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Dear MAC Members and Allies,

Happy Fall! MAC staff is still unpacking (literally and figuratively) from our 2019 Annual Meeting and Capacity Building Training. There was so much good conversation that centered on how we need to be individually and collectively caring for ourselves. We will continue to have those conversations and, as a staff, we are intentionally discussing the culture

we want to cultivate at MAC.

A couple of months ago I wrote about my commitment to become more flexible and to understand when and why I struggle with flexibility. As we have spent a lot of time in the last few months exploring occupational identity and our individual strengths, I am becoming more aware of why I struggle and the things I need to work on if I want to grow in this area.

Today, more than ever, we are challenged to be flexible – in our work, our relationships, and in every other important aspect of our lives. However, due to our own fear, arrogance, resistance, stress, and obsession with being right, we often end up being inflexible to our own detriment and to the frustration of those around us (or so I've been told).

Being flexible is not about being weak or passive. Flexibility is a conscious choice, a powerful skill, and a valuable approach to the ever-changing, always-evolving world we live in. We can be firm in our convictions, passionate about our beliefs, and clear about our intentions, and at the same time be flexible enough to make significant changes and be open to new ideas along the way.

I recently read an article that focused on ways to expand our capacity for flexibility. I found the following key elements enlightening and hopefully you will too.

Let go of your attachment – Whenever we get attached to something – a specific outcome, a particular way of doing things, a rigid opinion, etc. – we are, by definition, inflexible. Letting go of our attachment to something doesn't mean we negate our desire or intention, it simply means we let go of controlling every aspect of it, forcing the action, and our fixation on it being exactly the way we think it should be.

Be willing to be wrong – Most of us love to be right and will do and say just about anything to avoid being wrong. Our obsession with "rightness" and fear of "wrongness" often gets in the way of going for what we want, saying what's on our mind, and letting go of our fixed ideas about how things are supposed to be. When we're willing to be wrong (not necessarily interested in or intending to be wrong), we free ourselves up and give ourselves permission to take risks, try new things, and approach things (even really important things) with a creative, innovative, and flexible perspective.

Don't take yourself too seriously – Taking ourselves too seriously (something which I know a thing or two about), creates unnecessary stress, pressure, and worry. When we're able to laugh at ourselves (in a kind way), keep things in perspective, and remember that most of what we deal with on a daily basis in life is not life or death, we can take ourselves less seriously and thus have a more balanced, peaceful, and creative way of relating to things.

Go with the flow – If we pay attention to life, there is a natural flow that exists (although it may not always look like it or feel like it). As Esther Hicks says, "Most people are rowing against the current of life. Instead of turning the boat around, all they need to do it let go of the oars."

Get support and feedback from others – The support and feedback of others is invaluable in so many aspects of our life and growth, especially as it relates to us being more flexible. We can learn from others who are more flexible than we are. We can also give people in our life permission to remind us (with kindness) when we get rigid, uptight, over-attached, and start taking ourselves too seriously.

For most of us, being flexible is something that's often easier said than done. However, the more attention we place on expanding our flexibility the more likely we are to do it. As we enhance our ability to be flexible, we will experience more peace, ease, and fulfillment. And isn't that what we all searching for?

Bobbi Holtberg

MAC MEDIA RECOMMENDATION



Based on a true story, and a <u>Pulitzer Prize-winning article</u>, <u>Unbelievable</u> is an 8-hour Netflix limited series. It is an unflinchingly real depiction of sexual assault and how the systems set up to ostensibly help a victim harm and re-victimize her instead. It's also the story of two dedicated female detectives desperately searching for a serial rapist before he can hurt another woman. Starring Toni Collette, Kaitlyn Dever, and Merritt Wever, *Unbelievable* is enthralling and moving to the very end.

Unlike all too many media depictions, *Unbelievable* tackles issues of rape and trauma without being gratuitous, graphic, or exploitative. The series is highly recommended for everyone working with crime victims and would make an excellent in-service training activity.

