

DAY 1 PLENARY

Out of Balance: An Inside Look at IndyStar's Investigation into USA Gymnastics

IndyStar Investigations Team

In March 2016, IndyStar began investigating USA Gymnastics – one of America's most prominent youth sports organizations and the governing body for the U.S. Olympic team. The investigation revealed that USA Gymnastics has followed a policy of not reporting all sexual abuse allegations against its coaches. That practice has enabled coaches to continue preying on children despite repeated warning signs. IndyStar also has revealed a culture within the gymnastics community that has allowed coaches to shift from gym to gym, again despite warnings of inappropriate behavior. The investigation also provided the first comprehensive look at the pervasiveness of the problem, revealing that at least 368 gymnasts have alleged sexual abuse over the past 20 years. IndyStar also brought to light accusations of sexual abuse by the former team doctor for USA Gymnastics. That doctor has since been arrested on charges of criminal sexual conduct and child pornography. USA Gymnastics has hired an attorney to examine its internal practices. That review is ongoing. Join us for this engaging presentation from the investigators.



DAY 2 KEYNOTE

Just Kids: Reimagining our Responses to Child-On-Child Sexual Harm

Nicole Pittman

Founder, Center on Youth Registration Reform at Impact Justice

Stoneleigh and Rosenberg Leading Edge Fund Fellow



Our country has been putting children, as young as 8 years old, on sex offender registries for over twenty years; some for serious harm and others for normative behavior, such as playing doctor, streaking or Romeo and Juliet teenage romances. Regardless of the offense, though, robust research shows that registering youth is not an effective response and does nothing to break the cycles of sexual violence. It's tempting, especially in sexual harm cases involving children, to cast an offender and a victim; but this false binary often fails to capture a complete story, leading to punitive responses that do nothing to disrupt cycles of trauma. Children who offend sexually are often also victims of neglect and abuse, which is why instead of punishing these vulnerable youth, sentencing them to lifetimes of marginalization and hardship, the emphasis should be put on healing. Nicole will illustrate the destructive nature of placing children on sex offender registries as well as alternative responses to child-on-child sexual harm that evolve beyond punitive responses toward lasting child sexual abuse prevention, healing, and safety.

DAY 1 & DAY 2 BREAKOUT WORKSHOPS

Addressing the Gender Binary within Sexual Assault Prevention and Response

Hannah B. Jayne, M.Ed.
Washington University in St. Louis

Brian Dallas Kocher, M.S.
Purdue University

Current research indicates that those who do not prescribe to traditional notions of gender are at higher risks for experiencing sexual violence within their lifetime. 60.4% of LGBT+ college students reported being sexually harassed vs. 45.9% of their heterosexual peers. Trans, gender-queer, and gender non-conforming adults have the highest rates of the most “serious” types of sexual misconduct at 24.4%. Understanding which of our communities are under serious threat of sexual violence calls us to critically examine our own understandings of gender. This session is intended to interrogate our collective understanding of gender, specifically how our reliance on the gender binary perpetuates sexual assault. Using current scholarship to frame our understanding of gender roles, our dialogue will first establish what the binary is, how it operates, and who it benefits/harms. Through guided dialogue, our session will then move to unpack the tenets of rape culture perpetuated by this binary. Lastly, and most impactfully, our session will create solutions and strategies for applying theory to practice, as we brainstorm ways to advocate and support gender non-conforming survivors while also disrupting the binary in our own spheres of influence.

A Healthy Approach to Consent

Laurie A. Gray, JD
Indiana Coalition to End Sexual Assault

When it comes to sex and consent, most of what we traditionally teach and legislate focuses on regulating reproduction rather than promoting healthy sexuality. Reproduction is binary; human sexuality is not. As a result, a widespread misunderstanding of consent persists and contributes to current rape culture. This workshop is designed to reframe the issue of consent in the context of healthy relationships and personal boundaries and help participants appreciate the difference between “No Means No” and “Yes Means Yes” in sexual assault laws and policies.

Beyond Human Trafficking 101: An Anti-Racist Approach to AntiTrafficking Services and Advocacy in Indiana

Kate Kimmer, MA
Indiana Coalition to End Sexual Assault

Join the newest member of ICESA’s team – our Statewide Anti-Trafficking Coordinator Kate Kimmer as she presents on a holistic, anti-oppression, systems-based approach to human trafficking prevention and response. This session will go beyond the “101-level” of anti-human trafficking work, and will dive into the difficult discussions we must have in order to improve anti-trafficking services and advocacy in Indiana.

