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# from mac's executive director

Dear MAC Members and Friends:

I am going to be honest with you all today. As I sit down to write what traditionally is a message about gratitude, I am struggling to be grateful.

As an executive director, I am growing tired of being physically separated from MAC's staff, board, and member programs. As a mother, I am sad that the holidays will look much different this year. As a human, I am angry that other humans aren't being responsible and doing their part to increase safety for all of us.



Now that I have that out of my system, I want to share an exercise that I try to do weekly to stop from being swallowed up by the despair and uncertainty that is all around me. I call the exercise, *Jotting Down My Joys*. Most of the time, when I begin this exercise I don't feel particularly joyful and I don't always end filled with the feeling of joy.

What this exercise does do for me is help to ground me in the reality of the love, goodness, and hope that do exist in my life. I have made a habit of writing down the things that are true and real in my life. It doesn't have to be a long list, but if I regularly challenge myself to identify and name my opportunities for gratitude, I begin to notice improvement in my emotional well-being.

I sit and write down answers to the following:

- *One place that is safe and relaxes me*
- *One thing that's going well in my life*
- *Two people whom I love and who love me*
- *Two beautiful things that I can see and/or touch*
- *Three things I enjoy and can still experience*
- *Three things I'm looking forward to*

This exercise doesn't change the reality that we are living during an extremely difficult time, but it does help to refocus our attention, if even for a few minutes, that good still exists, that love and hope still exist, and that we are not alone.

I wish each of you winter holidays that allow you time to reflect on all the good that you've received in the past year and all the ways you've been the good that others have experienced.

Be safe, be compassionate, be good to one another.

In Peace,

Bobbi Holtberg

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The Minnesota Alliance on Crime staff and Board of Directors warmly thank our members and friends who were kind enough to donate on Give to the Max Day.

Thanks to your generosity, we will be able to further our efforts to help the helpers by providing training, networking, public policy advocacy, and resources for victim advocates in Minnesota!

**MAC has not yet reached our Give to the Max goal for 2020.**

Your tax-deductible gift will mean so much as we help the helpers. ***All of at MAC understand all too well what a difficult year it's been personally and professionally for our supporters and friends.*** All we ask that you donate what you're able to give this year. Every single donation is meaningful to us and will help victim service advocates this year.

**It's not too late to join us!**

**Help the Helpers by Giving to MAC!**



**Winter  
Holidays**

MAC's office will be closed  
**December 24 & 25, 2020**  
and **January 1, 2021**  
to celebrate.





### Presented by the MAC Staff

Regardless of the outcome, the journey is not over for victims when a trial ends. This is especially true now, as the Department of Corrections (DOC) is releasing some offenders early to reduce the overall prison population and, in turn, the COVID-19 risk.

The Minnesota Alliance on Crime is convening advocates and other victim service professionals to participate in an intentional discussion about post-conviction advocacy. MAC staff will begin by providing information and updates on DOC's early release protocols. Then, attendees will separate into small groups in which they will discuss post-conviction advocacy and identify ways MAC and other partners can support their work and ensure victims receive the support and care they need.

**MAC member programs will be reimbursed for staff participation in this event at the rate of \$25 per hour per participant, up to \$50 per participant for the two-hour presentation.** To be reimbursed, attendees must actively participate in the full event, and then submit a reimbursement form to MAC. Reimbursement forms will be distributed during the training.

**Please join us. All MAC members are welcome for this important online discussion!**

[Click to register](#)

## news from the field

### **Advocates for Youth: Creating Safer Spaces for LGBTQ Youth Toolkit**

This toolkit highlights challenges faced by LGBTQ youth, offers insight on how they thrive, and enhances awareness about existing disparities in order to provide more comprehensive, competent, evidence-based care and support to this community. [Read more.](#)

