

June 2019 Newsletter

MAC
MINNESOTA ALLIANCE ON CRIME

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From MAC's Executive Director

Dear MAC Members and Allies,

As many of you know, I lost someone very dear to me last week. MaryAnn Bigaouette was my mentor, friend, and fierce defender. She taught me so much about being an advocate for victims and standing up to social injustice. She also taught me the importance of incorporating a sense of humor into this very difficult work. I loved to make MaryAnn laugh because her laughter would take over a room and it was infectious. Somehow, MaryAnn always said the words my soul needed to hear.

During one of our recent conversations I was ranting about how incensed I



MaryAnn Bigaouette

was that a professional in our field was treating so many good people very poorly. I went on and on for quite a while stating my case as to why I was justified in my feelings of anger and animosity towards this person. MaryAnn listened and then said, "Never let a toxic person turn you into one of them." This was not the response I was expecting or wanting to hear from her. I thought for sure she would support my feelings and tell me how justified I was in holding them. Instead, MaryAnn warned me about becoming consumed with anger and hatred, no matter how justified it may be. As she had many times before, she asked me how was I going to use this negative energy for a positive purpose, because people would be watching and that I would learn a lot about my character by the way I chose to respond. I replied with a sarcastic comment that made MaryAnn laugh for a minute, but then she asked me the question again.

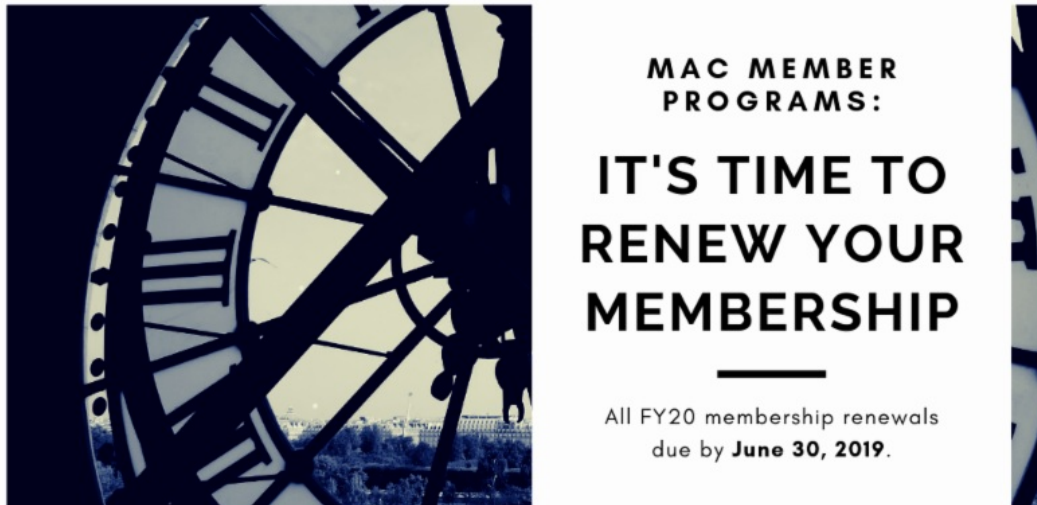
In the past week, I have thought about the many life experiences MaryAnn survived and how she used each one as an opportunity to learn something and to do something. She endured more than any human should ever have to and she never allowed it to harden her or justify treating others poorly. She left a legacy of unconditional love and selfless service to others.

I never really answered MaryAnn's question during our conversation about how I was going to use the negative energy for a positive purpose. I am still struggling with the answer. What I do know is that life is short and there is a lot of work to do and I can't waste time and energy on toxic feelings and thoughts. I will continue to call out injustice and then will pour my energy into solutions.

I hope each of you has a MaryAnn in your life and that we all can be a MaryAnn to someone else.

