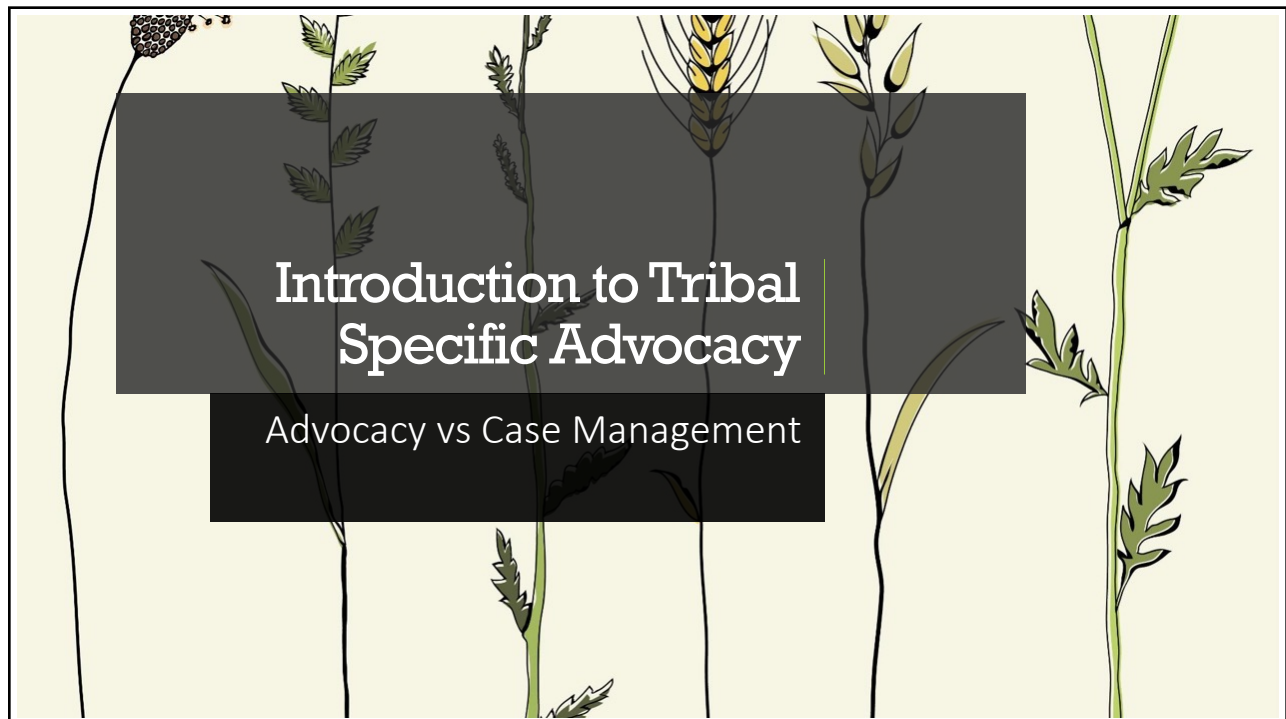



1




2



Pause and Consider:

What words and images come to mind when you hear “case manager”?



3



4



And Now...

What words and images
come to mind when you
hear “advocate”?



5



6

Differing Roles and Approaches

Case Management	Advocacy
Screening cases	Validating survivors' experiences
Assessing needs	Providing options
Developing case plans	Offering resources
Assisting with required action steps	Explaining what to expect
Monitoring participant progress	Ensuring confidentiality
Evaluating outcomes	Educating the community
Writing case notes	Assisting with safety plans

(Roles may differ and/or overlap depending on the program and funding source.)



