Integration of Lessons Learned & Promising Practices:

A Decade of Social Change in Washington State

Sexual Violence Prevention Timeline

Current Directions in RPE Funds from the CDC

Plus:

Successful Approaches to Community Development

CSAP News From Around the State

Prevention Specialist Joins Staff at WCSAP
“I find the great thing in this world is not so much where we stand, as in what direction we are moving.”

— Oliver Wendell Holmes, Sr. [1809–1894]
American physician, poet and essayist; father of Oliver Wendell Holmes, Jr., Supreme Court Justice

Welcome to the first issue of this year’s Partners in Social Change. The theme for this year, as well as for this issue, is “integration” — integration of direction from the Centers for Disease Control and Prevention, integration of lessons learned from the field and integration of promising practices. When we weave together these elements with our current prevention strategies, we begin to create best-practice sexual violence prevention plans for our local communities.

This fiscal year, Washington State convenes a group of stakeholders to revise our statewide sexual violence prevention plan. We are in the unique position of having the strategic focus from the 1997 plan, in addition to ten years of experience from funders, programs and the Coalition, in the creation and implementation of innovative sexual violence prevention programming. Through the integration of these components and our commitment to ending sexual violence in our communities, we can move in new and promising directions.

1 *The Autocrat of the Breakfast-Table*, p. 93 (1891).

WCSAP is pleased to welcome Sexual Assault Prevention Specialist Katherine Gechter to the staff. Beginning with the next issue, Katherine will take over as managing editor of Partners in Social Change. Please see page 13 in this issue for a brief introduction to Katherine and more about her experience in the field of prevention.
Partners in Social Change is published quarterly by the WCSAP Prevention Resource Center from its offices in Olympia, Washington. The mission of the Washington Coalition of Sexual Assault Programs is to unite agencies engaged in the elimination of sexual violence through education, advocacy, victim services and social change.

The Prevention Resource Center is a project of WCSAP, designed to provide support and technical assistance to individuals, communities and agencies engaged in sexual violence prevention within Washington State.

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Integration of Lessons Learned & Promising Practices

Partners in Social Change

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CSAP News from Around the State
Washington State has a long history of commitment and innovation around issues of sexual violence. Programs within Washington State such as Seattle Rape Relief (one of the first rape crisis centers in the country)\(^1\) have long recognized the need for comprehensive approaches to address sexual violence. From its mission statement: “Seattle Rape Relief is a non-profit, community based organization confronting the issue of sexual violence. We work to empower survivors and their significant others through support and advocacy services. We strive to reduce sexual violence through education. We are committed to providing services that are culturally appropriate and accessible. Recognizing the connections between sexual violence and all forms of oppression, Seattle Rape Relief is dedicated to social change.” \(^2\)

The Sexual Assault Services and Prevention committees, comprised of rape crisis center staff, community members, funders and other allied professionals, codified this commitment to accessible and comprehensive services in the 1995 services and 1997 prevention plans for Washington State. The committees explicitly stated that all victims and survivors should have access to services and the necessity to address the underlying causes of sexual violence.

**Fundamental belief as stated in services plan**

Individuals across Washington State should have access to a range of core sexual abuse/assault services.\(^3\)

**Goal stated in prevention plan**

To impact the underlying causes of sexual violence through the shifting of ownership of solutions from social services to the community using a community development approach.\(^4\)

These two plans form the foundations of prevention as a core accreditation service. Accreditation is a system of service standards and the associated funding formula for sexual assault service delivery. Prior to accreditation, funding was competitive across the state and there was no single service delivery standard. It was not unusual for program funding to fluctuate and for some programs to receive funding amounts that did not support basic infrastructure needs. Implementing accreditation, as well as the philosophy underlying the prevention strategies, constituted significant change in how rape crisis centers were run within the state.

**Shifting our formal prevention paradigm a multi-stage process**

Rape Prevention and Education Funds (RPE), federal money from the Violence Against Women Act funds focused on prevention, were first received by Washington State in 1997. These funds were utilized initially to implement a pilot phase that included three-year demonstration projects, a state-wide media campaign, the formation of the
Prevention Resources Center at WCSAP and an evaluation component. The second phase included awarding contracts to individual CSAPs providing prevention services as an optional service. The third phase was the incorporation of prevention as a mandated core service. The most recent addition is the creation of a community organizing service standard, whose focus is community organizing for historically marginalized communities, by providers with specific expertise working in those communities.