In Peace,

Bobbi Holtberg



[Click here to download the FY20 membership application.](#)

Farewell to Tess Salen



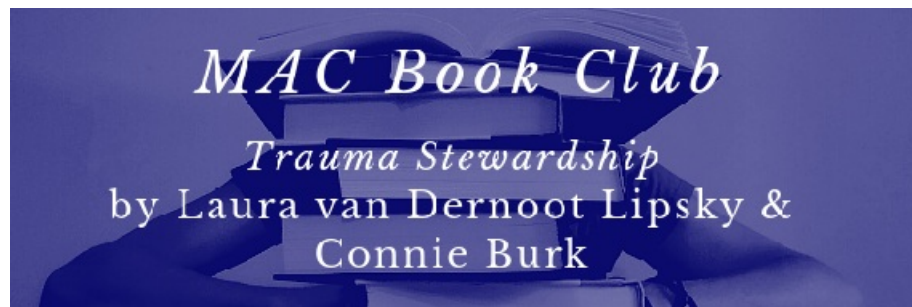
Last month, MAC bid farewell to our spring 2019 intern, Tess Salen. Tess has now graduated from Hamline University with a bachelor's degree in criminology and criminal justice. She was incredibly hard-working, helpful, curious, and a great asset to MAC. Tess has reflected on her experience interning at MAC:

"Interning with the Minnesota Alliance on Crime is possibly one of the best decisions I have ever made and an amazing opportunity. The MAC staff have been so supportive, not only in the aspects of my internship work, but also helping to connect me with so many different people in the field whom I can add to my professional network. During my time at MAC, I was able to affirm that this is the work that I want to be

doing. I can't wait to get out there and see what difference I can make and who I can inspire.

"I want to extend a very very large thank you to the MAC staff for how much they have taught me and supported me. Even though my time at MAC is ending I think that the relationships that I have formed while at MAC will continue on well into the future!"

We very much enjoyed working with Tess and wish her the best of luck!

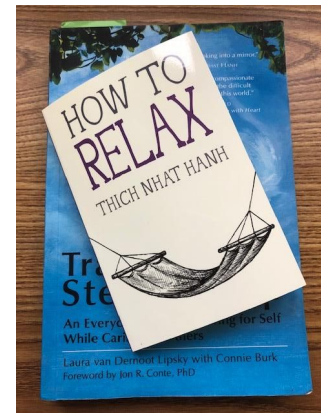


You don't need to set aside special time for resting and relaxing. You don't need a special pillow or any fancy equipment. You don't need a whole hour. In fact, now is a very good time to relax.

You are probably breathing in and out right this moment. If you can close your eyes for a moment, do so. This will help you pay attention to your breath. Your body is doing so many things right now. Your heart is beating. Your lungs are inhaling and exhaling air. Blood is traveling through your veins. Without effort, your body is both working and relaxed.

-How to Relax by Thich Nhat Hanh

I picked up this little book at my favorite local bookstore in March. As I read the first few pages quoted above, I could feel my heart rate drop and my body relax. Even now reading the words I feel a sense of calm.



Our readings in *Trauma Stewardship* this past month have challenged me to reckon with my own ability to live in the present moment and to cultivate practices that encourage this mindset. I have tried to sustain mindfulness practices in the past and repeatedly "failed"—usually quitting altogether when I forgot to do it for just one day.

Unsurprisingly, *Trauma Stewardship* has me inspired to try again, but this time I am making two significant modifications: First, I commit to practicing self-compassion if (read: when) I forget and miss a few days. Second, I'd like to invite you to join me. In the month of June, let's set a modest goal to do some sort of mindfulness practice every day.

There are lots of different ways to do this. You can pick up one of the [Mindfulness Essentials](#) books by Thich Nhat Hanh (*How to Relax* is one of them) or another book like it from your local library or bookstore and read a little every day. You can download one of the many [free mindfulness apps](#) available (I just downloaded [Insight Timer](#)). You can try progressive muscle relaxation (here's a [guide](#) and a [recording of instructions](#) on YouTube), a personal favorite of ours in the office. You can set an alarm for the same time every day and commit to just closing your eyes for a few minutes and

concentrating on your breathing. As Laura van Dernoot Lipsky writes in *Trauma Stewardship*, "There are innumerable ways to return to stillness, including such centering acts as breathing, meditation, mindful movement, and prayer." Do whatever works for you.

If you do begin a mindfulness practice in June, I would love to hear from you. You can [e-mail me](#) any time to share your ideas, struggles, and successes.

As always, it's never too late to join us if you'd still like to jump into *Trauma Stewardship*. You can find our reading schedule and links to download the book [on our website](#).

Happy reading!

