



# Sounds of Survival

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## *Sexual Assault Program of Beltrami, Cass & Hubbard Counties*

### UNLOCKING THE KEY COMPETENCIES OF RURAL SEXUAL ASSAULT ADVOCACY TRAINING

Advocates are always on the search for knowledge to increase their ability to respond effectively to sexual assault survivors and to sexual violence in rural communities. Rural advocacy work presents particular challenges in confidentiality, access to community services, and connection to colleagues. Learning the complexities and nuances of advocacy can be daunting, especially when an advocate might be balancing multiple roles in work and in the community. In this workshop, unique research-based assessments will illuminate the strengths each advocate brings to addressing sexual violence in their communities and helping sexual assault survivors. Participants will discuss the challenges of rural work and collaborate on strategies to build stronger rural sexual assault services. Advocates will leave the session with a deeper understanding of the key competencies of advocacy, strategies for effective rural sexual assault work, and a personal action plan.



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This day long workshop with presenter Kris Bein, Rural Technical Assistance Specialist for the Resource Sharing Project will visit Bemidji on September 29th. Ms. Bein provides training and technical assistance to state coalitions and rural rape crisis centers on victim service, agency structure, and capacity building. She holds a master's degree in Human Services, specialization in Social Services Administration, from the University of Illinois. Ms. Bein has been a part of the anti-violence movement since 1995 as a volunteer, staff advocate, researcher, and activist. She has also conducted research on anti-rape work and created a feminist management model for anti-violence and other social change agencies. Ms. Bein has coordinated a community drop-in center for LGBTQ teens, organized Take Back The Night and World AIDS Day events, and chaired a statewide public affairs committee.

### United Way honors some “special” SAP volunteers

Entering its 19<sup>th</sup> year, the Someone Special program is sponsored by the United Way of Bemidji Area, Ken K Thompson Jewelry, KB101 Radio and The Bemidji Pioneer. The program offers community organizations and businesses a complimentary way to recognize and show their appreciation to up to two volunteers who have contributed their time and talents to the betterment of the organization. All “Someone Special Volunteers” were recognized with: a plaque donated from Ken K. Thompson Jewelry, recognition on the KB101 Morning Show with Todd and Mardy, and an acknowledgement in The Bemidji Pioneer’s Sunday “Living” section. SAP’s 2010 winners were Breanna Priebe and Jenna Pulkrabek. Congratulations and Thank you!



Local Townships answer the call

This past winter, our agency sent letters to all the townships in Cass and Hubbard counties. It was an effort to do some targeted outreach to local office-holders as well as to do some education about the services we have provided to the citizens of Cass and Hubbard Counties in the past year. Along with statistics of survivors served, we also included the number of hours donated by volunteers from their respective counties. As a result of this mailing, several townships responded with generous donations to the Sexual Assault Program. We would like to thank them:

CASS COUNTY

- Boy Lake Township
- Otter Tail Peninsula Township
- Powers Township
- Shingobee Township
- Woodrow Township

HUBBARD COUNTY

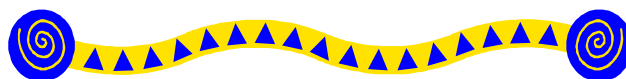
- Hendrickson Township
- Lake Alice Township
- Mantrap Township
- White Oak Township



Volunteer/Advocate Training

The Sexual Assault Program of Beltrami, Cass and Hubbard Counties will be starting a 40-hour advocacy training in October. Contact Kim if you or someone you know is interested. 218-444-9524 or sap\_kimzim@hotmail.com

If you are not able to commit to this training, there are other volunteer opportunities available.



Come Visit SAP at the 4th Annual Bemidji Women's Expo

Medical and Law Enforcement Training: Response to Sexual Assault

This half day course is designed for law enforcement officers and emergency room nurses. POST credits (4) for law enforcement officers and CEU (4) for medical personnel will be provided.

The objective of this course is to enhance the knowledge and skills of participants who respond to sexual assault crimes with emphasis on non-stranger assaults which represent the majority of all sexual assaults.

**The course will expand participants' knowledge of:**

- Sexual violence
- How to build partnerships between law enforcement, medical and advocacy
- Law enforcement & medical response to sexual assault crimes
- Investigative techniques: interviews, pretext phone calls, meeting the unique challenges of known offender sexual assault cases
- Building your professional competence: training, testifying in court, working with victims
- Special concerns for rural communities
- Understanding the sexual assault victim
- Evidentiary exam

**Who Should Attend?**

This course is appropriate for patrol officers, students, investigators, ER nurses and doctors and other law enforcement or medical personnel who want to expand their knowledge in this area.

