

Learn How to Be a Peer Supporter For a Person with a Disability who Has Experienced Violence

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Peer to Peer is Supported By:

Activating Change

The mission of End Abuse of People with Disabilities is a county committed to preventing violence against people with disabilities and is capable of responding effectively and with dignity when abuse does occur. Since 2004, End Abuse of people of Disabilities has ben activating people and organizations across movements to end violence against people with disabilities and Deaf people through a shared, intersectional framework.

Learn more about End Abuse of people with disabilities at.

www.endabusepwd.org

Envision Illinois

Envision Illinois is a statewide collaborative project, addressing domestic violence against people with disabilities and Deaf people in order to transform the service system, so survivors can have equal access to safety, healing and justice.

Learn more at

www.icadv.org/enivisionillinois

What is Peer to Peer Bridging The Gap Through Self Advocacy?

- Peer to Peer Bridging the Gap through Self Advocacy is A FREE training for Self Advocates to learn how to help a peer if they experience domestic violence or sexual assault.
- Peer to Peer Bridging the Gap through Self Advocacy is a 26 week curriculum which has 13 online sessions and 13 practice activities.
- Once self advocates complete Peer to Peer Bridging the Gap through Self Advocacy they are able to teach other self advocates what they have learned

Let's here from The Very first
Graduates of
Peer to Peer Bridging the Gap
through
Self Advocacy

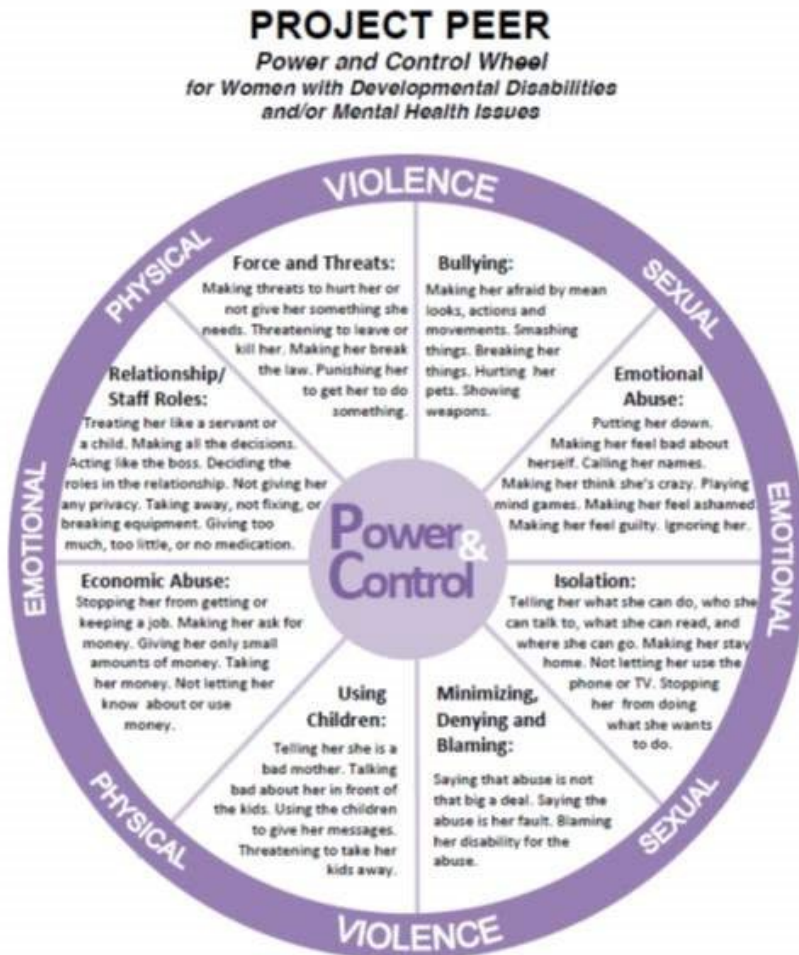
Who Can be a Peer Supporter?

- Friend
- Family Member
- Co-Worker
- Case Manager
- Someone who you have common traits with...
 - Disability
 - Age
 - Gender
 - Race
 - Nationality
- Anyone you trust to help support you to seek healing and justice after your domestic violence and/or sexual assault experience

What does a peer supporter do?