### **AEquitas: Apply to Become a "Just Exits" Pilot Site**

AEquitas is accepting applications from state, local, and tribal prosecutors' offices in the United States to serve as #JustExits pilot sites! Just Exits is a partnership between AEquitas and the Initiative's Survivor Advisory Council, comprised of women with lived and professional expertise in sex trafficking and exploitation. The Initiative is transforming justice by closing ON RAMPS to and building OFF RAMPS from sexual exploitation. Pilot sites will receive intensive technical assistance from AEquitas and the Survivor Advisory Council. [Click for more info.](#)

### **Asian Pacific Institute on Gender-Based Violence: Domestic Violence in Asian Pacific Islander Homes Updated Report**

The 2020 updated and expanded Facts and Stats Report contains new statistics on domestic violence, community attitudes, health and mental health impacts, help-seeking behavior, domestic violence related homicide, and more. The Facts & Stats Report, consistently among our most downloaded publications, is our most comprehensive collection of peer-reviewed, reliable data on abuse affecting AAPI communities. [Read report.](#)

### **Building Movement Project: On the Frontlines - Nonprofits Led by People of Color Confront COVID-19 and Structural Racism**

The Building Movement Project's report shines a spotlight on how 2020's social upheavals are affecting people of color-led nonprofit organizations and their communities, programs, leadership, and financial sustainability. The report also provides recommendations to strengthen these nonprofits, leaders of color, and their communities well beyond the crisis response and recovery period and for decades to come.

[Read now.](#)

### **Federal Bureau of Investigation: 2019 Hate Crime Statistics**

The FBI has published [2019 Hate Crime Statistics](#). Hate murders doubled from 2018 to 2019. The *New York Times* also has published [an analysis of these statistics](#).

### **Funding Alert: Ramsey County Resiliency Fund**

The [Ramsey County Resiliency Fund](#) is now accepting grant applications from community organizations that provide workforce, employment, food and basic needs, and health and well-being services to residents in 2020. Funding of up to \$10,000 will be available for workforce efforts and up to \$50,000 for food and basic needs or health and well-being.

### **International Association of Chiefs of Police: Second Edition of ELERV Strategy**

The IACP is pleased to announce the release of the Enhancing Law Enforcement Response to Victims (ELERV) Strategy, 2nd edition! The ELERV Strategy introduces law enforcement leaders to the benefits, challenges, and methods for adopting victim-centered, trauma-informed philosophies and practices to enhance their response to victims of crime in their communities. [More information here.](#)

### **National Congress of American Indians, Tribal Law and Policy Institute and the National Center for Victims of Crime: Tribal Resource Tool**

American Indians and Alaska Natives (AI/AN) have the highest crime victimization rates in the nation but often have difficulty connecting with the services that exist to help them recover from crime and abuse. The [National Congress of American Indians](#), the [Tribal Law and Policy Institute](#), and the [National Center for Victims of Crime](#), with the input and guidance of tribal stakeholders across the country, have created a web-based resource mapping that provides a listing of all services available for AI/AN survivors; and identifies gaps in services so those can be addressed. Visit the [Tribal Resource Tool](#).

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## **Minnesota Supreme Court: State Courts Limit In-Person Activities in Court Facilities for 60 Days**

Citing the increase in COVID-19 infection rates across Minnesota, Minnesota Supreme Court Chief Justice Lorie S. Gildea today issued a **statewide order** limiting in-person activity in courthouses. The order goes into effect November 30, 2020 and will remain in effect through January 31, 2021.

"The health and safety of our staff and judges and those we serve is our top priority," said Chief Justice Lorie S. Gildea. "This order keeps our courts open and accessible to the people of Minnesota in a manner that prioritizes health and safety."

Below is a summary of the order; for full details, see the [order](#).