**Prevention Standards**

The prevention standards include a wide range of activities and collectively they are designed to promote an atmosphere of social change while giving programs the latitude to implement a comprehensive strategy. Eligible activities range from distribution of brochures to convening community development initiatives.

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| CS7 **PREVENTION: SOCIAL CHANGE**
The agency facilitates the process of community mobilization to eliminate factors that cause or contribute to sexual violence. | To facilitate the development of community-specific and community-initiated strategies to prevent/address sexual violence. |
| CS8 **PREVENTION: INFORMATION/AWARENESS**
The agency must demonstrate efforts to inform the community and increase awareness about sexual abuse/assault, with the goal of increasing the community’s acceptance of responsibility for prevention of sexual abuse/assault within the community defined in CS7 and in the broader service area. | To provide information related to sexual violence to an individual, a community, a group of individuals, professionals, para-professionals or any combination of the above that raises their awareness of the issue. |
| CS9 **PREVENTION: BUILDING SKILLS**
The agency must provide programs and presentations focused on building skills of individuals and developing strategies to prevent sexual abuse/assault within the community defined in CS7 and in the broader service area. | To increase the capacity of individuals, communities, groups of individuals, professionals, para-professionals or any combination of the above by enhancing their existing skill set in addressing issues of sexual violence. |

Sexual violence prevention within Washington State has been an organic process, theory informed by practical information from the field. Leveraging the expertise located within programs, with promising practices as promoted by the Centers for Disease Control and Prevention (CDC), has allowed us to create innovative and effective sexual violence prevention strategies. This fiscal year, the Department of Health and the Office of Crime Victims Advocacy will convene a group of stakeholders that are representative of the diversity of our state. The purpose of this taskforce will be to revise the state plan. This offers the unique opportunity to reflect on our success and to refine our vision of sexual violence prevention for the next decade.

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2. (Seattle Rape Relief mission statement.)
Washington State Sexual Assault Services Plan completed. Adopted and implemented in 1996.

Federal funds resulting from the passage of the Violence Against Women Act were distributed to states. The WA State Department of Health received these funds and transferred administration to the Office of Crime Victims Advocacy (OCVA).

OCVA and the Dept. of Health convened an advisory committee to develop a plan for how best to use the federal resources. The Sexual Assault Prevention Plan for Washington State was finalized in 1997.

Washington State received federal dollars to fund sexual assault prevention programs (Rape Prevention and Education, or RPE).

PREVENTION PILOT PHASE
Statewide media campaign to increase awareness of the issue of sexual violence.

- Demonstration projects: local social change projects based on a social-change approach and using a community development model.
  - Technical Assistance Resource Center developed to support the demonstration projects and increase the state’s overall prevention capacity.
2001
Prevention elements added to contracts as a core service:
- Information and awareness
- Building skills
- Social change

2003
Prevention becomes part of core services accreditation requirements.

2005
Community organizing service standard developed.

2007–2008
OCVA and the Washington Dept. of Health convene an advisory committee to revise the statewide sexual violence prevention plan.
Rape Prevention & Education (RPE) funds are a component of the Violence Against Women Act (VAWA) funds administered by the CDC. The CDC is part of the U.S. Department of Health and Human Services (DHHS). DHHS is the federal agency charged with protecting the health and safety of all Americans and for providing essential human services. While VAWA funds have the mandate of addressing a wide range of violence against women issues, RPE has a specific focus of preventing sexual violence. As the nation’s preeminent public health authority, the CDC has applied a classic public health approach\(^1\) as a foundation for its programming and, more specifically, has encouraged the implementation of primary prevention strategies.

One of the new requirements for RPE funding is the development of a statewide sexual violence prevention plan. The plan is to be developed using a collaborative process involving stakeholders that represent the diversity of the state, and to utilize the expertise of a variety of professionals and communities. For some states, this will be their first effort to develop such a comprehensive prevention plan. For Washington State, the strategies, theories and process are consistent with the models currently implemented. The requirement of the creation of a new plan also fits nicely with our need to revise the 1997 Sexual Violence Prevention Plan.

