



DCADV'S 21ST ADVOCATES'
RETREAT & CONFERENCE

balancing
HEALING
& **JUSTICE**

Restoring Ourselves & Our Community

May 6-7, 2019
Rehoboth Beach, DE

This program is funded through the Delaware Criminal Justice Council by the U.S. Department of Health and Human Services, Administration for Children and Families, Family Violence Prevention and Services Program.

About the Advocates' Retreat and Conference

This program is funded through the Delaware Criminal Justice Council by the U.S. Department of Health and Human Services, Administration for Children and Families, Family Violence Prevention and Services Program.

In its 21st year, the Advocates' Retreat and Conference brings together victims/survivors, advocates, and victim service providers from across the state (and sometimes, beyond!) to connect, share information, and engage in critical thinking analysis about efforts needed to address and prevent intimate partner violence, family violence, sexual violence, dating violence, and/or stalking. Over two days, there are many opportunities for training/education, networking, and self-care.

This year's theme and workshop topics have been carefully chosen through a variety of ways. In the fall 2018, DCADV issued a Call for Workshop Proposals to local and national partners in victim services, prevention, and related fields. DCADV's Retreat Planning Advisory Committee (consisting of representatives from DCADV's member organizations, task forces, and other interested individuals) came together to review workshop proposals and provide feedback on the training and service needs of Delaware's DV community. DCADV also used recommendations/suggestions received through last year's Retreat and Conference participant evaluations to pursue workshop topics and presenters that would be most relevant to our community.

This year's theme, *Balancing Healing and Justice: Restoring Ourselves and Our Community*, reflects the value and need to sustain our advocacy community. As advocates and service providers, we give so much of ourselves to the cause, both personally and professionally. We hope this event will give you the opportunity to gain tools and insights to your work, but also to reflect and relax.

We're looking forward to seeing you at the beach!

About the Delaware Coalition Against Domestic Violence

Founded in 1994, the Delaware Coalition Against Domestic Violence (DCADV) is Delaware's federally recognized state domestic violence coalition. The staff, board, members, and volunteers of DCADV work with our member organizations and allies to support the empowerment of victims of domestic violence and their children through access to services and legal remedies. DCADV also seeks to change the societal conditions that support sexism, racism, homophobia, and other oppressions and which contribute to the continued presence of domestic and sexual violence in intimate relationships.



The Delaware Coalition Against Domestic Violence envisions a First State where safe, healthy, equitable relationships, families and communities thrive.



www.facebook.com/DelawareCoalition



www.dcadv.org



www.twitter.com/DCADVDe

Registration Rates

EARLY BIRD REGISTRATION (through 4/2/19)

\$105.00	DCADV Supporting Members, Member Organizations, and DE Certified Domestic Violence Specialists
\$115.00	Nonmembers
\$75.00	One Day Only

GENERAL REGISTRATION (4/2/19-4/26/19)

\$115.00	DCADV Supporting Members, Member Organizations, and DE Certified Domestic Violence Specialists
\$125.00	Nonmembers
\$75.00	One Day Only

Lodging

A limited number of hotel rooms will be available at the Atlantic Sands Hotel and Conference Center at the group rate of \$128.00/night (plus 8% tax and \$1.50 safe fee). To reserve a room, please call 1-800-422-0600 and refer to **Delaware Coalition Against Domestic Violence Block #9274**. The group rate is in effect for stays from 5/4/19-5/7/19. Rooms must be reserved by April 2, 2019 to receive the group rate.

**FOR REGISTRATION LINKS AND ALL THE LATEST
CONFERENCE INFO, VISIT WWW.DCADV.ORG/RETREAT**

Keynote Presentation: Monday, May 6



From Surviving to Thriving – What’s Stress Got to Do With It? An Initial Exploration of Healing Modalities from Around the World

Presented by Varsha N., JD, *Founder, ROAR Training & Consulting, LLC*

It’s 6:00 a.m. You rise. You worked late last night and the cases you handled were pretty rough. You rush to get ready for work, almost forget the tea, take public transportation for about 45 minutes, greet staff members, check email, listen to voicemails, answer phone calls, do paper work and oh, you have more meetings and then more phone calls. The stressful day is over and you didn’t finish the important project your boss said had to be completed last week - Oops.

