

Mission Statement: The Mission of Crisis Connection Inc. is to work in partnership with communities to empower victims, survivors & persons affected by domestic & sexual violence through confidential crisis intervention, education and advocacy in Crawford, Dubois, Orange, Perry and Spencer Counties.

www.crisisconnectioninc.org

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PRIMARY PREVENTION – Let’s Continue The Discussion!

One day, a fisherman was fishing from a river bank when he saw someone being swept downstream, struggling to keep their head above water. The fisherman jumped in, grabbed the person, and helped them to shore. The survivor thanked the fisherman and left, and the hero dried himself off and continued fishing. Soon he heard another cry for help and saw someone else being swept downstream. He immediately jumped into the river again and saved that person as well. This scenario continued all afternoon. As soon as the fisherman returned to fishing, he would hear another cry for help and would wade in to rescue another wet and drowning person. Finally, the fisherman said to himself, “I can’t go on like this. I’d better go upstream and find out what is happening.”

This public health analogy of ‘moving upstream’ to prevent tragedies from occurring downstream is extremely relevant for our dialogue on domestic and sexual violence prevention.

This newsletter is intended to continue Crisis Connection’s quest for moving upstream with your help. Our focus is to continue our **primary prevention: a systematic process that promotes healthy environments and behaviors and reduces likelihood of an incident *before* it occurs.**

The Spectrum of Prevention



Define the Problem

ID Risk and Protective Factors

Develop & Test Prevention strategies

Ensure Widespread Adoption

OUR PRIMARY PREVENTION STRATEGIC PLAN:

Our community has made initial changes that lead to norm changing & action against sexual /domestic violence. It is now necessary to continually improve with sustained efforts that promote safety, equality and respect; thereby leading to zero tolerance for and significant reduction in sexual crimes and domestic assault.

For years, our agency has focused on secondary and tertiary prevention which will continue in order to best serve survivors. Secondary prevention is the immediate response after violence has occurred to deal with the short-term consequences. Examples include: emergency transportation, protective orders, personal care supplies, resource folders, etc. Tertiary prevention is the longer-term responses after violence has occurred to deal with the lasting consequences. Examples include: batterer's intervention program, women's support groups, follow-up counseling, transitional housing, etc.

As you can see from the illustrations throughout this newsletter, we are now working off a strategic primary prevention framework that includes best practices that modify and/or eliminate the events, situations, conditions, or exposure to influences (risk factors) that result in the initiation and perpetration of sexual and domestic violence and associated consequences.

Our primary prevention efforts include but are not limited to:

*Development, purchase and/or production & distribution of evidence-informed materials.

(i.e. brochures, posters, awareness events, etc.)

*Conducting of sustained, skill-building educational opportunities.

(i.e. school curriculum as Safe Dates, Choose Respect, Love Is Not Abuse, etc.)

*Implementing an extensive public relations and marketing campaign.

(i.e. website, monthly newsletter, press releases, etc.)

*Recruitment of adult males to become leaders in the societal norm changing efforts.

(i.e. Family Violence Prevention Fund Coaching Boys To Men, L. Bancroft, Jackson Katz, etc.)

*Conduct learning opportunities that are timely, efficient & effective.

(i.e. Webinars, Seminars, Presentations, Hotline, etc.)

We have based this on core competencies of:

- Being an active part of coalitions & partnerships
- Assessing community needs & resources
- Analyzing problems, challenges & goals
- Focusing on our strategic plan with definitive action
- Building leadership and cultural competency.
- Developing and using intervention
- Advocating as a social change agent built around a social marketing plan
- Evaluating progress on initiative
- Obtaining funding
- Improving organizational management & development
- Sustaining our work



RISK AND PROTECTIVE FACTORS:

