



MAY 2020 NEWS

MINNESOTA ALLIANCE ON CRIME

in this issue

From MAC's Executive Director

Give to the Minnesota Alliance on Crime at Home

COVID-19/Coronavirus Resource for Victim Service Professionals

MAC MemberConnect

MAC Book Recommendation: The Monster Inside

Upcoming Trainings and Webinars

Employment Opportunities

Contact Us

from mac's executive director

Dear MAC Member and Friends:

Happy May! I think that's what month we've just entered... Maybe? It's hard to keep track of time these days.

I am going to refrain from asking how all of you are doing because if your experience is anything like mine, the answer to that question changes daily, or even hourly, and sometimes minute to minute. For me, what has helped me to bend but not break is maintaining connection with others through every medium possible. I am writing more letters and notes than I have in years and actually mailing them to people I care about. Zoom has become a daily staple and has been a platform to keep MAC's work moving forward. I have learned that [Zoom fatigue](#) is a real thing and that I need to set boundaries and be okay with not accepting every meeting invite. Setting and maintaining boundaries are just as important to self-care no matter if it is virtual interaction and participation or in-person.



Most of the conversations I have with others about what we are experiencing include the words *uncertain*, *unprecedented*, and *resilience*. It the last word about which I would like to share some thoughts.

My brilliant friend and colleague, Karina Forrest Perkins recently wrote, "Resilience as a goal sounds nicer than it is. Building environments where injury, violence, oppression, and abuses do not occur in the first place is the more accurate call to action. Focusing only on people building resilience ignores those things in the environment that hurt people. We don't want each other to just be able to handle more abuses and do it well... we want people to be strong AND the environment to be healthy."

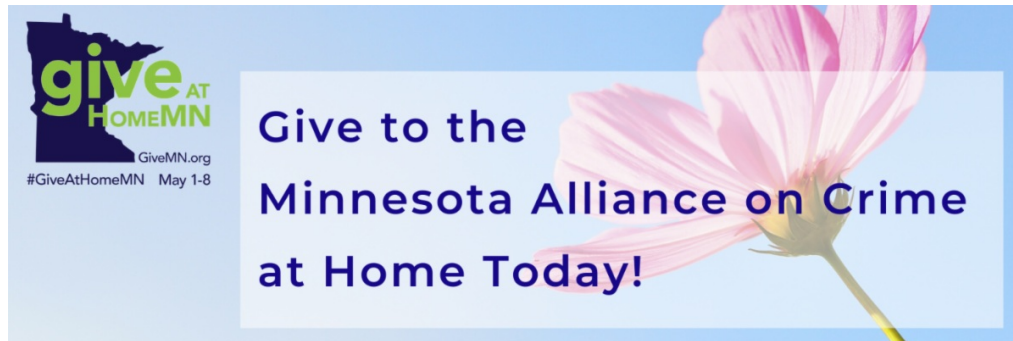
During my time as a direct service advocate, I often heard advocates, victims, parents of victims, and most of all offenders, talk about resiliency in a way that minimized harm caused and absolved them from full accountability. Statements such as "Children are resilient" assume that harm has been mitigated simply because the victim is a child. Statements like, "We need to help victims be more resilient" assume that 1. lack of resiliency is a deficiency, 2. victims need to build their capacity to endure victimization, and 3. building resiliency is the job of an advocate.

Over the years, my construct of resiliency has changed. Our work should always be focused on dismantling the constructs that allow oppression and victimization to occur in our society, and providing support and resources to those who are victimized. If we only focus on the latter, our actions are akin to bailing out a sinking boat with a teaspoon. [Non-Profit Quarterly published a great article](#) on the topic of resiliency that I hope you will take time to read.

I look forward to having more conversations, hopefully in person, about how we think and talk about resiliency. Until then, be well and let's take care of one another and ourselves!

In Peace,

Bobbi Holtberg



Due to social distancing, MAC has been required to cancel many unrestricted revenue-generating training and tabling opportunities, and our largest fundraising event, our silent auction and raffle. We, as an organization, are making tough financial decisions in order to maintain the core principle of our work: increase safety and support for crime victims.

Today, and over the next week, we are asking for your help. May 1st- May 8th we are participating in the #GiveAtHomeMN fundraising campaign in an effort raise \$5,000 to allow us to continue to respond to needs that cannot be paid for with government grant funds.

Our organization and mission has always been about improving communities across Minnesota, by amplifying the voices of those who have been harmed by crime. Your unwavering dedication to ensure the safety of crime victims is what motivates us to develop training, technical assistance and resources to support the work of direct service advocates. You are the reason we have hope for a world in which every community can be free from crime and violence. **We need your help to build that world.**

We understand the financial challenges you are facing. Please consider giving what you can during this #GiveAtHomeMN campaign. Remember, you have the option to set up a monthly donation.