“The Rape Prevention and Education (RPE) program provides opportunities for state and local agencies to address sexual violence as a preventable community problem. RPE funds provide critical support to communities and states as they work toward a future free of sexual violence.”\(^4\)

— Kristen Houser
National Alliance to End Sexual Violence

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By Lydia Guy, WCSAP
There is a wide variety of prevention strategies that can be implemented utilizing RPE funds and all of the activities taking place currently within Washington State are acceptable. Some activities such as community mobilization are even defined as evidence of an informed or promising practice. The CDC has emphasized the following concepts as necessary components to include in the development of a comprehensive sexual violence prevention strategy:

**Primary Prevention of Sexual Violence** is defined as strategies that take place before sexual violence has occurred, to prevent initial perpetration or victimization. Sexual violence prevention strategies may be aimed at changing people’s attitudes and behaviors or the environments and systems that are related to sexual violence. Sexual violence prevention strategies can include strategies to prevent either first-time perpetration or first-time victimization.

The **Social Ecological Model** is a model used to understand the factors that contribute to the occurrence of sexual violence and other social problems. According to this model, things about individuals, relationships, communities and society all work together in complex ways to influence the occurrence of sexual violence.

**Evaluation** is the systematic collection and assessment of information to provide useful feedback about something.

A **Planning Process** is a systematic way of looking at community needs and resources and planning strategies to address the needs identified.

The current trend in the RPE funding supports Washington State in the development and implementation of a statewide prevention plan that is innovative, culturally relevant and philosophically consistent with current programming and represents the unique character of our state.

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1. This public health approach to violence prevention seeks to improve the health and safety of all individuals by addressing underlying risk factors that increase the likelihood that an individual will become a victim or a perpetrator of violence. The approach consists of four steps: 1. To define the problem through the systematic collection of information about the magnitude, scope, characteristics; 2. To establish why violence occurs using research to determine the causes; 3. To find out what works to prevent violence by designing, implementing and evaluating interventions; 4. To implement effective and promising interventions in a wide range of settings. The effects of these interventions on risk factors and the target outcome should be monitored, and their impact and cost-effectiveness should be evaluated.

By definition, public health aims to provide the maximum benefit for the largest number of people. Programs for the primary prevention of violence based on the public health approach are designed to expose a broad segment of a population to prevention measures and to reduce and prevent violence at a population-level. From [http://www.who.int/violenceprevention/approach/public_health/en/](http://www.who.int/violenceprevention/approach/public_health/en/).

2. Community mobilization is commonly called community development in Washington State and is one of the core prevention services within our accreditation standards.

3. A promising practice: incorporates the philosophy, values, characteristics, and indicators of other positive/effective public health interventions and is based on guidelines, protocols, standards, or preferred practice patterns that have been proven to lead to effective public health outcomes. It differs from an evidence-based practice in that it does not yet have evaluation data available to demonstrate positive outcomes.

In May 2007, ORS facilitated a focus group of local practitioners to further investigate successful approaches to community development. We recruited seven program directors from local CSAPs to participate in the focus group, inviting those that reported positive changes in their communities as a result of community development efforts in their responses to the 2007 CSAP survey. The program directors that agreed to participate all had many years of experience with community development and represented CSAPs from a mix of urban and rural geographies and small and large organizations.

Local practitioners shared the following approaches that they believe are vital for successful community development efforts, though the “recipe” for success may vary by community. As one CSAP representative put it:

“Just like a recipe – I know the technique and I know how to cook it, but I may not know that recipe exactly, and I think that’s what we can all do here, is take that recipe and we can be innovative with it and create the outcome that we’re all looking for.”

1. Define Community Needs. Defining community needs is an important first step in successful community development efforts. Engaging community members in this process builds program credibility, respect and trust. Practitioners have carried out needs assessments using focus groups and community surveys to gather community input.

“(We need to understand) what’s going on with people out there… and then, what can I do to help fill that need?”

