

NOVEMBER 2022

MOVEMENT MINUTE

Table of Contents:

Lunch & Learn Series	2
2022 Statewide Conference Schedule	3-10
PREA Events at Conference	11



This project was supported by Subgrant Number VAWA-2021-KASAP-00028 awarded by the Kentucky Justice and Public Safety Cabinet for the Office on Violence Against Women, U.S. Department of Justice's STOP Formula Grant Program. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Kentucky Justice and Public Safety Cabinet, the Commonwealth of Kentucky, or the U.S. Department of Justice.

KASAP services are funded in part or in whole by state and federal funds



12-1pm EST

Kickoff Luncheon

KEYNOTE: Our Story – Past, Present, & Future

DCBS Commissioner Marta Miranda-Straub, MSW, LCSW

1:30-3pm EST

A1: Black Girl Magic / Fat Girl Liberation PART 1

Amy Turner, MEd, LPCC, Access Healing Coordinator, KASAP

Traci Simmons, MA/MFT, Counselor, Center for Women & Families

Black Girl Magic/Fat Girl Liberation is about the history, social understanding, and freedom of marginalized bodies. This session will go over terms, history, media presentation, how Fatphobia and Racism play together and how they play out in programming, and much more. (Clinical, DEI)

A2: Universal Design in Health PART 1

Lindsey Mullis, Inclusive Health & Wellness Director, Kentucky Inclusive Health Collaborative, UK

Understanding Universal Design and its use in inclusive health promotion programming and the benefits to serving those with disability. (Leadership, DEI)

A3: Seeking Justice 6 Feet at a Time

Nathen Goins, JD., Family Court Liaison

Vanessa Chauhan, JD., VAWA Coordinator, Administrative Office of the Courts

Exploring the impact of the pandemic on Kentucky court operations with a discussion about collaborations and innovations. (Advocacy, Collaboration)

A4: Kentucky's Response to Child Sexual Abuse – Basics and Beyond

Laura Kretzer, MSW., Director of Strategic Initiatives and Programming, CACKY

What is Kentucky's response to child sexual abuse? Learn the basics of multidisciplinary team (MDT) response, including children's advocacy centers (CACs). Re-examine the roots of the CAC/MDT model and identify recent adaptations to increase access to services, including technology, a mobile CAC, satellite CACs, and the multidisciplinary enhancement project. (Advocacy, Collaboration)



3:30-5pm EST

B1: Black Girl Magic / Fat Girl Liberation PART 2

Amy Turner, MEd, LPCC, Access Healing Coordinator, KASAP
Traci Simmons, MA/MFT, Counselor, Center for Women & Families

Black Girl Magic/Fat Girl Liberation is about the history, social understanding, and freedom of marginalized bodies. This session will go over terms, history, media presentation, how Fatphobia and Racism play together and how they play out in programming, and much more. (Clinical, DEI)

B2: PART 2: Universal Special Considerations for Sexuality with Disabled Individuals

Lindsey Mullis, Inclusive Health & Wellness Director, Kentucky Inclusive Health Collaborative, UK Sexual health and healthy relationships for individuals with disabilities are often overlooked and undervalued. This presentation provides insight and resources into positively supporting the sexuality of disabled individuals through a universal design lens. *(Leadership, DEI)*

B3: Equity in Kentucky's Nonprofit Sector

Danielle Clore, MPA., CEO, Kentucky Nonprofit Network, Inc.

Kentucky Nonprofit Network launched a racial equity initiative in the summer of 2020. What began as a zoom call discussing racism has evolved into a monthly call series, a statewide equity survey, and extensive resources and opportunities to engage nonprofits and their leaders in addressing equity in their organizations and communities. The efforts have engaged over 750 KY nonprofit leaders so far. Join Danielle Clore, CEO of KNN to learn more about KNN's journey with their members and how your organization can engage in their resources to strengthen your commitment to diversity, equity, inclusion, and belonging. (DEI, Advocacy, Leadership)

B4: LGBTQ+ Caucus

An opportunity to network with those who identify within the LGBTQ+ spectrum. This venue is not for those who identify as allies.



8:30-9:30am EST

Breakfast

No keynote scheduled – morning open for networking among attendees.

