

Spring 2015

Dear Prospective Volunteer,

Welcome to SASS and to the movement to end sexual violence. SASS' mission is to provide services to survivors of past and present sexual assault, and to change societal conditions that allow oppression, especially sexual violence, to exist. Displayed at our website [www.sass-lane.org](http://www.sass-lane.org) you will find an outline of SASS' 24-hour direct services for the people of Lane County and Oregon. Whether you are new to this social/political movement or continuing in your work to end the violence of sexual abuse, we thank you sincerely for your interest in volunteering at SASS.

Our Direct Service Training puts sexual violence into a political and social context. It is required for all volunteers. **The training will begin at 6:00 pm on Monday May 11<sup>th</sup> 2015.** A training schedule with other logistical details is included in this registration packet. **You must complete all the trainings on the schedule before you can do direct service, and the first five sessions (Monday 5/11, Wednesday 5/13 and Saturday 5/16, Monday 5/18 and Wednesday 5/20) must be completed in order to continue through the training.** If you have questions about anything, please feel free to call (541) 484-9791 x 316 or email [volunteer@sass-lane.org](mailto:volunteer@sass-lane.org).

Upon completion of the Volunteer Training, each trainee will go through an informal two-way interview with a SASS staff member. This is an opportunity to ask questions of and give feedback to each other. Together we will discuss your interests and skills, and our additional training requirements necessary for you to move from a trainee to a regular volunteer. We also have a process of shadowing and supported on-the-job training for each volunteer job description. You will always be able to receive mentoring as a volunteer at SASS and in time you may become a mentor to newer volunteers.

Each new volunteer training is exciting for the current volunteers and staff because new volunteers (you!) bring new ideas, expertise and energy. The rewards of volunteering at SASS are many. You will have the opportunity to meet new people, to work with others towards a common goal, to acquire new skills, to offer services to survivors, and to network with other community agencies. In return SASS encourages initiative, dedication and responsibility on the part of the trainee/volunteer so that we may offer the best possible services to survivors and do the most effective work for social change. If you are willing to make an effort on behalf of yourself and others, you will find that you are very welcome here and that your work makes a difference.

Thank you for your commitment to ending sexual violence! We look forward to meeting you!

SASS Staff

## Spring 2015 Volunteer Training Schedule

### **Core Volunteer Training:**

**Location:** All Spring 2015 Training will be held in the Stephen J. Carmichael Room at the Lane County John Serbu Youth Campus located at 2727 Martin Luther King Blvd. across the street from Autzen Stadium. Free parking is available on-site. Taking the bus? LTD bus route: #13.

Link to map/driving directions: [http://www.lanecounty.org/Departments/HHS/YS/Documents/directions\\_YS.pdf](http://www.lanecounty.org/Departments/HHS/YS/Documents/directions_YS.pdf)

**You must complete all trainings through Wednesday, May 20<sup>th</sup> in order to continue the Spring training without starting over (at a future training date). Missed trainings after May 20<sup>th</sup> may be made up in later volunteer trainings or possibly by arrangement. Every session must be completed prior to doing Direct Service.**

**Supplies/What to bring:** SASS will provide coffee, tea and water. Please bring your own water bottle and cup! There will be a 45 min-1 hour lunch break – please bring your own sack lunch and snacks...

We want you to be comfortable- you may also wish to bring notebook paper, pen/pencil, and a warmer layer of clothes in case the room is too cold, cushions in case you like a softer seat, etc.

**Cost:** The training is offered free of charge. **There is a \$20.00 fee to help cover the cost of the training materials.** Other arrangements can be made if this fee is difficult.

