



2023 Conference

Workshop Descriptions

Listed in order of appearance on the agenda grid.

Sustainable Funding Development Planning

*Monday, October 30th, 2023 - 10:15am to 11:45am &
1:00pm to 2:30pm*

Landmark 1 &2

When you ask nonprofit leaders and board members what the #1 priority is for a nonprofit, they will say “mission.” The mission is the primary reason most of us do the work. But nonprofit leaders also need to have a plan for how we will fund the work. If a nonprofit wants to provide mission-based services over the long-term, fund development planning needs to build sustainability. Sustainability doesn’t just happen. It requires careful planning and good strategy. In this workshop, we will explore the important role of the annual fund development plan in funding the work over the long-term.

Presented by: Debora Steinkopf

Healing Through Yoga *(offered Monday & Tuesday)*

*Monday, October 30th, 2023 - 10:15am to 11:45am &
Tuesday, October 31st 1:00-2:30pm*

Great Hall

To provide a welcoming, accessible, trauma informed safe container for attendees, advocates and survivors to practice all the benefits of a yoga practice. A guided practice to invite a somatic experience. Using breathing practices to help self regulate the nervous system - shifting from fight/flight to parasympathetic. Balancing and cleansing breathing practices to calm the mind and shift the brain from the limbic system to higher reasoning. An invitation to move gently and thoughtfully with special attention to breath and bodily sensations that may arise. Modifications will be offered throughout. The use of props encouraged to promote self awareness, self confidence and self agency. Practice will complete with a guided meditation, possibly laying down to integrate the benefits of practice.

Presented by: Cathy Tarsia

The Sublime Spirit - Paths to a Revitalized Purpose

Monday, October 30th, 2023 - 10:15am to 11:45am

Heritage 1

In this interactive workshop we will be talking about what feeds the soul and how to stay (or get) connected to spirit. This isn't about religion, its about what spirituality means to you and how to feel present in the moment while working in a world of encroaching heavy and depleting negativity. Tips and tools for being in the moment, finding what has meaning to the individual, 1 min and 3 min meditation exercises, links to podcasts and videos for optional viewing later.

Presented by: Lea Sevey

Culturally Specific Restorative Retreats *(workshop in Spanish)*

Monday, October 30th, 2023 - 10:15am to 11:45am

Heritage 2

Durante este taller, compartiremos cómo EPH UNICA ha implementado retiros restaurativos culturalmente específicos para apoyar el bienestar de nuestros advocates y construir un equipo cohesionado y resistente para servir a la comunidad latina. Como proveedores de servicios culturalmente específicos, nuestros advocates son la comunidad a la que sirven y, a menudo, enfrentan barreras y violencia similares a las que soportan los sobrevivientes cuando navegan por los sistemas. Crear un ambiente de trabajo donde nuestros advocates se sientan apoyados, vistos y validados es vital para nuestra misión. Al invertir en esta mezcla de desarrollo profesional y personal que centra nuestras experiencias latinas y se basa en nuestra cultura latina, nos embarcamos en este viaje hacia el bienestar liberador. Discutiremos los temas, las actividades y los resultados del retiro, e involucraremos a los asistentes en un mini taller adaptado de uno de nuestros retiros de UNICA. 1) Reflexione sobre el modelo actual de su agencia para apoyar el bienestar del personal y promover la restauración. 2) Identificar nuevas formas de apoyar la capacidad y el crecimiento emocional. 3) Aprenda a elaborar estrategias, planificar e implementar retiros restaurativos.

During this workshop we will share how EPH UNICA has implemented culturally specific restorative retreats to support the wellbeing of direct service advocates, and build a cohesive and resilient team to serve the Latine community. As a culturally specific provider of services, our advocates are the community they serve and often face similar barriers and violence that survivors endure when navigating systems. Creating a work environment where advocates feel supported, seen, and validated is vital to our mission. Investing in this mixture of professional and personal development that centers our latine experiences and is grounded in our latine culture, we embark on this journey towards liberatory wellness. We will discuss retreat themes, activities and outcomes, and engage attendees in a mini workshop adapted from one of our UNICA retreats. 1) Reflect on your agencies current model for supporting staff wellness and promoting restoration. 2) Identify new ways to support emotional capacity and growth. 3) Learn to strategize, plan, and implement restorative retreats.