You get home to dirty dishes, errands to run, and oh, by the way, your mother announced she is going to be visiting this weekend. The stress is surmounting. Sound familiar? Have you ever had stressful days or face stressful situations and wonder what could help relieve that stress?

Breathing Techniques, Music, Storytelling, Chiropractic, Dance, Meditation, Tai Chi, Reiki, and Yoga – are several healing modalities around the world that have been found to offer ways to alleviate stress and re-energize individuals, bringing about resilience. Hippocrates once stated, “Healing is a matter of time, but it is sometimes also a matter of opportunity”. This engaging keynote will review the different causes and impact that stress and trauma have on the body, both physically and emotionally. Myths around self-care will be reviewed and there will be an initial exploration of stress relieving practices successfully used by professionals around the world.

Panel Presentation: Tuesday, May 7

Housing Matters

Panel facilitated by Marcey Rezac, LCSW, DVS, Policy Coordinator,
Delaware Coalition Against Domestic Violence

Access to safe and affordable housing is crucial for domestic violence victims, yet there is a shortage of units available and a complicated array of resources and ways to apply. It is imperative that domestic violence advocates have a clear understanding of the types of housing available and how best to help survivors apply for them. This panel presentation is intended to educate advocates about the various housing resources in Delaware, including public housing, subsidized housing, vouchers, and rapid rehousing programs. Participants will also learn how to apply for these resources, including how to use the Delaware Housing Search website.



The Domestic Violence Task Force (DVTF) Housing Subcommittee has developed this panel presentation as part of the subcommittee's 2019 agenda to increase advocates' knowledge of housing resources in our community.

Panel participants include:

- ≈ Devon Manning, *Planner, Delaware State Housing Authority*
- ≈ Janell Stanton, *Program Director, SAFE Program at People's Place*
- ≈ Rachel Beatty Stucker, *Associate Director, Housing Alliance of Delaware*
- ≈ Christopher Whaley, *Director of Housing Management, Delaware State Housing Authority*

Schedule of events: Monday, May 6

8:00 – 9:00 REGISTRATION AND BREAKFAST

9:00 – 10:15
Swan Ballroom

Welcome!

Opening Remarks: Sue Ryan, Executive Director, Delaware Coalition Against Domestic Violence

Keynote Presentation: From Surviving to Thriving – What's Stress Got to Do With It? An Initial Exploration of Healing Modalities from Around the World
Varsha N., JD, Founder, ROAR Training & Consulting, LLC

10:15 – 10:30 BREAK

10:30 – 12:00 WORKSHOPS: SESSION 1

A) From Surviving to Thriving – Discovering the Power of Resilience and Healing Modalities from Around the World
Varsha N., JD, Founder, ROAR Training & Consulting

B) Development of Professional Identity in the Age of Trauma-Informed Care
Mariann Kenville-Moore, LCSW, DVS, Director of Advocacy & Policy, Delaware Coalition Against Domestic Violence

C) Improving Policy and Practice Regarding the Impact of DV on Child Custody Decisions: Ongoing Work of the Family Court Enhancement Project
The Honorable Jennifer Ranji, Judge, Family Court of the State of Delaware

12:00 – 1:15 LUNCH

1:15 – 2:45 WORKSHOPS: SESSION 2

A) How Are They Being Served? Supports and Services for Teens
Stephanie Rodriguez, LCSW, DVS, DELTA Impact Project Supervisor & Domestic Violence Therapist, Turning Point at People's Place; and Lauren Camphausen, DVS, Director of Prevention, Delaware Coalition Against Domestic Violence

B) Lessons from Peer Support: The Power of our Stories to Transform and Restore
Kyneta Lee, Peer Educator and Karen DiNardo, Director of Peer Training & Outreach Services, Mental Health Association in Delaware

C) Advocating for Victim Defendants
Cindene Pezzell, Legal Coordinator, National Clearinghouse for the Defense of Battered Women