7



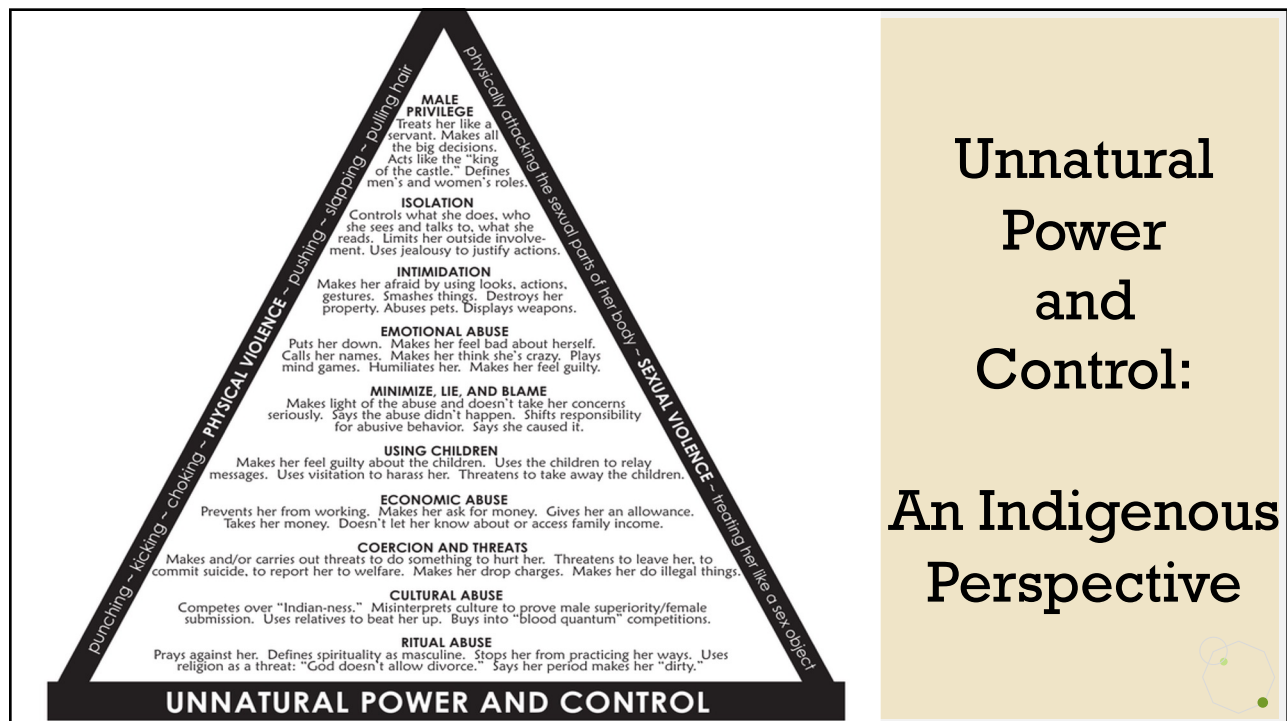
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Individualized Shelter Advocacy


- Addressing immediate needs
- Safety Planning
- Transportation assistance
- Emergency financial assistance
- Navigation through the criminal/civil legal process
- Medical advocacy
- Referrals



9



10




Culturally Specific Trauma Informed Care (TIC): One Example

Mainstream TIC

- Not: "What is wrong with you?"
- Ask "What happened to you?"

Culturally Specific TIC

- Not: "What is wrong with you?"
- Ask "What happened to:
 - You?
 - Your family?
 - Your ancestors?
 - Your people?
 - Your people's land?"



11



Culturally Specific Trauma Informed Advocacy

Historic and Intergenerational Trauma

12



Intergenerational Trauma



Also called collective trauma, multigenerational trauma, and historical trauma.



Collective complex trauma inflicted on a group of people who share a specific group identity or affiliation—ethnicity, nationality, and religious affiliation.



The legacy of numerous traumatic events a community experiences over generations and encompasses the psychological and social responses to such events.

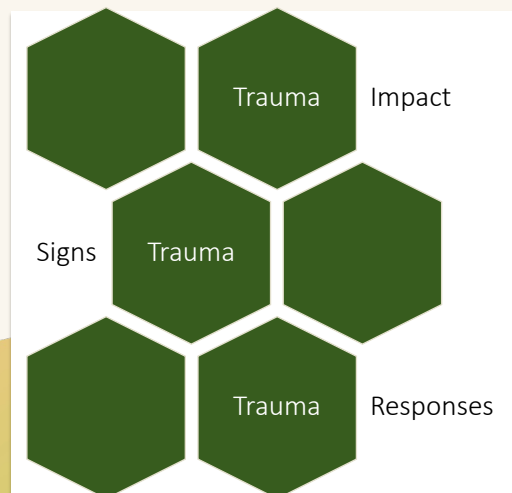
(Brave Heart, 1999a, 1999b, 2000; Brave Heart & DeBruyn, 1998).