2. Stay Flexible. As populations change, community needs around sexual assault prevention change as well. Flexibility ensures that a CSAP will be able to stay informed about the shifting needs of a community and will also be able to adapt its response to meet these needs. This flexibility also helps programs build strong relationships and trust with community members by openly engaging them as stakeholders in determining community needs and appropriate responses.

“Communities are like families – they’re all different… And so I think being open and flexible and establishing relationships and building on that, establishing rapport, is what will open it up to build the bridges that you want to.”

3. Be Opportunistic and Innovative. Creatively seeking out opportunities to engage community members to become more involved in community development process is another necessary component of successful community development efforts. For example, one CSAP uses community fairs to reach out to community members, another uses school events to identify and engage parents, teachers and school administrators as stakeholders in community development.
processes. Using art, drama, or writing and telling “personal stories” are also powerful ways of reaching community members. One program hired an outreach staff as an advocate who had recently graduated college to work with the targeted youth population and gain entry into the local schools.

a. Once community members are engaged in these processes, agencies can then provide support, tools, and whatever else is needed to facilitate and support stakeholder efforts. One focus group participant described this as a “quiet” process like planting a “seed.”

“A lot of what we’re doing is trying to engage different communities, and find the opening to do some prevention work and social change work…a lot of what I’m doing, even in my traditional education and other capacities is looking for that opening in the community member who might be at the threshold of wanting to go a step further – do a project, work on an initiative.”

4. Be Inclusive. Successful community development efforts should involve all groups in the community. Many communities are changing rapidly and some are becoming “tourist” areas or “retirement” destinations. Other areas are gaining larger ethnic population (e.g., Hispanics). The ability to work with diverse populations and to be inclusive in bringing all potential stakeholders to the table is essential in successful community development. Even if the community looks homogenous, there are still different stakeholder groups within that community. As one of our focus group participants said, this requires:

“…Get to know your communities… even if it’s a white community (because) in that (community) there are a lot of different groups … We’re there to learn – so know the community – get to know all the little facets.”

5. Frame Sexual Assault Programs as “Social Profit.”

At a time when many social programs have lost their funding, the community development activities supported by CSAPs bring resources to local communities. Framing the program as “social profit” helps gain buy-in from the community and can be used as a framework to promote community development activities.
“…it’s not money that you get in exchange, but what you get is the change of behavior, philosophy, information, understanding and work at a grass roots level—that can be operationalized as beneficial for the community as a whole. … Social profit is benefiting from the services that we deliver, that it’s a profit to the community as well as the individuals. And it’s a profit because it’s going to bring better awareness.”

6. Network and Form Collaborative Partnerships. Networking and continuously forming collaborative partnerships with various stakeholder agencies and organizations in the community, such as law enforcement, teachers, or other providers, is another successful approach to community development. These partners can be gatekeepers who facilitate access to hard to reach populations and can also add credibility to the work given their experience in the field. Partnering organizations can also work together to achieve systems change by collaborating to address common needs or targeting specific populations. These partners may also contribute additional resources, including space for meetings or materials. In developing these partnerships, local participants also suggested networking “outside the box,” clearly defining roles and responsibilities, and being patient as these partnerships often take several years to coalesce.

“We hope that these approaches will help CSAPs in determining strategies for their own local work, assist them in overcoming challenges and barriers, and inspire them towards building increasingly successful community development programs in the future.

If you have questions about this article or other evaluation topics, please contact Organizational Research Services at (206) 728-0474.
Meet Katherine Gechter, WCSAP’s new Sexual Assault Prevention Specialist

Beginning with the next issue, Katherine will take over as managing editor of Partners In Social Change. Here, she tells us a little about herself and her road to WCSAP.

Drawn to the beauty of Washington State, after high school I left my home in Texas to experience an environment and culture very unlike where I grew up. I attended the University of Washington, where I received my Bachelor of Science in Psychology. As an undergraduate, I volunteered at the King County Crisis Clinic, answering crisis calls from people in the community. I also worked as a data manager for Dr. Marsha Linehan at the Behavioral Research & Therapy Clinics (BRTC). Wanting to prevent people from having to experience the pain and suffering I witnessed at the crisis clinic and at BRTC, I decided to pursue a career in public health. At Boston University (BU), I completed a Master’s in Public Health (MPH) degree focusing in sexual assault prevention. While at BU, I designed an acquaintance rape prevention program for high-school students, in addition to a sexual assault awareness and prevention Web site for Wheaton College in Massachusetts.