2:45 – 3:00 BREAK

3:00 – 4:30 WORKSHOPS: SESSION 3

A) If you could, you would! Self-Care, Stress, Burnout & Other Occupational Hazards
Heather Peck Dziejewski, Co-founder/Director of Clinical Development and Hope Stonerook, Co-founder/Chief Executive Officer, The Resilience Network, LLC

B) Survivor Voices: Honoring our whole selves in the field of Healing and Justice
Donna Jenson, Founder/Director and Dr. Emily Samuelson, Clinical Consultant, Time To Tell

C) Helping Victim Defendants Navigate Concurrent Court Systems
Cindene Pezzell, Legal Coordinator, National Clearinghouse for the Defense of Battered Women

Schedule of events: Tuesday, May 7

8:00 – 9:00 REGISTRATION AND BREAKFAST

9:00 – 10:15
Swan Ballroom

Welcome and Recognition of Delaware Domestic Violence Specialists:
Courtney Winkler, *Training & Outreach Coordinator, Delaware Coalition Against Domestic Violence*

Panel Presentation: Housing Matters

10:15 – 10:30 BREAK

10:30 – 12:00 WORKSHOPS: SESSION 1

A) Housing Protections for Domestic Violence and Sexual Assault Survivors

Meghann Karasic, Supervising Attorney, Community Legal Aid Society, Inc.

B) Violence Against Women: How Generational Trauma Impacts Our Lives and Our Work

Carley Canada-Banks, Aftercare and Resource Coordinator, NCC Sexual Assault Response Center, YWCA Delaware

C) Trauma-Informed Care, Collaboration, and Coordination: Serving Survivors of DV and Creating Lasting Change Through Advocacy

LaWann Moses, Victim Service Specialist, New Castle County Police Department

12:00 – 1:15 LUNCH

1:15 – 2:15 PLENARY SESSION

To be announced

2:15 – 2:30 BREAK

2:30 – 4:00 WORKSHOPS: SESSION 2

A) Beyond Survival: Tools for Thriving in High-Impact Work

Beth Roome, Founder and President, Switchback Institute

B) Engaging the Village: Gatekeepers Build Community Resilience

Shirelle Hogans, Public Health Nurse Advocate

C) Substance Abuse and DV

A LIMITED NUMBER OF EXHIBITOR TABLES WILL BE AVAILABLE FOR ORGANIZATIONS TO SHARE INFORMATION ABOUT THEIR SERVICES. PRIORITY WILL BE GIVEN TO DCADV MEMBER ORGANIZATIONS.

FOR MORE INFORMATION OR TO REGISTER FOR A TABLE, VISIT WWW.DCADV.ORG/RETREAT.

Monday, May 6, 2019

SESSION ONE 10:30 AM – 12:00 PM

1A) From Surviving to Thriving – Discovering the Power of Resilience and Healing Modalities from Around the World

Varsha N., JD, Founder, ROAR Training & Consulting, LLC

Participants are invited to attend this interactive breakout session designed to take individuals on a powerful journey of discovering different stress relieving practices: Breathing Techniques, Music, Storytelling, Chiropractic, Dance, Meditation, Tai Chi, Reiki, and Yoga through discussion and interactive exercises, music and dance. It provides participants of all backgrounds a chance to learn and apply basic forms and variations of healing practices, which have been traditionally found to be beneficial to the professional, practitioner, and to the client/patient, and/or survivor. *(Please note, active participation is not required; all levels are encouraged to attend.)*

1B) Development of Professional Identity in the Age of Trauma-Informed Care

Mariann Kenville-Moore, LCSW, DVS, Director of Advocacy & Policy, Delaware Coalition Against Domestic Violence

Recent decades have seen a shift towards increased professionalism in the delivery of services and supports to domestic violence and sexual assault victims. For many advocates and counselors in the field, this work is also linked to their moral identity. This workshop will explore how as advocates and counselors we navigate thoughts and feelings about professional identity, professional expectations, and meeting service needs.