Beyond Pain, Yoga, and the Hollow Smile: Navigating Secondary Trauma and Self-Care with Knowledge and without Guilt

Becky Navarro, MSN, RN, CEN, SANE-A
Eskenazi Health

Rev. Richard Cruse, ThM, BCC
Eskenazi Health

Fr. Robert Lyons, MDiv, BCC
Eskenazi Health

Individuals responsible for providing care to victims of sexual assault – both in the immediate aftermath, as well as those working with them over the long term – often find themselves in a position where their experience of journeying with another through their trauma leaves them traumatized, albeit in a different fashion. This workshop will examine what secondary trauma is, how it manifests, and what steps can be taken to mitigate its effects through intentional self-care. Ongoing research shows that secondary trauma response can be debilitating, and can manifest itself through unhealthy actions, attitudes, and life-trails. Some who respond find themselves becoming despondent in the face of their experiences. Job satisfaction and staff retention are also key areas impacted by secondary trauma. This workshop will address the vital need for all individuals to be aware of these realities and to manage their responses accordingly. Original tools will be shared that allow participants to dig deeper into self-assessment of secondary trauma and create a plan for self-care for the whole person.

The Impact Factor for Sexual Assault Prevention: Analyzing Efficacy of Policies and Technologies

Tina Ahmadi
A Better Way Services

It is always exciting when a new innovation is developed to prevent or reduce sexual assault. It is even more exciting to see policy makers come together to pass a law to reduce sexual assault. Join us to discuss some recent innovations, policies, and proposals that are aimed towards reducing sexual assault and analyze how well they achieve the goals they set out to meet. Together, we can come up with guidelines for how to produce projects and programs with the greatest impact factor.

Cookies, Crafts, and Consent: Facilitating Discussions on Sexuality and Teen Dating Abuse in Diverse Settings

Lindsay Stawick
Domestic Violence Network

Cookies: Check! Crafts: Check! Consent: Do we have to?! Sex education and domestic violence can be difficult topics for youth. When health educators are brought into settings amidst snack time, in lieu of art class or basketball, how can after-school staff and facilitators work together to optimize the discussion while also protecting youth? This session will focus on tips, tricks and strategies to engage youth in comfortable discussion in a safe environment.

Dissociative Identity Disorder: Healing

Olga Trujillo, JD

Olga Trujillo Consulting

Olga Trujillo was diagnosed with Dissociative Identity Disorder (formerly known as Multiple Personality Disorder) at the age of 31. Over the past 20 years she has undergone an intense journey to understand what Dissociative Identity Disorder (DID) is, how she developed it, the impact on her life, and she began to address the challenges she faced in healing. In 2011 Olga's memoir, *The Sum of My Parts: A Survivor's Story of Dissociative Identity Disorder* was released by New Harbinger Publications. In this workshop, she will bring her experience of DID to help participants expand their knowledge from an inside out perspective. Participants will explore what the healing process from DID can look like. We'll examine trust building, psycho-social therapy, addressing other mental health disorders while healing from DID, and other related topics.

Don't Be "Extra:" Special Considerations with Teen Survivors of Sexual Assault

Brittany Winebar, LCSW

Prevail, Inc.

Indiana has the third highest rate of forced sexual intercourse among high school females in the nation (2015 YRBS). Few sexual assault advocacy programs provide specific supportive services to adolescent survivors. We will focus on specific concerns for teen survivors, how shame plays a role in behavior, methods to support this particular population, and adopting a strengths-based perspective with teens and their families.

Ensuring Meaningful Access to Services: Establishing a Language Access Plan

Olga Trujillo, JD

Olga Trujillo Consulting

Through this interactive workshop we will explore the requirements of Title VI of the Civil Rights Act and what it means for your organization. Participants will learn how to assess the kind of access plan they need and will learn step-by-step how to set one up. Tools to establish a plan will be provided.

Exploring Trauma & Dissociation: What This Means for Your Work

Olga Trujillo, JD

Olga Trujillo Consulting

Olga Trujillo is a survivor of child physical, sexual abuse and rape. These experiences created a range of mental health disorders that made her vulnerable to further victimization and unaware of the issues she had to maneuver on a daily basis. After undergoing an intense journey to understand the impact violence had on her life, she

began to address the challenges she faced from Dissociative Identity Disorder (DID), Panic & Anxiety Disorders, Post-Traumatic Stress Disorder and Depression. In this workshop she will bring her lived experience of violence into the room to help participants explore how they may enhance their trauma-informed responses. Participants will assess how they address the issues of trauma and DID and examine whether they could improve their responses and how.

