

CA Advancing PREA:

Providing Services to
Incarcerated Survivors

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11:00am-12:30pm PST



Introductions



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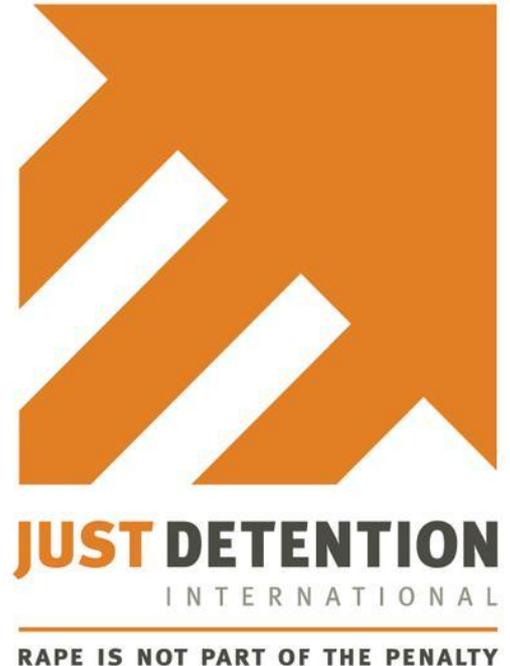
ValorUS' Mission

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



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 Principle

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



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

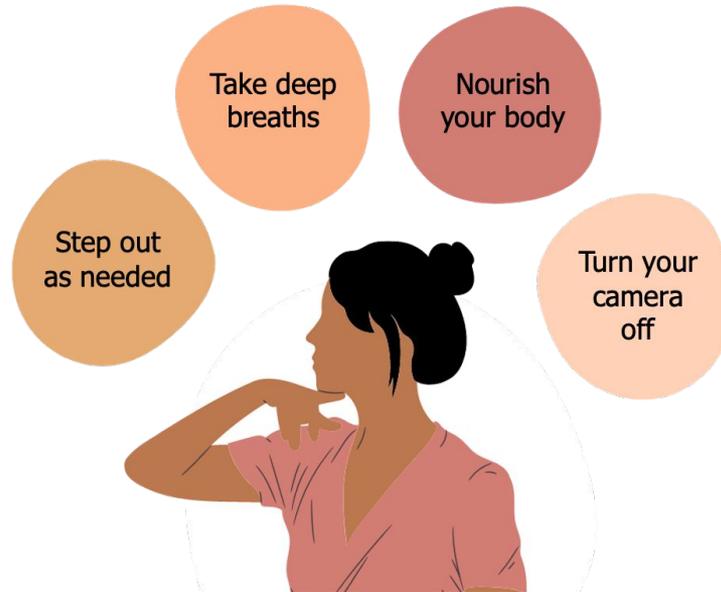
Session Objectives



- Describe the fundamentals of victim advocacy in detention
- Discuss the basics of providing hotline services, written correspondence, and forensic exam accompaniment to incarcerated survivors
- Explore adapting established rape crisis services for detention settings

Practice Self Care

GIVE YOURSELF
PERMISSION TO



Fundamentals of Victim Advocacy



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 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 communications will be treated as confidential*
- Offer survivors accompaniment by RCC victim Advocates during forensic medical examinations and investigatory interviews**