Julia Tindell
Program Manager - Training and Special Projects



National Crime Victim Law Institute: Working with Post-Conviction Rights

Through a cooperative agreement from the Office for Victims of Crime, NCVLI has added new Post-Conviction Victims' Rights resources to the [Rights Enforcement Post-Conviction Toolkit](#) and the [Victim Law Library](#). The Toolkit is NCVLI's online resource of accessible information to assist practitioners with understanding victims' rights and provide practical tools to assist with asserting and seeking enforcement of these rights. The [new Toolkit resources](#) focus primarily on privacy and restitution rights, and include a sample pleading (requesting the redaction of victim names and other identifying or private information from a court opinion), and [An Introduction to Privacy, Post-Conviction Video](#) (providing a brief overview of privacy-related issues that can arise post-conviction).

Minnesota Department of Health: Register for the Next SVPN Meeting

The next Sexual Violence Prevention Network Quarterly Meeting is Tuesday, June 11, from 9 a.m. – 12 p.m. at Neighborhood House, 179 Robie St E., Saint Paul, MN 55107. The presentation will be *Victim/Survivors with Intellectual and Developmental Disabilities*, presented by The Arc Minnesota – Greater Twin Cities Region and the Sexual Violence Center. Two women who are strong self-advocates along with the project directors from the Arc Minnesota and the Sexual Violence Center will give a presentation that focuses on victims/survivors with intellectual and developmental disabilities (I/DD) and important factors to consider. [More information](#).

National Public Radio: World Health Organization Redefines Burnout As A 'Syndrome' Linked To Chronic Stress At Work

The World Health Organization is bringing attention to the problem of work-related stress. The group announced this week that it is updating its definition of burnout in the new version of its handbook of diseases...The new definition calls it a "syndrome" and specifically ties burnout to "chronic workplace stress that has not been successfully managed." [Read more](#).

Funding Alert: U.S. Department of Justice Office for Victims of Crime FY 2019 Law Enforcement-Based Victim Specialist Program

Please note: This alert is not to be confused with the upcoming RFP from the Minnesota Office of Justice Programs to fund law enforcement-based victim programs. That RFP has not yet been released but will be later this summer. OJP encourages law enforcement entities to consider applying for this federal funding opportunity first, especially as it will fund agencies at a higher level and for a longer amount of time than the state funding.

The U.S. Department of Justice (DOJ), Office of Justice Programs (OJP), Office for Victims of Crime is seeking applications for funding for the OVC FY 2019 Law Enforcement-Based Victim Specialist Program. This program furthers the Department's mission by assisting law enforcement to better support victims through the criminal justice process.

Eligible applicants for the OVC FY 2019 Law Enforcement-Based Victim Specialist Program are limited to public law enforcement agencies (including municipal, county, state, and tribal agencies).

Application Deadline: 10:59 pm, central time, July 25, 2019

SPOTLIGHT ON MEMBERS

*Kandiyohi County
Attorney's Office
Willmar, MN*



At the Office of Justice Programs conference in May, staff from the [Kandiyohi County Attorney's Office](#) (KCAO) and [Safe Avenues](#) teamed up to present a workshop on community impact statements. This presentation was just the latest in a long history of collaboration between the two agencies. Our agencies have learned that we best serve the victims by working together and harnessing each other's strengths.

For more than a decade, KCAO and Safe Avenues have collaborated on trainings, improved system response, and presentations. Recently, presentations on sex trafficking and exploitation were provided to hotel staff, medical personnel, and area service clubs. We have teamed to educate area college students on sexual assault. KCAO and Safe Avenues have also jointly served on multi-disciplinary teams addressing domestic violence and lethality assessment case reviews, have developed and grown a SANE program to serve victims of sexual assault, and provide training to local stakeholders on domestic violence, strangulation, and stalking.

While we value our prevention and systems change work, the individual lives we touch remain the most important aspect of this collaboration. Bridget Pederson, KCAO Victim Services Coordinator, shares the following story: "Recently, a victim traveled a great distance to attend a hearing where her husband was appearing on charges for threatening and assaulting her. She was surprised how much traveling back and attending the hearing had rattled her. I checked in regarding her needs such as gas money, food, and supplies. I connected her with a Safe Avenues advocate at court. At the Safe Haven shelter, the victim was able to shop in a boutique style donation shop and collect clothing, shoes, and other personal items while another advocate put her personal care needs together. In addition, she received a gas card, a gift card for lunch, and food she could cook. But what had the greatest impact was not what she received but how she felt. She said, 'No one has ever been this nice to me before.'" The relationship and collaboration between Safe Avenues and KCAO is vital. KCAO victim services coordinator Jen Hovland says, "It is important we have the connection between county-based and community-based victim services because we are able to provide a well-rounded, informative service to the victims we have in common. We understand one another's role and can create a strong connection for making referrals because they don't just happen at the beginning of a case; all throughout a case each agency is needed at different points."