- Believe the Victim
- Actively Listen
- Give the victim options
- Know about resources in the community to keep the victim safe, to help them heal, and seek justice
- Be present if the victim wants to report their crime
- Go to hospitals or Rape Crisis Centers to make sure the victim is healthy ok after their crime has occurred
- Prepare the victim for court
- Go to court
- **A peer supporter follows the victim's lead as far as helping, the victim has the right to tell what kind of help they do or do not want or need.**

Abusers want power and control over victims

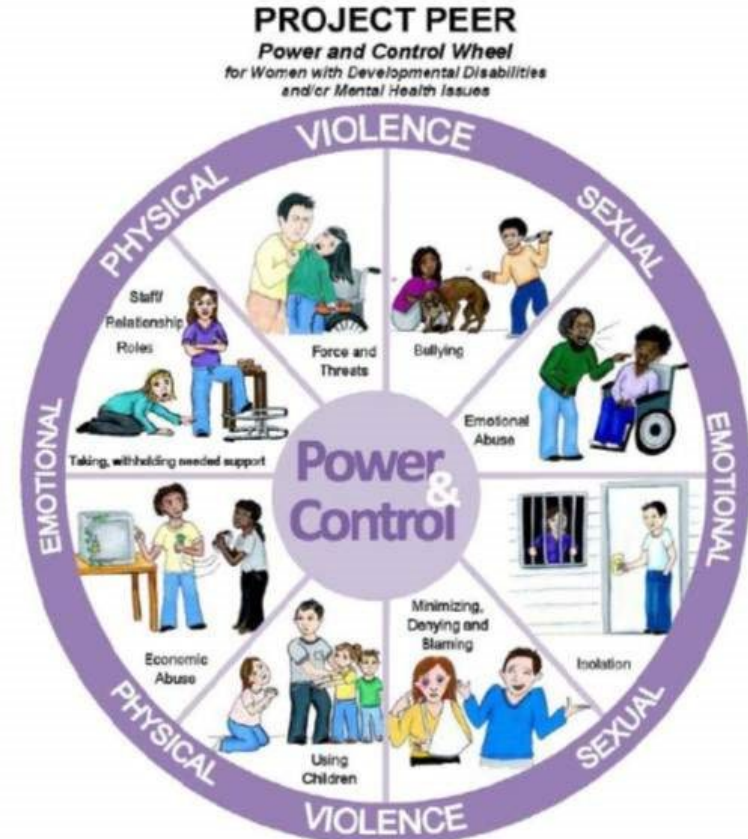


Washington DC's Project Peer, c/o DC Quality Trust for Individuals with Disabilities, can be reached at 202-448-1450.

This diagram is based on the Power and Control wheel developed by the Domestic Violence Intervention Project, Duluth, MN, and the Abuse of People with Developmental Disabilities by a Caregiver wheel developed by the Wisconsin Coalition Against Domestic Violence, Madison, WI.

Project Peer was supported by Grant No. 2007-FW-AX-K010 from the Office on Violence against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this document are those of the authors and do not necessarily reflect the views of DCU-CVW.

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Artwork by Megan McCann

What does the peer supporters NOT DO?

Peer supporter DO NOT

- Take the place of a Domestic Violence Program nor a Rape Crisis Center
- Blame the Victim
- Judge
- Interrupt
- Tell their own stories
- Tell victims what to do
- They do not physically touch victims
- Joke or scare the victim

Why do peer supporters need a safety plan when working with someone who has been abused?

- You never know who you are going to meet up with
- You may not know if you are going to see the abuser
- You don't want to be revictimized by the abuser
- We don't want to become a victim

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Role Plays AND Audience Participation Which One is Helpful

This is where we are going to practice what we've learned! We will do to role plays and the audience will choose the correct one by clapping their hands for the correct one and stomping their feet for the wrong one! We will use this scenario:

Joan is the victim

Ann is the Peer Supporter

Bryan is another Peer Supporter

One day at work, Ann saw somebody coming toward her that was holding her stomach. As the lady approached her she called out I need some help, can you please help me. "My roommate punched me in the stomach and I think he tried to rape me." Ann, being a new peer supporter said "Yes. My name is Ann, what is your name" "Joan can I tell you what happened and will you believe me. The other guy, B-Bryan was not a good listener."

What is Active Listening?