Content warning: Extensive discussion of sexual assault, very brief and non-graphic visual depictions of rape, brief male nudity.

Danielle Kluz, Training & Engagement Program Manager



<u>Standpoint</u> is a statewide organization whose mission is to promote justice for domestic and sexual violence victims. We provide limited direct representation, legal information, training, litigation support, and expert support on program and legal issues. Standpoint exists to respond effectively to the constantly evolving legal needs of domestic and sexual violence victims.

One issue our organization is currently spending a good deal of time working on is immigration and victims of crime. **Expedited removal** is the process in which an immigration officer can order the removal of foreign nationals without affording them due process rights, such as the right to an attorney or the right to appear in front of a judge. The person subject to expedited removal is detained until they are removed, which is usually done very quickly and can occur on the same day they are apprehended.

Previously, expedited removal applied to: (i) foreign nationals who arrived at the border without proper documentation or who entered without inspection, (ii) who have been in the United State for 14 days or less, and (iii) who are within 100 air miles of the border. On July 23, 2019, the Department of Homeland Security announced that it is expanding the reach of the expedited removal process. Under this expansion, expedited removal now applies to (i) foreign nationals who arrived at the border without proper documentation or who entered without inspection, (ii) who are anywhere in the United States, and (iii) who have been in the United States for less than 2 years.

There are a few exceptions to expedited removal. If the foreign national entered with proper documentation, even if that documentation has since expired, they would not be subject to expedited removal. Additionally, people asserting that they fear returning to their country of origin will be given the opportunity to speak with an asylum officer and be afforded certain due process rights to appear in front of a judge. Lastly, unaccompanied children are not subject to expedited removal.

For more information on this topic, the Immigrant Legal Resource Center has created a helpful **expedited removal toolkit**. Also note that this expansion is currently being challenged in court.

Standpoint is a legal resource that can provide more information about how expedited removal may apply to immigrant survivors for domestic and sexual violence, along with information on other immigration changes and policies. Please do not hesitate to contact us to see how this could impact the survivors you work with. Also, please help support Standpoint and the work it does by attending <u>Stand with Standpoint 2019</u> on October 25, 2019 from 6:00-10:00 p.m. at the Metropolitan Ballroom in Minneapolis, MN. See below for more information.

Rachel Kohler, Esq., Staff Attorney, Standpoint

MAC wants to highlight your organization's amazing work! To spotlight your agency in our monthly newsletter, please email <u>Danielle Kluz</u>.



Early-Bird Rate

Early-bird pricing for \$75 general public tickets and \$50 advocate tickets lasts until Monday, October 7th. After that date, all tickets will be \$90 online. If you are interested in sponsoring an advocate ticket for \$50, you can do so at the ticket link below.

Advocate Scholarships

Standpoint is committed to ensuring Stand with Standpoint is accessible and engages with the communities in which we work. Many of our event sponsors have generously donated advocate tickets for the event. If you are an advocate and would like to be added to the waitlist for a scholarship ticket, please email amy@standpointmn.org. Tickets will be distributed on a first come, first served basis.

Buy your tickets here!



Immigrant Legal Resource Center: Public Charge Toolkit

In August 2019, the U.S. Department of Homeland Security published final regulations that would dramatically change the meaning and effect of the "public charge" grounds of inadmissibility to the United States. Unless a federal court issues an order preventing the regulations from going into effect, they will become effective on October 15, 2019. The Immigrant Legal Resource Center has created a toolkit to assist education and outreach workers presenting information to community members. Our goal is to spread accurate information about what the law is and who is impacted. We hope that these resources will enable community organizations to provide information in community forums and at community events so that families can make good decisions for their families. Click here.