Photo: CDCR

Survivor Needs are Universal

Outside Detention

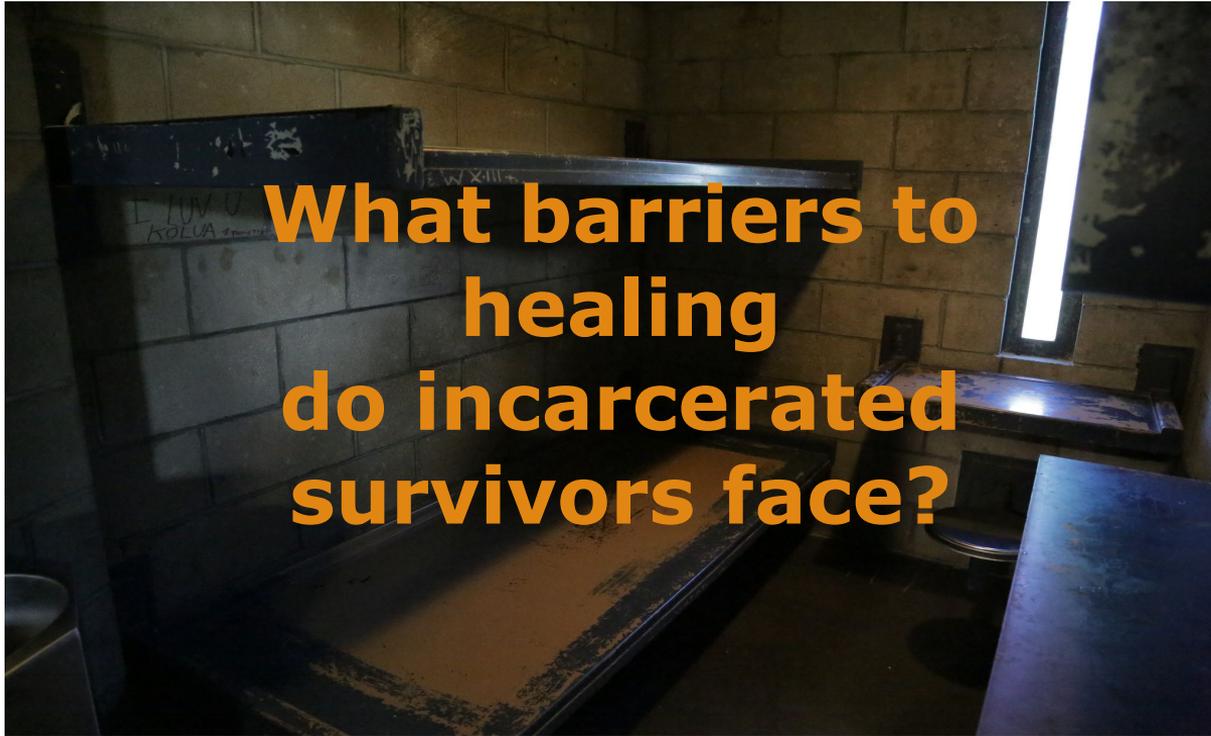
- Validation
- Emotional Support
- Coping Skills
- Resources
- Safety Planning

Inside Detention

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

Photo credit: JDI Survivor Art

Challenges to Healing



The Empowerment Model

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



Photo: Wonderferrit/flickr

Making Referrals

- RCCs are the primary referrals for sexual assault and harassment.
- 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

- Journaling
- Mindfulness and meditation
- Progressive Muscle Relaxation

PROGRESSIVE MUSCLE RELAXATION (PMR)

WHAT IS PMR USED FOR?

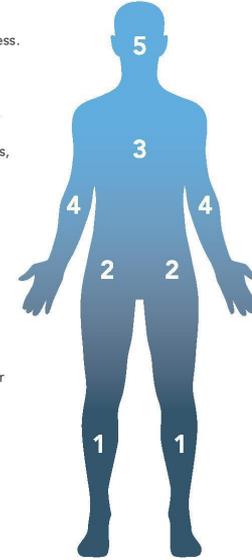
PMR is a method of relieving anxiety or stress. It can be done almost anywhere.

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.



Chat Question

What are some coping skills that incarcerated survivors have shared with you?



Photo credit: JDI Survivor Art

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 and role
- Discuss the purpose of the hotline and what services you can provide
- Be aware of any call time restrictions