Ann

- Paid Attention
- Gave Joan the time it took for her to tell her story
- Made sure that she had a safe place to go
- Made sure I understood what she was telling me, by paraphrasing what she said
- Gave her options
- Went to the hospital with her

Brian

- Agreed to let Joan tell her story
- Was on his phone the whole time
- Said it was okay to talk in a crowded area
- Interrupted Joan, by telling her his story
- Told her what to do
- Called 9-1-1 without her consent
- Never followed up with Joan

What is Consent?

Bryan

- Calling 9-1-1 without Joan saying it was ok
- Touching Joan's Shoulder without asking first
- Calling the police to report the crime without Joan's be there or her giving her the ok

Ann

- Told Joan that it was a good idea to go to the ER, when Joan said Yes, Ann let her pick who would call 9-1-1
- Joan asked Ann if it was OK to hold her hand, because she was scared and waited for Ann to say yes before touching her
- Ann asked Joan if she could be there, as a peer supporter, when she reported the crime, and Joan said yes

Role play Helpful vs Unhelpful

Ann

- Reassures Joan that her abuse was not her fault
- Keeps a calm tone of voice
- Keeps remind Joan of her options

Bryan

- Tells Joan that her abuse was her fault
- Tells Joan what to do
- Sometimes Bryan yells a Joan

Graduates Speak out

- I think this class was very interesting. It gave me more detail on the topics that were discussed. I liked the whole course. It was a good class to learn about. – Beth
- I liked the whole class. I learned how to give advice on how to deal with things. - Kenny
- For me if it wasn't for this class I would have been fearing for my life and my safety. It's been a lifesaver for me. I would have been locked in my own house. – Mary

Online Learning

- Illustrations drawn special for the class material.
- Videos of self-advocates and others who are doing this work.
- Interactive material to keep you interested.
- Written information with audio recordings for those who don't read as well as others.
- Quizzes to ensure you understand material.
- Handouts to help you navigate the classes.

Practice Activities or Learning Labs as we call them

- Role play exercises
- Creating your own tools to keep you safe
- Videos/movies
- Possible tours or guest speakers
- Virtual and possible in-person

The Basic Track

1. What is a peer supporter?
2. Taking care of yourself
3. Personal safety for peer supporters
4. History of people with disabilities in the US

The Domestic Violence Track

1. Domestic Violence 101
2. Domestic Violence and People with Disabilities
3. How a peer supporter can help someone who has experienced domestic violence

The Sexual Assault Track

1. Domestic Violence 101
2. Domestic Violence and People with Disabilities
3. How a peer supporter can help someone who has experienced domestic violence

The Justice Track

1. Justice 101
2. Options for victims
3. How a peer supporter can help someone through the Criminal Justice System

The Schedule and Assessments

- We gave self advocates two weeks to do each online lesson
- We met every other week to do practice activities
- We met for 1.5 hours each time

Assessments and Requirements:

- We went over worksheets
- Sometimes we used the whiteboard on zoom
- Each self advocate taught a lesson
- Put together this PowerPoint
- Presenting a PowerPoint here at SUSO!

Week	Online Lesson	Week	Practice Activity
Week 1	Class 1 What is a Peer Supporter	Week 2	Active Listening role paly
Week 3	Taking Care of Yourself	Week 4	Create A Self-Care Plan
Week 5	Personal Safety for Peer Supporters	Week 6	Create a Safety Plan
Week 7	History of People with Disabilities in The United State	Week 8	Movie (Crip Camp)
Week 9	Domestic Violence	Week 10	Understanding Power and Control
Week 11	Domestic Violence and People with Disabilities	Week 12	Safety Plan for Survivors with Disabilities
Week 13	How a Peer Supporter can Help someone who has Experienced Domestic 101	Week 14	Role Play
Week 15	Sexual Violence 101	Week 16	Consent Activity
Week 17	Sexual Violence and people with Disabilities	Week 18	Disability Too
Week 19	How a Peer Supporter Can Help Someone who Has Experienced Sexual Assault	Week 20	Helper vs Unhelpful Role Plays
Week 21	Justice 101	Week 22	Criminal Justice Video by the National Arc
Week 24	Options for Victims	Week 24	Sane role play Discussion
Week 25	How a Peer Supporter can help someone through the Criminal Justice System	Week 26	Role play Supporting a survivor through the Criminal Justice System

Q&A Time

Contact Page

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