13

Linking Historical and Current Trauma

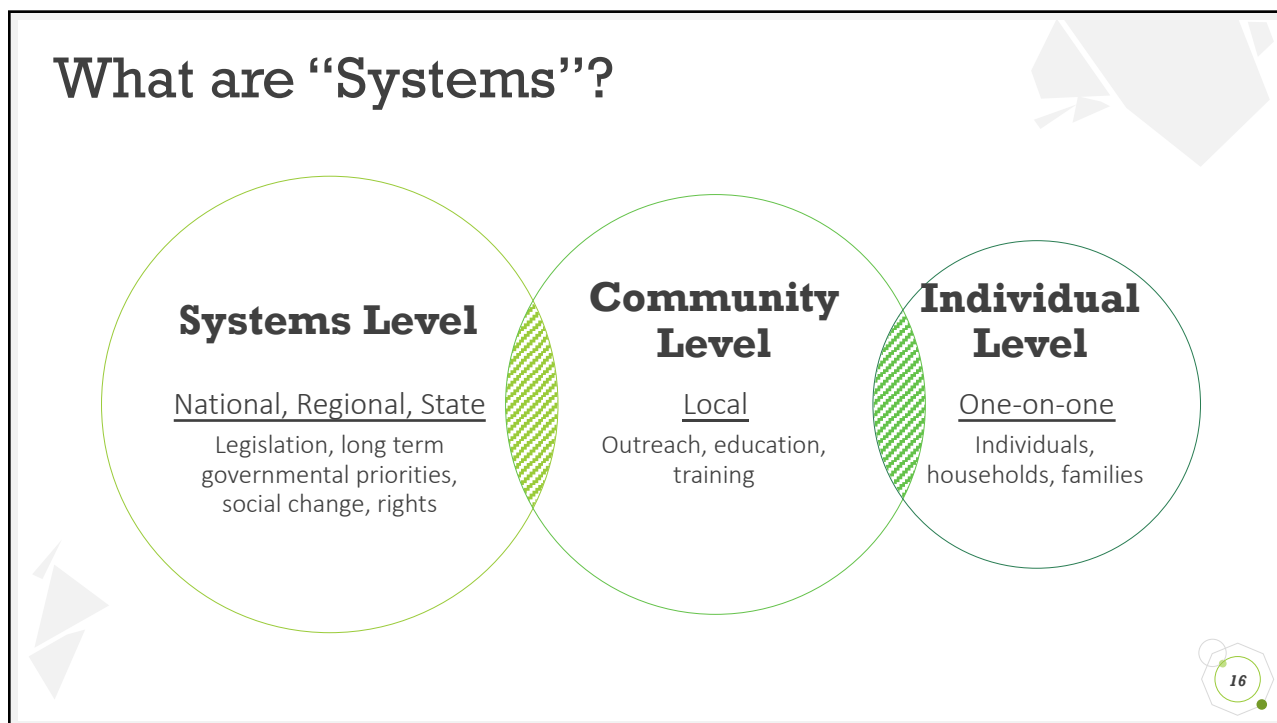
- Intergenerational / multigenerational / historical trauma
- Personal / individual / current trauma
- Community trauma
- Systemic trauma
- Policy trauma



14



15



16

What is Systems Level Advocacy?



Tribal Codes, State & Federal Laws

- + Offender Accountability
- + Survivor Safety


Funding

- + Increased Resources
- + Training
- + Increased Staff

Strategic Plans

- + Barriers in Accessing Resources
 - + Biases
 - + Discrimination
 - + Victim Blaming

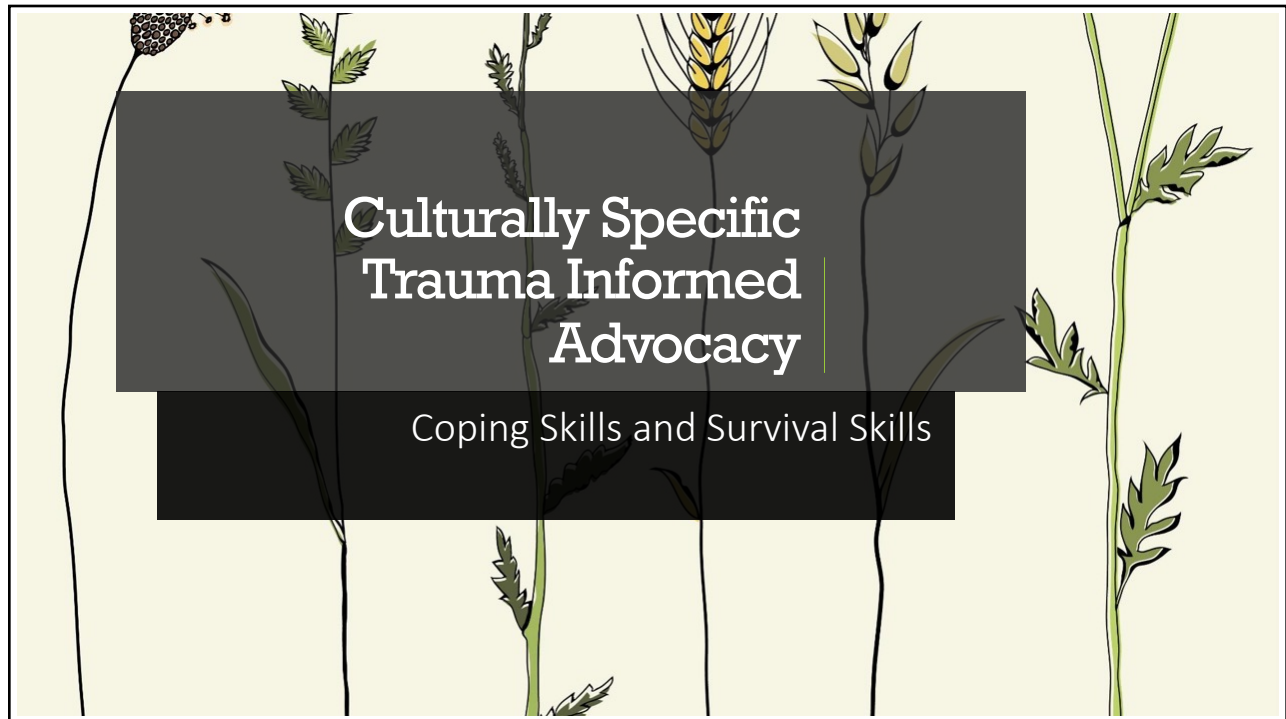
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Pause and Consider:

