

# First Step's Community Engagement Catalog



## 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](mailto: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 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.)

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#### 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!*

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