

VOL. 1 ISSUE 2 · NOV 2020

THE CHANGE CHASER

Official Newsletter of ACASA

A Note from the Director

As the pandemic drags on, we all have experienced waves of exhaustion, frustration, and an overall feeling of dread. Mental health tops the do-list but continues to end up at the bottom of the list daily. We have been encouraging staff to take time to take care of themselves, but the daily dilemma is this: What do you do when you cannot go “do” anything? Thankfully, because of the concentration on team building earlier this year, we can at least go to each other to express these frustrations and find empathy and understanding. Delta Crisis Center is now independent of ACASA! October 1st, they set off on their journey as an independent rape crisis center, and we wish them the best! ACASA will continue to support them financially over the next 12 months, but they now can make agency decisions without our oversight. We are currently looking to develop plans for assisting other agencies and encouraging the establishment of new crisis centers in under served areas. Join us soon for opportunities to contribute to ACASA and participate in some fun events!

Warm regards,

Monie Johnson, Executive Director



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Gift Wrapping Fundraiser

We will be wrapping gifts to raise funds to help fight sexual violence in Arkansas. Drop off your unwrapped gifts and let us do the rest! Wrapping paper, bows, and name tags provided.

NOV. 30 - DEC. 22 | MONDAY - FRIDAY

9 AM TO 3 PM

1301 N. MAIN ST., NLR, AR 72114

If interested in volunteering to wrap gifts, please email npress@arkcasa.org or click the link above to sign-up.



"Believe" Shirt Pre-Order

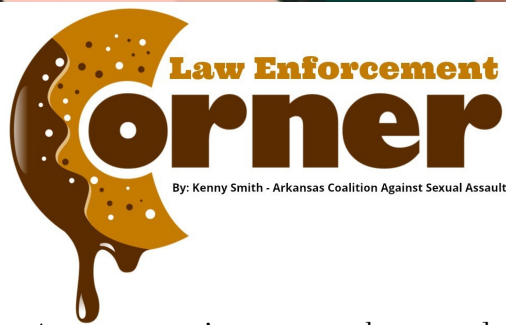
We invite you to join us for our Christmas Fundraiser with our new "Believe" shirts available for pre-order! Share our message of believing survivors and in the true meaning of Christmas. Proceeds go towards helping to fight sexual violence in Arkansas. Pre-order now to get yours in time for the holidays.



"It always seems impossible until it's done."

NELSON MANDELA





As 2020 continues to rock on, so do we! Undoubtedly it has taken some time, after all most of what we have had to deal with this year has been all new to us and completely changed the world around us. In the law enforcement world, I continue to advocate for change and help provide the best training on how law enforcement officers and correctional officers can best respond to and investigate sexual assault cases. My focus remains on educating officers about the effects of trauma and how to be a victim-centered officer in their response and communication with survivors.

Highlights - I am pleased to announce that beginning this month, the Ft. Smith Police Academy has allotted a 4-hour block to train new LEO's! I have also had the opportunity to team up with Ashley Walker of the Arkansas Coalition Against Domestic Violence to conduct our very first joint training for LEO's. The training is on October 21st and 22nd in Cabot.

Through discussions of the CoSAR Program at our ACASA Conference earlier this month, there have been several new engagements with an interest in creating some new teams! I am excited about what it ahead for this program as there are some big ideas for us to take up and help provide change and additional resources within communities all over the state.

If you or your agency would like to be involved in a training, learn more about the about the CoSAR program, or if you have a need, questions, or just want to talk about law enforcement in general, please feel free to reach out to me anytime!

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Virtual Conference

ACASA's first annual conference, the Ripple Effect was a success! The past year for ACASA has been a year of lessons in patience, creativity, and flexibility. While this conference certainly did not look like what we thought it would when planning began almost a year ago, it turned out very well; we were able to make it interactive and engaging. Response to the conference was overwhelmingly positive with 89% of participants saying they would apply the knowledge and skills from the conference to their work, 92% said they would be able to discuss with others how the knowledge and skills learned can contribute to long-term effective changes for survivors and the criminal legal system, and 63% were interested in starting a CoSAR in their community. We want to thank everyone that worked so hard to make this conference a success.

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Prevention Education



Netflix and Consent on Instagram has really taken off. Our program has had features on KATV and radio station 102.9 discussing our move to social media to better serve the teens in our community. Netflix and Consent merchandise is available as a gift with donation on our online store. G.E.M.S (Girls Educational & Mentoring Services) signed on to do once monthly in-person trainings revolving around healthy relationships and self-empowerment for their group of 30-50 girls. We will continue to grow and strengthen our relationships with the community.

Nikhol Press

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Advocacy Outreach

We will be introducing the "Safely Embodied" program to advocates statewide in our new advocate support groups. The hope is to provide advocates with new and innovative strategies to help better serve victims while taking care of their mental well-being.

Bryn Patterson

Advocacy Outreach Coordinator, ACASA

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Advocate Training

The request for trainings has gone up this quarter. We really believe that has to do with advocate burn out. Advocates are struggling with this new normal. It has been good to hear that the Title IX departments are not happy with the new regulations, which is a positive that they have that outlook. The new regulations have created some issues with training and working with college administration. The hope is to reframe our college program to work more with the students and creating student advocates. We are looking to create a program that partners with the prevention program that would focus on young adults and advocacy. We will conduct training and safety in all thing's young adults (colleges, bars, festivals, etc.)

Kiah Hall

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Change Makers 2020

As the unpredictable and unprecedented 2020 year enters its final stretch, we are optimistic that the holiday season will usher in joy, laughter, and unity to save the day. While this year has not gone as planned, we thought it would be refreshing to look back on some changes/additions/accomplishments that have occurred. Some, while on the surface might not seem great, have had a huge impact on our culture and possibly our future. Anyone who has adapted and overcome obstacles to provide the best resources and services to survivors despite what 2020 had to say about it...WE WANT TO HEAR FROM YOU!

Email us at info@arkcasa.org with your greatest 2020 victories, lessons learned, and how you feel that the changes you have encountered can help shape the future. Your story or experience could be a part of our upcoming special feature of The Change Makers of 2020.

How to Help

- Donate your time and/or money
 - Join a group that is dedicated to preventing sexual violence
 - Donate to ACASA or your local rape crisis center
- Get Involved
 - Sexual violence can be prevented. Every person can work to prevent sexual violence by promoting healthy and positive relationships that are based on respect, safety, and equality.
- Respond in a helpful way when someone tells you that they have been sexually violated.
 - Listen without judging or interrupting
 - Tell them it wasn't their fault. No one has the right to abuse
 - Tell them you believe them
- Use social media to promote healthy behaviors in relationships, and prevent sexual violence
 - Share information that identifies healthy versus unhealthy behavior and reflects the realities victim/survivors face

WE'D LOVE TO HEAR FROM YOU. BECOME A CONTRIBUTOR.

To have your voice featured in an upcoming issue, email story ideas to npress@arkcasa.org



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Keep up to date with our Prevention Education Program



To see organization updates and current news