Impact on Families: Sexual Assault and Secondary Trauma

Aly Austin
Families First

Heather-Wildrick Holman
Children's Bureau

Families, friends and intimate partners are often the survivor's support system, and how they react can affect the survivor's healing. Victims are often more worried about how this is affecting everyone else as they work through their own feelings. Service providers (depending on their role) may spend more time with the families than with the victim at the initial crisis or initial request for services. Providing appropriate education and individualized support to the victim's loved ones will ultimately help the victim through the healing process.

Implementing and Expanding a Multidisciplinary Forensic Services Program in a Level One Trauma Center to Serve Individuals Affected by Sexual Violence

Becky Navarro, MSN, RN, CEN, SANE-A
Eskenazi Health

Jesi Rand, SANE-A
Eskenazi Health

Janet Jackson
Eskenazi Health

Tricia Walt
Eskenazi Health

Carrie Greer
Eskenazi Health

Carrie Lynn
Indiana Legal Services

The Center of Hope at Eskenazi Health has expanded staff and services over the last year to now have a multidisciplinary hospital-based team to serve victims of sexual violence. The Center of Hope has forensic nurses staffed 24/7 as well as social workers, a victim advocate, and a bilingual attorney to provide a multitude of acute and on-going victim focused services to adolescent and adult victims of sexual violence. This workshop will discuss the development of this team, and the best practices that are emerging for primary and secondary victims of sexual violence as a result of this multidisciplinary trauma-informed care focus. In addition, challenges and opportunities for future growth will also be discussed.

“Just Breathe:” Moving Away from Directives to Developing Practical Stress Management Tools for Survivors

Brittany Winebar, LCSW
Prevail, Inc.

Advocates have a unique ability to help provide survivors with resources to better manage their coping and responses at our child advocacy centers, law enforcement agencies, shelters, and criminal justice systems. Often, we provide a brief list of “things” people can do or worse tell them what to do, like “Just Breathe.” This presentation will examine normative coping responses, the neurobiology of trauma, and how to utilize this knowledge to teach survivors coping skills. You will walk away with practical tools you can resource survivors with as they engage with these systems.

Nowhere Safe: Realities of Homelessness and Sexual Violence

Carrie Greer
Eskenazi Health

Molly Dagon
Eskenazi Health

This session will identify the severity of the problem of sexual assault and exploitation that occurs within homeless populations, including LGBTQ and transitional aged youth. Furthermore, we'll explore the importance of timely wrap-around services to Indy's homeless populations that have been sexually assaulted. We will explore existing service structures and the barriers individuals may face when accessing those services. We will also discuss limitations on the providers' side and the gaps in our current services. Attendees will leave with some ideas and skills for expanding their agency's current services and creating new population-specific services.

Neurobiology of Sexual Assault: Questions for Future Investigation

Tina Ahmadi
A Better Way Services

Trauma-informed care is commonly discussed in mental health. Though there is a wealth of scientific knowledge regarding how sexual assault impacts the brain and future functioning in both adults and children, there is still a great deal to be discovered. Join us to discuss pressing questions in the arena of the neurobiology of sexual assault and together come up with ideas for meaningful research and exploration in the future.

The Neurobiology of Trauma, Trauma-Informed Approaches, and the ACE Study

Kristina Currier, DNP, MS, FNP-C
Indiana Wesleyan University

The findings of the Adverse Childhood Experience (ACE) study demonstrate the prevalence of trauma in our society. All disciplines and professions will interact with individuals who have experienced some form of trauma. The content of this workshop will help the learner to understand trauma and the brain and how they can learn to practice in a trauma-informed manner in their area of practice.

Understanding Adolescents and Young Adults Who Sexually Act Out – The Causes, Treatment, and Support

Jennifer Vincent, LMHC, CSAYC

*Ali Tabb, LCSW, CSAYC
Reach for Youth, Inc.*

Children and adolescents with maladaptive sexual behaviors are a challenging population to treat. This population has gained increased attention as evidenced by higher levels of reported sexual maladaptive/offending behaviors. It is unclear at this point in time if the increase in reported incidents is due to a combination of less stigma, more awareness of the problem, and better systematic identification. However, clinicians would be remiss to ignore the possible impact of increased access to sexually explicit materials as it may relate to more sexually maladaptive behavior with this population. With the advent of high speed internet pornography, use of sexting, "revenge porn," #exposed, and a myriad of other avenues for exploring sexuality, children and youth are experiencing neural stimulation in a different fashion than previous generations. Such differences in environmental context must be taken into account when conceptualizing how to treat young people with inappropriate sexual behaviors.