Community Engagement Catalog

TYPES OF COMMUNITY ENGAGEMENT REQUESTS

- SPEAKER AT YOUR EVENT
- PRESENTATION OR TRAINING *(FEES MAY BE ASSOCIATED)*
- HOST A FIRST STEP TABLE OR INFO BOOTH
- PROFESSIONAL ON A PANEL
- INTERVIEW WITH MEDIA OR JOURNALIST
- REPRESENTATIVE TO ACCEPT DONATION
- ADVOCATE TO PROVIDE EMOTIONAL SUPPORT DURING AN EVENT
- INTIMATE PARTNER VIOLENCE AND/OR SEXUAL ASSAULT SURVIVOR SPEAKER
- CONSULTATION ON POLICY AND PROCEDURE *(FEES MAY BE ASSOCIATED)*
- COMMUNITY SUPPORT GROUP

COMMUNITY EDUCATION & PRESENTATIONS

First Step has numerous programs to offer to a variety of groups ranging in ages, interests, and backgrounds. The length of time chosen for a presentation will decide how in depth our speakers will get. If a presentation or topic that you are looking for is not found below, special accommodations may be discussed to see if First Step has the capacity and are the best fit. Don't forget to check out our professional and customizable trainings, too! All presentations include an overview of First Step, including our services, ways to get involved, how to refer clients and a Q&A session.

INFO SESSION

Audience: Great for any audience
Timeframe: 20 to 60 minutes

Our Info Session provides a light overview about intimate partner violence, sexual assault, and First Step. This includes reviewing our free and comprehensive programs and services all while learning about our needs, how one can support First Step and survivors, get involved, and/or refer individuals and families to First Step. For longer sessions, our speakers will educate the audience on ways to identify and support survivors of all ages.

Info sessions are a great way to educate your group about local resources for survivors and/or how their donation, volunteerism, and referrals directly and indirectly support our agency and mission. Consider scheduling a speaker to come talk at your meetings, fundraisers, community events, and more!

INTIMATE PARTNER VIOLENCE (IPV) 101

Audience: Great for adult audiences ranging from the general public to professionals of all fields (including, but not limited to community groups, students, businesses, social workers, etc.)
Timeframe: 45 to 90 minutes

This introductory program covers intimate partner intimate partner violence topics, including forms of abuse, traits of an abuser, facts versus myths, and discusses why survivors may stay in or go back to an abusive relationship. This presentation is great for those who are looking for a good overview of intimate partner violence to better educate their audience on the violence that is happening in their community, while changing victim blaming into collective community action and awareness.

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SEXUAL ASSAULT (SA) 101

Audience: Great for adult audiences ranging from the general public to professionals of all fields (including, but not limited to community groups, students, businesses, social workers, etc.)

Timeframe: 45 to 90 minutes

First Step's Sexual Assault 101 program is an introductory presentation that covers all types of sexual assaults, from intimate partner violence to harassment to childhood assault and more. This program is best fit for groups looking to debunk sexual assault myths, learn about why some survivors do not disclose or choose not to press charges or prosecute, and how to shift blame and accountability from the survivor to the abusing party.

IPV & SA 101

Audience: Great for adult audiences ranging from the general public to professionals of all fields (including, but not limited to community groups, students, businesses, social workers, etc.)

Timeframe: 1 to 2 hours

This program is a combination of Intimate Partner Violence 101 and Sexual Assault 101 for audiences looking to learn more about both topics, how these traumas impact survivors and our community, and ways First Step responds to them. The presentation length chosen will indicate how in-depth our advocates will cover these various topics.

PERSONAL PROTECTION ORDERS IN MICHIGAN: WHAT YOU SHOULD KNOW

Audience: Great for community professionals like case managers, law enforcement, or others social services

Timeframe: 30 to 90 minutes

Personal Protection Orders (PPOs) can be an essential part of a survivor's safety plan, but also can pose barriers or have limitations. In this presentation, First Step professionals cover the different types of IPV and SA PPOs in Michigan, standards for obtaining one, and steps to filing, serving, and enforcing them. Speakers will address common issues survivors face regarding PPOs or the process and will share the various ways First Step supports survivors via their PPO court advocate, Community Response Program, and onsite PPO Kiosks.