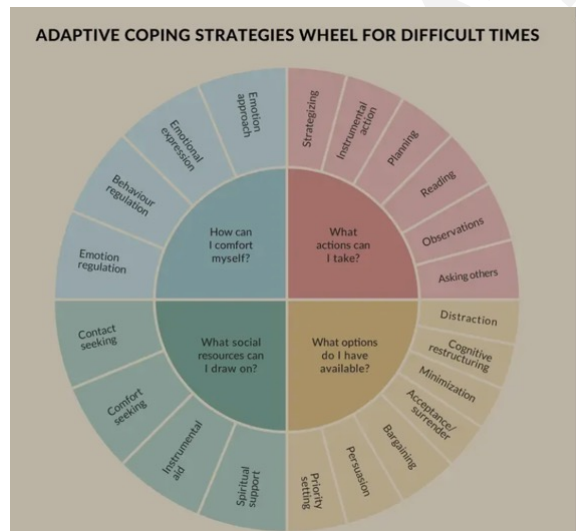
How have you seen survivors impacted by systems level policies and legislation?

18



19

Everyone Copes in Different Ways



20

20

Everyone Survives in Different Ways

- Over/under sleeping
- Over/under eating
- “Workaholic” (over working)
- Smoking
- Alcohol use
- Substance use
- Risky behaviors
- Withdrawing from others
- Aggression, threatening behaviors
- Dissociation
- Etc

Our job is to remain non-judgmental and offer harm reduction strategies as needed



21

Culturally Specific Trauma Informed Advocacy

Processing and Expressing Emotions

22

1. Make friends with your feelings

Even though some feelings are not as nice to feel as others, recognising them, understanding them and working with them, rather than pushing them away, helps us to process them and feel better.

Dr. Radha Modgil



23