Presented by: Perla Estrada & Yolanda Magana

Non-Profit Sustainability & Revenue Diversification

Monday, October 30th, 2023 2023 – 1:00pm-2:30pm

Landmark 1&2

How do we determine the right revenue mix to build sustainable funding for our nonprofit? This is an essential question for nonprofit financial leaders. In this workshop, we will explore the common finance models for nonprofits and discuss the characteristics of different revenue sources to build your ideal finance model. We will also examine the risks, challenges, and organizational capacities needed to procure and manage different revenue streams. Participants will gain valuable insights for strategic decision-making about where to focus fund development resources and efforts.

Presented by: Anthony Petchel

Cultivating Rest & Renewal

Monday, October 30th, 2023 – 1:00pm-2:30pm

Great Hall

This will be a time to connect with your body and the community through light movement practices, self-reflective exercises, and journaling. Stress can show up in many different ways in our bodies and movement of any kind can help release tension. Please bring a journal that you use regularly if you have one and wear comfortable clothing that allows you to move freely.

Presented by: Trisha Fey Elizarde

Using Biblical Narratives to Facilitate Healing

Monday, October 30th, 2023 – 1:00pm-2:30pm

Heritage 1

Over the years we have worked to train clergy, faith based providers, and those with faith based clients to help women in IPV find healing and support in leaving their abusive partner. Before Covid we began to accept survivors of IPV and the Sex Industry to attend a reading group, which used faith based narratives, to provide further insight into the text while journeying with the women in their spiritual, emotional, and physical healing. While the research originally was used for Biblical scholars through presentations at academic conferences (and one paper for future publication), the attendees expressed healing through the stories that validated their experiences, offered hope in their healing, strengthened their faith, and provided positive role models in their spiritual state. I would like to share the results to the conference attendees as well as provide another tool for those wishing to facilitate these narrative sessions with clients.

Presented by: Ron Clark

Restoryation & Sensemaking *(2 part workshop)*

*Monday, October 30th, 2023 – 1:00-2:30pm &
3:00-4:30pm*

Heritage 2

OCADSV participated in a national needs assessment project, called "**Re-story-ation**", that used story-telling as a way to understand the collective workforce experience of the past few years. Stories and data have been compiled and analyzed by an evaluation team.

25 state and U.S. territory coalitions participated in facilitating story-telling sessions involving thousands of advocates, preventionists, and program directors.

Join us to experience a part of this design, we will have the time and space for participants to tell and listen to each other's stories, with thoughtful facilitation, and so that we can all start gleaning **lessons for the future of survivor advocacy and our movement**.

We invite participants to bring an item for a story table - something small that is symbolic of what gives you strength/purpose for this work. Activities will involve collaging, verbal storytelling, and journaling.

Presented by: BB Beltran & Keri Moran-Kuhn

Creative Strategies for Facilitating Youth Engagement in RPE

Monday, October 30th, 2023 – 3:00-4:30pm

Landmark 1 & 2

The workshop will consist of three parts: Part 1: Creative Approaches to Rape Prevention Education – Participants will explore a verbal and visual overview of alternative approaches to RPE content delivery, and how SEI has experienced increased student engagement with prevention efforts and confidential advocacy through integrating RPE content into such classes as storytelling/podcasting, art, boxing, mindfulness, and early childhood education. Participants will have the opportunity to envision how similar strategies could be adapted to explore their own service communities.

Part 2: Storytelling for Justice – Participants will explore an in-depth sample of student products of the Storytelling for Justice partnership with OCADSV as well as the SEI student podcast, including playing digital samples of the work. Ideally (to be confirmed upon acceptance of this application), student participants in one or both projects will be present to share their own experiences with the projects and answer questions. A guided group storytelling activity will demonstrate the value of storytelling as a modality for community-building and survivor support.