Center for Victim Research: Identity Theft and Fraud Victimization Report

CVR just released our <u>full evidence report</u> on what we know about fraud and identity theft from research and practice evidence. This 34-page report expands upon <u>our short research brief and</u>

<u>webinar</u>, providing a fuller look at who is at risk of identity theft and fraud, the harm caused by this type of victimization, and interventions and services that can promote recovery. The report is accompanied by a <u>bibliography</u> of the materials reviewed.

Minnesota Coalition Against Sexual Assault: Public Warning About MeToo Rape Kits

MNCASA opposes the use of at-home forensic evidence collection kits (commonly referred to as "rape kits") and is greatly concerned that they are being marketed to the public, particularly on college campuses. MeTooKit is a company that claims to have created the first Sexual Assault Evidence Kit for at-home use. MeTooKit has started a waitlist for their kits on their website and developed a pilot program for colleges and universities. We are discouraged by this obvious attempt to monetize the #MeToo movement, particularly in such an irresponsible way with potential disastrous impacts on victims/survivors of sexual assault. Read more.

Bureau of Justice Statistics: 2018 National Crime Victimization Survey

The longstanding general trend of declining violent crime in the United States, which began in the 1990s, has reversed direction in recent years, based on findings from the National Crime Victimization Survey (NCVS), one of two major sources of crime statistics in the United States. Meanwhile, the longterm decline in property crime has continued in recent years. **Download report.**

Asian Pacific Institute on Gender-Based Violence: Fact Sheet on Domestic and Family Violence in Hmong Communities

Demographic data, statistics, and resources on domestic violence, sexual assault, and other forms of abuse in Hmong communities. Click here to download.

Resources for October's Domestic Awareness Month

- National Coalition to End Domestic Violence
- National Network to End Domestic Violence
- The "No More" Campaign
- The Joyful Heart Foundation
- Break the Cycle



DIRECTORS' MEETING WITH OJP

WEDNESDAY, OCTOBER 9 1 PM - 5PM GRAND VIEW LODGE IN NISSWA, MN

Join directors for a presentation and Q&A with OJP

INSTITUTE HOSTED BY:











Do you have questions regarding your Office of Justice Programs grant or the upcoming competitive grant process? Day One and the statewide victim service coalitions are sponsoring an afternoon Q&A with Cecilia Miller, Director of the OJP Grants Unit.

Directors and managers of both community and system-based victim service programs are strongly encouraged to attend.

If you have a specific question you would like Cecilia to address, please send it directly to Bobbi Holtberg and she will compile them so Cecilia can prepare comprehensive answers. There will be opportunity to ask spontaneous questions the day of the meeting.

In-Person Meeting Details

Date: October 9, 2019

Time: 1-5 pm

Where: Grand View Lodge, 23521 Nokomis Ave., Nisswa, MN 56468

Agenda: Presentation and Q&A with OJP

Additional Information

Food: Refreshments served throughout the meeting & snacks mid-afternoon. No meals provided. Grand View has options for meals on the property and beyond.

Lodging: If you will be arriving the evening of October 8th, Day One of Cornerstone has reserved a block of hotel rooms. Lodging details are at the end of the registration link.

Remotely Attending Meeting Via Zoom

<u>Click here</u> to register for the meeting via Zoom. Registration before the meeting is required to attend.

Meeting ID: 317-829-571

No password is required to join.

Zoom meeting attendees will be able to be view the speaker and presentation via video. Zoom participants will also be able to call in or join directly on their computers.

All participants will be muted upon entry so that everyone on the meeting doesn't hear their background conversations. People can unmute themselves if they would like to participate in discussions.

The meeting will be automatically recorded, and can be sent out to others afterwards.

Click to register for the in-person meeting

The OVC Vicarious Trauma Toolkit: Becoming a Vicarious Trauma-Informed Organization

Please join the Office for Victims of Crime for an upcoming three-part webinar series on the <u>Vicarious Trauma Toolkit (VTT)</u>. Webinars will be held on October 18, November 8, and December 6, 2019.

