

**Mid Central Community Action, Inc.**  
**1301 West Washington Street**  
**Bloomington, IL 61701**

**Mid Central Community Action, Inc.'s**  
**Countering Domestic Violence Program**  
*presents*

**40-Hour Domestic  
Violence Training**



**1301 W. Washington St.**  
**Bloomington, IL 61701**

**Phone: (309) 828-8913**  
**Fax: (309) 829-2425**

*"Moving forward toward ending  
the cycle of violence in our lives"*



**CDV is an approved ICDVP training and supervisory site**

# Training Schedule Overview

## Day 1—Tuesday, April 14, 2009

*12pm-9pm (with dinner on your own from 4pm-5pm)*

*At MCCA Small Conference Room*

### Objectives

- **Program Overview** (12pm-2pm)
  - Agency/Program history and philosophy
  - Defining advocacy & DV code of ethics
  - DV Advocacy
  - Historical, feminist, & societal perspectives
  - Historical milestones in the DV movement
  - Statistics of DV
- **Dynamics and basic theories of domestic violence** (2pm-4pm; 5pm-8pm)
  - Defining domestic violence
  - Types of abuse
  - Cycle of violence
  - Power and control
  - Statistics of domestic violence
  - Myths and realities
- **Characteristics of abusers** (8pm-9pm)  
*Guest speaker-Cheryl Gaines, AVERT*
  - Overview of abusers
  - Overview of abuser treatment programs

## Day 2—Wednesday, April 15, 2009

*12pm-9pm (with dinner on your own from 4pm-5pm)*

*At MCCA Conference Room*

### Objectives

- **Confidentiality** (12pm-1pm)
    - Client rights
    - Advocate responsibilities
  - **Assessing Lethality** (1:00-2:00pm)
    - Progression of violence
    - Frequency and severity
    - Indicators of lethality
    - Stalking
    - Battered women who kill/Battered Woman Syndrome
    - Lethality screening
  - **Safety Planning** (2pm-3pm)
    - Before/during an incident
    - While trying to leave
  - **Safety and Technology** (3pm-4pm)
- At MCCA basement break room*
- **Counseling DV Victims/Survivors**(5pm-8pm)
    - Client-centered listening and empowerment
    - Listening and communication skills
    - Crisis intervention skills
    - Mental health issues
    - Suicide assessment
    - Professional/personal boundaries

## Day 3—Thursday, April 16, 2009

*12pm-9pm (with dinner on your own from 4pm-5pm)*

*At Law & Justice Center, 7th floor, Conf. Room-702*

*No parking at the Health Center-There is parking in the Lincoln Garage but they charge per half hour. Free 2 hour parking on the street.*

### Objectives

- **DV and the Legal System** (12pm-4pm)
    - History and purpose of the IDVA/VAWA Act
    - Civil / Criminal Orders of Protection
    - Conditions of Bond
    - Full Faith and Credit
    - Prohibitions against firearms use
    - Criminal Offenses
    - CDV/ Domestic Violence Advocacy Units
- At MCCA basement break room*
- **DV and Children** (5pm-9pm)
    - Effects of DV on children
    - Types of abuse
    - Characteristics of abused children
    - Needs of children
    - Safety planning with children
    - Children's services and resources
    - Mandated reporting of child abuse
    - DCFS issues
    - Teen dating violence

## Day 4—Tuesday, April 21, 2009

*12pm-9pm (with dinner on your own from 4pm-5pm)*

*At MCCA Conference Room*

### Objectives

- **Immigrant/Refugee Battered Women** (12pm-3pm)
  - Cultural Issues
  - Immigration status
  - Confidentiality
  - Human trafficking
- **Religion and DV** (3pm-4pm)
  - Respecting different views and values
  - Collaborating with religious communities
- **Cultural Competency** (5pm-7pm)
  - Defining racism
  - Unlearning prejudices
  - Cultural diversity
- **Special Issues** (7pm-9pm)
  - People with unique challenges
  - Pregnant battered women
  - Prostitution
  - Sexually transmitted diseases
  - Adolescent abusers/parent victims

**Day 5—April 22, 2009**

12pm-9pm (with dinner on your own from 4pm-5pm)

At MCCA Conference Room

**Objectives**

- **Older Battered Women & Elder Abuse (12pm-1pm)**
  - Special needs and barriers
  - Elder Abuse and Neglect Act
- **Rural Battered Women (1pm-1:30pm)**
  - Additional barriers
- **Abuse in LGBTQ Relationships and Homophobia (1:30pm-3pm)**
  - Defining LGBTQ
  - Addressing homophobia & heterosexism
  - Power & privilege for heterosexual vs. LGBTQ
  - Special dynamics
- **Sexual Assault (3pm-4pm)**  
*Guest speaker: Kimberley Boyd, YWCA Stepping Stones*
  - Marital and date rape
  - Link to DV
  - Sexual abuse and harassment
  - Stepping Stones program overview
  - Laws / Resources / Procedures
  - Medical advocacy
- **Documentation (5pm-6pm)**
  - The importance of accuracy and appropriateness in service documentation
  - Agency guidelines and legal restrictions regarding the documentation of client info
- **Residential Issues (6pm-7pm)**
  - Acceptance policies
  - Client services & client rights
  - Shelter guidelines / Typical stay in shelter
  - Service planning
  - Networking with other community agencies
- **Substance Abuse (7pm-8pm)**
  - Issues related to substance abuse and DV
- **Animal Abuse (8pm-9pm)**
  - As a form of power & control
  - Link to human violence
  - Community collaboration
  - Safety planning and special considerations

**Certificate of Attendance**

Please be prepared to attend every day for the entire time scheduled. There are no exceptions. A Certificate of Attendance will be distributed at the END of training to each participant. This 40-Hour Domestic Violence training course is approved by Illinois Certified Domestic Violence Professionals, Inc.

**\*Fee**

Total cost of training is \$100.

*\*Fee waived for agency employees and collaborative partners.*

**Directions**

**From I-55 South:**

Travel north on I-55 toward Chicago. Take the Market St/US-150/IL-9 Exit 160 toward Pekin. Turn RIGHT onto US-150/IL-9/W Market St. Turn RIGHT onto Stillwell St. Turn LEFT onto W Washington St. MCCA is on the corner of Washington St & Stillwell.

**From I-55 North:**

Travel south on I-55 toward St. Louis. Take the Market St/US-150/IL-9 Exit 160 toward Pekin. Turn LEFT onto US-150/IL-9/W Market St. Turn RIGHT onto Stillwell St. Turn LEFT onto W Washington St. MCCA is on the corner of Washington St & Stillwell.

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**Registration Form**

**Mid Central Community Action, Inc.  
Countering Domestic Violence  
40-Hour Domestic Violence Training**

**Name** \_\_\_\_\_

**Agency Name:** \_\_\_\_\_

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

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Fax:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Do you have a disability that requires special consideration? (MCCA/CDV will contact you regarding details.)**

**Check enclosed Amount Due: \$** \_\_\_\_\_

**Please mail registration form to:**  
Mid Central Community Action, Inc.  
Countering Domestic Violence  
ATTN: Melissa Slama  
1301 W. Washington St.  
Bloomington, IL 61701  
**or Fax:** (309) 454-9521

**Registration deadline:**  
**Tuesday, April 7, 2009**