Emotions, Especially Anger

Survivors need safe environments to express their feelings/emotions

Identification

- Advocates can help explore and practice labeling emotions as they come up
- Ok to start with basics (happy, sad, fear, anger, disgust, surprise, embarrassment)
- Tip: identify and link emotions with physical reactions

Verbalization

- "I think" vs "I feel"
- It may be easier to practice expressing positive emotions first
- Play games (teambuilding activities) that help survivors become comfortable talking about themselves

Expression

- Creative outlets
- Exercise / intentional movement
- Meditation / stillness
- Crying
- Yelling / screaming
- "Venting" to a trusted person
- Ceremonies



24



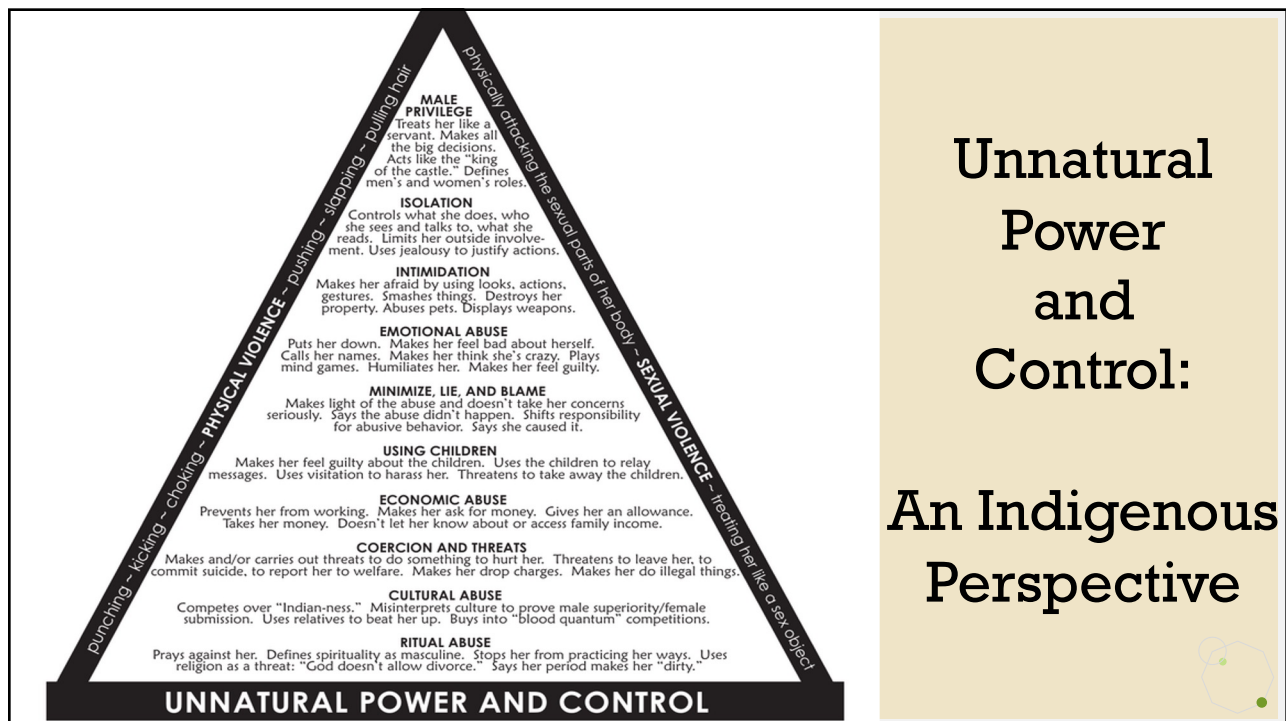
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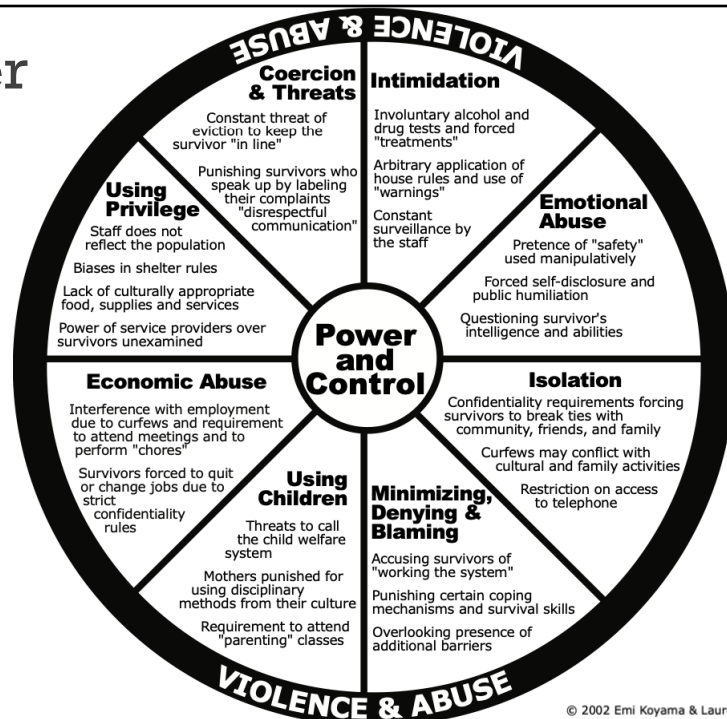


