

# WomenSpirit Coalition

Washington State Native American Coalition Against  
Domestic Violence and Sexual Assault

## 2019 Service Catalog

### ***Celebrating 17 years of service to tribes and tribal nations***

- Providing training, technical assistance and consultation to tribes, tribal programs and allied departments
- Providing training and education to outside agencies and urban indigenous communities
- Promoting tribal sovereignty through the elimination of violence against indigenous women and families
- Assisting tribes and individuals in organizing to end violence



## Mission and Vision

Promoting tribal sovereignty by eliminating violence against Native women and promoting the well being of Native families and communities

Envisioning a nation where Native women are treated with honor and respect, where she is protected under the law and her personal sovereignty is never compromised



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*Eliminating Violence in Indian Country*

American Indian and Alaska Native peoples have a belief that honors the multifaceted role of women within tribal societies and have historically protected the right of women to live free of violence or the threat of violence, as a result of colonization and harmful federal law and policy, the honored status, respect, and safety of Native women has been diminished.

Through the relationships developed with tribal advocates and advocacy programs, organizing began for the development of a domestic violence and sexual assault coalition, that was both for and by Native women in the state of Washington.

WomenSpirit was born out of this organizing purpose and continues to honor these commitments to native women, tribes and tribal programs 17 years later.

### Organizing Purpose

- Seek opportunities of collaboration to increase direct service effectiveness
- Develop mentoring and networking capacity for further development of Native women's leadership proficiency
- Promote discussion, policy setting, and resource building that are relevant to tribal communities
- Improve services and systems response, for Native victims living on reservations and in urban areas that are provided by federal, state, tribal and local authorities

### A Difficult Journey: Tribal Simulation Experience

In 2009, WSC staff responded to a request to design an interactive activity to increase awareness of domestic violence and sexual assault in tribal communities. ***While there are other similar types of activities, this particular version is specific to tribal communities.*** Participants assume an 'identity' while utilizing tribal resources by walking the path of a victim of domestic violence, sexual assault, stalking, dating violence, child victims of sexual abuse, elder or vulnerable adult abuse. This interactive tool demonstrates many of the issues Native victims of violence and abuse face within their communities and families. This is a half day simulation and discussion, that can be incorporated with other training goals.

A facilitated discussion and debrief follow the experience. It assists participants in understanding the nature and realities of the different types of intimate partner abuse while also creating dialogue about the challenges of developing a Coordinated Community Response (CCR) by extending the discussion of current and desired inter-departmental policies and protocols and tribal community resources.

There are versions available to meet the needs of diverse audiences: community, services providers, and coordinated community systems response teams. A Difficult Journey is appropriate for tribal citizens and professional departments such as law enforcement, courts, social services, ICW, and advocacy and tribal council.

## Consultation and Public Policy

Program consultation services range from emails, conference calls, webinars to in-person, on site visits and meetings. Our scope of work includes not only assisting shelter and program staff, but also informing tribal councils and department heads about domestic violence, sexual assault, dating violence and stalking. Our dedicated staff are subject matter experts that stay current and up to date with legislative issues, funding opportunities, safety audits and research. We bring our unique and extensive expertise to the table to support tribal efforts in increasing awareness and eliminating violence.

## Technical Assistance

This service is the cooperative hands-on assistance in the development of domestic violence and sexual assault programs. This often involves staff skill building, inter-departmental training, administration policy, procedures, program development and tribal civil/criminal code review. Technical Assistance is responsive to the individual needs of the tribal program.

## Training

To meet the needs of individual tribal programs, the Coalition will work with each department to develop a training program that meets their requirements. This can include the services offered in this catalog, a hybrid of workshops or new topics developed between the program manager and the Education and Training department at WSC. Trainings can be scheduled by contacting the Education and Training Coordinator directly, or by visiting our website at [www.womenspirit.net](http://www.womenspirit.net)

## Speaking Engagements, Community Presentations and Other Services

WSC staff is available to provide training, presentations, keynote speeches and other public appearances on topics related to domestic violence, sexual assault, sex trafficking, stalking and dating violence in Indian Country, both nationally and in the State of Washington. Requests can be made through our website ([www.womenspirit.net](http://www.womenspirit.net)).

*If the physical, mental, emotional and spiritual well being of the woman is intact, so too is that of the family, community and society- Indigenous Proverb*

# Service Areas, Workshops and Presentations

## Domestic Violence 101

This is an introductory training that introduces participants to the definitions, dynamics and impacts of domestic abuse, sexual violence, and coercion in the context of an abusive marriage, partnership or dating relationship. Participants will learn how to identify the dynamics of power and control via a mix of lecture, interactive discussion, and group exercises. Participants should leave this training with a better grasp and understanding of the realities of domestic violence and its effects in tribal communities.

## Sexual Assault 101

This introductory workshop examines the prevalence and severity of sexual assault perpetrated against Native women. Participants will learn how the history of sexual violence is directly related to the impact of colonization, inter-generational and historical trauma. Discussion and review of the impact of federal policy will also be examined as a way to understand the struggle for tribal sovereignty as it relates to victims and survivors' rights to justice, reparations and safety.

