



THE BASICS OF ADVOCACY 2018 *Series*



mcdsv
Missouri Coalition Against
Domestic and Sexual Violence

MCADSV presents the *2018 Basics of Advocacy Series*

The Basics of Advocacy Series is a five-part series designed for individuals to build skills to assist survivors of sexual and domestic violence.

Although the series is made for new advocates who are learning the role, experienced advocates will enjoy the opportunity to review and refresh.

You will walk away from each component with new strategies, more enhanced knowledge and stronger connections with other advocates from around the state. Each two-day training includes in-depth discussions, hands-on activities and time to process information with your peers.

Register online at www.mocadsv.org

Trainings are open to employees, volunteers and Board members of MCADSV member programs; individual MCADSV members; and non-members. Registration will be limited to 40 participants. The non-refundable training fee for non-members is \$45 per day [\$90 per training].

There is a \$25 fee per day for participants who do not cancel their registration by noon on the day before the training.

Each training requires a separate registration through the MCADSV website: www.mocadsv.org.

Non-members, please register by phone at [573] 634-4161

Lunch and snacks will be provided. A \$5 contribution is requested for lunch each day.

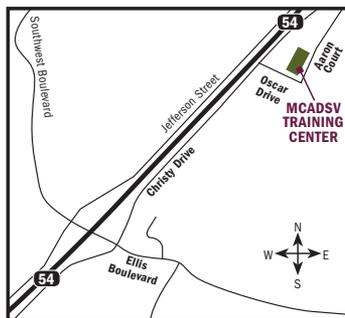
QUESTIONS ABOUT TRAININGS OR CONTINUING EDUCATION UNITS?

Please contact Nancy Foster, Education Director, at [573] 634-4161, ext. 102, or nfoster@mocadsv.org.

MCADSV TRAINING CENTER

1440 Aaron Court,
Jefferson City, MO 65101

From Highway 54, take the Ellis/Southwest Boulevard exit. Go east on Ellis Boulevard, then turn left on Christy Drive. From Christy Drive, turn right on Oscar Drive (north of the large black building). The MCADSV Training Center is at the bottom of the hill on the left. Turn left on Aaron Court.



NEARBY HOTELS

For lodging information please check out the Jefferson City Convention and Visitors Bureau website:

www.visitjeffersoncity.com/stay.php

Participants are responsible for making their own hotel reservations and paying for their own lodging.

The Basics of
DOMESTIC VIOLENCE ADVOCACY

March 21-22
register by March 16

September 19-20
register by September 14

9:30 a.m. - 4:30 p.m. each day

This interactive training for new advocates provides a philosophical basis for advocacy and the skills you need to provide effective and respectful services. It includes an opportunity to practice through scenarios, role plays and simulations and offers common sense techniques to determine which advocacy approaches are safe, practical, empowering and ethical.

This training includes:

- Examining the nature and dynamics of domestic violence
- A reflection on the history of social change movements
- Examining voluntary services, low-barrier rules and accessibility in domestic violence shelters
- Understanding the effects of trauma and providing trauma-informed services
- Critical thinking and ethical decision making

Attendees MUST complete the MCADSV online training *The Basics of Advocacy Series: DV 101* prior to this in-person training. Each individual will need their own username to register for an online training (not a shared agency username). If you have any questions about how to register for an online training, please contact MCADSV.

Trainers: *From left to right:* Laura Zahnd, Nora Mosby



The Basics of
**CRISIS INTERVENTION, HOTLINE
AND SAFETY PLANNING**

May 23-24
register by May 18

November 6-7
register by November 2

9:30 a.m. - 4:30 p.m. each day

In order to provide quality services to diverse individuals, it is important to understand that trauma and cultural issues intersect in complex ways for each person. This training will provide techniques for delivering effective advocacy to survivors in crisis, explore safety planning as a dynamic process that involves consideration of a survivor's needs and resources, and review common hotline situations and methods for responding to them.

This training includes:

- Concepts and best practices for crisis intervention, hotline and safety planning services
- Strategies and action plans to assist with providing quality services
- Group discussion to learn from attendees' experiences
- Activities to help you identify how your own culture impacts services to survivors
- A self-assessment for your organization's cultural competency

Attendees MUST complete the MCADSV online training *The Role of the Advocate: Keynote Speech* prior to this in-person training. Each individual will need their own username to register for an online training (not a shared agency username). If you have any questions about how to register for an online training, please contact MCADSV.



