

Preventing Intimate and Sexual Violence in Michigan

*Prevention Plan
Highlights for
2010–2015*



MICHIGAN
DOMESTIC VIOLENCE
PREVENTION &
TREATMENT BOARD

Executive Report of the
Michigan Domestic and
Sexual Violence Prevention
Steering Committee

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Preventing Intimate and Sexual Violence in Michigan

2010–2015



We are ready to make a difference. We are ready to live healthy, respectful lives. Here's how.

Prevention Starts Now

No epidemic has been brought under control or eliminated by treating each afflicted individual"

- George Albee, 1987, p.11

Intimate partner and sexual violence are critical issues that call for community-oriented approaches to stopping violence before it can begin. In a two-year process, the Michigan Coalition Against Domestic and Sexual Violence (MCADSV), the Michigan Department of Community Health (MDCH), the Michigan Domestic Violence Prevention and Treatment Board (MDVPTB), and a multidisciplinary group of experienced prevention practitioners, stakeholders, and advocates formed a Prevention Steering Committee that conducted a statewide needs and resources assessment from which three goals (and priority populations) were developed to prevent the first-time occurrence of intimate partner and sexual violence.

These goals are highlighted in this Executive Report. The full version of the Statewide Prevention Plan, including a summary of the needs and resources assessment, and references, is available at www.mcadsv.org. Michigan's plan uses a public health approach to benefit the largest group possible and emphasizes building the capacity of individuals, organizations and systems to more effectively identify, implement, and evaluate prevention strategies, especially those that prevent first-time perpetration.

Primary Authors:

Tammy Lemmer
Michigan Coalition Against Domestic and Sexual Violence

Marguerite Grabarek, Ph.D. Candidate
University of Michigan

Additional Authors and Content Consultants:

Lesley A. Coghill, L.M.S.W.
Center for Women in Transition

Jessica Grzywacz, M.A.
Michigan Department of Community Health

Mary Keefe, M.S.W. and Kathy Hagenian
Michigan Coalition Against Domestic and Sexual Violence

Debi Cain and Sarah Heuser
Michigan Domestic Violence Prevention and Treatment Board

Editing and Writing Contributions By:

Wendi L. Siebold, M.A., M.P.H., Consultant
wendi.lyn1@gmail.com

Meeting Facilitation Services Provided By:

Jill Endres
Ohio Domestic Violence Network (Columbus, OH)

Janis Reischman
Reischman Consulting (Honolulu, HI)



THE VISION of the Michigan Prevention Steering Committee is to promote healthy, respectful relationships at the individual, family, community and society levels and to promote attitudes that do not tolerate intimate partner and sexual violence.

Helpful Definitions

Primary Prevention reduces the incidence of intimate partner and sexual violence by changing the societal norms, practices and behaviors that support the perpetration of abuse. The emphasis of primary prevention efforts is on preventing new cases of abuse from occurring. While there are many ways to prevent violence, the focus of this plan is on *primary* prevention. A focus on preventing perpetration is a new concept for some individuals and agencies that have previously relied on risk reduction strategies that focus on potential victims. Although these approaches may help reduce the recurrence of abuse, it is only by preventing perpetration that violence is prevented. It is important to note that while this plan focuses on primary prevention, there is a continued need to fund and provide resources for both primary prevention and intervention/crisis services. Prevention and intervention are complimentary approaches for keeping our communities and families safe.

Intimate Partner Violence (IPV) is a pattern of coercive and controlling behaviors that one person uses against a partner in order to gain or maintain power in a current or former marital, cohabitating, or dating relationship. These behaviors may include but are not limited to physical assault, sexual assault, emotional abuse, isolation, economic coercion, threats, stalking or intimidation. Intimate partner violence can occur among heterosexual and same-sex couples.

Sexual Violence (SV) is any sexual act that is forced against someone's will. These acts can be physical, verbal, or psychological. Sexual violence includes intentional touching of the genitals, anus, groin, or breast against a victim's will or when a victim is unable to consent, as well as voyeurism, exposure to exhibitionism, or undesired exposure to pornography. The perpetrator of sexual violence may be a stranger, friend, family member, or intimate partner.

Universal Population efforts focus on an entire population, without regard to whether or not an individual may have experienced or perpetrated abuse. The goal is often to prevent the onset of abuse by providing skills and knowledge.

Selected Population efforts focus on subsets of the population considered at risk by virtue of their membership in a particular segment of the population. Selected population efforts target the entire subgroup regardless of the degree of risk of any individuals in the group.



Goal I

Ensure necessary state and local resources for the primary prevention of intimate partner and sexual violence

Objective 1.1: MCADSV, MDCH, and MDVPTB will define and determine primary prevention needs, components essential for meeting needs, optimal funding levels, and resources for comprehensive IPV/SV primary prevention efforts in Michigan by April 2010.