## Teen Dating Violence

Participants in this workshop will be introduced to the warning signs and dynamics of violence in the context of a dating relationship. Review and discussion of child/teen development, power and control issues, and lethality are discussed through lecture, interactive discussion and group activities. Participants will learn how to increase the empowerment of youth and work to identify the dynamics of a healthy relationship, in order to make safer choices and live healthier lives. This workshop is available for professionals that work with youth and youth groups of participants over the age of 12.



## Stalking

This workshop highlights the complex dynamics of stalking, with special attention to how these factors manifest in Indian Country. Participants will understand how to recognize stalking, when it is most likely to occur and major risk factors. Additionally, participants will learn strategies to increase victim safety. Special attention will be paid to the increasing use of technology and how this compromises victim safety. Participants will discuss the lethality potential and learn ways to incorporate stalking into safety planning and protection orders.

## Sex Trafficking

This introductory workshop helps participants to understand the signs and symptoms of sex trafficking in tribal communities and the trafficking of urban indigenous women. Participants will learn how long histories of violence, colonization and removal have contributed to the higher rates of trafficking of native women and girls. Informed by the latest research, participants will learn how Native women's increased rates of homelessness, poverty and sexual violence may put them at an additional risk for trafficking. This workshop is one (1) day long and suitable for communities and professionals.

## Coordinated Community Response

The focus of this workshop is to bring a tribal community together to discuss, analyze, strategize and plan to establish a protocol for effectively responding to domestic violence and sexual assault. This is a multi-disciplinary approach to developing an effective tribal community response network and can include law enforcement, advocacy, courts, prosecutors and child welfare. Participants will learn about the different types of community task forces, helping them identify which one will be best implemented in their nation.

## Additional Workshops and Presentations

### Sheltering in Indian Country

This 2 day workshop centers around skills and tools to best address the needs and obstacles to providing emergency, short term and long term shelter for survivors of domestic violence and sexual assault in Indian Country. Presenters will take you through the process of sheltering from rules and regulations, to advocacy and accessibility, including forms, processes, policies and procedures. From administrative issues, to staff development, to security and confidentiality needs, WSC will work with you to identify the model that works best for your program.

### Human Rights, Native Women and Sexual Violence

This workshop looks at violence against native women on a global scale. Through the examination of human rights documents, participants assess the history of violence and the failure to prevent, investigate, punish and provide justice for acts committed against indigenous women. Through lecture, dialogue and the exploration of data, we look to see how domestic and international law has been discriminatory towards Native women and victims.

### Journeys of Healing and Sacredness

Designed for advocates, survivors and community members, these indepth and personal community healing workshops incorporate activities that enable participants to draw connections between violence against Native women and children and historical and inter-generational trauma by reflecting on their own life experiences, identifying obstacles to healthy living. By creating new bridges, relationships and connectedness, communities can come together to walk new paths towards healthy, violence free living.

## Additional Training and Consultation Topics

- Trauma Informed Care: Effective Services and Practices
- Compassion Fatigue and Self Care
- Sexual Assault and Reproductive Coercion
- Human Trafficking in Indian Country
- The Juncture: Domestic Violence, Chemical Dependency and Mental Health
- Understanding Historical and Inter-Generational Trauma
- Oppression and Internalized Oppression
- Developing Responsive Domestic Violence and Sexual Assault Programs with limited resources
- Specialized Court Services

*Don't see what you are looking for? WomenSpirit can help! Our experienced staff will work with you to identify your training and consultation needs, while providing you with the most comprehensive, up to date research available. Visit our website at [www.womenspirit.net](http://www.womenspirit.net) for more information.*

# Contemporary Advocacy in Tribal Communities

## **Basic Advocacy Workshop: 1-2 Days**

This comprehensive workshop introduces new advocates and volunteers to the basic skills and knowledge needed to provide effective advocacy services. Participants will learn about the dynamics of interpersonal violence and how to empower victims to make positive change through lectures, discussion and interactive activities

## **Intermediate Advocacy Workshop: 2-4 Days**

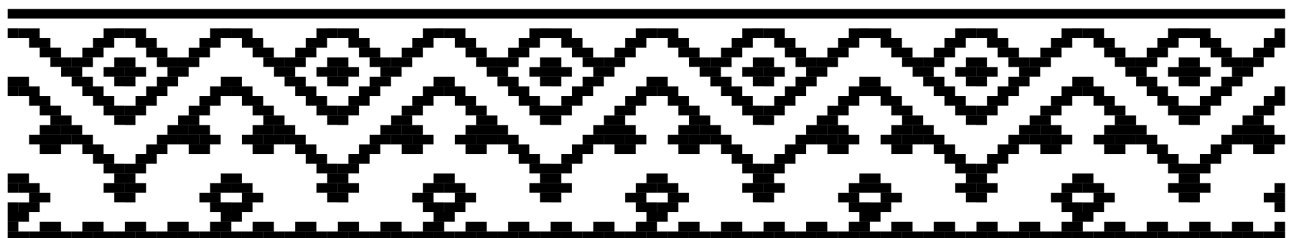
This comprehensive workshop builds on the skills and knowledge learned in the Basic Advocacy Workshop. This session is appropriate for advocates with more than 1 year experience and aims to enhance hands on direct-service skills. Additionally, participants will learn how to build robust outreach efforts, and organize communities and programs to effect social change.