Thank you from the MAC staff and board of directors!

#GiveAtHomeMN Today!



All of us in the victim service field are living and working in a challenging time as news and policies change almost daily due to COVID-19. MAC is emailing our members and allies a weekly update with resources for you. If you are not receiving this weekly resource, let us know!

MAC has also created a [web page](#) collecting those same national and Minnesota resources in one place. We hope you'll find helpful on a professional and personal basis.

If you have any resources to share with your fellow victim service professionals, email [Danielle](#).



Are you feeling isolated working from home? Is your office a whirlwind of change at the moment? Are you overwhelmed by news of COVID-19? Are you having a lot of feelings right now? Do you just need to talk and laugh with others in the Minnesota victim service field?

If any of the above resonate with you, **all members** of the Minnesota Alliance on Crime are invited to a weekly free gathering on **Zoom** to share, network, vent, laugh, and **connect** with your fellow members and MAC staff.

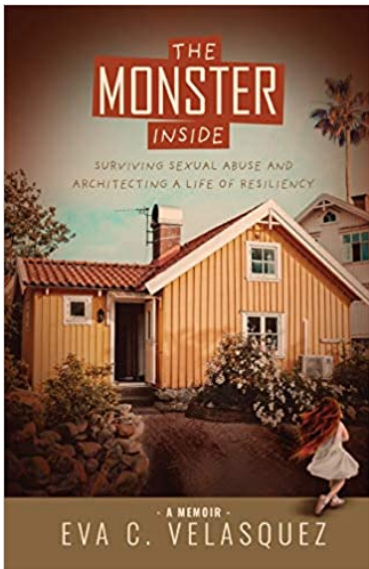
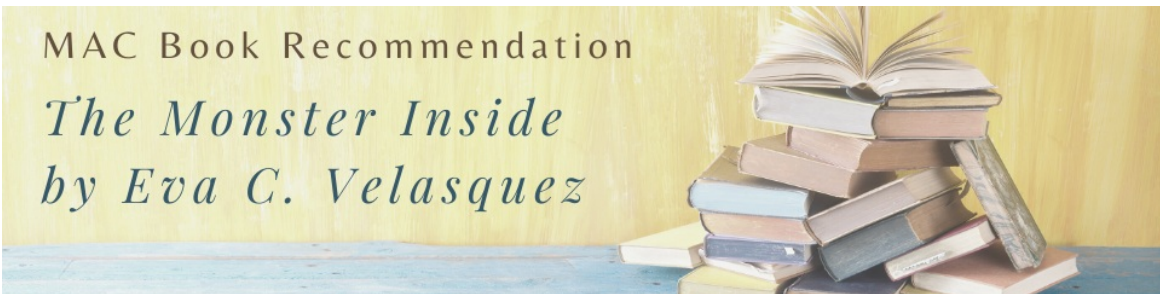
Wednesday, May 6, 2020 Small Group Discussions:

- Fulfilling grant requirements during the pandemic
- General professional life
- Personal life

Please note that to increase your safety and privacy, all registrations now are handled through the Zoom website and all registrations are personally approved by MAC staff members.

Wednesday, May 6, 2020 from Noon to 1:00 pm.

Register today!



“The memories from that room will haunt me for the rest of my life.”

Sexual abuse survivor turned advocate Eva Velasquez understands the trauma and complex emotions that survivors of sexual abuse experience as they attempt to navigate the world after abuse. By sharing her story, from childhood sexual abuse victim to pregnant high school drop out to CEO of a national victim services organization, Eva wants other survivors to realize they do not have to define themselves only by their abuse. With the support of her husband and three adult children, she continues to share her message of hope, inspiration and resilience.

Eva Casey Velasquez is a childhood sexual abuse and domestic violence survivor. She is the author of the memoir, *The Monster Inside the House* and the founder of *This is Resilience*, a community that encourages the building of brave spaces where victims can shed the secrecy and put to rest the shame from childhood sexual abuse victimization. The community promotes self-acceptance, support, and personal placement of traumatic events in a complete life landscape.

As a sexual abuse and domestic violence survivor, Eva understands the complex emotions victims experience as they attempt to navigate the world after abuse. She believes that all trauma survivors can architect a life of resilience. From childhood sexual abuse victim to pregnant high school drop out to CEO of a national victim services organization, Eva wants other survivors to realize they do not have to define themselves only by their abuse.