ACTIVATING FIRST STEP'S CRISIS RESPONSE TEAM

Audience: For community professionals in law enforcement, health care, and education

Timeframe: 30 to 90 minutes

First Step's Crisis Response Program encompasses a team of trained staff and volunteers on-call 24/7, ready to respond to victims of intimate partner or sexual violence at emergency rooms, police stations, and schools throughout Wayne County. By activating our Crisis Response Program, survivors receive immediate crisis intervention, clothing, support, safety planning, and links to First Step and other vital services. By scheduling this presentation, professionals affiliated with these locations will receive information on how to activate this program and best support survivors at the time of disclosure after a recent assault.

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YOUTH OUTREACH & EDUCATION

HEALTHY RELATIONSHIPS

Audience: Great for adolescents, teens, and young adults 11 to 24 years old; catered to age group
Scheduling: Class sized audience preferred and can be offered back-to-back to classes; Can be provided assembly style
Timeframe: 45 to 90 minutes

First Step finds it extremely important to talk to teens about the spectrum of healthy to unhealthy to abusive relationships and consent. This teen-focused program explores the different types of abuse tactics commonly found in teen dating violence and sexual assault, including digital abuse, online harassment or bullying, isolation, sexual coercion, shaming, and substance abuse. Our advocates use this interactive, multi-media presentation to educate teens on how to safety plan, support themselves or others, distinguish healthy relationship patterns, and ask for consent.

KEEPING KIDS SAFE

Audience: Great for children 5 to 11 years old; catered to age group
Scheduling: Class sized audience preferred and can be offered back-to-back to classes; Can be provided assembly style
Timeframe: 1 to 2 hours

The Keeping Kids Safe (KKS) program discusses family violence in an age-appropriate manner. It teaches children how to emotionally and physically safety plan, identify safe adults to talk to, and have healthy anger expression. It follows an anti-bullying curriculum through talking about how to treat others. Our advocates prefer to provide this program through a two-day (one-hour each, per classroom) presentation, though other accommodations can be made. This program works best with classroom-size audiences as the presentation is highly interactive, including pre and post-tests, videos, multiple books, and lots of discussion with the children.

MY BODY BELONGS TO ME!

Audience: Great for children 5 to 11 years old; catered to age group
Scheduling: Class sized audience preferred and can be offered back-to-back to classes; Can be provided assembly style
Timeframe: 30 to 60 minutes

My Body Belongs to Me! is a program that helps children understand the rights to their body, create an emotional and physical safety plan that includes identifying safe grown-ups to talk to, practice emotion regulation and coping skills, and know the difference between good secrets and bad secrets. This program emphasizes the importance of knowing that abuse is never the child's fault in an engaging, interactive way through using a variety of resources and content.

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PROFESSIONAL & CUSTOMIZABLE TRAININGS

Trainings are for groups and professionals looking to learn more than just the basics of intimate partner and sexual violence. First Step's customizable trainings are perfect for small or large audiences from a variety of fields, backgrounds, interests, and needs. This includes health care workers, school or government employees, law enforcement and legal counsel, social workers, students, and more. Below is a list of developed trainings and other topics we often cover.

If you would like to discuss your options and have support in crafting the perfect training for you, please reach out to communityservices@firststep-mi.org. If a topic that you are looking for is not found below, special accommodations may be discussed to see how First Step can meet your training needs.

FOUNDATIONS OF INTIMATE PARTNER &/OR SEXUAL VIOLENCE *(100 LEVEL)*

Suggested Parameters: Best offered at minimum of 2 hours, and up to full day trainings with supplemental content. Training can focus on either IPV or SA topics, or both.

In this training course, First Step experts delve into the dynamics of intimate partner and sexual violence including the cycle of violence, types of abuse, red flags, and consent. Additional topics focus on identifying common traits in abusers, dispelling myths and highlighting facts about IPV/SA, discussing vulnerabilities of victims, common barriers survivors face, and trauma responses including discussing the compelling reasons why survivors may stay or return to an abusive relationship, and not disclose, report, or prosecute. Based on length, additional learning objectives can include best practices for working with survivors of violence, responding to disclosures, safety planning strategies, and options after a recent assault.