Trainers: *From left to right:*
Gail Reynoso, Nora Mosby

The Basics of
**TRAUMA, MENTAL HEALTH AND
SUBSTANCE USE**

June 27-28
register by June 22

November 28-29
register by November 23

9:30 a.m. - 4:30 p.m. each day

You know how to call 911 if someone is having a heart attack, but do you know what to do if someone is suffering from depression or addiction and having a crisis? What if someone is thinking about suicide or self-mutilation? This training teaches you skills to help someone experiencing a mental health or substance use challenge.

This training includes:

- Signs and symptoms of common mental disorders
- A five-step action plan to help an individual in crisis connect to professional care
- Tangible strategies to implement this action plan in the shelter environment
- Resources available to help someone with a mental health problem
- Certification in Mental Health First Aid

Attendees MUST complete the 1½ hour webinar *Working at the Intersection: An Overview of Substance Abuse, Trauma, and Violence Against Women* prior to this

in-person training. Attendees will be provided a link to the webinar after registering for *The Basics of Trauma, Mental Health, and Substance Use*. If you have any questions, please contact MCADSV.

Trainers: *Front row, from left to right:* Nancy Foster, Gail Reynoso; *back row:* Laura Zahnd



The Basics of
**SEXUAL ASSAULT ADVOCACY AND
COMMUNITY RESPONSE**

July 18-19
register by July 13

October 10-11
register by October 5

9:30 a.m. - 4:30 p.m. each day

Each survivor of sexual assault knows what healing and justice means to them. This training examines the role of an advocate and how we can help survivors understand and navigate their options as well as ensure our organizations and communities are ready to respond.

This training includes:

- Exploration of the dynamics of sexual assault and provision of trauma-informed services
- Discussion to enhance advocate's knowledge of terminology
- How to identify different reactions to sexual assault as "normal responses to abnormal situations"
- Developing skills for conducting community assessments that will lead to strengthened services for sexual assault survivors
- Discussion and developing skills for survivor-based systems advocacy

Attendees MUST complete the MCADSV online training *The Basics of Advocacy Series: SV 101* prior to this in-person training. Each individual will need their own username to register for online training (not a shared agency username). If you have any questions about how to register for

online training, please contact MCADSV.



Trainers: *From left to right:*
Matthew Huffman,
Virginia Mohammed

The Basics of
LEGAL ADVOCACY

August 22-23
register by August 17

9:30 a.m. - 4:30 p.m.

Providing legal resources and information is an important part of effective advocacy. In this training, the trainers will provide you knowledge about various aspects of the civil justice and criminal justice systems. Participants will enhance their knowledge in areas such as confidentiality, state and federal law, court processes, post-conviction, Orders of Protection, immigration and teen issues.

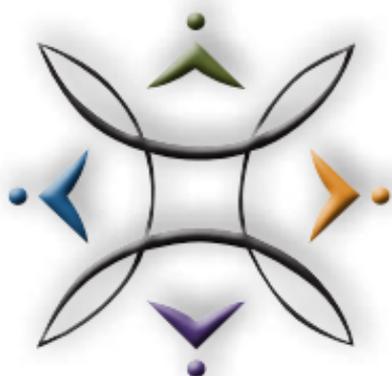
This training includes:

- Direction and practice filling out an Adult Order of Protection petition
- Exercises to facilitate advocates' understanding of the legal system
- Videos to engage critical thinking regarding the legal system
- A comprehensive overview of the criminal justice system
- Legal advocacy skill-building activities

Attendees MUST complete the MCADSV online training *Confidentiality for Domestic Service Providers or Confidentiality for Sexual Violence Service Providers* prior to this in-person training. Each individual will need their own username to register for online training (not a shared agency username). If you have any questions about how to register for online training, please contact MCADSV.

Trainers: *From left to right:*
Kelly Martinez,
Virginia Mohammed





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Missouri Coalition Against
Domestic and Sexual Violence



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Jefferson City, MO 65101

(573) 634-4161 • (573) 636-3728 Fax
*For deaf and hard of hearing,
dial 711 for Relay Missouri.*

www.mocadsv.org
mocadsv@mocadsv.org

**FOR A LIST OF ALL MCADSV
TRAININGS PLEASE CHECK OUT
WWW.MOCADSV.ORG/TRAININGS**