This series will equip you and your team with an evidence-informed assessment of your agency's unique strengths and gaps, introduce you to concrete tools available in the VTT, and guide you in developing a customized agency strategy to respond to the work-related trauma exposure of staff and volunteers. The intended audience is managers, supervisors, and agency leadership who are ready to jump in and proactively address this issue.

Click here for more information and to register.

Other Trainings, Webinars, and Conferences

Identity Theft in the Context of Family Violence

Sponsored by the National Center for Victims of Crime

Webinar | October 6, 2019 | Noon to 1:30 pm

During this webinar, attendees will learn how to identify the unique type of identity theft that happens in the context of family violence. We will also discuss the various available avenues for service providers when helping victims of family violence cope with identity theft. **Learn more**.

Identities of Domestic Violence: A Panel and Workshop Sponsored by Women's Advocates

In Person | October 12, 2019 | 9:30 to 11:30 am | Wilder Foundation, St. Paul

Hear from panelists who will share perspectives of addressing domestic violence within specific and overlapping identities; including ethnicity, citizenship status, ability, socioeconomic status, sexual orientation, religion/spirituality, and gender. Attendees will break out into small workshop groups after a Q&A with the panelists. <u>Learn more</u>.

What Every Minnesotan Should Know About the Eldercare and Vulnerable Adult

Act of 2019

Sponsored by the Minnesota Elder Justice Center

Webinar | October 16, 2019 | 1:00 to 2:00 pm

Earlier this year, Governor Walz signed a landmark bill instituting new protections for residents of long term care facilities. At the heart of the new law is a new assisted living licensing system that will be fully in place by 2021. This webinar will provide an overview of Minnesota's long term care system and the important changes that this new law will bring about in the coming years. The information in this webinar is for any Minnesotan who lives, works, or is otherwise connected to an assisted living setting or nursing home. **Learn more**.

Expert Q&A - Domestic Violence High Risk Teams

Sponsored by the Office for Victims of Crime

Webinar | October 16, 2019 | 1:00 to 2:15 pm

The Domestic Violence High Risk Team (DVHRT) model was born from one community's tragedy and has gone on to national recognition and replication as a leading strategy for intimate partner homicide prevention. This presentation will provide a comprehensive understanding of the DVHRT model, with an overview of the research at its foundation, and include a discussion on the function and structure of key partners in this multidisciplinary approach. Participants will learn how team members work together to identify high-risk cases and mobilize risk management strategies. Learn more.

2019 Overcoming Racism Conference – Dismantling White Supremacy: Its Structure, Power & Culture

Sponsored by the Facilitating Racial Equity Collaborative

In Person | November 15-16, 2019 | Metropolitan State University, St. Paul

Registration fees: Varies

Say "white supremacy" and many people envision white hoods or torches. Such images may generate headlines, but white supremacy manifests in other ways that are far more insidious and damaging. Culturally speaking, white supremacy is the idea that white people are better and more deserving of wealth, power, and privilege than people of color. It is a self-perpetuating system that continues to fuel colonialism, exploitation, oppressions, inequities, and the brutalities that people of color continue to endure. The 2019 Overcoming Racism Conference is dedicated to dismantling its power, its structures, and the culture that enables it to thrive. Learn more.

Expert Q&A: Courageous Spirit - The Effects of Historical Trauma on American Indian/Alaska Native Communities

Sponsored by the Office for Victims of Crime

Webinar | November 20, 2019 | 1:00 to 2:15 pm

This session will identify the historical and traditional ways that domestic and sexual violence were addressed in American Indian and Alaska Native (Al/AN) communities prior to colonization and how historical experiences persist to have residual trauma in the community. Recommendations will be provided to improve advocacy for native communities that have been affected by domestic and sexual violence. Learn more.