MAC wants to highlight your organization's amazing work! To spotlight your agency in our monthly newsletter, please email [Danielle Kluz](#).



The Role of Leaders in Creating a Trauma-Responsive Culture

Date: Thursday, June 27, 2019

Location: Cornerstone Advocacy Services, 1000 E 80th St. Bloomington MN 55420

Beth Neu and Pete Singer are partnering once again with MAC to provide a training for leaders seeking to integrate more trauma-responsive practices into their organizational policies and procedures.

In the afternoon, the presenters will offer a workshop on creating trauma-responsive practices.

Organizations are asked to submit an application to attend this workshop.

Agenda

8:30 AM - 9:00 AM: **Registration**

9:00 AM - 12:00 PM: **Presentation: The Role of Leaders in Creating a Trauma-Responsive Culture**

All are welcome and invited to attend the morning presentation! Register at the link below.

Presentation Description: A trauma-informed culture is set by leadership through how it shares responsibility, engages in transparent communications, sets policies and procedures, and supports employee wellness initiatives. Using the SAHMSA model as a framework, this workshop will take participants through a step-by-step plan to becoming a trauma-informed organization. This highly interactive workshop will explore what needs to be in place organizationally to create a trauma-informed culture and include a gap analysis so participants can determine how to structure their action plan. The intended audience for this workshop is managers, supervisors, and their teams.

12:00 PM - 1:00 PM: **Lunch** (on your own)

1:00 PM - 4:00 PM: **Workshop: Creating Trauma-Responsive HR Practices**

IMPORTANT NOTE: Organizations are required to submit an application and be approved to attend the afternoon workshop. Details on the application process are outlined below.

Workshop Description: Human resource departments are essential in helping organizations make the shift to being trauma informed as seamless and normative as possible. Developing trauma informed policies and procedures for both the hiring process as well as for employee retention and satisfaction requires intentionality. Again, using the SAHMSA model, this workshop will take human resource professionals, managers and supervisors through an evaluation of their organization's policies and procedures that have the most impact on candidate and employee well-being. The goal of this workshop will be to introduce new ways of thinking about traditional approaches to managing the new hire experience as well as employee performance and well-being. Participants are encouraged to bring their organization's employee handbooks for review.

Important Notes on Afternoon Workshop Application

Organizations interested in participating in the afternoon workshop are asked to fill out this application in order to participate. The application will close June 17, 2019. MAC will review applications and notify organizations of their acceptance within five business days of the application being submitted. Organizations attending the workshop must have one leader in attendance who has the power to modify policies and procedures. **All participants who plan to attend the workshop must also attend the morning presentation.** If you have questions, please contact Julia Tindell at julia@mnallianceoncrime.org or by calling 612-940-8090 (ext. 103).

Registration Fees

MAC Members: **FREE**

Non-MAC Members: \$30 per person for morning presentation; \$70 flat fee for afternoon workshop

Not sure if your organization is a MAC member program? [Click here.](#)

MAC will apply for CLE credits.

Travel Benefits for MAC Member Programs

MAC will provide mileage reimbursement for one vehicle per organization traveling more than 75 miles round trip. Mileage reimbursement forms will be available at the training.

Space is limited - register today!

Other Trainings, Webinars, and Conferences

2019 MN World Elder Justice Awareness Day Conference

Sponsored by the Minnesota Elder Justice Center

In Person | June 5, 2019 | Earle Browne Heritage Center, Brooklyn Park

\$80

This full-day conference is geared towards professionals working to prevent and effectively intervene in the abuse, neglect, and financial exploitation of older and vulnerable adults. CEU, CLE, and POST credits will be offered. Registration fees include breakfast, lunch, coffee service, and snacks. This year's conference will feature Kathy Greenlee as the keynote speaker. [Learn more.](#)

Overview of Federal Domestic Violence, Stalking and Domestic Violence Related Firearm Crimes

