

Embrace Quarterly E-Newsletter
Winter 2018



UW-Eau Claire Nursing Students' Rural Public Health Practicum with Embrace

Throughout the fall 2018 semester, Embrace was beyond grateful to have the research assistance and program development support from four students with the UW-Eau Claire College of Nursing and Health Sciences as part of a public health practicum led by professor Pam Guthman. Students developed an awareness brochure presenting the options a survivor has after a sexual assault, tested the effectiveness of Embrace's acute survivor response tools, and created a presentation and training materials for new Embrace staff members. Students evaluated the effectiveness of their presentation which indicated Embrace staff members' increased comfort and knowledge with response tools and protocols. Through their collaboration with a Survivor Advisory Panel, students came to a deeper understanding of the long-lasting impact of trauma on a survivor and the importance of using trauma-sensitive language. To demonstrate their new competencies, the students' final "Sexual Assault Prevention and Education: A Workforce Quality Improvement Project" presentation was given to County Board members, health care partners, and UW-EC faculty and students. Embrace hopes the knowledge students gained in trauma-informed approaches and survivor-led advocacy skills during their practicum will be incorporated into the students' professional practices once they graduate!

Thank you to our UW-Eau Claire Nursing Students!

Pictured above from left to right: Brandy Carlsen -

Embrace Domestic Violence Advocate, Chase

Goodenough - Student, Bailey Brun - Student, Jessica

Christianson - Embrace Sexual Violence Program

Coordinator, Naomi Nyambati - Student, Cassandra

Clark - Embrace Sexual Violence Program Coordinator

Not pictured: Cassandra Todd - Student, Pam

Guthman - Clinical Assistant Professor,

Community/Public/Population Health



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Program Highlights



Embrace Selected as One of 40 Nationwide Programs to Participate in New Support Group Technology

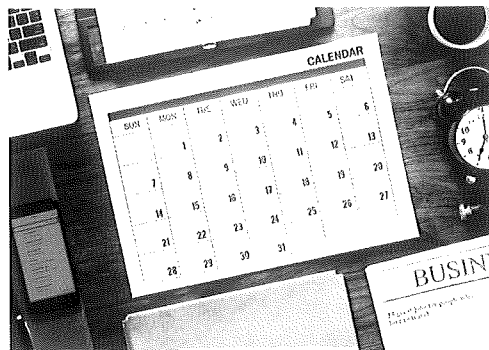
This fall, Embrace was contacted by the largest anti-sexual violence organization in the country, RAINN, who was awarded a new grant through the Office of Victims of Crime, and asked if Embrace would be interested in participating in the grant project that allows online group chat technology to be used across Embrace's rural service area. Embrace accepted the offer to

launch the Safe HelpRoom tool in spring 2019! Using the provided support group technology, Embrace staff will be able to facilitate online, completely anonymous support groups. A general support group will be offered for survivors who may not feel ready to discuss their experiences in-person, as well as an evidence-based support group specific to survivors working to achieve safety from both trauma and addiction. [Click here to demo the tool >>](#)



Embrace Staff Receive Certification from UW-Milwaukee in Trauma Counseling

Did you know all Embrace Program Coordinators complete courses through UW-Milwaukee to receive certification in trauma counseling? In the courses, staff gain an understanding of what defines an experience as traumatic and the effects of trauma on the brain, the body and emotions. The courses explore the distinctions between various mental health issues related to trauma, including post-trauma growth and resilience. The knowledge staff obtain through these courses makes them eligible to apply for certification as a Certified Trauma Services Specialist (CTSS) or Certified Trauma Responder (CTR) with the Association of Traumatic Stress Specialists (ATSS). Ultimately, what's most important, the trauma counseling course skills enable Embrace staff to provide better care for survivors coming forward to Embrace and help them become resilient.

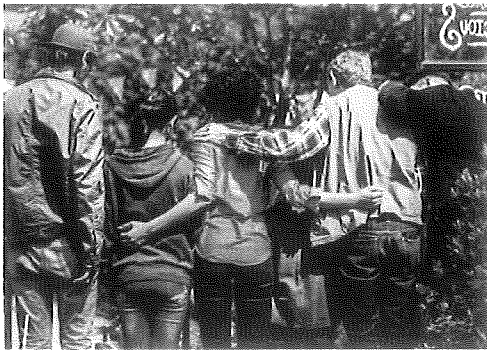


Events Calendar Now Available Online

On Embrace's new website, you can now find a public events calendar that lists support group sessions, Board of Directors meetings, awareness activities, fundraising events, outreach office closings, and prevention presentations for 2019. The calendar will be updated throughout the year as events are planned, so check back, and join us when you can! Anyone is welcome to any of our public events! [Find the calendar here >>](#)

New Wellness Benefits Available for Embrace Employees

In September, Embrace made an Employee



Assistance Program available to support all Embrace employees in their personal wellness and self-care. The new benefit provides each employee with \$10,000 of life insurance as well as confidential access to therapists for help in dealing with the after-effects of critical incidents in the workplace. What's special about Embrace's EAP plan is the confidential services can also be used by employees for support with personal difficulties such as finances, surviving grief and loss, relationships, and even legal issues that are unrelated to work incidents. Embrace knows getting employees the right help at the right time will result in better focus at work, greater productivity, less absenteeism and allow us to offer the best services to our communities. Alongside the EAP plan, Embrace will also be able to offer a new cafeteria plan of benefits to employees supported by Embrace beginning January 1, 2019. The plans include disability, accident, critical illness, dental, vision and life insurance options. [Click here for information on Embrace careers and benefits >>](#)

Supporting Friends and Family this Holiday Season

Embrace advocates are here to staff the text and phone lines around the clock this holiday season. The supportive services provided over the phone are available to anyone, not just survivors. Call or text us 24/7 at 715-532-6976, and we can help you find ways to make the holidays safer for you, your friend or family members in an unhealthy relationship. It's hard to know what to do or say the first time a survivor reaches out for help. Via text or phone, whichever you're comfortable using, we can share tips on how you can help the survivor feel less isolated and more supported. We can help you understand the dynamics of domestic violence and why they don't just leave. We can even give you ideas for making a safety plan with the survivor that protects them and their kids. We're complete confidential, kind and non-judgmental, and you may just save your friend or family member's life! [Contact us >>](#)



"The fighting, stress and confusion was so bad before we got here. It was wonderful to see my kids smile and hear them laugh again. I don't know what we would have done without you."

— an Embrace Shelter Resident in an exit survey