10:00-11:30am EST

C1: Trauma Induced Eating Disorders

Melody Pewitt, LPCC-S, NCCC., Therapist, Pathways

For some survivors, disordered eating behaviors have become a maladaptive way to manage trauma symptoms. This workshop seeks to explore the link between trauma and eating disorders. The hope is that clinicians equipped with this knowledge may be better able to assess and address disordered eating behaviors in their practice. (Clinical)

C2: Taking Care of Yourself While Changing the World: A Shorter Work Week for Nonprofits

Astraea Howard, BA., Prevention Coordinator, KASAP

Nonprofits can take care of staff while changing the world. This session proposes a shorter work week as a radical self-care strategy, analyzing at the history of the standard 40-hour work week, the benefits and challenges of a shorter week, and outlining tangible steps you can take to move your organization in this direction. (Leadership, DEI)

C3: Centering the Margins – Sexual Violence Prevention & Healing: A Community Panel

Moderator: Gretchen Hunt, JD., Executive Administrator, Metro Louisville Office for Women

Panelists: Steven Kniffley, PsyD., MPA., ABPP., Chief Diversity Officer, Spalding University. Karina Barillas, Executive Director, La Casita. Traci Simmons, MA/MFT, Counselor, Center for Women & Families.

Panel discussion will explore ways to prevent, respond, and heal from sexual violence within marginalized communities. The session will emphasize the need for individual and collective healing for racial trauma, oppression, and colorism. (Advocacy, Collaboration)

Thursday

December 1, 2022

**10:00-11:30am EST
(continued)**

C4: Caucus for BIPOC

A networking opportunity for those who identify within the Black, Indigenous, People of Color community. This is not a venue for white allies.

12-1pm EST

Luncheon

KEYNOTE: Experts in Their Own Lives

Alex Elswick, PhD., Assistant Professor; Substance Use, Prevention. & Recovery; Department of Family Sciences, University of Kentucky

1:30-3:00pm EST

D1: Cultivating and Embodying Curiosity, Connection, & Safety PART 1

Jennifer Francis Gehring, LCSW, MSW, BSN, Therapist, New Beginnings

This session will provide a basic understanding about Polyvagal Theory and how a dysregulated nervous system influences our ability to cultivate healing, curiosity, connection, and safety within our own bodies. Cultivating co-regulation leads safety and connection, which gives breath to the possibility for creativity, curiosity, and healing to flourish. (Clinical)

D2: Trauma Informed Relational Leadership

Melissa Adamchik, MA, LPP., Executive Director, Tristate Trauma Network

Trauma-informed care starts at the highest level of an organization, its leaders. If we want staff to be trauma-informed with clients and with each other, leaders must emulate the principles of trauma-informed care and encourage them throughout all levels of leadership. Learn about these principles, how they differ from the traditional/historical leadership principles, and how to make simple to more complex shifts to become a trauma-informed leader. (Leadership, DEI)



**1:30-3:00pm EST
(continued)**

D3: Guiding Principles for Agencies Serving Survivors of Human Trafficking

Marissa Castellanos, MSW., Program Director, Bakhita Empowerment Initiative, Catholic Charities of Louisville

Gretchen Hunt, JD., Executive Administrator, Metro Louisville Office for Women

An overview of the Guiding Principles which provides best practice guidance for service providers. While working with human trafficking survivors has some overlap with the services needed and the trauma experienced by survivors of sexual assault or domestic violence, human trafficking is a specific crime with its own challenges in regard to service needs, trauma, policy, funding, and other areas. As such, there is value in clearly identifying best practices and providing guidance for service provision as a resource for service providers, community partners, funders, and others who serve survivors of human trafficking. (Advocacy, Collaboration, DEI) (Advocacy, Collaboration, DEI)

D4: Nuances in Working with Older Victims

Ashlea Christiansen, M.Ed., JD, Attorney/Owner, Christiansen Law & Consulting PLLC

Elders are a vulnerable population for many reasons. When responding to and for those who've been sexual assault, it is important to be prepared to work with elders faced with autonomy issues, mobility, and cognitive declines and who may be living in a nursing home or assisted living facility. (Advocacy, DEI)

3:30-5:00pm EST

E1: Cultivating and Embodying Curiosity, Connection, & Safety PART 2

Jennifer Francis Gehring, LCSW, MSW, BSN, Therapist, New Beginnings

This session will provide a basic understanding about Polyvagal Theory and how a dysregulated nervous system influences our ability to cultivate healing, curiosity, connection, and safety within our own bodies. Cultivating co-regulation leads safety and connection, which gives breath to the possibility for creativity, curiosity, and healing to flourish. (Clinical)



**3:30-5:00pm EST
(continued)**

E2: Nonprofit Grant and Budgeting Best Practices

Stephanie Humes, MSW, Federal Grants Specialist, KASAP

Santana Berry, MSW, VOCA Grants Administrator, Justice and Public Safety Cabinet Grants Management Division

This session aims to guide best practices for grant making and management, as well as budgeting and compliance, for grants managers, financial staff and agency leadership. (Leadership, Administrative)