1C) Improving Policy and Practice Regarding the Impact of DV on Child Custody Decisions: Ongoing Work of the Family Court Enhancement Project

The Honorable Jennifer Ranji, Judge, Family Court of the State of Delaware

This workshop will review the work of the Family Court and domestic violence stakeholders over the last 4 years to improve decision-making in custody matters in which domestic violence is present. Information presented will include the work completed under the Family Court Enhancement Project, a financial and technical assistance grant awarded to Delaware by the Office on Violence Against Women in 2014, as well as the ongoing initiatives that stemmed from that work.

2A) How Are They Being Served? Supports and Services for Teens in Delaware

Stephanie Rodriguez, LCSW, DVS, DELTA Impact Project Supervisor & Domestic Violence Therapist, Turning Point at People's Place; and Lauren Camphausen, DVS, Director of Prevention, Delaware Coalition Against Domestic Violence

Description coming soon!

2B) Lessons from Peer Support: The Power of our Stories to Transform and Restore

Kyneta Lee, Peer Educator and Karen DiNardo, Director of Peer Training & Outreach Services, Mental Health Association in Delaware

Peer Support is becoming an integral part of mental healthcare treatment. Peer Support is an evidence-based practice which brings together people with similar life experiences to support people in achieving long-term recovery. A core component of peer support is the recovery story or internal narrative. This workshop will outline key components of applying peer support to domestic violence services. It will also explore how the process of understanding our internal narratives, and sharing our stories of overcoming can help people heal from trauma, build community, fight stigma, and build a movement. Participants will engage in hands-on activities to apply these tools.

2C) Advocating for Victim Defendants

Cindene Pezzell, Legal Coordinator, National Clearinghouse for the Defense of Battered Women

When victims of battering get arrested, the criminal legal system labels them as “perpetrators,” and their experiences of abuse often become invisible. But victim defendants are often the people who are most in need of advocacy and support. In this workshop, participants will examine many of the common ways that victims’ survival strategies are criminalized, explore concrete advocacy strategies for working with victim defendants, and discuss ways to reduce the barriers that can prevent victim defendants from receiving services from community-based advocacy programs.

Monday, May 6, 2019

SESSION THREE 3:00 PM – 4:30 PM

3A) If you could, you would! Self-Care, Stress, Burnout, & Other Occupational Hazards

Heather Peck Dziewulski, Co-founder/Director of Clinical Development and Hope Stonerook, Co-founder/Chief Executive Officer, The Resilience Network, LLC

Compassion Fatigue (Burnout, Secondary Traumatic Stress, Vicarious Trauma) is an Occupational Hazard for Social Workers and other helping professions. Workload, mandates, severity of client problems and ethical responsibilities are often conflicting and create a “perfect storm” of crisis for those in the helping profession. This workshop addresses specific prevention and recovery strategies to address compassion fatigue which goes beyond self-care. Participants will learn how to provide and receive emotional first aid, will develop an Emotional Safety Plan and leave the workshop with a clear roadmap to address Compassion Fatigue that is actually doable when on the “work more, accomplish more, take care of yourself when you have no time” treadmill.

3B) Survivor Voices: Honoring our whole selves in the field of Healing and Justice

Donna Jenson, Founder/Director and Dr. Emily Samuelson, Clinical Consultant, Time To Tell

This workshop is for survivors of sexual abuse and assault who are also working in the field. Designed and led by survivors to create a uniquely supportive environment where survivors’ voices can be heard, respected and understood. The format employs writing & reading our writing and gentle yoga & mindfulness practices. Within these activities we move in and out of the myriad of emotions and impressions our personal and professional experiences have placed within us to finding the joy and strength of our true selves, to connect with our survivor identity and the strengths that we bring to the field.

3C) Helping Victim Defendants Navigate Concurrent Court Systems

Cindene Pezzell, Legal Coordinator, National Clearinghouse for the Defense of Battered Women

Victims of battering are often involved in multiple court interventions simultaneously. Concurrent legal proceedings can impact one another, often to the detriment of the victims. For example, victims who testify against their abusive partners in civil proceedings risk having their testimony used against them in criminal court. This workshop will explore ways advocates and attorneys can help to minimize the potential risks faced by victim defendants who also have open civil proceedings, with a focus on civil protection order cases.

4A) Housing Protections for Domestic Violence and Sexual Assault Survivors

Meghann Karasic, Supervising Attorney, Community Legal Aid Society, Inc.