- **Remote Hearings:** Hearings across all case types, including treatment courts, will be conducted remotely until February 1, 2021. Exceptions may be granted for in-person proceedings under limited circumstances.
- **Jury Trials:** Jury trials in progress will continue until complete. No new jury trials will commence before February 1, 2021. Exceptions may be granted for jury trials under limited circumstances.
- **Grand Juries:** Grand juries that were empaneled and taking evidence on a case will continue until complete. No grand juries will be empaneled nor will grand jury proceedings commence before February 1, 2021. Exceptions may be granted under limited circumstances.
- **Appellate Courts:** Proceedings in appeals pending before the Minnesota Court of Appeals and the Minnesota Supreme Court will continue as scheduled by those courts.
- **Civil Commitment:** Proceedings that are before the Commitment Appeal Panel shall continue as scheduled by the panel. The Panel is instructed to use remote technology for proceedings or hearings to the extent possible.
- **Case Filings:** Courts will continue to accept filings in all case types.
- **Public Service Counter:** At least one public service counter in each county and one in the Appellate Courts will be accessible between 8 a.m. – 4:30 p.m. Monday – Friday excluding court holidays. Counter service can be provided remotely, by appointment or in person. Changes to service availability will be at the discretion of the Judicial District Administrator or the Clerk of

Appellate Courts, in consultation with the State Court Administrator.

- **Self-Help Services:** Self-Help Services will continue to be conducted by appointment, remotely or by telephone.

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## Minnesota Department of Commerce: Minnesota Energy Assistance Program

Please assist us in distributing information about the Minnesota Energy Assistance Program (EAP) by email to the clients you serve.

Thank for the assistance you've given us to help spread the word about our program, so we can hopefully connect families in need to our program

### Energy Assistance Program (EAP) facts:

- Renters & homeowners are eligible.
- Assets such as the home are not considered in determining eligibility.
- Grants range from \$300 to \$1,600, based on household size, income, and fuel cost.
- The average grant is about \$550. In addition to the initial grant, additional Crisis funds are available to:
  - Help pay a past due bill or get an emergency fuel delivery.
  - Help homeowners get their broken furnaces repaired or replaced.

### How to apply for EAP:

- Households contact their local EAP service provider to apply for EAP.
- Households find their EAP provider:
  - By calling **1-800-657-3710** & entering their zip code, or
  - Using this [list of service providers](#) by county or tribe at .
- 29 local EAP service providers including Community Action Programs, counties, tribal governments and non-profits serve all areas of the state.
- [Find general EAP information here.](#)

### EAP flyers on the web:

- [English](#)
- [Hmong](#)
- [Somali](#)
- [Spanish](#)

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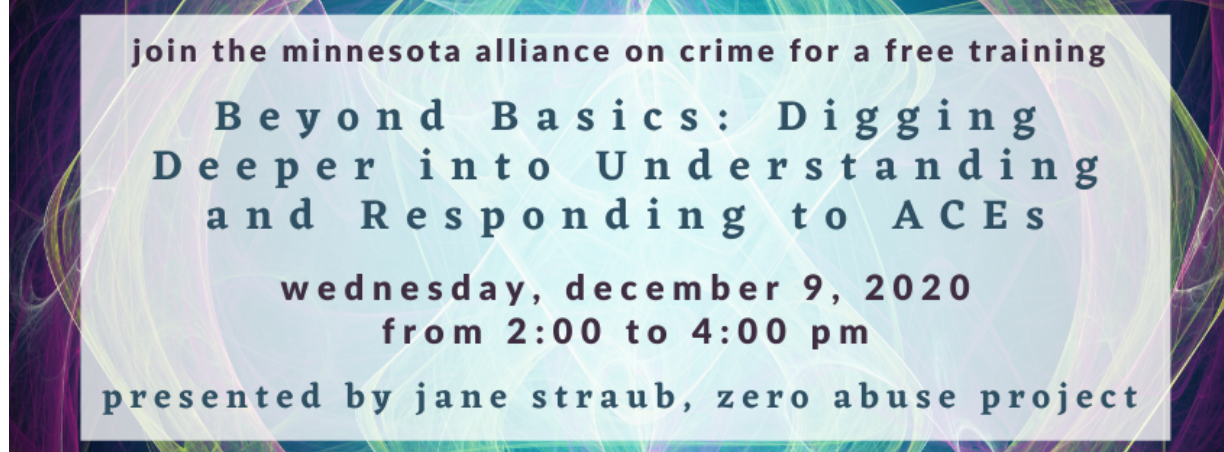
## Minnesota State Patrol: New Safe Driving Video

