
ADVOCACY SKILLS



COMMUNITY BASED HEALING RESOURCES

Healing from trauma happens in so many different ways. We know that to heal from the trauma of child sexual abuse survivors need to [address their mind, body, spirit, and relationships](#). Hiking, gardening, caring for pets, creating new friendships, [engaging in cultural practices](#) - these are just some of the ways that survivors heal. And all are available to survivors in rural communities.

The methods of healing that we have highlighted here are backed by research on trauma, but more importantly we hear over and over from survivors that these are the elements that have most positively impacted their healing. Listen to the survivors in your community about the resources they have found healing, the cultural practices they have found grounding and restorative, and the strengths they already possess and lean on.

Use these printable worksheets to help you investigate the healing resources within your rural community and to organize the information for your program. As you explore what is available in your area, think critically about the ways that you can support these people and organizations with training and collaboration.

The last printable page is for adult survivors of child sexual abuse to use as they explore and create their own healing resource plan.

“People who are terrified need to get a sense of where their bodies are in space and of their boundaries.”

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The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

Body-Based: massage, reiki, equine therapy or other work with animals, yoga, nutrition classes

Resource	Contact Person	Training & Qualifications	Details
Sunset Massage Therapy on Main St.	Felicity Ruiz	We provided training on trauma informed touch and sexual violence	Felicity asked for information to handout to her clients



“To leave your body out of the healing process can leave out what is potentially your surest path to well-being.”

- The Survivor’s Guide to Sex: How to Have an Empowered Sex Life After Child Sexual Abuse

Movement: yoga, Zumba, salsa dancing, nature walks, team sports, running

Resource	Contact Person	Training & Qualifications	Details
Zumba classes Tuesday evenings and Saturday mornings in the Quilt Shop	Marie Krause - owns the Quilt Shop	Marie attended our volunteer training last year	Marie offers free classes on Saturday mornings



“Study after study shows that having a good support network constitutes the single most powerful protection against becoming traumatized. – The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

Community Building: pow wows, community groups, cooking classes, bible study, running club, book club

Resource	Contact Person	Training & Qualifications	Details
Jamila hosts a knitting group Wednesdays at the coffee shop	Jamila Welsh- works part time at the coffee shop	Jamila wants training and an advocate to stop by the group from time to time	Jamila provided us with yarn and needles to give interested survivors

“Culture offers a shared experience, community, and a sense of belonging and ... highlights the intersectional nature of identity.”
- The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement

Culture & Identity: spiritual gatherings, regalia making, celebrations, dance classes, cooking classes

Resource	Contact Person	Training & Qualifications	Details
Salsa dance classes for folks reconnecting to their culture	Angel Gomez, based in her home	Angel has been offering these classes for 10 years and was referred to us by a survivor	Angel can only work with a limited number, but said she will prioritize survivors

“Finding the spiritual part of yourself can be an important aspect of your healing process.”
– The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse

Faith & Spirituality: holiday celebrations, religious classes, choir, one on one work with a faith leader

Resource	Contact Person	Training & Qualifications	Details
Bethel AME Church in Webster County	Pastor Williams	Pastor Williams is on our BOD and completed volunteer training	Our support group hosted with Pastor Williams is on Thursday nights



“It is essential that you have at least one other person with whom you can share your pain and your healing.

- The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse

Mental Health: Therapists, [peer support networks](#), [peer respite programs](#)

Resource	Contact Person	Training & Qualifications	Details
Webster County Mental Health	Sanya Thornton	Sanya specializes in trauma and dissociation and has a deep understanding of complex trauma, PTSD and SV	Sanya offers reduced rates to survivors we serve- pa-perwork in drawer



“Nature provides the means of restoring a person’s psychobiological equilibrium, often lost through trauma...”

-Rhythms of Recovery: Trauma, Nature, and the Body

Nature: hiking, kayaking, camping, biking, swimming, dog parks, nature walks, birding, gardening

Resource	Contact Person	Training & Qualifications	Details
Kepler State Park in Russo County	No Contact- trail maps in drawer	All trails have benches every .25 mile. Deer Loop is wheelchair accessible.	6 trails ranging from .5 miles to 7 miles. All easy or moderate trails.

Resource	Contact Person	Training & Qualifications	Details

“Advocacy Skills: Community Based Healing Resources”

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This publication was created by the Building Resilience team: Resource Sharing Project, Activating Change, Just Detention International, Minnesota Indian Women’s Sexual Assault Coalition, the North Carolina Coalition Against Sexual Assault, and Olga Trujillo, J.D.

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