

PATHWAY TO HOPE: HEALING CHILD SEXUAL ABUSE

VIDEO GUIDEBOOK



Tribal Law & Policy Institute

Second Printing - October 2008

This document was developed with support from grants # 2003-VI-GX-0007 and # 2006-VI-GX-0001 to the Tribal Law and Policy Institute for Training and Technical Assistance for the Children's Justice Act Partnerships for Indian Communities grants from the Office for Victims of Crime, U.S. Department of Justice. Points of view in this project are those of the Institute and do not necessarily represent the position of the U.S. Department of Justice.

“When we can heal ourselves, we also heal our ancestors, our grandmothers, our grandfathers and our children. When we heal ourselves, we heal Mother Earth.”

*Rita Pitka Blumenstein
Yup'ik Great Grandmother*





*Written by: Kimber Evensen, LCSW
Video Project Coordinator and Editor: Diane Payne
Format and Graphics: Mona Evan*



*U.S. Department of Justice
Office of Justice Programs*

Office for Victims of Crime
OVC
"Putting Victims First"



First Training of Community Facilitators Session - October 2007



Index

Forward	i
Acknowledgements	ii
<u>Getting Started</u>	
- How to Use the Video and Guidebook	3
- Learning Objectives	5
- Preparing To Be A Trainer	7
- Understanding Compassion Fatigue	10
- Positive Self Care	16
- Identifying Community Readiness to End Silence About Child Sexual Abuse	17

PART I: Sexual Abuse of Native Children

Section I	
The Impact of Multigenerational and Historical Trauma	1-3
Section II	
What Is Child Sexual Abuse?	1-9
Section III	
What Happens When Child Sexual Abuse Becomes Known	1-33



PART II: Strategies to End Silence and Support Child Victims

Section IV	
First Community Strategy: Coming Together	2-3
Section V	
Second Community Strategy: Teaching Adults and Children	2-13
Section VI	
Third Community Strategy: Setting Community Standards	2-21
Section VII	
Fourth Community Strategy: Way To Help Child Victims	2-35
Additional Resources	2-43
Organizations and Help Lines	2-49
References	2-52
Alaska State Law	2-63
Exercises	Exercise Tab
A. Creating a Comfort Box	3
B. Strength and Power Beads	5
C. The Five Protections	7
D. What Children Need - What Children Have	11
E. What Unique Strengths Do We Have in Our Community	13
F. Who Are Our Community Resources?	15
G. Community Readiness Survey	17
H. Identifying Community Standards About Child Abuse	19
I. Native Children's Bill of Rights	21



J.	Drama Triangle - Understanding Internalized Oppression	23
K.	Agree/Disagree/Unsure	25
L.	Identifying Strengths and Challenges	29
M.	Restoring & Expanding Traditional Roles	31
N.	Traditional Applications for Recovery	33
O.	Traditional Values and Responsibilities	35

Handouts

Handout Tab

•	What is Child Sexual Abuse?	3
•	Primary Warning Signs of Child Sexual Abuse	5
•	Facts About Male Sexual Abuse Survivors	7
•	Who Are the Abusers	8
•	The Difference Between Sexual Play and Sexual Abuse	9
•	How Are Sexual Abuse and Substance Abuse Linked?	11
•	Things to Do if a Child is Acting out Sexually	13
•	Who is a Mandated Reporter?	15
•	Information OCS Wants When You File a Report	17
•	Mandatory Child Abuse Reporting Summary	19
•	Child Abuse/Neglect Referral Form	21
•	What Should I Do if a Child Tells Me He/She was Sexually Abused?	23
•	Talking to a Child about Abuse	25
•	Immediate Safety Issues/Crisis Protocol Sheet	27
•	If You Are a Child Sexual Abuse Victims and Disclosing As An Adult	29
•	What Can We Do To Help Children Who Have Been Abused?	31
•	What Can We Do To Help Adults Who Have Been Abused?	33
•	Teach Children - It's Okay To Say "No" and To Tell	35

Relax and Color

Relax and Color Tab



Forward

The *Pathway To Hope* video is a resource for Native people to use to strengthen tribal community responses to child victimization and to support community healing from historical and intergenerational impacts of child sexual abuse. Our goal is to have the video used as an educational resource for Native communities and to have it presented by individuals who have skills and knowledge that will facilitate discussion and assist Native victims in their healing journey.

This video guidebook is a companion to the “*Pathway to Hope*” video. It focuses on the process of healing from sexual abuse through a holistic community perspective. While treatment and healing that focuses directly on the individual survivor of child sexual abuse may be helpful in reducing symptoms like anxiety or depression, this approach fails to acknowledge the importance of relationships in Native communities and families. In Tribal communities and villages, pain can be more complex and felt by many, so that the impact of child sexual abuse on the individual is greater because of the way that people relate to each another. Therefore, holistic healing for the survivor of child sexual abuse often occurs in the larger context of the community.

This guidebook does not hold all the answers. In fact, in many ways, it asks more questions than it answers. This was done intentionally; with the respect and understanding that each community has its own unique history, strengths and challenges. Many of the answers, therefore, can come only from the individuals in each community, and not from any outside provider or trainer. While many issues that may be helpful to discuss relating to child sexual abuse are identified in this resource document, these may not be all the issues that need to be addressed. Each community will decide this for themselves.



Acknowledgements

Thank you to Diane Benson, Sarah Deer, Mona Evan, Lynn Hootch, Diane Payne, Nancy Radtke, Leona Schick, and Al Stevens for your support and contributions to this video guidebook. - Kimber Evensen, LCSW, Consultant



We are grateful for the vision and dedication to the healing of Native child sexual abuse victims of the video project advisory committee members Eleanor David, Lynn Hootch, Priscilla Kameroff, Al Stevens, and Diane E. Benson to the development of the vision and concept for the Pathways to Hope: Healing Child Sexual Abuse video and this guidebook. These Alaska Native people not only envisioned the tools to end silence for child victims, but also directed us in the development of these resources to assist in the restoration of wellness to their tribal communities. We are also thankful for the healing energy and expertise provided by Kimber Evensen, who joined our efforts later to write this Guidebook. We know that each one will continue in sharing their healing energy to change the lives of Native children and adults as they move along their healing paths. - Diane Payne, Children's Justice Specialist, Tribal Law & Policy Institute

Thank you to the Office for Victims of Crime for the opportunity and the support to develop this important resource for Alaska Native child victims.





Pictures from various
Pathway to Hope:
Healing Child Sexual
Abuse Training of
Community Facilitators