DEVELOPING A DEEPER UNDERSTANDING OF INTIMATE PARTNER &/OR SEXUAL VIOLENCE *(200+ LEVELS)*

Suggested Parameters: Best offered at minimum of 1 hour and up to full day trainings with supplemental content; Foundational course is a prerequisite for groups with minimal IPV/SA background. Training can focus on either IPV or SA topics, or both.

After attending our 100-level course, *Foundations of Intimate Partner Violence &/or Sexual Assault*, there are often topics groups want to learn more about. This 200+ level course is customizable to meet the needs and interest of the group. It can cover topics more in depth or focus on topics that were not previously embedded into the 100-level training. For example, groups may request an additional hour or more training on strangulation, trauma and the brain, rape culture, IPV/SA in media, and other cultural implications, or any of the topics and programs outlined in this catalogue.

CHILDREN IN THE CROSSFIRE: THE EFFECTS OF INTIMATE PARTNER & SEXUAL VIOLENCE ON CHILDREN

Suggested Parameters: Best offered at minimum of 2 hours, and up to full day trainings with supplemental content; Foundational course is a prerequisite for groups with minimal IPV/SA background, or topics can be added to agenda.

Trainers will review the foundations of intimate partner and sexual violence and discuss the variety of responses children may have from being exposed. Attendees will learn how to identify and respond to behavioral and emotional responses and understand the lasting impacts violence can have on the different childhood developmental stages. Attendees will learn about resiliency and applying trauma-informed practices when supporting and working with children who have experienced trauma, including understanding how to safety plan with child survivors and their families.

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MAKING A SAFETY PLAN: A PROVIDER'S GUIDE TO HELPING SURVIVORS & THEIR FAMILIES

Suggested Parameters: 2 to 3 hours; Foundations of IPV, or greater IPV understanding, is a prerequisite.

This safety planning workshop will give professionals the confidence to respond to disclosures of abuse, high danger assessment scores, or otherwise support survivors of intimate partner violence. These workshops are highly interactive, engaging, and will require participation from the attendees. Attendees will leave having a great understanding for the importance of safety planning and how to best support survivors in creating their own safety plans.

SURVIVORS & THE LEGAL SYSTEM

Suggested Parameters: 1 to 4 hours; Foundational course is a prerequisite for groups with minimal IPV/SA background, or topics can be added to agenda. Training can focus on either IPV or SA topics, or both.

This training examines the criminal justice system's response to intimate partner and/or sexual violence, its impact on survivors, and ways to support survivors creatively and effectively as they navigate the system. Depending on a group's needs and interest, training objectives can focus on coordinated community response, how assailants use the criminal and civil court systems to maintain power and control, barriers survivors face, and the necessity of safety planning. Trainers can also provide information on First Step's Community Response Program, our court advocates, and our highly reputable Lethality Assessment Program (LAP) currently deployed in Canton, Dearborn, and Taylor Police Departments.

INTERSECTION OF INTIMATE PARTNER VIOLENCE & SUICIDE

Suggested Parameters: 1 to 2 hours; Foundational course is a prerequisite for groups with minimal IPV/SA background, or topics can be added to agenda.

This training examines the ways that intimate partner violence and suicide overlap. Suicide is known to be used not only as an abuse tactic by assailants, but also can be a survivor's response to the abuse. This session will help attendees better understand these dynamics and how to provide support to those affected by them.

THE LINK BETWEEN INTIMATE PARTNER VIOLENCE & ANIMAL CRUELTY

Suggested Parameters: Best offered at minimum of 2 hours; Foundational course is a prerequisite for groups with minimal IPV/SA background, or topics can be added to agenda.

This interactive training can be customized to the audience's interests and professions. It is often paired with topics covering the foundations of intimate partner violence, therefore covering the dynamics of intimate partner violence, and moving into identifying the link between animal abuse and IPV. Objectives also can include understanding the impact of violence on children with animals, Personal Protection Orders and pets, safety planning with pet owners, and more.