Open House: 11AM - 1PM

60 East Plato Blvd., Ste. 230, St. Paul

Join the statewide coalition of programs working to end relationship violence for Reflect and Reveal:

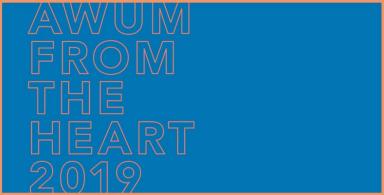
REFLECT on three decades of the Femicide Report;

RELEASE the 2018 intimate partner homicide report in conjunction with a comprehensive 30-year report;

REVEAL a new name, new brand, and new vision for the Minnesota Coalition for Battered Women on the first day of Domestic Violence Awareness Month.

To RSVP please contact Becky: bsmith@mcbw.org or 651.646.6177, Ext. 115





Thu, October 3, 2019, 6:00 PM - 9:00 PM

The Woman's Club Of Minneapolis, 410 Oak Grove Street, Minneapolis, MN 55403

You are warmly invited to join us for a heartfelt evening together at Asian Women United of Minnesota's annual fundraiser, AWUM from the Heart. Enjoy friendly company, delectable appetizers, cash bar, silent auction, wine grab bag, and raffle drawing, with an artistic presentation.

Ticket price for this fundraiser is \$15 per person (+ on-line processing fee). Children ages 12 and under are FREE.

Partner with us as we accompany families to end domestic violence by promoting safe & healthy relationships within the Asian-Pacific Islander community. Your financial gift will support families working to end domestic violence.

Click here for more information and to purchase tickets.

MID-MINNESOTA WOMEN'S CENTER, INC. PROUDLY PRESENTS



All proceeds raised at the event will go directly to our efforts to end domestic violence, continue offering hope and saving lives.

Tickets are \$50 and are available for purchase at 32auctions.com/synergy2019 and in person at the Women's Shelter (218) 828-1216

THURSDAY, OCTOBER 10TH 5-7PM
LUMINARY FERN

NORTHERN PACIFIC CENTER

1511 Northern Pacific Road, Brainerd MN 56401

CASH BAR | HORS D'OEUVRES | RAFFLE SILENT AUCTION | ENTERTAINMENT

To learn more about sponsorship opportunities please contact

volunteer@womenscenteronline.org
Mid-Minnesota Women's Center, Inc. is an IRS 501@(3) tax exempt non-profit #41-1324087



WOMEN'S ADVOCATES 45TH ANNIVERSARY LUNCHEON

FUNDRAISING EVENT

October 11, 2019 | 11:30am - 1:00pm Inwood Oaks 484 Inwood Avenue N., Oakdale, MN

Emcee'd by classical radio host Lynne Warfel Piano accompaniment by Rev. Carl Walker Songs from Camphor Women's Chorale A story of courage from Mel, former resident Preview of Twin Cities PBS history documentary

SPONSORS







RSVP at wadvocates.org/event/45thAnniversary

Click here for more info and to register.



The puck drops at 4pm on Saturday October 12th between your **West St. Paul Police Department** and the **South Metro Fire Department**. There is a \$5 entry fee which also gets you into the after party at **Dunham's Bar and Restaurant** for a taco feed and live music!

Concessions stands will be open and run by Sibley Youth Hockey Association. All proceeds will go to **360 Communities!**

Click here for more information.



Please join us at The Town & Country Club in St. Paul to learn about the impact of <u>our important work</u>, and help stop abuse, neglect and financial exploitation of older and vulnerable adults.

Thanks to support from our sponsor, Eldermark Senior Housing Software, a complimentary hot breakfast will be served. While there is no cost to attend, you will be invited to donate at the end of the program.

Click here to register.

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.





Check out 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

Contact Us

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

Bobbi Holtberg, Executive Director bobbi@mnallianceoncrime.org

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Amee Krogfus, Operations Program Manager amee@mnallianceoncrime.org

Julia Tindell, Training and Special Projects Program Manager julia@mnallianceoncrime.org

Otis Alexander, Chief Morale Officer

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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 $\underline{www.mnallianceoncrime.org}.$

To join our coalition of crime victim service programs, <u>click here</u>.