

Role of an Advocate

- Identify current, and long-term needs for safety
- Help identify resources that can help maintain safety such as: legal (protection orders, legal aide, legal processes), SANE exams, Address Confidentiality Programs.
- Be there for long-term safety planning - ongoing support.
- Help guide participant by asking questions to nurture critical thinking for safety planning that participant will be able to safety plan for themselves and know that tactics change, prepare for the unknown as well.

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Safety Plan

According to Violence Experienced

Domestic Violence

- Identify tactics abuser used
- Custody exchanges
- Court dates and appointments with other systems
- Support systems and creating healthy boundaries
- Intersections of oppression and violence

Sexual Assault

- Identifying resources such as a SANE nurse
- Identify triggers and how to safety plan for when triggered.
- Safety plan for legal process if going forward (victim blaming, being on trial, etc.)
- Safe support systems
- Emotional safety

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Safety Plan

According to Violence Experienced

Dating Violence

- Safety Plan for minimization from friends and family and how to respond.
- Technology safety
- Identify resources such as protection orders and state laws.
- How to navigate life after change

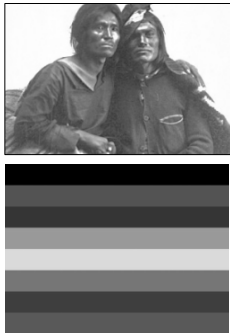
Stalking

- Identify resources: Address Confidentiality program and free phones.
- Stalking log and documentation.
- Changing routes to school, work, stores, etc.
- Acknowledge lethality risks and how to safety plan for those.


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LGBTQ Safety Planning

- Does your TH program respond appropriately to the Two Spirit community?
- Working within oppressive systems
- Creating healthy boundaries within the LGBTQ community
- Safety plan around concerns of 'outing'.
- Not being believed or minimized or Law Enforcement not able to identify dominant aggressor, due to lack of knowledge .
- Safety plan when in shelter if waiting for TH.
- Layers of violence (oppression- family, friends, community).
- Prepare participant for having to use legal name if they are trans person through legal process and other programs.



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What to consider and plan for:

- Assess the current risk of violence and harm.
- Find resources that will help
- If they have children, safety plan as a family.
- If they work, help them plan different routes, change hours, inform boss and co-workers.*
- Inform child's school of restraining order.
- Help guide participant to form ideas for keeping safe- they are the expert.₃

Safety Plan While in TH Program

- Isolation concerns
- Adapting to change (individual and family)
- Emotional safety planning (self care, positive support systems)
- Court dates and custody exchanges
- Safety plan for "what next" as abusers may change tactics to gain perceived control back.

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Safety Planning Long-term

- Emotional safety planning even more critical
- Helping to create and maintain support systems
- Safety plan for new or current intimate relationships (healthy relationships, triggers).
- Refer to trauma supports (traditional healing, etc.)

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Scenarios
Team up in groups and help
safety plan for the participant in
your scenario

PCGoman

The Hard Stuff

- Safety Planning includes acknowledging and identifying risks of utilizing options for keeping safe or not.
- They are the experts on their lives- they may choose not to do something or to do something that we think will compromise safety but they are their own people and we are not here to control them, our job is to inform them of their options.

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Lasting thoughts

- Always follow up, have safety in mind.
- Remember, they are the experts in their own lives.
- Provide options but never enforce them.
- You are a part of their safety plan.

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