27



28

Abusive Power and Control within the Domestic Violence Shelter



29

Implementing Shelter Services and Supports

Wrap-Around Services and Culturally Specific Healing Options

30

Defining Wrap-Around Services



Survivor Centered

Survivors' perspectives, choices, values, ideas, and voices are prioritized



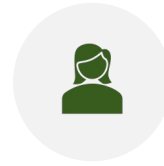
Partnerships and Collaboration

Cooperation, shared responsibility, and accountability in meeting survivors' needs



Community Based

Implemented in the most accessible, inclusive, and comfortable environment



Individualized Supports

Customized and flexible supports, services, and approaches



Strengths Based Approaches

Strategies focused on survivor's personal strengths, knowledge, skills, and networks



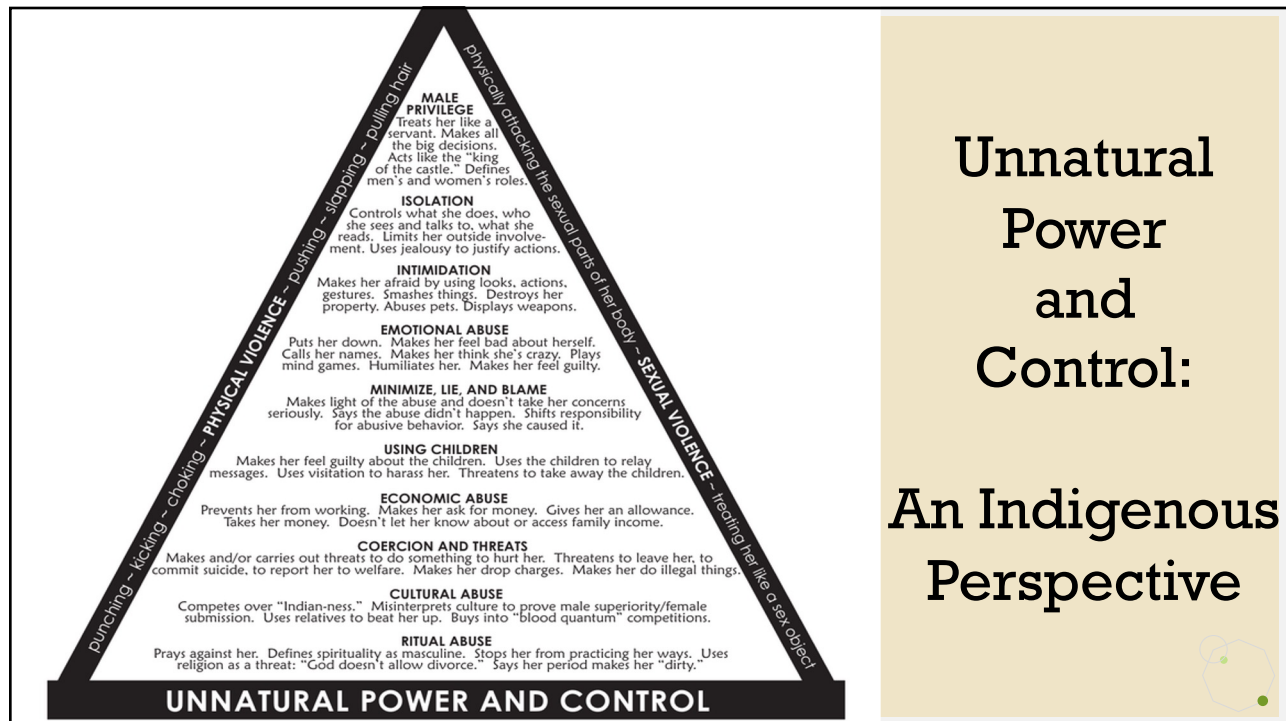
31

Individualized Shelter Advocacy

- Addressing immediate needs
- Safety Planning
- Transportation assistance
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- Navigation through the criminal/civil legal process
- Medical advocacy
- Referrals



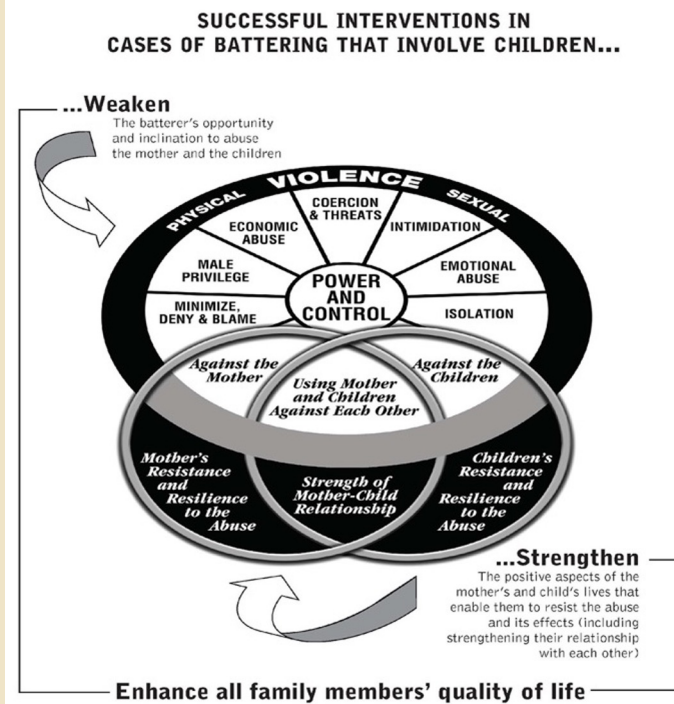
32



33

Wrap-Around Services & Supports Include Children

- Protective Factors
- Coping Skills
- Life Skills Development
- Social Networks
- Cultural Connections



34

Culturally Specific Services

- Healing Ceremonies
- Traditional Medicines
- Spirituality
- Language
- Arts/Crafts
- Talking Circles
- Kinship
- Nature
- Reintegration / Welcoming Back
- Creating Balance



35

Implementing Shelter Services and Supports

Indigenous vs Mainstream Boundaries

36

Boundary Perspectives

Mainstream Programs

- Tend to have very strict boundary policies

“Special treatment, and the urge to provide it, is one of the early warning signs that we teach practitioners to be aware of, part of a potential ‘slippery slope’ of behaviours which can lead to significant harm for clients, and professional disgrace for the practitioner.”

-Frank Cooper, Professional Boundaries in Social Work and Social Care: A Practical Guide to Understanding, Maintaining and Managing Your Professional Boundaries