**When & Where:** September 1st 1:00pm to 5:00 pm

Pike Bay Town Hall  
15514 State Highway 371 NW  
Cass Lake, MN

September 2nd 8:00 am to noon

Cass County Land Department  
218 East Washburn Ave  
Backus, MN

**Cost : FREE**

Call the Sexual Assault Program to register by August 31st. 218-444-9524 or email [kate\\_bsmart@yahoo.com](mailto:kate_bsmart@yahoo.com)



Winners of the 2010 Cow Pie Bingo (L to R): Tyler Sjolín of Bemidji; Kay Sjolín of Akeley.

### COW PIE BINGO RESULTS.



For the first time in our 3 year Cow Pie Bingo history, we had a shy cow. After waiting for 30 minutes in the blazing sun for a cow pie, one of our trusted judges drew tickets for the winners (as delineated in the rules posted by the MN Gambling Control board). The winners were:

1st Prize: Tyler Sjolín of Bemidji

2nd Prize: Kay Sjolín of Akeley

3rd Prize: Rick Gorden of Puposky.

Thank you to our sponsors: First National Bank Bemidji and Wells Fargo Bank! We would also like to thank Elizabeth Olson and our 3 judges: Ruth Sherman, Marc Bloomquist and Trisha Hansen!

### Anishinabe Equay Update

Boozhoo! The program had a great summer! In addition to working with clients from the Bemidji area and the surrounding reservations, we had the unique opportunity to participate in the Minnesota Indian Women’s Sexual Assault Coalition’s 6<sup>th</sup> Annual Girls Retreat. The retreat was focused on working with our youth on issues in sexual assault. A few of the topics covered included internet safety and healthy relationships. The girls also participated in traditional activities such as shawl making and listening to our elders. We were blessed to have elders who shared their knowledge and wisdom on topics such as respecting one’s body, mind, and spirit: native woman’s traditional role as life givers in the community, and the coming of age ceremonies. The Anishinabe Equay Program was also invited to share insight on the topic of sexual assault at the Minnesota Rural CEP’s monthly talking circle. As summer came to an end, the program also participated in the Red Lake Community Health Day and the Cultural Connections Picnic at the waterfront. Now, as the season begins to change, the Anishinabe Equay Program is excited to begin planning for our talking circle this fall. Miigwetch!!

### B-SMART CORNER

B-SMART wrapped up their last protocol training in July. Throughout the last 7 months the team reached just over 100 area professionals. Those who attended the trainings received a multidisciplinary presentation on the victim-centered response protocols that were created over the past 2 years. We chose to offer the protocols in 3 different versions to guarantee easy access and ensure updates would be easy to maintain. Each person could pick out what works best for them. About 500 flash drives, 100 Large 3 ring binders and 1000 mini binders to fit conveniently in glove compartments were distributed. Therefore these professionals will have easy access to protocols for a victim centered response in the future. I would like to extend a big thank you to the training committee, not only for your time, but for your insights and expertise as well. The team came back together for a meeting in August to begin our work on the final 2 stages in the 8 step process, monitoring and evaluation. Now that we have done all the work of creating and implementing the protocols, are our efforts effective? How do we measure our success or failures? What do we really want to find out? We attempted to answer some of these questions at our August meeting, and hope to come up with a plan at our September meeting.

*Sexual Assault Program of  
Beltrami, Cass & Hubbard Counties*

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www.sapbhc.org



United Way  
of Bemidji Area



*Mark Your Calendar*

AUGUST 2010

- Saturday 21, Bemidji Lions Auction to benefit Bemidji area non-profits. Starts at noon at the Beltrami County Fairgrounds.
- Saturday 28, Bemidji Women's Expo. Stop by the booth we are sharing with the Family Advocacy Center of Northern MN.

SEPTEMBER 2010

- Wednesday and Thursday, 1 & 2, Sexual Assault Training for Law Enforcement Professionals. Four hours of POST approved training. Sept 1 @ Pike Bay Town Hall and Sept 2 in Backus, MN Sponsored by BSMART.
- Wednesday, 29, Unlocking the Key Competencies of Rural Sexual Assault Advocacy presented by Kris Bein, Rural Technical Assistance Specialist for the Resource Sharing Project

OCTOBER 2010

- Monday 25th ~ SAP ANNUAL MEETING at Leech Lake Tribal College.

**Stay Connected to  
SAP and save  
money and trees!**

If you would prefer to receive an email copy of our quarterly newsletter, please email or call our office.

You may send an email to [sapbhc@paulbunyan.net](mailto:sapbhc@paulbunyan.net) and state **Newsletter Subscription** in the Subject Line.

Or call us at 218-444-9524 .

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