Every few years the Minnesota State Patrol produces a video to be seen by every driver in our state. Below is the link to the new video called *Eight Seconds: One Fatal Distraction* which was presented yesterday at the last Toward Zero Death (TZD) statewide training. It features the crash involving the semi-truck driver on Highway 36 who was looking at a Zillow link to a potential new home. He demolished the SUV in front of him doing 63 miles per hour, killing a wonderful man, husband, and father. This is a warning for tissue if you view it and for those who may have been impacted by this crash or a similar one, they may want to pass on clicking the link.

### [Eight Seconds: One Fatal Distraction](#)

upcoming trainings & webinars





**Wednesday, December 9, 2020 from 2:00 to 4:00 pm**

**Recording:** No

**CLEs:** MAC has applied for two standard credits

### **Description**

The original ACE Study was implemented in 1995 and 1997 with results released in 1998. What have we learned in 25 years from this ground-breaking research? We know that ACEs are common, cumulative and connected. The impact on lifelong health is clear. Now what? For those who work in the world of abuse, violence and trauma, we need to identify adversity, intervene with support and resources and interrupt the transmission. Resiliency, hope and connection are strategies backed in science. Stress reduction for families and individuals is key to health and safety. This presentation will move beyond the statistics to strategies for reducing adversity.

### **Objectives**

- Analyze and summarize 25 years of data and research related the Adverse Childhood Study
- Describe components of resilience and hope in regard to victim assistance
- Develop resources for stress reduction including access to concrete supports
- Promote social norms and strategies to reduce violence, promote health and safety and create a coordinated community response

### **Presenter Bio**

Jane Straub is the Victim Assistance Specialist for the Jacob Wetterling Resource Center (JWRC), a program of Zero Abuse Project. In this role, she trains and educates on topics related to violence and prevention, supports families who have a missing loved one and advocates for victims and families struggling with the effects of abuse or neglect. Jane has been working in the violence prevention and intervention field for over 20 years and has worked with youth and families for more than 25 years. Jane also provides direct case management in cases of family and nonfamily abduction, lost, injured or otherwise missing children, runaway youth, and adults missing under suspicious circumstances.

**Register Now for Beyond Basics**



**Recording:** No

**CLEs:** Credits will be applied for

### Description

COVID-19 emerged in late 2019 and was recognized across the globe as a public health emergency by early 2020. Individuals, organizations, and communities mustered their efforts to address this crisis, and though the response has not been perfect or universal, much has been learned and gained about the virus and about ourselves. As 2020 enters its final three months, it is evident that the virus will continue having effects, not only on our physical health, but also on our emotional well-being and organizational functioning.

This presentation explores the change in dynamics as the response to COVID-19 moves from a crisis focus to an ongoing, chronic plan. It presents strategies for enhancing individual and organizational functioning and for identifying and building on the gains that have been made during the early stages of the pandemic. It equips participants to persevere, enhance resilience, and grow as the effects of COVID-19 continue to unfold for individuals, organizations, and communities.

### Objectives

- Strengthen awareness of the impact of COVID-19 on individuals, organizations, and communities thus far
- Explore the transition from crisis response to an ongoing, chronic response
- Equip participants to implement concrete strategies to persevere, enhance resilience, and grow as COVID-19 continues to unfold

### Trainer Bios

**Beth Neu** is the principal of Beth Neu Consulting, LLC. Beth is a speaker, trainer, human resources consultant and MBTI/ Clifton Strengths Coach with over 15 years experience in a wide variety of settings including healthcare, government and non-profit organizations.