Photo: Drew Scofield/dscofield@morningjournal.com

General Emotional Support

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

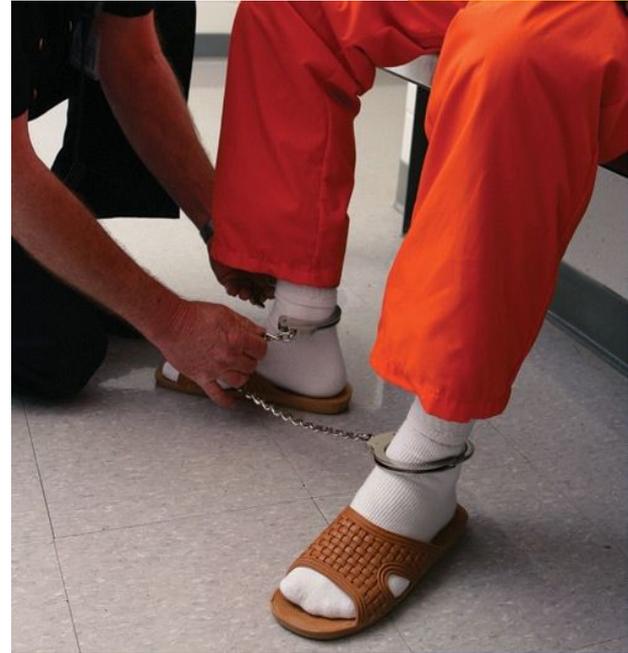


Photo: Galls, LLC

Questions from Survivors about PREA Reporting

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



Photo: Just Detention International

Written Correspondence



Chat Question

Do you regularly receive letters from incarcerated survivors? How often?

- Often
- Sometimes
- Rarely
- Never



Filing and Tracking Letters

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

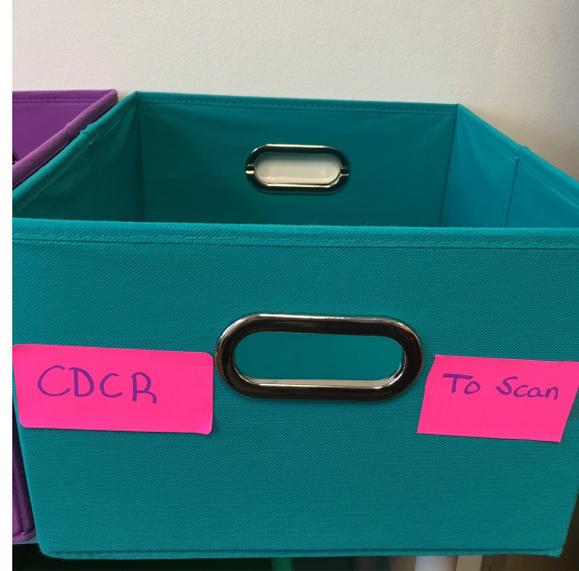


Photo: Just Detention International

Establishing Confidentiality in CDCR

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

Confirming Location



Please enter your search in the fields below.

*Inmate Number

-OF-

*Last Name

First Name

Middle Name



What to Expect

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



Photo: Just Detention International

Assessing Needs

- Identify survivor's needs
- Identify safety concerns
- Identify current level of crisis
- Identify types of abuse
- Identify other issues impacting the survivor



