



**Adapting Services for
Incarcerated Survivors:
Coping Skills & Safety Planning Behind Bars**

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Agenda

- Advocacy Skills
- Victim Services Adaptations
- Stories from the Field
 - Orange
 - Carteret
 - Mecklenburg
- Q&A



ADVOCACY SKILLS



What skills do you already have that make you a good advocate for incarcerated survivors?

Just Detention International (2016). Advocate Training Curriculum- No Bad Victims: Training Module 5- The Basics of Providing Services to Incarcerated Survivors.



Voices from the Field: Maria



MARIA OUTCALT-SMITH / Rape Crisis Counselor

Just Detention International (2016). Advocate Training Curriculum- No Bad Victims: Training Module 5- The Basics of Providing Services to Incarcerated Survivors.



Key Points from Maria's Video

- Work with corrections staff
- Similarities in providing support
- Balancing corrections relationship with good advocacy
- Dealing proactively with common concerns
Navigating a new culture and institution

Just Detention International (2016). Advocate Training Curriculum- No Bad Victims: Training Module 5- The Basics of Providing Services to Incarcerated Survivors.



Similarities

- Advocate's role in the community
 - Operate from survivor-centered perspective
 - Provide support, comfort, and information
 - Maintain privacy
- Advocate's role with survivors in detention
 - Balance the aforementioned with security

Just Detention International (2016). Advocate Training Curriculum- No Bad Victims: Training Module 5- The Basics of Providing Services to Incarcerated Survivors.



Guidelines for Providing Services in Detention

- Take a non-judgmental approach
- Be patient, consistent, and persistent
- Maintain professional boundaries

Just Detention International (2016). Advocate Training Curriculum- No Bad Victims: Training Module 5- The Basics of Providing Services to Incarcerated Survivors.



Guidelines for Providing Services in Detention (cont.)

- Be informed and follow the rules
 - Attend meetings or cross-train
 - Conversations with your detention facility contact and other staff
 - Go on an official tour
 - Read handbooks and agency's website
- Be open minded and flexible
- Have a plan

Just Detention International (2016). Advocate Training Curriculum- No Bad Victims: Training Module 5- The Basics of Providing Services to Incarcerated Survivors.



Boa: In Her Own Words



Just Detention International (2016). Advocate Training Curriculum- No Bad Victims: Training Module 3- Dynamics of Sexual Abuse Behind Bars.



VICTIM SERVICE ADAPTATIONS



Common Advocacy Services

Survivors in Community

- Hospital Accompaniment
- Investigations Accompaniment
- Emotional support, advocacy, and follow-up via:
 - Phone
 - In-Person

Survivors Behind Bars

- Hospital Accompaniment
- Investigations Accompaniment
- Emotional support, advocacy, and follow-up via:
 - Phone
 - **Mail**
 - (In-Person)


Just Detention International (2016). Advocate Training Curriculum- No Bad Victims: Training Module 5- The Basics of Providing Services to Incarcerated Survivors.



General Advocacy Tips

- Be prepared to overcome a disruption of service
- Adapt interventions to fit the environment


Just Detention International (2016). Advocate Training Curriculum- No Bad Victims: Training Module 5- The Basics of Providing Services to Incarcerated Survivors.



Establish Safety

- Develop rapport
- Help them assess safety needs
- Address any overt signs of crisis


WV FRIS (2016). Working with Victims of Sexual Assault in West Virginia's Correctional Settings: A Guide for Advocates.



Explore Crisis Situation

- Listen
- Acknowledge and validate their feelings
- Help them identify their needs

WV FRIS (2016). Working with Victims of Sexual Assault in West Virginia's Correctional Settings: A Guide for Advocates.




Coping Skills & Resources

- **Individual options**
- Supportive people
- Stress-reducing activities
- Resources at the facility
- National resources

- Deep breathing
- Meditation
- Yoga
- Religious/spiritual beliefs
- Walk in rec yard
- Journaling

WV FRIS (2016). Working with Victims of Sexual Assault in West Virginia's Correctional Settings: A Guide for Advocates.




Coping Skills & Resources

- Individual options
- **Supportive people**
- Stress-reducing activities
- Resources at the facility
- National resources

- Other inmates
- Chaplain
- Counselor
- Family members
- Attorney

WV FRIS (2016). Working with Victims of Sexual Assault in West Virginia's Correctional Settings: A Guide for Advocates.




Coping Skills & Resources

- Individual options
- Supportive people
- **Stress-reducing activities**
- Resources at the facility
- National resources

- Playing cards
- Religious services
- Watching a movie
- Weight lifting/exercise
- Art
- Reading

WV FRIS (2016). Working with Victims of Sexual Assault in West Virginia's Correctional Settings: A Guide for Advocates.



Coping Skills & Resources

- Individual options
- Supportive people
- Stress-reducing activities
- **Resources at the facility**
- National resources

- Do they want to report?
- Switching cells
- Counseling services on site
- Changing units or facilities

WV FRIS (2016). Working with Victims of Sexual Assault in West Virginia's Correctional Settings: A Guide for Advocates.



Coping Skills & Resources

- Individual options
- Supportive people
- Stress-reducing activities
- Resources at the facility
- **National resources**

- 1 in 6
- Black and Pink
- FORGE
- JDI
- TGI Justice
- Center for Constitutional Rights

WV FRIS (2016). Working with Victims of Sexual Assault in West Virginia's Correctional Settings: A Guide for Advocates.



Develop a Basic Safety Plan

- Stay grounded in reality
- If not reported, weigh all options
- Identify options/resources to increase safety
- Asking for support indicates ability to self-advocate

Remember: Because you as an advocate cannot guarantee the safety of an incarcerated inmate, you may experience the same feelings of powerlessness that the victim does in this setting.

WV FRIS (2016). Working with Victims of Sexual Assault in West Virginia's Correctional Settings: A Guide for Advocates.



Safety Planning

Tips for brainstorming safety planning ideas

- List safe people, both to be around and to ask for help
- Identify staff members who can be called upon to help
- Identify safer places within the facility
- Identify red flags that would warrant reporting the behavior to staff
- Make a list of phone numbers for help or reporting
- Consider options to get out of the cell in a dangerous situation

Just Detention International (2016). Advocate Training Curriculum- No Bad Victims: Training Module 5- The Basics of Providing Services to Incarcerated Survivors.



STORIES FROM THE FIELD



Orange County

Bethany Wichman-Buescher

- Client Services Director
- Orange County Rape Crisis Center



Carteret County



- Gwen Roberts
- Director
 - Carteret County Rape Crisis Center



Mecklenburg County



- Chasity Markle
- Victim Advocate
 - Safe Alliance





Lessons Learned


What advice would you have for advocates about service adaptation for incarcerated survivors?



Q & A



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