### **Required Core Training in order to proceed through Spring 2015 Training Series:**

<b>Monday, May 11th</b>	6:00 PM - 8:30 PM	Welcome & Dynamics of Sexual Violence Day I <ul style="list-style-type: none"><li>• Overview of SASS services</li><li>• Prevalence &amp; Societal Context of Sexual Violence</li><li>• Myths &amp; Facts About Sexual Violence</li><li>• What Do We Mean By Consent?</li></ul>
<b>Wednesday, May 13<sup>th</sup></b>	6:00 PM - 8:30 PM	Dynamics of Sexual Violence Day II <ul style="list-style-type: none"><li>• Perpetrator Dynamics</li><li>• Myths &amp; Facts About Perpetrators</li><li>• Stats &amp; Prevalence</li></ul>
<b>Saturday, May 16th</b>	10:00 AM - 5:00 PM	Anti-Oppression & Ally Building Day I <ul style="list-style-type: none"><li>• Types and Functions of Oppression</li><li>• Intersections of Oppression and Sexual Violence</li><li>• Understanding Intersectionality, Privilege, and Power</li><li>• What is an Ally?</li><li>• Tools for Interrupting Oppressive Dynamics</li></ul>
<b>Monday, May 18th</b>	6:00 PM - 8:30 PM	Supporting Survivors 1: Understanding Trauma <ul style="list-style-type: none"><li>• Understanding Trauma &amp; Trauma Response</li><li>• Myths &amp; Facts About Trauma</li><li>• What is Trauma Informed Support?</li></ul>

<b>Wednesday, May 20<sup>th</sup></b>	6:00 PM – 8:30 PM	Supporting Survivors 2: Supportive Communication Vicarious Trauma & Self Care <ul style="list-style-type: none"> <li>• Examples of Supportive Communication</li> <li>• Barriers to Listening</li> <li>• What is Vicarious Trauma?</li> <li>• Developing Vicarious Resilience</li> <li>• Self Care &amp; Boundaries</li> </ul>
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After completing the above sessions; all of the following sessions must be completed in order to provide direct service. It is not necessary to attend these sessions in order and they may be made up at a future training:

<b>Saturday, May 23<sup>rd</sup></b>	10:00 Am - 5:00 PM	Anti-Oppression & Ally Building Day II : Cultural Humility <ul style="list-style-type: none"> <li>• Dismantling Racism</li> <li>• Sex/Gender &amp; Sexuality</li> <li>• Understanding Ableism</li> <li>• What is Cultural Humility?</li> </ul>
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<b>Monday, May 25<sup>th</sup></b>	6:00 PM – 8:30 PM	Crisis & Needs Assessment and Talking About Suicide <ul style="list-style-type: none"> <li>• Understanding Common Crisis Situations</li> <li>• Recognizing and Understanding Triggers and Flashbacks</li> <li>• Common Crisis Response and Reactions</li> <li>• Roles of the Volunteer</li> <li>• Crisis Support Tools</li> <li>• Safety Planning &amp; Support System Assessment</li> <li>• Introduction to Suicide Assessment and Intervention</li> </ul>
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<b>Wednesday, May 27<sup>th</sup></b>	6:00 PM- 8:30 PM	Dynamics of Domestic Violence
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<b>Saturday, May 30<sup>th</sup></b>	10:00 am – 5:00 pm	Systems Advocacy: Civil and Criminal Legal, Medical and Community Services <ul style="list-style-type: none"> <li>• The role of an Advocate during systems navigation (medical, civil/criminal legal)</li> <li>• Introduction to medical options after a sexual assault</li> <li>• Introduction to criminal legal system</li> <li>• Steps to making a Police Report</li> <li>• Introduction to civil legal system</li> <li>• Introduction to Protective Orders</li> </ul>
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# Spring 2015 VOLUNTEER TRAINING REGISTRATION

\*If you filled out the online registration form, you do not need to fill this out again.

- Please register me for the upcoming volunteer training.
- Enclosed is my donation to help cover the cost of the training materials (please read packet for details)

*Please print legibly!*

Name: \_\_\_\_\_

Phone(s): \_\_\_\_\_

Address: \_\_\_\_\_

*Street*

*Apt #, etc.*

\_\_\_\_\_

*City*

*Zip*

Email: \_\_\_\_\_

I require the following ADA accommodations (wheelchair access, etc.):

\_\_\_\_\_

\_\_\_\_\_

**Parent/Guardian name & signature (if applicant is under age 18):**

\_\_\_\_\_

*Name*

\_\_\_\_\_

*Signature*

**Please return completed form to:**

(1) Email: [volunteer@sass-lane.org](mailto:volunteer@sass-lane.org)

(2) By hand or Mail: Volunteer Program, SASS: 591 W. 19<sup>th</sup> Ave, Eugene, OR. 97401

Or (3) Call: (541) 484-9791 ext. 316