### Join Our Email List

May 2020 <u>View as Webpage</u>



Messages from OAESV Staff
We are all human. We are in this with you.
We are here for you. You are not alone.





Resiliency in all its form is something that I knew I had, but with COVID, I have learned, that I am RELENTLESS. I don't have the luxury or privilege to disconnect and not take my work home, or continue fighting for advocates, survivors, latinx and Folx of color, because I am all of them. And if I stop, give up, be silent, disconnect, not work during a crisis, I have no one that would do it for me. I can still show up with grace, empathy, love and accountability.

Rosa Beltré, Executive Director



I'm trying to be more flexible with my personal expectations when I'm not 100% present and feel I'm not getting everything done. I also squeeze my pup and try to start my day with music, not news!

Ann Brandon,
Director of Prevention



Working has been different for me because the entire staff at OAESV has to work from a distance. Technology helps us stay connected to one another and community so that we can continue to do this work. We truly are in this together.

April Carter, LAV Paralegal



During these times of uncertainty and stress, I strive to find peace. This peace may come in planned events, dedicated time, or spontaneous moments.

When I find it, I try to fully embrace it; when I miss it, I don't berate myself.

Becca Getson, Legal Advocate



Even though I'm super interested in public health, I began to feel very overwhelmed with the constant stream of information on the pandemic, especially in the beginning when we were learning as the virus was changing. I decided to only look at information from 1-2 trusted sources and not listen to podcasts or news conferences as much as possible (no #WinewithDeWine for me!). So while I still feel overwhelmed at times, this has helped me stay informed but away from the flood.

Caitlin Burke,
Prevention Specialist



It has been beneficial to pause and reassess the present and re-envision the future, rather than gripping to what used to feel "normal". Now it is more important than ever to listen and learn from communities most impacted and act alongside their needs.

- Jenn Eidemiller, Resource & Communications Coordinator



When I have struggled during this pandemic I just spent some time thinking about what the ultimate goal is. That goal is to keep as many people safe and healthy as possible.

When I think of that goal it makes the hard times a little more bearable.

Kelly Becker,
Training & Technical Assistance Coordinator



I have done my best to give myself grace during this time, to recognize that this is an abnormal situation and there is no right or wrong way to react. Some days, I have been more productive than others, and that's okay. I have allowed myself to take breaks, even if that just means a few seconds to close my eyes and take a few deep breaths. Allowing myself to be imperfect has actually been a pretty freeing experience.

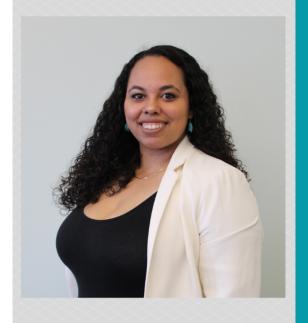
- Keri Black, Training Specialist



I will be honest - dealing with the coronavirus pandemic has been extremely difficult for me for many reasons. Some days I have wanted to stay in bed or cry or both... and some days I have.

But the thought that keeps returning to me is this: as a survivor, I have made it through some really tough times before and arrived on the other side as a stronger, wiser and better person... and I can get through this, too.

Megan Jones-Williams,
Director of Training & Advocacy



I have learned that rest is a form of reparations. When I am healthy, comfortable and things around me make sense, I am creating the best outcome for everyone around me.

"Caring for myself is not self-indulgence, it is selfpreservation, and that is an act of political warfare." -Audre Lorde

Olivia Montgomery,

Training & Technical Assistance Coordinator for Inclusion & Equity



Over the past month and half, I've heard several family, friends, and colleagues say on multiple occasions that we are all "working remotely." I beg to differ and thankfully, early on in this pandemic, I read the following quote which has allowed me to give myself grace, "We are not simply working remotely. Rather, we are at home, in a pandemic, trying to work." And even though that is true, I oftentimes find myself working longer days as I think about the survivors out there who are not safe at home; our work never stops because even in a pandemic, sexual violence doesn't stop. We are all in this together!

Shandra Witherspoon,

Director of Coordinated Community Responses



I've been even more diligent about caring for myself and about realizing that I don't know what other folks might be going through or how they might be dealing with the pandemic. I've been intentional about that flexibility and about sending out waves of compassion.

Taylr Ucker-Lauderman,

**Director of Communications** 



Thank you to all who attended our first ever Virtual Advocacy Day! We had over 120 attendees and over 40 meetings with legislators. We are grateful for those of you who attended the webinar, the speakers who lent their time, and for the legislators who agreed to meet. We can't do this work without you!

Additionally, this past Tuesday was #GivingTuesdayNow, and we are so thankful for all of the support we were given! Your likes, comments, shares, donations, and other actions add up, and we are always blown away to see how many of you appreciate the work being done.

### A Message from Rosa Beltré, our Executive Director -- English and E spañol









### No podemos salir igual... / We can't come out the...

Ya COVID 19 nos ha robado e inmovilizado bastante, pero también nos ha dado grandes lecciones de vida, de resiliencia, de perspectiva, autoanalice y de prioritarizacion. Hace apenas unos días tuve que tomar un pasillo de hospital que me lo...

Read more www.oaesv.org

## **Upcoming Trainings, Events, & Meetings**



### Webinar: 2020 Title IX Regulations | Ohio Alliance to...

Join OAESV for a detailed overview of Title IX regulations released by the United States Department of Education Office for Civil Rights in March 2020.