My background also includes experience in research. At BU, I worked on several research studies focused on tobacco addiction in people with mental illness. After receiving my MPH, I worked at a nonprofit health systems research company on a project evaluating mental health services in the Veterans Health Administration.

Though I enjoyed my time on the east coast, I was happy to move back to Seattle, where I feel more at home. In October, I began working at WCSAP as a sexual assault prevention specialist. I am excited to be working in the sexual assault prevention field applying what I learned in public health. I look forward to working with others in this field and learning from their rich experiences.
In October 2007, the Washington Coalition of Sexual Assault Programs moved to a new location and added staff. The new offices are located at 4317 6th Ave. SE, Suite 102, Olympia, WA 98503. New staff include Sexual Assault Prevention Specialist Katherine Gechter and returning staffer on the Resource Sharing Project Toby Shulruff. WCSAP is also in the process of recruiting an advocacy specialist, bringing the number of staff to 14.

Unlike the previous location, staff offices in the new space are all situated on the same floor. The current layout, while smaller overall, facilitates more face-to-face meetings, peer support and enhanced camaraderie. We are enjoying it!

The WCSAP Sexual Assault Resource Center library has been set up in the new location and may be accessed by member programs and researchers. We welcome visitors and are planning an open-house event for Monday, November 19. To schedule a visit or check out materials from our library, give us a call at (360) 754-7583 or log onto www.wcsap.org.

We look forward to working with you from our new home offices!
SAFEPLACE
Olympia, Washington

By Summer Carrick, Community Services Director

SafePlace members have worked hard to update, expand and improve services and outreach efforts to Thurston County communities during the last few months. Members have facilitated online survey and focus groups, reviewed national and local research findings, consulted with survivors and clients of SafePlace, and met with other local providers and other CSAPs in Western Washington. This process of gathering information about community needs and current services has initiated a series of exciting changes and additions.

Outreach and service expansion for underrepresented populations has included the following community groups:

- Spanish-speaking
- LGBTTIQQ-Lesbian, Gay, Bi, Trans, Two Spirit, Intersexed, Queer and Questioning
- Injection drug users and community
- Sex workers
- Native American/First Nation
- Faith-based communities
- African American communities
- Youth/young people

SARP
The SANE (Sexual Assault Nurse Exam) program at SafePlace has a new name: SARP. The SARP (Sexual Assault Response and Prevention) Team began October 1st. The membership of SafePlace, survivors who receive our services, and participants within our community planning meetings
agreed that using the name of a medical exam did not affectively represent the services that we provide or the services we intend to expand and develop in the future.

**Prevention and Community Intervention Efforts**
SafePlace has intentionally focused on sexual assault primary prevention strategies where SARP advocates empower communities to take a stand against sexual assault, rape, bullying and power inequities within intimate relationships. Advocates are responding to community leaders and survivors to provide support with organizing, awareness campaigns and skill building around sexual violence and community responses for social change.

**Other changes we implemented in October:**
- Volunteers and staff team advocates on-call will expand services to the following additional locations at the request of a survivor or guardian (child under 12) via the 24-hour crisis line:
  - Monarch Children’s Justice and Advocacy Center
  - St. Peters Sexual Assault Crisis Clinic
  - Thurston County Sherriff’s Department
  - Lacey Police Department
  - Olympia Police Department
  - Tumwater Police Department
  - SafePlace Business Office
  - Family/Civil Court
  - Olympia District and Superior Courts
- Coordination of services will extend to rural Thurston County jurisdictions.
  One 30-hour-a-week volunteer therapy intern, under the supervision of a volunteer Ph.D.-level clinical supervisor, will provide services in a group setting and individual counseling for adults and children affected by sexual abuse.
Kid CONNECTIONS is a summer program that CONNECTIONS has been presenting in our communities for more than 10 years. The original idea came about because of reluctance among Ferry County's schools to talk about sexual abuse prevention with children and parents. We decided to give kids a chance to learn personal safety skills during the summer in a fun and parent-friendly atmosphere through a variety of methods such as games, crafts, stories, and puppet shows (many of which we wrote ourselves), in city parks and community centers, with snacks and educational handouts. We cap off each year with a fun run and safety rally in Republic Park. The kids get ambulance and fire truck tours and safety talks, and a visit and photo op with Smokey Bear. These visits are subject to emergency cancellations, but someone always shows up, even if not all the emergency crews can make it. Twinflower Wilkie and Toni Lembcke have been the chief organizers for years, utilizing volunteers and staff members as available.