Battered Women's Justice Project

Webinar | June 5, 2019 | 1:00 to 2:30 pm

While domestic violence remains primarily a matter of state and local jurisdiction, there are several federal laws available for prosecuting domestic violence and stalking offenders. It is important that law enforcement, attorneys and advocates work together with federal prosecutors to identify these crimes for potential federal prosecution. This webinar will provide an overview of the federal statutes available and discuss how system actors can work cooperatively with federal prosecutors to pursue charges. [Learn more.](#)

Safety Planning with Underserved Populations

Sponsored by Standpoint

Webinar | June 7, 2019 | 9:00 to 10:30 am

This webinar will be looking into special considerations in safety planning strategies when working with underserved populations. We will be discussing needs of underserved populations, accommodating individuals and their intersecting identities, and best practices to remain trauma-informed when assisting clients in creating safety plans. We will address a variety of scenarios involving different identities and experiences. [Learn more.](#)

The Impact of Violence, Trauma, and Racial Oppression on Survivors

Sponsored by the National Resource Center for Reaching Victims and the Minnesota Indian Women's Sexual Assault Coalition

Webinar | June 14, 2019 | 1:00 to 2:30 pm

This interactive webinar will highlight the complexity and various forms of violence experienced by historically marginalized communities, strategies for intervention and intersectional responses being employed by advocates and educators working with survivors from African American, Muslim, and Native American populations, and undocumented college age immigrant women. [Learn more.](#)

Bisexual Crime Victims: Least Visible, Most at Risk

Sponsored by the National Resource Center for Reaching Victims

Webinar | June 17, 2019 | 1:00 to 2:30 pm

Part one of the LGBT Trauma and Resilience series. Bisexuals make up the largest part of the LGBTQ community, yet are the most invisible and have some of the highest rates of victimization. This webinar will go over the statistics, look at some of the reasons why this population is so invisible and at-risk, and explore the long-term health implications of these facts. We will also begin to explore how the victim service field and LGBTQ advocates can begin to better respond to this population's unique needs. [Learn more.](#)

Providing Accessible Services for Survivors of Domestic Violence and Sexual Assault Who are Blind or Have Low Vision

Sponsored by the Vera Center on Victimization and Safety

Webinar | June 18, 2019 | 1:00 to 2:30 pm

Blind survivors and survivors with low-vision face unique barriers when seeking services after experiencing domestic or sexual violence. This webinar will help domestic and sexual assault service providers understand how to best serve blind survivors and explore strategies for increasing the accessibility of their services. [Learn more.](#)

De-Mobilization of Hate: Addressing Mass Violence in Schools and Society

Sponsored by Hamline University Center for Justice and Law

In Person | June 20, 2019 | 6:00 to 8:30 pm | Bush Center Ballroom, Hamline University

Suggested donation : \$30

Amid a growing climate of hate, the specter of mass violence looms large over our public spaces. How

should we understand the violence of hate? How does hate emerge and spread both in person and online? And, most importantly, what can be done to prevent it? At this event, hear from a survivor of one of worst hate crimes in modern history, a sociologist studying violent extremism, and practitioners working to tackle hate in our classrooms and in our communities, as they engage in critical conversations to deconstruct and demobilize hate. [Learn more](#).

Strategies to Ensure Equitable Programming: Understanding the VOCA Victim Assistance Rule and Funding Opportunities at the State Level

Sponsored by the National Resource Center for Reaching Victims

Webinar | June 26, 2019 | Noon to 1:30 pm

This webinar will provide participants with critical information surrounding VOCA Victim Assistance funding, and the 2016 rule change interpreting allowable uses of these funds. It will highlight strategies for leveraging opportunities through VOCA to expand the reach of programming to survivors in their states. [Learn more](#).

Invisible No More: Police Violence Against Black Women and Women of Color

Sponsored by the National Clearinghouse for the Defense of Battered Women

Webinar | June 27, 2019 | 2:00 to 3:30 pm

Author, lawyer, and Black lesbian immigrant survivor Andrea Ritchie will provide a focused look at police violence and racial profiling in the context of domestic violence in this presentation. This timely webinar will explore police responses to domestic violence as sites of racial profiling, criminalization, police violence, and lack of protection for survivors, and identify potential strategies for reducing harm and increasing protections for survivors through legal, legislative, policy and funding strategies. [Learn more](#).