This workshop will provide an overview of federal and state Fair Housing protections, Violence Against Women Act protections, and other existing state law protections for Survivors of domestic violence and sexual assault. In addition to hearing an overview of protections, participants will break into groups to discuss hypothetical case studies throughout the workshop to analyze and apply Survivor protections to the facts presented.

4B) Violence Against Women: How Generational Trauma Impacts Our Lives and Our Work

Carley Canada-Banks, Aftercare and Resource Coordinator, NCC, Sexual Assault Response Center, YWCA Delaware

Trauma is transmitted in two ways through behavior and genetics. With understanding trauma, service providers know the difficulty victims face receiving services and care throughout their healing process. At the root of all victim service work is a general understanding of trauma-informed care. Genetic trauma transmission can imprint on the next generation. Generational trauma transmission may impact how a person responds to violence or the potential of violence. This training will take an in-depth look at trauma transmission through the lens of behavioral and genetic transmission, mirroring the nature versus nurture debate.

4C) Trauma-Informed Care, Collaboration, and Coordination: Serving Survivors of DV and Creating Lasting Change Through Advocacy

LaWann Moses, DVS, Victim Service Specialist, New Castle County Police Department

Collaboration and coordination among agencies and advocates are essential to positive outcomes for victims. When done correctly, agencies can work together to provide effective and meaningful solutions to the clients they serve. This workshop will expand participants understanding of victim-centered and trauma-informed practices when supporting survivors of domestic violence. Since justice and accountability look different for each person, participants will learn the importance of individualizing every client interaction to empower their clients to make more informed decisions and stay engaged throughout the process. Participants will also learn how to connect collaboration and coordination in order to better advocate for their clients and work effectively as a team.

Tuesday, May 7, 2019

SESSION FIVE

2:30 PM – 4:00 PM

5A) Beyond Survival: Tools for Thriving in High-Impact Work

Beth Roome, Founder/President, Switchback Institute

Resilience is an ability to adapt, adjust, and recover. Organizational Resilience builds on the health and resilience of its workforce and teams. To build a resilient organization there must be early and ongoing involvement of staff from all levels and disciplines. This is an interactive workshop including group discussion, lecture, video and personal reflection. Topics covered include 8 components of individual resilience, 3 myths that contribute to burn-out, 10 tips for managing stress and 8 drivers of optimal performance in resilient organizations. Participants work with a current challenge they face and come away with an action plan to address it.

5B) Engaging the Village: Gatekeepers Build Community Resilience

Shirelle Hogans, Public Health Nurse Advocate

Call in the Special Teams to Infiltrate from Within! Community GateKeepers intentionally infiltrate our communities to provide HELP and HOPE to their immediate population, and maximize resource partnerships that directly support the traumatic issues. In this workshop, learn how to Educate, Empower, and Equip GateKeepers to build bridges and enhance collaborations in our communities. Participants will also view and discuss the short film “BAEWATCH,” which highlights Community Resource Interventions for two families that are impacted by trauma.

5C) Substance Abuse and DV

Description coming soon!

EVENT DETAILS

- ≈ Use the hashtag #DERetreat19 to share your experiences on social media!
 - ≈ Continental breakfast, buffet lunch, and refreshments during break times will be served each day.
 - ≈ Dress is comfortable, but professional. Many of the workshops include experiential activities, and we want you to feel at ease to move and participate freely.
 - ≈ We strive to ensure the comfort and safety of conference participants by encouraging a smoke-free and fragrance-free environment.
 - ≈ Our Exhibit Hall will be available throughout the entire conference.
 - ≈ In an effort to go green, we will not be providing paper copies of workshop materials. Instead, all attendees will receive a USB drive loaded with presentation materials.
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DCADV is committed to creating and maintaining a sense of community and inclusion for all its members and community partners. DCADV values diversity, including that of gender, race, ethnicity, country of origin, sexual orientation, gender identity, gender expression, class, religion, age, employment status and differing ability. We hope that whatever your identity, you'll feel welcome in

the space we're creating, and you'll find discussions that relate to you. If you have any questions or concerns, please don't hesitate to reach out to us.