Part 3: Youth voice, youth choice – Student participants will speak briefly as to the state of their schools, their experience with traditional and non-traditional prevention efforts, and facilitate a question-and-answer session.

Presented by: Jessica Beatty

Paid Leave Oregon

Monday, October 30th, 2023 - 3:00-4:30pm

Great Hall

Paid Leave Oregon - A new program that allows employees in Oregon to take paid time off for some of life's most important moments that impact our families, health and safety.

Presented by: Michael Nguyen & Monica Torres

Intro to Supervision

Monday, October 30th, 2023 - 3:00-4:30pm

Heritage 1

Supervising is fundamental to great survivor advocacy, staff resiliency, and organizational health. In survivor programs, we can feel more confident and creative when we can draw on a supervision toolbox and learn how to be sensitive to the power we hold. In this workshop, we'll go over a supervision framework rooted in race/gender equity and valuing lived experience. Supervisors, bring your questions! This workshop is intended for new and newer supervisors, or for those who want a refresher.

Presented by: Deadria Boyland

Building Resilience & Connection: Navigating the complexities of power and leadership *(2 part workshop)*

Tuesday, October 31st, 2023 10:15am-11:45am & 1:00-2:00pm

Landmark 2

Like so many other agencies in our field, SASS experienced an unprecedented level of turnover and distress during the pandemic. As young and emerging leaders, our new administrative team has committed to exploring and implementing liberatory leadership practices that are rooted in our desire to build joy and resilience among our team members and advocates, which lightens the load of the heavy vicarious trauma we endure. Some of our practices and strategies have included power sharing models, humane PTO policies, prioritizing mental health among staff, unique volunteer programming, and strategic and transparent budgeting - all of which we hope to discuss with attendees.

We will detail tangible policies, practices, and procedures we've implemented, especially as they relate to personnel management. We will discuss both what has and what has not worked well for our organization so that attendees can consider the ways in which their own organizations might benefit from similar strategies and frameworks. Ultimately, we hope attendees will leave with a solid action-plan that contributes to equity and resilience at their own organizations. We will also discuss both the successes and the challenges we've faced building a new organizational culture. We will name and highlight the complexities that non-profit leaders face when Capitalism, restrictive funding, and oppression at large dictate so much of what is possible.

We will ask our attendees, "How can we understand the tensions between sustenance and productivity in the context of trauma work? Are these concepts inherently at odds?" and hold space for the conversations that emerge out of this concept. While we have yet to build an agenda for our proposed

workshop, we aim to share our experiences and knowledge as they relate to leadership. We envision this conversation in three stages: 1) lecture, 2) discussion, and 3) independent action-planning about what is possible at others' respective organizations.

Presented by: Kaelyn Kirkpatrick & Martina Shabram

The Intersection of Disability Rights & Crime Victim Rights

Tuesday, October 31st, 2023 10:15am-11:45am

Homestead 2

Enhancing Commitment and Capacity to Serve Survivors with Disabilities.

Presented by: Rachel Berry

Advocacy for Advocates- Advancing Survivor Protections in Salem

Tuesday, October 31st, 2023 10:15am-11:45am

Great Hall

Why advocacy matters in Salem, and how Advocates can have their voices heard by our state representatives. Achievements from our last legislative session and our goals looking forward.

Presented by: Niki Terzieff & Sybil Hebb

Inclusion is Prevention: Understanding intersections of DV & sex trafficking & creating a lived experience *(2 part workshop)*

Tuesday, October 31st, 2023 10:15am-11:45am & 1:00-2:30pm

Landmark 1

Part 1: For the first part of this presentation we will focus on in-depth exploration of the root causes behind sexual exploitation and sex trafficking in both rural and metropolitan communities. We will also cover foundational components of sexual exploitation by differentiating between sex work and sex trafficking. Our presenters will equip the attendees with the knowledge and understand the complex dynamics of relationships within the realm of sex trafficking and how to better spot abusive dynamics correlating with trading sex either to meet basic needs, by choice, or in a survival sense. By utilizing the already present skills around liberation in the domestic and sexual violence world we will discover solutions together to better identify and prevent commercial sexual exploitation. The presentation will end with a focus on the importance of the roles of survivor leadership in sex work liberation which will lead on to the next part of the series. Specifically how integrating and empowering survivors in this work is a prevention method for sexual exploitation and sex trafficking.