STRANGULATION: THE SILENT KILLER

Suggested Parameters: Best offered at minimum of 1 hour; Foundational course is a prerequisite for groups with minimal IPV/SA background, or topics can be added to agenda.

This training outlines immediate and delayed impacts strangulation has on survivors of intimate partner violence, debunks common myths, and reviews the signs to look for in recent assaults. Too often, strangulation is mislabeled, misdiagnosed, and untreated. In as a little as 5-10 seconds, the force of being strangled can leave lasting impacts that aren't visible to the naked eye, let alone kill the victim, sometimes even days after the assault. Attendees will leave knowing the questions to ask to help reduce these lethal behaviors from going unnoticed and causing further harm. Additional learning objectives can include topics like legal and medical considerations for professionals in their respective fields.

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TRAINING TOPICS FOR CUSTOM REQUESTS

INTIMATE PARTNER VIOLENCE (IPV)

- Types of Abuse
- Cycle of Violence
- Understanding the Power & Control Wheel
- Debunking IPV Myths
- Lethality of IPV
- Characteristics of Abusers
- Red Flags
- Risk Factors
- Answering *"Why do survivors stay?"*
- History of the IPV movement
- Digital Abuse
- Messages in Media
- IPV & Housing
- Link Between IPV & Animal Cruelty

SEXUAL ASSAULT (SA)

- Defining SA
- SA Across the Lifespan
- Risk Factors
- Consent
- Grooming Process
- Trauma Responses
- Continuum of Healing
- Debunking SA Myths
- Rape Culture
- Messages in Media
- Bystander Intervention
- Consent & BDSM
- Sexual Health
- Sexual Assault Nurse Examination (SANE) Overview

CHILDREN & VIOLENCE

- Behavioral Indicators of Abuse
- Physical Indicators of Abuse
- Risk Factors
- Body Safety & Consent
- Trauma Responses Regarding Developmental Age
- Teen Dating Violence
- Talking to Children About Abuse
- Child Protection Services (CPS)
- Safety Planning with Children & Families
- Violence's Impact on Families/Parenting
- Parenting After or During Experiencing Violence
- Link Between IPV & Child Abuse

SURVIVORS & THE LEGAL SYSTEM

- IPV/SA Laws
- IPV/SA & Family Court
- Use of Power & Control in the Legal System
- Barriers to Survivors
- Safety Planning for Court
- Subjectivity of "Justice Served"
- Alternatives to Prosecuting
- Realities of IPV/SA & the Legal System
- Unique Issues for Survivors with Custody/Visiting Arrangements
- IPV/SA Issues Specific to Immigrants
- Importance of Collaboration
- Personal Protection Orders (PPOs)
- Sexual Assault Kit Initiative (SAKI)
- Policy Reform & Systems Change
- FS's Community Response Program
- FS's Lethality Assessment Program

OTHER SPECIALTY TOPICS (WITH A IPV/SA LENS)

- Overlap of IPV/SA
- Safety Assessment & Planning
- Long-Term Impacts of Violence
- Barriers to Survivors
- Best Practices for Supporting Survivors
- Responding to Disclosures
- Neurobiology of Trauma
- Mental Health
- Suicide
- Stalking
- Strangulation
- Empowerment-Based Model
- Gender-Based Violence
- Violence & Intersectionality
- Trauma-Informed & Healing-Centered Care
- Coordinated Community Response
- Considerations Working Within Diverse &/or Specific Communities (*BIPOC, LGBTQ+, Persons with Disabilities, Deaf, Religious, &/or Older Adult Communities, etc.*)

Training Fees and Financial Assistance:

As a non-profit agency, First Step relies on our community's support. Reimbursement for time, travel, materials, equipment, and other expenses are often requested. Donations are always appreciated and a great way to support our mission and allow us to continue providing our services. Nevertheless, First Step is dedicated to serving and informing our community and will do so regardless of a partner's resources or limitations. Additionally, we offer a variety of free educational services and programs, too!