

## GBHC RAC June 23, 2014

1. What does the word “abuse” mean? What are other words for abuse?  
Physical/verbal/emotional/mental/financial/racial/spiritual/cultural mistreatment, harassment, neglect, isolation, disregard, disrespect, insensitivity.
2. Have you ever read anything about abuse prevention? Has anyone every taught you how to defend yourself? If so, was it helpful and why?  
Yes. Limited amount. Mostly regarding physical abuse/domestic violence. Yes, I’ve taken martial arts. It helped me learn self-discipline, patience and how to protect myself. Self-esteem/self-worth, speaking up/out, personal and professional boundaries, body language, walking away, modeling behavior and asking for help.
3. What do you think is important to know about abuse?  
Recognize signs, causes of abuse, prevention/education, understanding source of someone’s abuse, meeting someone where they’re at/asking, self-care, use professional/ethical values, NO TOLERANCE, cycle must be broken, there is no discrimination-can happen to anyone, know available community resources: justice center, shelters, 211 (local first call for help #), self-help groups, assistance centers, therapy/healthcare services.
4. What format would be most useful as educational materials?  
Personal stories, public service announcements, interactive workshops, posters/brochures, “apps” for mobile devices, websites.
5. What type of training would be helpful?  
Webinars, in person trainings, trauma informed education, sensitivity training for staff AND peers, cultural competency, role playing (hearing voices, peer/provider), continuing education (not once and done), looking/recognizing verbal/nonverbal clues, antecedent/uncharacteristic behaviors.
6. How can we best provide education on abuse prevention to service recipients who may not speak English as a first language, or who have other communication difficulties/disabilities?  
Translators, bilingual material, closed captioning, braille, large print, audio, family/supportive person involvement, utilize other resources (Civic association, Achieve, Independence centers, etc.)
7. If there were an international symbol of abuse prevention, what would it look like?  
Face with a black eye, band aid and sad with a line through it, closed fist with a line through it, angry face with person yelling with a line through it, smiley face, two people fighting with a line through it, person sitting at a desk with a computer (crying) with a line through it, gender symbols (XY, XX, YY, etc.) with a line through it.

8. Is there anything else you think is important to educating service recipients that we haven't touched on already?

Have groups for peers and providers, trauma informed approach to abuse, Use phrase "what happened to you" instead of "what's wrong with you", validation, respect, reflection, empower/encourage, reduce stigma, non-condescending.

9. If you had a magic wand, what would you do to keep everybody safe and free from abuse and neglect?

Parenting classes that everyone takes, all over wellness/happiness instead of or before abuse, everyone would be confident, no anger or hate, peace on earth, early screening/education, no stress, tolerance all around and acceptance of other people's beliefs/preferences/differences, etc.