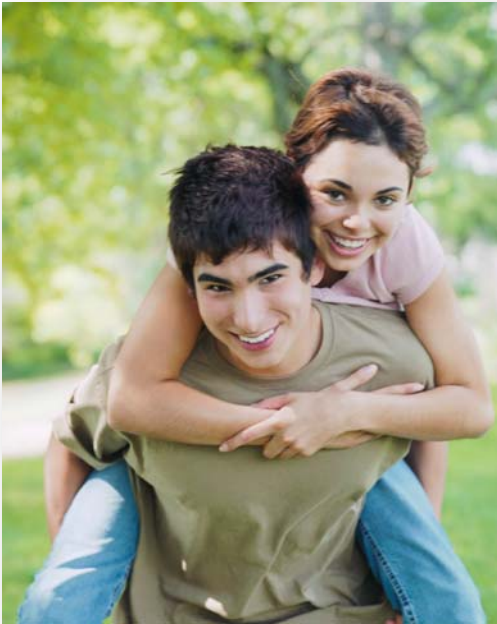
Measurement: MCADSV, MDCH, and MDVPTB will engage in a process which puts the values of empowerment, transparency and consensus at the center of decision-making regarding prevention resources.

Potential Action Steps:

- Assess current funding levels and sources
- Identify and/or develop mechanisms for collecting information about resources and how to access them
- Evaluate gaps in resources, including technology gaps
- Identify critical partnerships
- Encourage Michigan funders to consider requirements for community partnerships in funding opportunities

While there are many ways to prevent intimate partner and sexual violence, the focus of this plan is on primary prevention. Many secondary and tertiary prevention efforts will reduce the recurrence and negative effects of abuse (e.g., programs for children who have witnessed abuse, health care providers' intervention with victims, and batterer intervention programs). However, the purpose of this plan is to frame current statewide planning efforts to prevent intimate partner and sexual violence from ever occurring. Therefore, the focus of the recommendations included in this plan is on primary prevention programs and efforts.

Secure
Resources



Objective 1.2: The capacity of state and local partners to identify, access, understand and utilize data to demonstrate need for and efficacy of primary prevention activities will increase by December 2012.

Measurement: MCADSV will conduct a state and local capacity survey in 2010 and 2012.

Potential Action Steps:

- Train local communities to conduct needs/resource assessments for strategic prevention planning
- Train local communities to conduct evaluation of primary prevention efforts
- Promote participation in and use of Michigan Profile for Healthy Youth (MiPHY) throughout the state

This plan does not make specific programmatic recommendations due to Michigan's very diverse population. The state stakeholders who developed this plan are committed to providing guidance to local communities for assessing the availability of evidence-based strategies and/or promising practices to prevent IPV/SV. Local DELTA and RPE-funded communities have been implementing promising prevention approaches such as:

Programming for Men and Boys
(Men Can Stop Rape, MOST Clubs
and A Call to Men presentations)

Healthy Relationships Curricula

Peer Leadership

Bystander Skill Development

Forum Theater and Experiential
Learning

Objective 1.3: The number of IPV/SV agencies and community partners utilizing core competencies for primary prevention will increase by 2013.

Measurement: MCADSV will conduct a biannual survey of members and partners.

Potential Action Steps:

- Identify and agree upon core competencies. (*examples might include:* promotion of prevention team concept, formalized job descriptions, training standards, and policy issues)
- Promote and provide training on core competencies
- Promote Michigan Resource Center on Domestic and Sexual Violence primary prevention materials
- Establish a web-based primary prevention resource for agencies and communities by December 2010
- Links to local data, evidence-based strategies and programs, research and listing of available trainings
- Create directory of communities implementing primary prevention strategies and activities with contact information to facilitate information sharing

Local IPV/SV prevention programs that encourage comprehensive social change will serve as the catalysts for social change in communities. IPV/SV movement leaders will provide the leadership in communities necessary to bring **Michigan's Prevention Plan** into reality.

Goal 2

Elevate the profile
of primary
prevention as a
priority policy issue



Objective 2.1: By the end of each legislative session, legislators and policy makers will have access to information and be provided with opportunities intended to promote increased recognition and understanding of the importance of the primary prevention of IPV/SV.

Potential Action Steps:

- Provide an educational opportunity for legislators, state level policy makers and their staff biannually (at the start of each legislative session)
- Develop the content and approach for the educational opportunity
- Track support for development and implementation of strategies and initiatives

Objective 2.2: By 2011, MCADSV, MDCH, and MDVPTB, working with statewide stakeholders, will develop policy priorities and strategies to support those priorities.