Category	Risk Factor	Protective Factor
<i>Relationship Perception</i>	<i>Acceptance of traditional Gender Roles or that violence is acceptable in relationships</i>	<i>Belief in Equality and Respect</i>
<i>Relationship Skills</i>	<i>Lack of skills in communication, conflict management, and regulating emotions Low sense of emotional security</i>	<i>High self-esteem, effective communication skills</i>
<i>General Behavior/Conduct</i>	<i>Bullying and aggressive relationships w/ peers, friends, parents</i>	<i>Establishes healthy friendships, modeled healthy behavior at home</i>
<i>Dating Relationship Experiences</i>	<i>Past dating abuse Imbalance of power in current relationship (age difference)</i>	<i>No abuse in relationships</i>
<i>Family Influences</i>	<i>Dysfunctional family environment. Lack of parental support, affection, supervision Overly punitive methods of discipline Youth reluctance to include adults in life decisions</i>	<i>Create trusting relationships with adult role models that offer encouragement and affection</i>
<i>Peer Influences</i>	<i>Perceptions that violence is considered acceptable by peers Peers in current/past abusive relationships Pressure to conform to peers Negative friendships with same-sex friends</i>	<i>Teach bystander skills Encourage individuality and trusting your instincts Learn skills in resisting peer pressure</i>

HOW DO YOU THINK WE ARE DOING AS A WHOLE TO ADDRESS THESE FACTORS? ON AN INDIVIDUAL LEVEL? ON A RELATIONAL LEVEL? ON A COMMUNITY LEVEL? ON A SOCIETAL LEVEL? We welcome your input and need your help!



SPECIAL SOMEONE

Our agency tries to honor people who go above and beyond with no expectation of praise other than the reward inherent in making a difference.

This month we recognize the **Jan Eckert Mehne**. Jan has volunteered for our agency for years. She is a great ambassador in carrying out work to meet our vision and we greatly appreciate her tireless dedication.

HOW WELL DO YOU DEAL WITH CHANGE AND GROWTH?

The five stages of change are precontemplation, contemplation, preparation, action, and maintenance. **Precontemplation** is the stage at which there is no intention to change behavior in the foreseeable future. Many individuals in this stage are unaware or underaware of problems. **Contemplation** is the stage in which people are aware that a problem exists and are seriously thinking about overcoming it but have not yet made a commitment to take action. **Preparation** is a stage that combines intention and behavioral criteria. Individuals in this stage are intending to take action in the next month and have unsuccessfully taken action in the past year. **Action** is the stage in which individuals modify their behavior, experiences, or environment in order to overcome their problems. Action involves the most overt behavioral changes and requires considerable commitment of time and energy. **Maintenance** is the stage in which people work to prevent relapse and consolidate the gains attained during action.

WHERE ARE YOU IN MAKING A DIFFERENCE IN ENDING SEXUAL AND DOMESTIC VIOLENCE?

ONLINE RESOURCES TO LEARN MORE ABOUT PREVENTION:

(Our agency also has these. We are more than glad to share & discuss!)

1. **Sexual Violence Prevention**, published by the Prevention Researcher provides examples of comprehensive strategies. It can be downloaded for free at:
<http://www.preventconnect.org/display/displayTextitems.cfm?itemID=121§ionID=24>
They also have a great online presentation:
http://www.preventconnect.org/presentations/Spectrum_of_Prevention/index.html
2. **Measuring Violence-Related Attitudes, Behaviors, and Influences Among Youths: A Compendium of Assessment Tools - Second Edition**
<http://www.cdc.gov/ncipc/pub-res/measure.htm>
3. **Sexual Violence and the Spectrum of Prevention** is available through the **National Sexual Violence Resource Center** at:
<http://www.nsvrc.org/publications/nsvrc-publications/sexual-violence-and-spectrum-prevention-towards-community-solution>
4. **Beyond Surviving: Safety Program, Toward A Movement To Prevent Child Sexual Abuse** is published by the Ms. Foundation and is available at:
<http://www.ms.foundation.org/user-assets/PDF/Program/safety.pdf>
5. **Rape Prevention and Risk Reduction: Review of the Research Literature for Practitioners**
<http://new.vawnet.org/category/Documents.php?docid=1655>
6. **Shifting The Paradigm: Primary Prevention of Sexual Violence** is published by the American College Health Association and is available at:
http://www.acha.org/sexualviolence/docs/ACHA_PSV_toolkit.pdf
7. **Domestic Violence Prevention**
http://www.transformcommunities.org/cdvp/CDVP_3d.html
8. <http://www.cdc.gov/ncipc/dvp/dvp.htm>
9. <http://www.who.int/violenceprevention>
10. <http://www.transformcommunities.org>
11. www.preventioninstitute.org