Indigenous Programs

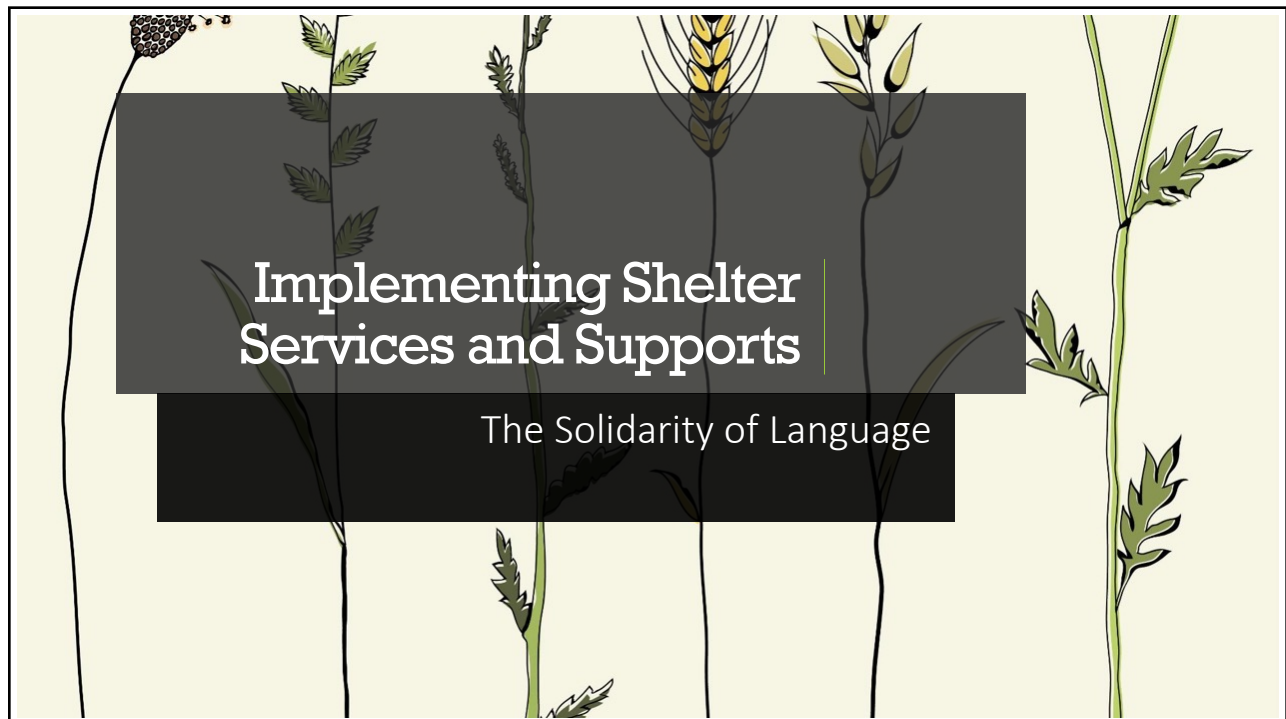
- Tend to recognize our interconnectedness
- Similarly, do not want to cause survivors harm
- Seek balance and equality, while recognizing the inherent power imbalance of the work

“As advocates working with a woman coming in to the program, we want to think about her as our relative. We want to offer safety, make her comfortable, make sure she has breathing room to think about what is happening, to think about her next steps and to think about her life.”

– Victoria Ybanez, Creating Sister Space: A Guide for Developing Tribal Shelter and Transitional Housing Programs



37



38

Language that Reflects Values

Patient - clinic, hospital

Client - case management

Participant - various programs

Victim - legal, law enforcement, court

Survivor - advocacy organizations

Relative – Indigenous advocacy organizations



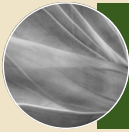
39

Policies and Procedures

Weaving Indigenous Core Values into
Shelter Environments

40

Leading with Traditional Values



Strengths-based
standards of practice



Policies and protocols



Sense of community
and connectedness



41

Advocacy Options

Beliefs

- What are our guiding beliefs?

Intents

- What are we trying to do?

Actions

- What are we really doing?

Effects

- How is it affecting survivors and their children?

Change Strategies

- Developing new responses.

42

42



43

Voluntary Services

“The challenge of integrating the kind of voluntary accountability described... is making sure that participation is truly voluntary, and not coerced or reluctantly agreed to by survivors willing to consent to any conditions because they feel they have no other decent alternative to homelessness or to returning to an abusive situation.”

-The American Institutes for Research, 2016



44

Some Common Concerns



Services

Shelter is a service; therefore, survivors are *already* participating



Supports

Relationships are an “intervention” and advocates can offer options while building trust and rapport



