oriented support groups
- Healing arts groups
- Prevention groups





# Internal Planning for Groups

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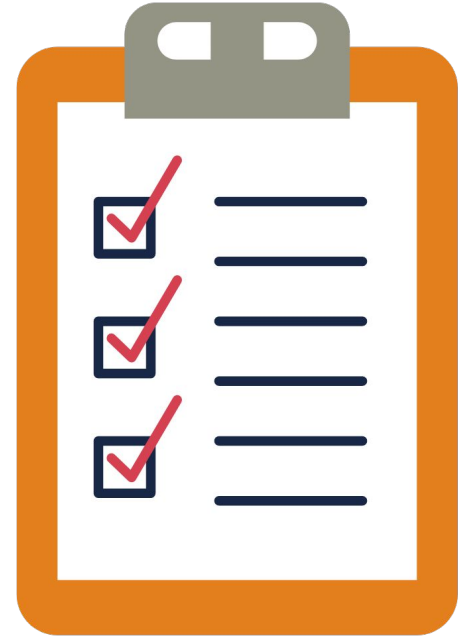
What do you envision your groups to look like? Consider...

- What kind of group you'll facilitate
- The needs of the community
- Whether your group will be open or closed
- How people will sign up
- How prospective members will be screened and oriented

# Chat Question

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What would be your next steps in setting up in-person services?



# Providing Group Support Services



# Tips for Facilitating Groups

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- Have a plan, and hold it lightly
- Begin each group with a goal for the session
- Create multiple opportunities for participation
- Use group agreements

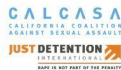


Dance workshop at the California Institution for Women  
Photo credit: JDI

# Group Agreements

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## GROUP AGREEMENTS



### Power is shared in this group.

- Everyone has knowledge and experiences to offer the group.

### Everyone is at a different point in healing.

- There's no right or wrong way to participate, just like there is no right or wrong way to heal from trauma.

### We are the experts of our own experiences.

- Always use "I" statements to share our thoughts or experiences.

### Be patient with yourself and each other.

- Be open to learn from another person and remain open to being wrong.

### All workshop ideas are invitations to participate.

- Everything you do or say is voluntary.

### Certain topics may trigger post traumatic reactions.

- Identify self or communal care activities to bring you back to your body.

#### CONFIDENTIALITY

What we've learned here can be shared, but never share someone's personal story without their consent.

- Adapt for your own group's needs based on what comes up in discussion
- Use the group agreements as a way to cultivate safety and comfort in the group
- Normalize possible responses to triggers

# Closing out the group

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- End each session with a closing round
- Allow members to share about their experience
- Give information about the next group session (time, date, and topic)
- Pass out and collect



Photo credit: JDI Survivor Art

# Post-Group Evaluations

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Source: *Psychoeducational Evaluation: 3 Tips for Parents*

# Considerations for Virtual Services

- Confidential space is difficult to find in-person, hard to achieve virtually
- Leverage technology already being used
- Phone appointments or developing short videos can be alternatives



Photo credit: JPay



# Group Scenario

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You are facilitating a support group and members have started sharing their experiences. Suddenly, as one of the members is speaking, the door opens. A staff member enters the room and announces, "It's pill time."

How would you respond?

# The Voice of a Survivor

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“These attackers aren’t the end of my story. Rather, the scars they will leave on my life will be living proof that I survived and healed from all the hurt and I lived on, with more power over my life, including to share the strength in my resilience, my scars so boldly proclaim.

– *Ms. Angel Unique, incarcerated survivor of sexual abuse*

# QUESTIONS?



# Additional Resources

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

# 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



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.