Part 2: The second part of the presentation will be directed towards non-profits and programs with limited funding. Attendees will be equipped with tangible materials, complete with detailed step-by-step instructions, enabling them to create a community based advisory committee of members with lived experience in the sex trade or as Sex Trafficking Survivors. The presenters will utilize resources

cultivated through New Day's implementation of survivor feedback in their housing programs, including the ST specific independent housing project Butterfly House and their experience facilitation the Multnomah County lived experience community advisory board. with templates to utilize in their own program. This will be done by leaning into working with survivors in a way that is ethical, honors experience, and facilitates real change both in program and the community. The workshop will go over incentives for survivors and communication dynamics based off previous findings from the CAB. The strong message of this presentation is breaking down in steps how to facilitate getting survivors into this work as a core way to prevent trafficking and take leverage away from traffickers through a more sustainable and long lasting route.

Presented by: Kat Salas & River James

Shelter Rules

Tuesday, October 31st, 2023 1:00pm-2:30pm

Homestead 2

Supervising is fundamental to great survivor advocacy, staff resiliency, and organizational health. In survivor programs, we can feel more confident and creative when we can draw on a supervision toolbox and learn how to be sensitive to the power we hold. In this workshop, we'll go over a supervision framework rooted in race/gender equity and valuing lived experience. Supervisors, bring your questions! This workshop is intended for new and newer supervisors, or for those who want a refresher.

Presented by: Deadria Boyland

The Violence Against Women Act: 2022 reauthorization-housing expansion for survivors

Tuesday, October 31st, 2023 2:45pm-4:15pm

Landmark 2

VAWA 2022 is a law that provides protections for survivors of domestic violence, dating violence, sexual assault, and stalking who are seeking to access or maintain federally-assisted housing. VAWA 2022 continues VAWA 2013's housing safeguards (as well as the safeguards developed under VAWA 2005) and expands housing protections for survivors. This presentation will provide an overview of key VAWA 2022 changes and provide practical implementation guidance for domestic violence advocates as they implement these new protections and build on the previous ones.

Presented by: D. Fox

Supporting Survivors Around Addiction

*Tuesday, October 31st, 2023 10:15am-11:45am
- 1:00pm-2:30pm*

Homestead 2

An open space for those working with survivors with addictions which is a much bigger population than is recognized, to learn and understand what the intersection of IPV/Addiction is about and new ways to address it. Providing skills and knowledge of what it looks like to truly support survivors through this process and meet them where they are at, and help them build a positive and empowering support network throughout their journeys.

Presented by: Shaykeishya Hardin, Ashley Ann Crook, Rachel Young, & Mary Schlichting

Anatomy of a Protective Order Case: Strategies, safety considerations, & updates

Tuesday, October 31st, 2023 2:45pm-4:15pm

Great Hall

In our presentation our attorney will focus on Issue spotting for when legal advice is needed and where to find it. We will answer the question: When does information become legal advice? We will cover common legal issues with various ROs that may not be apparent, and what to do when people don't qualify for anything, what then? Should they just try it anyway? Our Victim Advocate will focus on providing guidance and information without providing legal advice, safety planning considerations for protective orders beyond the application stage, advocacy skills in the criminal and RO processes, and safety planning and information gathering for those who do not currently qualify for an RO. Our presentation will involve hypotheticals, break-out sessions and real-world examples of cases for us to explore.

Presented by: Emily La Brecque & Mickey Karnas

The Young Advocates Institute: 12 years of youth prevention work that changed me

Tuesday, October 31st, 2023 2:45pm-4:15pm

Landmark 1

An engaging discussion on a twelve year journey of creating a culture of consent starting with very young people, and how this can inspire social change and a new way of framing values, relationships, and sexuality. NCCASA's Young Advocates Institute, a social justice summer initiative that houses and trains 200 teens, ages 13-17, for a weekend of workshops on a college campus.