Goals

Survivors' goals are personal, flexible, and self-paced

45

45

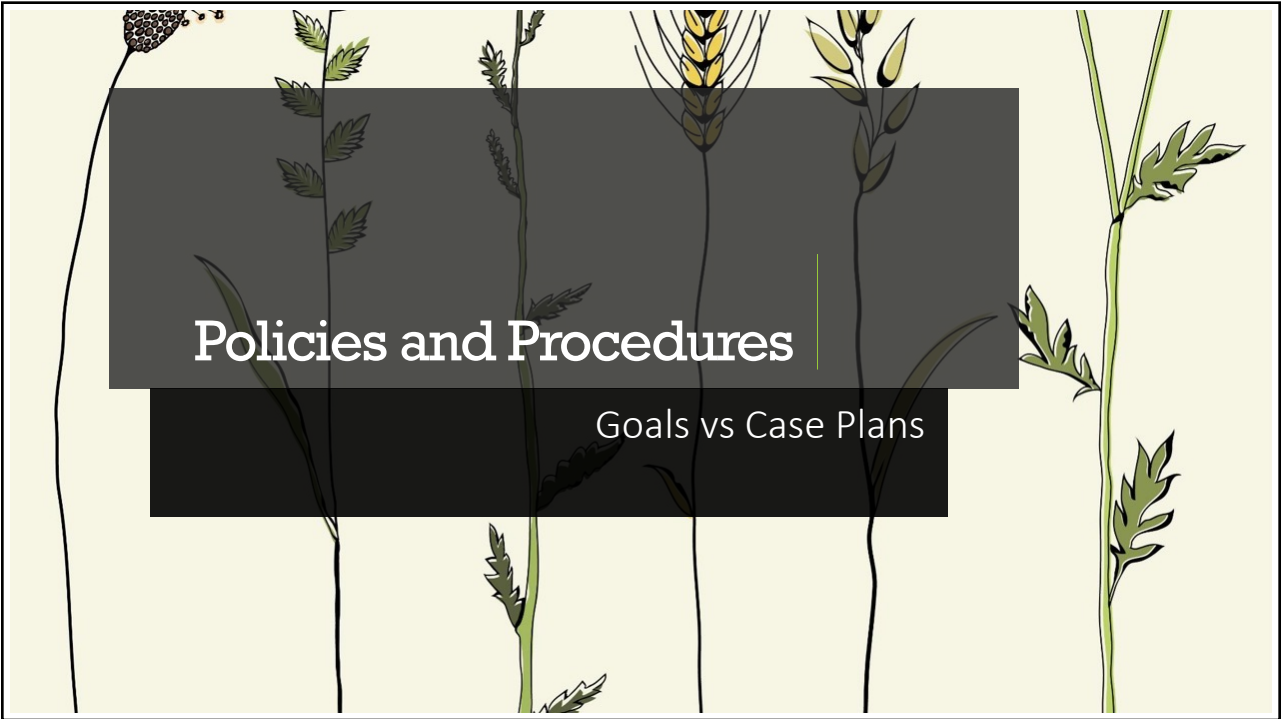
Policies and Procedures

Asks vs Rules

46

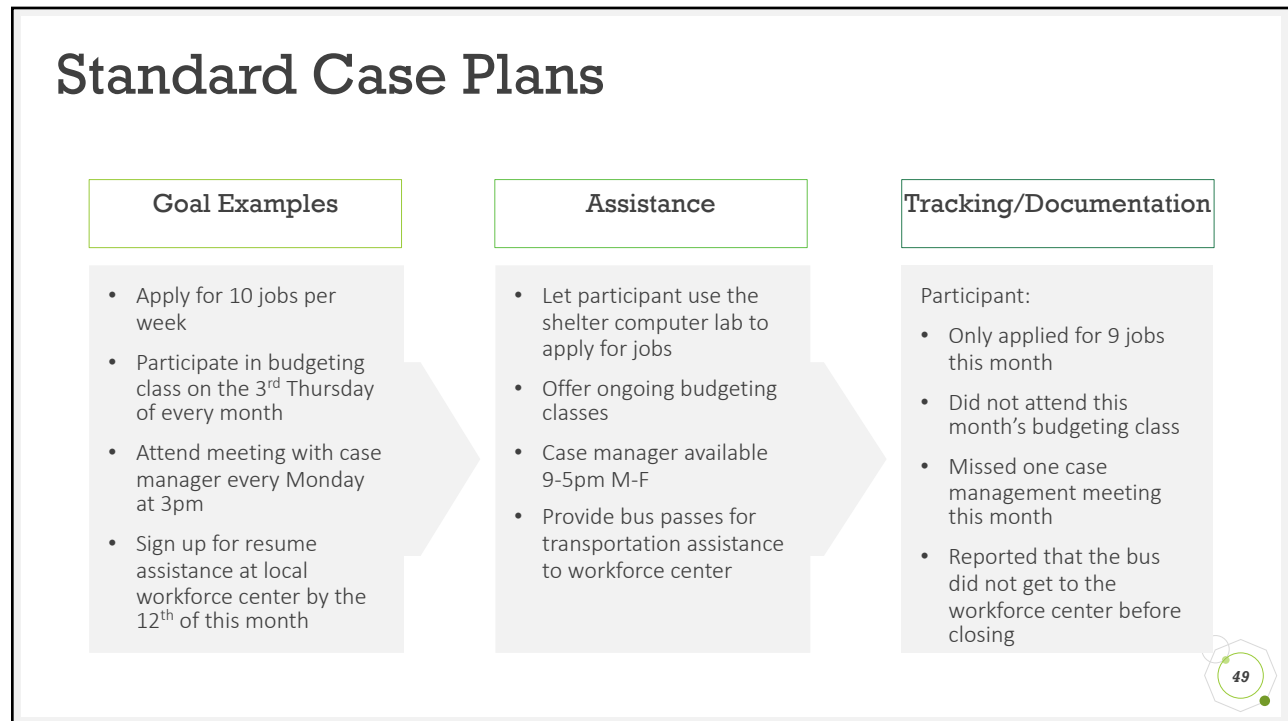


47



48

Standard Case Plans



49

Indigenizing Personal Goals

<h2>Indigenizing Personal Goals</h2>	
<p>Motivational quotes that inspire me:</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Words, phrases, and images that come to mind when I think about my future:</p> <hr/> <hr/> <hr/> <hr/>
<p>Creative vision board space for drawing, painting, collaging, and scrapbooking my dreams:</p> <div style="border: 2px solid green; height: 150px; width: 100%;"></div>	

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