Read more www.oaesv.org



Members of the Campus Task Force, please note that the next meeting is on **Monday, May 11th at 11am** via Zoom.

If you did not yet receive the meeting link by email, <u>please fill out this form</u> and the link will be sent to you. See you then!



### Self-Care in Difficult Times: A Webinar Series

Not simply a record of our days, a journal is a space for gathering specific observations and insights that show our unique perspectives on the world. Although professional writers may use a journal for writing material, anyone can enjoy and...

Read more www.oaesv.org



We are all in this together! Join OAESV staff and your peers to discuss the ways the current COVID-19 pandemic is affecting our work.

Bring your questions, frustrations, struggles and ideas to this online conversation for resource sharing and support.

Please note that this space is intended for SV frontline/direct service staff. If you are the director of a program or are otherwise in leadership at your organization, we ask you to allow this space for your staff to openly process and engage with us.

Thursdays in May -- Advocates (Campus & Community)

Register

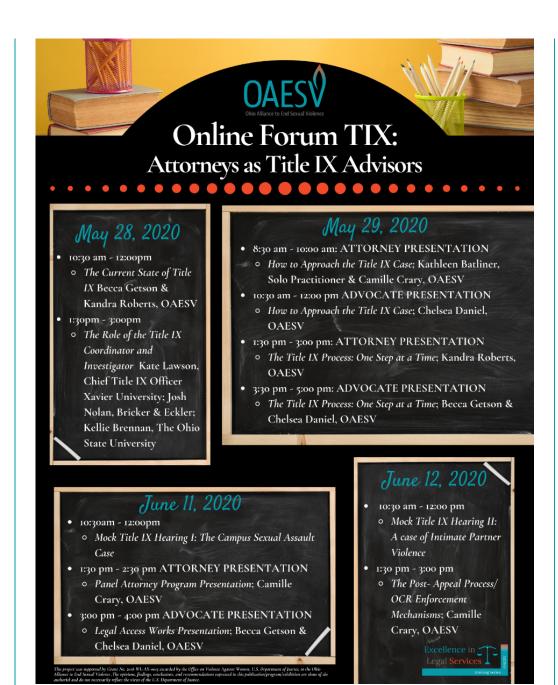
Friday, May 15 & May 29 -- People of Color in the SV Field





# OAESV MONTHLY WEBINAR TBA

Watch your email for more updates!



### Forum Title IX: Attorneys as Title IX Advisors -- A...

As part of our Excellency in Legal Advocacy Training Series, we're excited to offer this upcoming virtual training opportunity.

Read more www.oaesv.org



### **Resources for Providers**



This past month, we released several resources for use by rape crisis programs and other anti-sexual violence agencies. Follow these links to access the documents:

- Volunteer Appreciation Ideas
- 10 Tips for Effective Hotline Advocacy
- <u>Reference Sheet Regarding Abusive</u> Hotline Calls
- Responding to Disclosures of a Recent Incident of Sexual Violence (a resource for community members)

Additional resources, including some self-care webinar recordings, can be found here.



# Pattern for mask with clear window panel now available

Adult Advocacy Center shared a pattern to make masks accessible for individuals who are Deaf or hard of hearing.

Read more www.adultadvocacycenters.org



### **COVID19 Emerging Response Resources**

We have compiled resources and tools for sexual violence service providers, who are working tirelessly to respond in ways that are safe and supportive for all.

Read more www.oaesv.org

### **Quick Notes on Trainings**

Please note that many <u>OAESV trainings and webinars</u> are offered only to members of OAESV. In order to register, you will need to be logged in to the <u>member portal</u> on our website. If you aren't logged in, you will not see the red registration button but instead will see a note asking you to log in.

Members received the 2020 member portal password via email on January 1st, 2020. If you are a member or are part of a member organization but did not receive this email, please reach out to Taylr at <a href="mailto:communications@oaesv.org">communications@oaesv.org</a>, or speak with the member of your staff who is the main contact for OAESV membership.

If you are not yet a member or part of a member organization, no worries! We do offer some opportunities to all, including non-members. Also, you can register for membership <u>here</u>, after which you will have access to all of our future trainings and past recorded webinars.

Additionally, if you would like any **accessibility accommodations** for our trainings or webinars, just include that information in your registration. We hope to receive the requests at least two weeks prior to the event in order to fulfill them properly.

Interested in the rest of our trainings in 2020? Check out our 2020 Training & Events Calendar <u>here</u>.



### Become a Member | Ohio Alliance to End Sexual Violence

2020 is almost here! That means it's time to renew (or start!) your OAESV membership. Remember that all of our trainings and webinars are for OAESV members, so you will need your member portal password in order to register for these offerings.

Read more www.oaesv.org



Help support our work. At OAESV we provide many services, including <u>training for advocates and preventionists</u>, <u>technical assistance for local programs</u>, systems advocacy, <u>public policy work</u>, and <u>much more</u>.

### Thanks for reading! Feel free to forward to a friend.

This project was supported by *Grant No. OAESV 2019-SW-AX-0020* awarded by the Office on Violence Against Women, U.S. Department of Justice, to the Ohio Alliance to End Sexual Violence. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice.

### Connect with us