Eva leads the conversation regarding victimization impact and trauma and speaks at national and international events. In 2018, she received the National Consumer League's Florence Kelly Consumer Leadership Award. In 2019, she received the coveted National Service Award during Crime Victims' Rights week from the Department of Justice, Office of Victims of Crime. She has held a number of positions in the Law Enforcement and victim advocacy space. She currently serves as the President/CEO of the Identity Theft Resource Center, a non-profit organization that provides free services and education to victims of identity and cyber-crimes and scams/fraud.

[Click here to purchase this incredible book.](#)

upcoming trainings & webinars



Beth Neu and Pete Singer are partnering with MAC again to provide a groundbreaking series that will combine training and small group debriefing to support victim service professionals in your response to COVID-19.

Living and Leading Through History: Resilience and Self-Care in a Pandemic

**Thursday, May 7, 2020
12:00 - 1:00 PM**

This webinar is open to all in the victim services field.

The COVID-19 pandemic has a profound effect on advocacy and emotional labor. Crime victims encounter unfamiliar hurdles when accessing an advocate, and much of the justice system, from first response and enforcement to adjudication, is functioning in a new framework that at times seems to prioritize disease prevention over response to a victim. Advocates try to help, but they are left with decreased capacity as they move from in-person to virtual meetings with crime victims, adapt to the justice system's new paradigm, struggle to access resources that are overwhelmed or limited, and deal with decreased compassion satisfaction and peer support. These factors couple with increased personal stressors to impact advocates.

This session will focus on understanding and managing the emotional and psychological effects on advocates during the COVID-19 pandemic. Topics will include: Understanding and normalizing reactions to the current situation; exploring options for supporting each other; exploring options for self-care during the pandemic.

[Register for the Webinar](#)

Small Group Debriefing

Debriefing is open to all MAC members. Not sure if your program is a member? [Check here.](#)

Debriefing is a service that provides participants with a neutral and confidential space to talk about work-related stress, engage in constructive problem solving, and seek out referrals. In these small group Debriefing sessions, facilitators will address the power of relationship in managing the stress of emotional work. Participants will then have an opportunity to talk about their individual experiences, triumphs, and concerns with the support of the facilitator and the other participants in the group.

Note: Participants are limited to one small group Debriefing session, and small groups are limited to 10 participants per session.

Tuesday, May 5th, 12:00 PM - 1:00 PM with Pete
[Register Here](#)

Friday, May 8th, 12:00 PM - 1:00 PM with Pete
[Register Here](#)

About the Trainers

Beth Neu is the principle of Beth Neu Coaching and Consulting, LLC. Beth is a speaker, trainer, and human resources consultant. She is a Clifton Strengths Coach, a practitioner of the Myers-Briggs Type Indicator, and is certified in the Prosci model of change management. Beth received her master's degree in Strategic Human Resources from Saint Mary's University and has over 15 years' experience in a wide variety of settings including healthcare, government and non-profit organizations. Beth also serves as a debriefer for Advanced Trauma Consulting.

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 OJP conference, National Crime Victim Bar Association, and more. He contributed to the issue brief Responding to Child Abuse During a Pandemic.

Questions about this series? [Email Julia Tindell.](#)

Other Trainings & Webinars

Virtual Conference on Crime and Victimization: Working with Victim/Survivors in Loss of Life Cases

Sponsored by the Minnesota Office of Justice Programs

Webinar | May 5, 2020 | 10:00 to 11:00 am

Loss of life cases can pose several challenges to a victim services provider. There are many dynamics that should be considered and addressed in order to fully support survivors. This workshop, presented by Kelly Nicholson of the Dakota County Attorney's Office, will outline those dynamics and provide solutions and ideas for providing mindful, responsive, and comprehensive services and support. [Learn more.](#)

The Alphabet Soup of Substitute and Supported Decision Making

Sponsored by the Minnesota Elder Justice Center

Webinar | May 7, 2020 | 1:00 to 2:00 pm

Many of our clients and residents rely on others to help them with different aspects of their daily lives, including for help with financial matters or health care decisions. Supported Decision Making agreements, Powers of Attorney, Health Care Directives and guardianship and conservatorship are some tools used to allow one person to make a decision along with or on behalf of someone else. The law governing these tools is complex, can be confusing, and often is misunderstood. This session will take a "deep dive" into the ocean of substitute and supported decision making, exploring the legal basis and the rules governing documents, including a discussion about what an Attorney-in-Fact can and can't do. [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!

Bobbi Holtberg, Executive Director
bobbi@mnallianceoncrime.org

Danielle Kluz, Training and Engagement Program Manager
danielle@mnallianceoncrime.org

Amee Krogfus, Operations Program Manager
amee@mnallianceoncrime.org

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

612-940-8090 | 866-940-8090
www.mnallianceoncrime.org

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](#).