E3: Access Healing Project Panel

Moderator: Amy Turner, M.Ed., LPCC, Access Healing Coordinator, KASAP

In 2022, KASAP launched the Access Healing Project to address the ways we are failing to reach all survivors equally, especially those in the LGBTQIA and BIPOC communities, as well as Kentuckians using substances. The Access Healing Council is made up of around 30 Kentuckians from those communities who have been affected by sexual violence. This panel of council members will share their ideas and experiences to guide our movement in becoming more welcoming to and representative of all people in Kentucky. (Advocacy, DEI)

E4: Asserting and Enforcing Victims' Rights

Emily Bonistal-Postel, Ph.D., State Director, Marsy's Law for KY

This session highlights trauma-informed ways that Marsy's Law helps to better serve victims' needs in the criminal justice system by using real quotes and stories from KY victims to illustrate how the enforcement of constitutionally protected rights plays a critical role in victim healing in the pursuit of justice. (Advocacy, Collaboration)

E5: Caucus: People with Disability

A networking opportunity for those with disability / differing ability.

Friday

December 2, 2022

8:30-9:30am EST

Breakfast

KEYNOTE: Liberation Awards

Marissa Castellanos, MSW., Program Director, Bakhita Empowerment Initiative, Catholic Charities of Louisville

10:00-11:30am EST

F1: Drumming Your Way to Wellness!

Sharrie Thompson, Facilitator HealthRHYTHMS; RN; Certified Clinical Aromatherapist, Shamanic Certified; Owner/Founder I.O.N. Wellness LLC

Drumming can go where words cannot. Enjoy the empowering calm when you 'let the drum do the talking' and then 'leave it all on the drum'. HealthRHYTHMS, an evidence-based, scientifically proven, no experience required modality which provides a safe space to find balance and release. And it's FUN! (Clinical, Self-Care)

F2: Using Somatic Knowledge To Lead in Trauma Responsive Way

Amy Stenger-Sullivan, LPCC-S; Owner, Rooted Compassion Counseling & Consulting LLC

Trauma and its effects resulting from the pandemic, racism and increased socioeconomic divisions are being experienced at higher levels. Marginalized populations have felt the effects at very high levels. In this program we will explore the impacts on our nervous systems, which is where trauma is experienced first and often implicitly. Learners will gain practical knowledge and skills to deepen healing and recovery. (Leadership)

continued on next page

Friday

December 2, 2022



**10:00-11:30am EST
(continued)**

F3: Continuing our services through COVID: Lessons Learned

Whitney Cassidy-Caywood, PhD., LCSW; Assistant Professor of Social Work, Murray State University

This presentation will draw on research data collected from KY SVRCs and CACs in the fall of 2021 which studied how service providers adapted services. The session will include discussion of the benefits and challenges to utilizing telehealth as a specific medium as well as provider recommendations about improving delivery systems. During this interactive workshop, participants will be given opportunity to share their own perspectives and insights as well. (Advocacy, Administrative, Collaboration)

F4: When to Refer: From Crisis Intervention to Counseling

Lucille Smith, LPCC, NCC; Therapist, ION Center

This session will explore the differences between Crisis Intervention and more in-depth counseling, especially after trauma. (Advocacy)

F5: Organizational Equity: Creating Supportive and Sustainable Agencies

Olivia Given, Advocacy Specialist, KASAP

Robyn Pizzo, Communication Specialist, KASAP

While we are still intent on creating a world free from sexual violence, many of us have experienced a shift in our relationship to our work. Meanwhile, hiring and employee retention has become increasingly difficult. This session will provide actionable advice for examining/improving our hiring practices & workplace culture in order to take better care of our people. (DEI, Leadership, Self-Care)

Farewell Luncheon

12:00-1:30pm EST

End the conference with a fun lunch featuring trivia and door prizes!

Wednesday

November 30, 2022

PREA DOC Security Training

9am-1pm EST

No Cost

Email collabortion@kasap.org to register

Thursday

December 1, 2022

PREA EVENTS AT CONFERENCE



KENTUCKY ASSOCIATION
OF SEXUAL ASSAULT
PROGRAMS

JOIN US DURING KASAP'S 2022 STATE CONFERENCE!

SEXUAL ASSAULT NURSE EXAMINER (SANE) TRAINING SESSION

5 HOURS OF CONTINUING EDUCATION CREDITS
PROVIDED BY ST. ELIZABETH'S HEALTHCARE

 LOCATION	 DATE	 COST
Marriott Griffin Gate Lexington, KY	Thursday, Dec. 1 9:00am ET to 3:00pm ET	\$25 to cover CE cost

TRAINING TOPICS INCLUDE:

- Strangulation
- Pediatric SANE Nursing
- Human Trafficking
- Updates for Sexual Assault Forensic Evidence kits and tracking portals

TO REGISTER:

Please email your name and contact info. to: collaboration@kasap.org



Please note there will be an hour break for lunch on your own.