This year, we were able to expand our program significantly: we had over 160 children participating. Initially, we held Kid CONNECTIONS in Curlew and Republic. Then we added Orient, then Keller, a community on the Colville Reservation. We had not included Inchelium, which is also a tribal community. This year, however, with the help of new collaborators, we expanded Kid CONNECTIONS to Inchelium and expanded the number of sessions per community from one to three (not counting the fun run). Mona Febela, the Inchelium Community Center Coordinator, was especially helpful, and Inchelium had 36 kids at one of their sessions. Ironically, the Curlew sessions were not attended. Orient had no attendees last year and we did not go there this year. We will try to find other avenues to reach out to those communities this year. Now that the school year has begun, we are continuing to speak to the schools and meet with students in after-school groups. The barriers that created the need to go outside of the schools to meet kids' needs are slowly fading, but Kid CONNECTIONS is a well-established program and we will continue to use it as an essential outreach tool.
Kid CONNECTIONS is busy organizing our annual Halloween event. Last year more than 60 children attended. The children have fun, play games, eat lots of snacks and learn about personal safety. Last October, a Sheriff’s Deputy attended and gave out 911 information and personal safety packets. We look forward to this year’s event.

Kid Connections held a Fun Run and Safety Rally in Republic, Washington during the summer. Here we see the runners at the starting line. Photos by Toni Lembcke.

Smokey the Bear pays a visit to the Fun Run and Safety Rally. At this parent-friendly event, kids had a chance to learn personal safety skills, play games, craft stories and puppet shows, and tour ambulances and fire trucks.

Just some of the many rainbow-colored hands in this Kid Connections art project at the Fun Run and Safety Rally.
HUMAN RESPONSE NETWORK  
Chehalis, Washington  

By Amber Belden, Prevention Educator  

I am excited to report on our Community Outreach Project with Centralia College. During the past year, Human Response Network has been collaborating with Centralia College to initiate and sustain sexual assault awareness programs on campus. As a result, Centralia College has invited Human Response Network to provide two workshops entitled “The Power of Empowerment” for the required Freshman Orientation. The workshops investigate sexual violence on college campuses, with the intent to empower students, faculty and the community to become active in prevention and awareness. Best of all, the faculty at the college are as committed as we are to implementing this prevention program. Partnering with Centralia College has been a great success! Human Response Network is honored to work with a partner so determined to see social change. Human Response Network has provided presentations in various classes on campus, as well as engaged in Public Service Announcements on the campus radio station. Centralia College has truly become a valued ally in sexual assault prevention and our mission of breaking the cycle of violence and responding with compassion to victims. I look forward to reading about other agencies and their successes as well. Thank you for the opportunity to share!

PROVIDENCE INTERVENTION CENTER  
Everett, Washington  

By Cheryl Ann Johnson, Prevention Education Specialist  

Recently I was again asked to serve on the Snohomish County Health & Safety Network. (I had attended all four area coalition meetings and found their focus around “drugs & alcohol” limiting.) I said that drugs and alcohol are an effect of sexual violence in many, many cases and that working toward D & A prevention was not something I could do. Then the Network executive committee told me that they recognized the emphasis needs to include violence prevention. They invited me to a national CADCA conference where violence prevention was again mentioned as a goal. I now sit on the executive committee of our Network and have many new inroads into Snohomish County. Schools, county government and many other agencies are represented. This is just an example where we may see a roadblock (D&A) that can actually turn into an asset in sexual violence prevention.

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