Letter Writing Tips

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



Photo: The Oklahoman

Introductory Paragraph

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

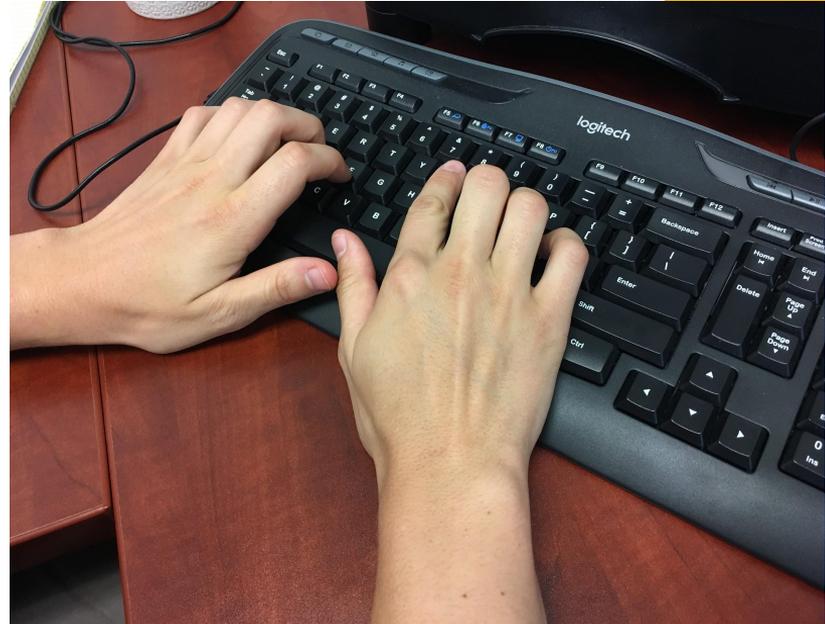


Photo: Just Detention International

First Response Packet

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

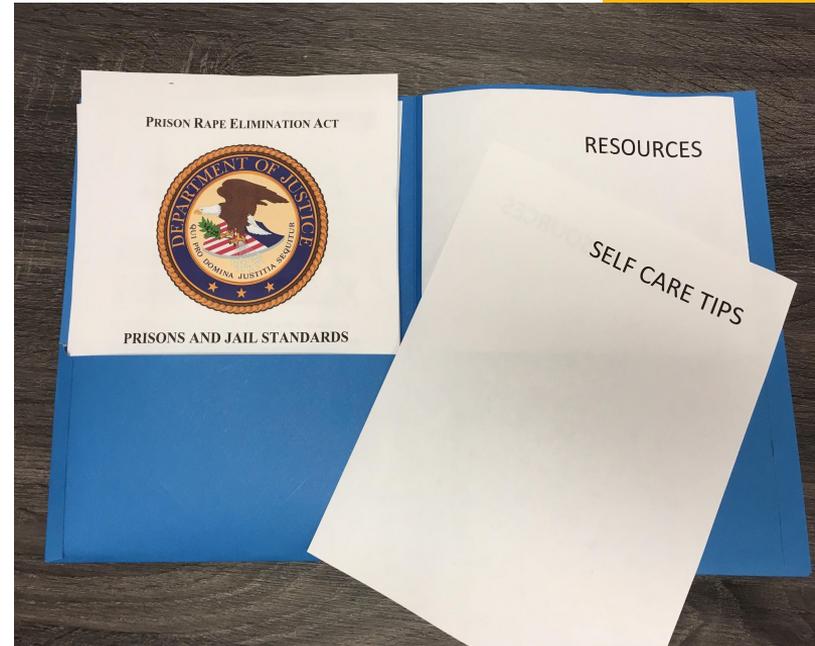


Photo: Just Detention International

Forensic Exam Accompaniment



Plan Ahead

- Find out what you can about the facility's coordinated response plan
- Make sure your advocacy team understands this process
- Adapt resources and materials for incarcerated survivors



- 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

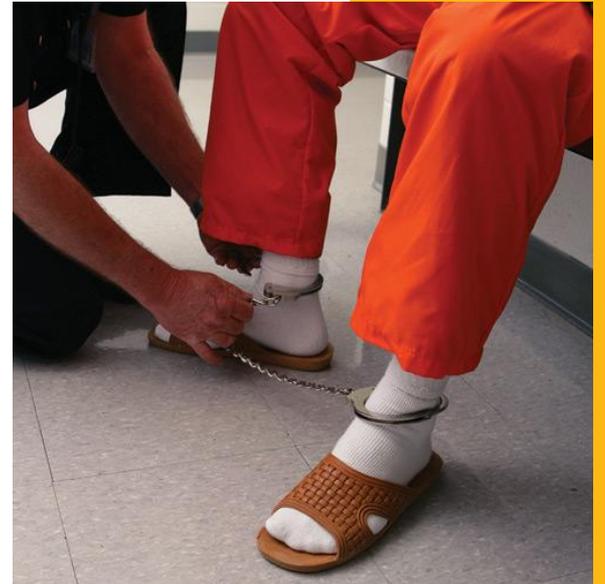
Key Similarities

- Same forensic exam
- Performed by a SANE/SART Nurse
- Right to advocate and Support Person
- Needs advocacy and emotional support



Key Differences

- Use of Transport Restraints
- Additional Pressure
- Support Systems
- Follow Up Care



What to Expect: About Confidentiality

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



JDI

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



California Department of Corrections and Rehabilitation

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

Scenario: Crisis Line

Danielle says something happened a few nights ago with another incarcerated person, and she hasn't been able to stop thinking about it. She says the person made sexual comments to her and touched her in a way that made her uncomfortable and unsafe. She tried to stop the person at first, but then she froze and felt like she couldn't say no. She hasn't been able to sleep and she's blaming herself for not fighting harder. Danielle sees this person all the time and it's driving her crazy that they're just acting like nothing happened.

Scenario: Letter Writing

I'm at Central Valley Prison. I got your address from the flyer in the dayroom. An officer keeps strip searching me but it doesn't feel right. Do you have any information about the right way they're supposed to do it?

I keep asking them but nobody wants to help me. I don't know what to do anymore. I don't want to take things into my own hands, but they're really trying me and I'm sick of it!

Please help me. Please.

Feedback Survey

Thank you for helping us
improve our trainings!



QUESTIONS?



Additional Resources

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