**Pete Singer** is a Licensed Independent Clinical Social Worker with 30 years' experience in multiple settings, including residential, home-based, outpatient psychotherapy, schools, and management. He received his MSW from the University of Minnesota. His counseling practice focuses on children who have experienced trauma, adult survivors of childhood trauma, and parent support. He trains, consults, and writes regarding trauma, trauma-informed practice, and staff support in the legal, education, health, mental health, faith, and child welfare systems. Recent presentations include the Office of Justice Programs conference, National Crime Victim Bar Association, and more. He contributed to the issue brief *Responding to Child Abuse During a Pandemic*.

**Register Now for From Crisis to Chronic**

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## Other Trainings and Webinars

### Ask an Expert: Applying for Your First Federal Grant

Sponsored by the National Center for Victims of Crime

Webinar | December 10, 2020 | 2:00 to 3:30 pm

What is the process for applying for a federal grant and how do you get started? Register for this free webinar discussion on the steps of applying for a federal grant. A panel of experts will divide the steps into manageable actions, offering their insight and answering participant questions during this hour-long session. [Learn more.](#)

### Interpersonal Violence and Disability: Understanding the Intersection and Making Connections

Sponsored by the National Coalition Against Domestic Violence

Webinar | December 10, 2020 | Noon to 1:30 pm

This webinar will explore the intersection of domestic violence and disability. We will begin by understanding what exactly a disability is from a social model perspective and explore how interpersonal violence affects individuals with disabilities. We will then discuss the unique challenges a person with a disability faces when in an interpersonal violence relationship including barriers to seeking safety and the



impact it has on trauma. We will address how the pandemic has shifted our work as it relates to safety planning and service provision. [Learn more.](#)

## **Violence Free Age: Preventing Sexual Violence Against Older Adults**

**Sponsored by the Minnesota Elder Justice Center**

**Webinar | December 10, 2020 | 1:00 to 2:00 pm**

Sexual violence impacts our community in many ways, and those impacts are experienced in unique and severe ways by older adults. For this reason, prevention strategies that consider and center the needs, goals, autonomy, safety and personhood of older adults are important to explore within the broader universe of our prevention efforts. Join us at this discussion to learn more about the impact of sexual violence on older adults, and to collaboratively explore prevention strategies that will assist in achieving safety within this community. [Learn more.](#)

## **Meeting the Needs of LGBTQ+ Survivors with Disabilities**

**Sponsored by the Center on Victimization and Safety**

**Webinar | December 15, 2020 | 1:00 to 2:30 pm**

This webinar will review best practices for supporting survivors with disabilities who also identify as LGBTQ+. Service providers will receive training on how to support the self determination of LGBTQ+ survivors with disabilities as well as strategies for overcoming social and institutional barriers these individuals experience accessing services and healing. [Learn more.](#)

## **Financial Decision Making and Safety: Tools For Our Conversations**

**Sponsored by the Minnesota Elder Justice Center**

**Webinar | December 17, 2020 | 1:00 to 2:00 pm**

Conversations about financial safety often arise as families gather (this year: in-person or virtually) for the holidays. Join us to discuss financial decision making tools including general guides and resources for families approaching these conversations; as well as legal tools such as power of attorney or other fiduciary roles that may assist your clients in building financial decision-making plans. Please bring or send your questions ahead-of-time. [Learn more.](#)

## employment opportunities

**Resources for job seekers:**

[Association of Minnesota Counties Jobs](#)

[Indeed](#)

[Legal Services State Support Positions Available](#)

[Minnesota Council of Nonprofits Job Board](#)

[Minnesota County Attorney's Association Job Bank](#)

## contact us

**As always, if you have any suggestions for MAC, we welcome your input!**

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## about the minnesota alliance on crime

The Minnesota Alliance on Crime connects systems, service providers, and victims to advance the response for victims of all crime. MAC is a membership coalition of more than 90 crime victim service providers in Minnesota, including prosecution-based victim/witness programs, community programs, law enforcement agencies, and individuals committed to supporting crime victims. We support our membership through training, technical assistance, resources, public policy and legislative initiatives, and networking opportunities.

**For more information about MAC, go to [www.mnallianceoncrime.org](http://www.mnallianceoncrime.org).**

**To join our coalition of crime victim service programs, [click here](#).**