## **Advanced Advocacy Workshop: 2-4 Days**

This comprehensive workshop is appropriate for advocates with more than 3 year experience. Working with the knowledge and skills gained from previous training and professional experience, participants learn how to integrate tribal values, traditions and healing practices through an in depth exploration of violence against indigenous women. Other topics covered include the intersection of chemical dependency and domestic violence, trauma informed care, the effects of oppression and internalized oppression and avoiding staff burnout by practicing self care.

## **Support Groups: 1-2 Days**

This workshop serves as a "how to" on conducting effective, meaningful and safe support groups. Drawing on both participant and presenter experiences and knowledge, current support group models are examined. Participants will look at how these models can be implemented in their communities to assist victims on their healing journeys and living violence free lives. Skill building includes establishing and promoting a domestic violence or sexual assault survivors support group; establishing trust; maintaining confidentiality; record keeping; creating an empowering setting; support group theory and goal setting; use of talking circles; active listening and boundary setting.





# Sayu'? X Wey Institute

## Online Learning Service

*Sayu'? X Wey Institute is currently under construction. if you are interested in these courses, please contact us at (360) 633-7083*

### **Native Women's Leadership Course: Journey of the Soul-A Return to Sacredness: 12 weeks**

Indigenous women are invited to participate in this unique on-line experience which promotes wellness and recovery from domestic violence and sexual assault, through skill building and leadership development. The workbook guides the participant in her journey of discovery. Participants work both independently and in cohorts, with personal support and feedback in the forms of blogging, on-line discussions and journal writing, with the guidance and feedback from WomenSpirit staff. This course is designed for survivors looking to move forward in life and find their next steps after abuse.

### **Overcoming Trauma, Living a Life You Love: Self Paced**

This course is open to indigenous women looking to identify and overcome the traumatic experiences in their lives. Participants will learn how to reclaim their inherent qualities of strength, endurance and sense of well-being, while promoting self care and self love. Additionally, native women will learn what it means to return to their traditionally respected position within the family, while facilitating safe, healthy spaces for identifying the effects of historical trauma, and how to recover from domestic violence, sexual assault, childhood trauma and other abuse.

### **Tribal Community and Domestic Violence/Sexual Assault Program Development Model**

This training is intended to be a linear training model that provides a continuum of entry points that are tailored and specific to your communities needs. This workshop builds on the important work already being done inside your community and program and allows for flexibility in both content and time frame. WomenSpirit works with you and your staff to develop a comprehensive, sustainable program that fits the unique tribal community dynamic. Additionally, periodic evaluation of progress, strategic planning and additional training are encouraged once the program is developed. Whether you are a well established program in need of strategic planning or policy updates, or you are just starting to create a vision from ending violence in your community, WomenSpirit meets you where you are at to promote capacity building and sustainability, while empowering communities to end violence.

# How does my program get started?

*There are many ways that WSC can work with you to establish your training and consultation needs!*

## **Schedule a Tribal Program Needs Assessment**

You can contact the Education and Training Program at WomenSpirit by email, phone or through our website and schedule a needs assessment for your community or program. This interdepartmental half day meeting draws on the voices from your community to identify gaps in services and potential solutions. As a result of this meeting, programs will receive a proposed action plan that identifies goals, activities and training time-lines. These actions are generated from participant comments and compiled by WSC. Programs should come prepared to choose potential training topics and training dates. All departments are welcome to attend these sessions, but WSC strongly suggests that grants staff, tribal council, law enforcement, court personal, prosecutors, child welfare and behavioral health staff attend, in addition to the DV/SA program manager. Assessments are confidential and are repeated every 2 years to ensure programs are meeting their goals.

Program assessments can be scheduled by submitting a request through our website ([www.womenspirit.net](http://www.womenspirit.net)), by emailing the Education and Training Coordinator at [aforsman@womenspirit.net](mailto:aforsman@womenspirit.net) or by calling our office at (360) 633 7083.

*Assessments require programs to be current members of WSC. Please visit our website for membership options, or contact WSC directly to discuss ad hoc membership.*

## **Submit a Training, Presentation or Speaking Engagement Request**

Already know what you are looking for? You can submit a training, presentation or speaking engagement request through our website ([www.womenspirit.net](http://www.womenspirit.net)). Please note that we are a small agency and will not be able to fulfill every request for appearances. Please submit dates at least 90 days in advance. We will always make a good faith effort to be at your event or host your workshop, but dates submitted outside this time frame cannot be guaranteed.

## **Schedule a Site Visit**

Not sure what your goals are yet? Are you just looking to get more information about our programs, trainings and other services offered? Considering becoming a member of WSC but want more information? WSC can come to you! We are happy to schedule an in person or virtual site visit to let you know how we can help, how membership benefits you and your community and more! Site visits can be scheduled through our website ([www.womenspirit.net](http://www.womenspirit.net)) or by contacting the WomenSpirit offices at 360 633 7083