



## **Capital Area Sexual Assault Response Team (CASART)**

### **Quarterly Report: January to March, 2024**

#### **Introduction**

During this quarter, CASART has worked to improve service provider's knowledge in and application of trauma-informed practices when working with survivors. CASART continues to develop stronger, more efficient strategies toward addressing our team goals.

In the spirit of maintaining accountability and creating transparency for the communities we serve, CASART will continue to release quarterly reports summarizing our activities and how these activities serve our goals and our community.

#### **Mission Statement**

CASART is a collaborative group of organizations and individuals in the Greater Lansing area who are committed to providing services, support, and advocacy related to sexual assault and survivors. CASART contributes to identifying barriers and coordinating services that address barriers for survivors of sexual assault. We promote evidence-based, trauma-informed, and survivor-centered care within all agencies and individuals we collaborate with.

#### **CASART Goals**

To better understand the work CASART is doing, it is best to first understand what the team's goals and objectives are. These goals can be broken down into four (4) categories, listed below. The goals and objectives will be included in every quarterly report as a reminder of what CASART strives for.

1. Coordinated Response: Develop a coordinated response amongst multidisciplinary partners to sexual assault within the Greater Lansing area.

Objectives:

- Build relationships between member organizations to provide holistic support to survivors and to create ease of system navigation for survivors and service providers.
- Develop and implement systems mapping of the response to sexual assault to aid in role identification and collaboration amongst member organizations.
- Strengthen the group's foundation through developing and implementing updated policies, procedures, and response protocols.

2. Community Outreach: Collaborate with community members and organizations within the Greater Lansing area to inform and engage the community on sexual assault response and available resources.

Objectives:

- Create a survivor-centered website with a self-guided, interactive, resource identification tool for use by survivors and their support systems.
- Develop and disseminate informational outreach materials on services and topics pertaining to survivors of sexual assault and their support systems.
- Develop and effectively use social media platforms to expand community awareness of member organizations and services available to survivors.
- Act as a liaison between community members and organizations and trauma-informed, survivor-centered practices and resources by inviting new partners who respond to survivors of sexual assault to join CASART.

3. Community Care: Establish a space for community care where service providers feel supported by their multidisciplinary partners in the field to mitigate the impacts of working with trauma.

Objectives:

- Develop and implement various networking events and community care opportunities for members of the group to engage in, to strengthen relationships of the team and to care for member well-being.
- Share information and resources pertaining to service providers in their work with trauma to provide community care to members. (I.e., compassion fatigue, secondary post-traumatic stress, burnout, vicarious trauma, trauma stewardship.)

4. Professional Development: Support the professional development of group members by identifying and implementing internal and external opportunities to expand on knowledge of sexual assault response. (Professional Development)

Objectives:

- Share knowledge of trainings and events related to best practices in sexual assault response with group members.
- Provide internal opportunities for professional development through the coordination of guest speakers with expertise in matters of service delivery to vulnerable populations and best practices for sexual assault response.
- Coordinate member presentations of organizational services and practices to aid in the group's shared understanding of team roles and represented systems.
- Improve the capacity of organizations that support survivors to provide affirming, equitable, and appropriate care for members of marginalized communities and identities, as well as unique intersectionalities.
- Identify and address barriers to care and gaps in services through case reviews conducted quarterly.

### **Summary of Activities**

This quarter the team has taken the time to work on goals of community outreach, professional development, and coordinated response. Through a team training on crisis intervention skills such as supportive communication and setting boundaries, along with the use of practice scenarios, CASART members gained new knowledge or a review of knowledge that builds on their capacity for supporting survivors. In pursuant of the same goal, CASART members increased their knowledge of community services through a presentation from one of our member agencies, and utilized scenario reviews to discuss how to support marginalized survivors. CASART members also worked to brainstorm and plan ways to pursue goals relevant to outreach, professional development, and coordinated response including processes for policy review, ideas for new training opportunities, and ways to increase community knowledge of CASART and member services.

### **Bullet-Point List of Activities**

- CASART members had crisis intervention training on supportive communication and setting boundaries when working with survivors.
- A member agency presented to the team on their services.

- Hypothetical scenarios were reviewed and discussed to enhance service providers' knowledge on handling unique cases and supporting marginalized survivors.
- Subcommittees were utilized to brainstorm and plan ways to meet team goals.
- The 3-year quarterly guide was adjusted to reflect the team's current plan.
- The Policy Review Committee began its process mapping plan to review agency services and any gaps in services.

## **Conclusion**

This quarter, CASART focused on professional development through a team training, agency presentation, and hypothetical scenario reviews. CASART also focused on goals of community outreach and coordinated response while utilizing subcommittees to strategize. This next quarter, CASART will continue to develop strategies toward meeting team goals within subcommittees, strengthen coordinated response through process mapping, and develop professional knowledge and skills to increase capacity for working with survivors.