Best Practices of Law Enforcement in Working with LGBTQ Victims

Sponsored by the National Resource Center for Reaching Victims

Webinar | July 15, 2019 | 1:00 to 2:30 pm

Part three of the LGBT Trauma and Resilience series. Many studies have shown that having law enforcement serve as the “front door” of victim services has a chilling effect on LGBTQ victims, who often refuse to have voluntary contact with police. This webinar will highlight some of the most effective and replicable law enforcement practices being implemented across the country to improve law enforcement/LGBTQ community relations. Law enforcement and allied professionals are the target audience for this virtual training. [Learn more](#).

2019 Stand Against Child Abuse Conference

Sponsored by the Minnesota Children's Alliance and First Witness Child Advocacy Center

In Person | July 22-23, 2019 | Duluth Convention Center, Duluth

\$140 to \$175 to register

Join us for a conference for multidisciplinary teams focused on improving coordinated responses to child abuse and maltreatment. The Stand Against Child Abuse Conference will convene in Duluth, Minnesota, offering over 25 sessions with leading experts in the field and up to 12 hours of continuing education credit included in your registration fee. [Learn more](#).

Improving LGBTQ/Law Enforcement Relationships: A Webinar for Community Advocates

Sponsored by the National Resource Center for Reaching Victims

Webinar | July 29, 2019 | 1:00 to 2:30 pm

Part four of the LGBT Trauma and Resilience series. Every LGBTQ community advocate has seen it: LGBTQ crime victims who refuse to access justice, compensation, and/or healing services because they fear having to deal with law enforcement. This webinar will highlight some of the most effective and replicable law enforcement practices being implemented across the country to improve law enforcement/LGBTQ community relations. Specific attention will be paid to the roles LGBTQ advocates can play in improving their own communities' LGBTQ/law enforcement relationships. [Learn more](#).

2019 Specialty Institute: Coming Together to Create a Cultural Response to Address the Impact of Domestic Violence on Women and Their Children

Sponsored by the National Indigenous Women's Resource Center

In Person | August 13-15, 2019 | Radisson Blu Mall of America, Bloomington

\$100

While there has been a lot of discussion, policies and practices around the topic of domestic violence and the intersection of child welfare, there continues to be a lot of unanswered questions, unresolved issues, misunderstandings and even harmful practices. The Specialty Institute is committed to addressing these issues from the root causes to identifying cultural best practices, strength based approaches and practice-based policy recommendations. This Specialty Institute is designed to strengthen our advocacy, promote tribal sovereignty and build our capacity to respond appropriately and effectively to children and their non-offending parent who are impacted by domestic violence. [Learn more](#).

Let MAC help your organization get the word out about your training or event!

If you have a training or event to submit for inclusion in the MAC newsletter, please email the following to Danielle Kluz at danielle@mnallianceoncrime.org:

- Training/event title
- Sponsoring agency/organization
- Date and time
- Location
- Names of trainers/presenters
- Cost
- Brief description of training/event
- More info/how to register (web link preferred, will accept attachments)



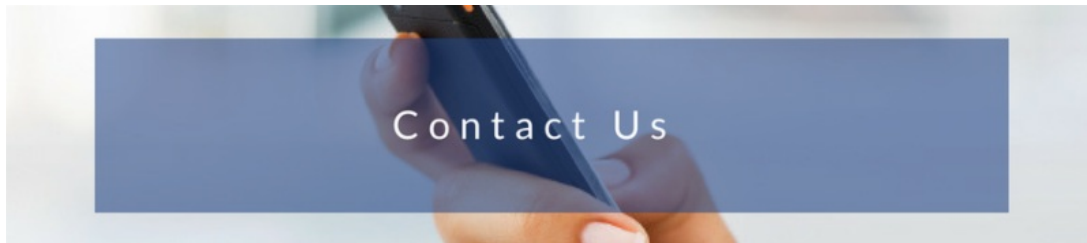
Please send by the 28th of the month for inclusion in the following month's newsletter.



[Click for the latest victim service employment opportunities in Minnesota.](#)

If you have job postings you would like us to include in our monthly newsletter, please include the following information and email to Danielle Kluz at danielle@mnallianceoncrime.org by the 28th of each month. **If you have posted the position to the Minnesota Council of Nonprofits' website, you do not need to email it to us as we check their listings daily.**

- Location
- Job title
- Organization name
- Link to organization's website
- Link to the job posting
- Closing date



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.

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