Potential Action Steps:

- Conduct regular meetings with statewide stakeholders
- Develop and advance a culturally relevant media campaign promoting primary prevention concepts to Michigan citizens/constituents

Elevate Primary
Prevention

“Primary prevention must involve multiple levels of service providers and government. If violence against women is viewed as a societal and community issue, strategies targeted only at individuals and families are insufficient to address the problem”

- Hyman et al., 2000: 288



“Prevention efforts across the world that are at a societal-level, rather than just individual level, have an important influence on rates of abuse and should be the focus of policy and prevention initiatives. Violence against women is a worldwide phenomenon that is not explained entirely by any one of the theories of etiology presented in Western cultures. Therefore, prevention efforts must address the cultural factors (including the economic and political status of women) that drive violence against women”

- Campbell, 1999

Cultural Relevancy

Cultural relevancy is a key value of the movement to end violence against women and integrates into this IPV/SV prevention plan at every level and within each objective. To ensure relevancy to Michigan's diverse communities, specific focus must be given ensuring that communities of color are involved in the development of any programming or campaign. Ensuring that the voices of communities of color and other marginalized groups are valued and central to the process of violence against women prevention planning and implementation is fundamental to its success.

“Response to IPV/SV in communities must be culturally relevant, empowerment based, and characterized by respect and dignity. Condoning any form of oppression, intimidation, or the use of power and control supports the same societal conventions that allow IPV/SV to continue. The scope of the work in communities must include the elimination of the root causes of IPV/SV and societal acceptance of violence. Prevention strategies must address the pervasive lack of information that allows our culture to deny, justify and perpetuate violence against women.”

- Mary Keefe, Executive Director, Michigan Coalition Against Domestic and Sexual Violence

It is essential that local response agencies have the capacity to respond to any increase in demand for services due to the increased awareness of IPV/SV in their local communities. MCADSV and statewide partners will continue to provide training and assistance to support local capacity building as necessary to meet any increased demands for service.



Goal 3

Michigan communities will work together to bring about the social change necessary to end IPV/SV



Objective 3.1: By December 2012, increase the number of communities that employ comprehensive and evidence-based primary prevention mechanisms and solutions for ending IPV/SV.

Measurement: Using methods such as membership surveys and quality assurance documents, communities will report utilizing strategies and activities that a) address multiple levels of the social ecology, especially beyond the individual level, b) include action and mobilization components leading to social change, with special emphasis on preventing first-time perpetration, c) are consistent, reinforced, and integrated across multiple settings and environments.

Potential Action Steps:

- Develop and make available criteria to consider in choosing primary prevention strategies
- To enlist community leaders and key societal influencers to address and change norms, practices and behaviors necessary to end IPV/SV
- Strengthen partnerships with school health colleagues within the Michigan Departments of Community Health and Education and other stakeholders in order to discuss enhancement of IPV/SV prevention components of the Michigan Model for Health®
- Identify and utilize resources (such as the MCADSV Media Toolkits)

Promote
Community-based
Primary Prevention

that will help communities more effectively utilize media to broaden impact of prevention efforts

Each community must determine what partnerships are appropriate and necessary for prevention. There is no single model for community collaboration, although it will be important to involve stakeholders who are familiar with and invested in the idea of preventing IPV/SV. Community members should determine if it is appropriate to join an existing collaborative body or create new committees or groups. Particular attention should be paid to circumstances that either promote or inhibit full participation by all groups in a community.



In both the academic and popular literature there are limited reviews of effective strategies for preventing intimate partner and sexual violence. Reviews of empirically evaluated prevention programs exist; however, we are still learning what prevention strategies work for different populations. Certain ways of doing prevention have been shown to be effective. By following the principles of prevention we can build prevention strategies that have the most promise of being effective.

Objective 3.2: By 2014, increase the number of Michigan communities that have access to and participate in socio-culturally relevant education strategies and activities appropriate for Michigan's diverse populations.

Measurement: Communities report utilizing strategies that:

- Are audience-specific and relevant (audiences may be broader than schools and traditional criminal justice partners, such as businesses, civic groups, and professional organizations)
- Are available across the lifespan
- Incorporate the principles of effective prevention programming in primary prevention strategies and activities (see below)

Potential Action Steps:

- Promote the use of community networks to enhance and develop locally appropriate mechanisms to build community ownership for solutions and actions to end IPV/SV
- Encourage youth-created, youth-focused messages and strategies (such as popular media outlets and social networking sites)

Principles Of Effective Prevention Programs

(Nation, et al. 2003)

Comprehensive: Strategies should include multiple components and affect multiple settings to address a wide range of risk and protective factors of the target problem

Varied Teaching Methods: Strategies should include multiple teaching methods, including some type of active, skills-based component

Sufficient Dosage: Participants need to be exposed to enough of the activity for it to have an effect

Theory-Driven: Preventive strategies should have a scientific justification or logical rationale

Positive Relationships: Programs should foster strong, stable, positive relationships between children and adults

Appropriately Timed: Program activities should happen at a time (developmentally) that can have maximal impact in a participant's life

Socioculturally Relevant: Programs should be tailored to fit within cultural beliefs and practices of specific groups as well as local community norms

Outcome Evaluation: A systematic outcome evaluation is necessary to determine whether a program or strategy worked

Well-Trained Staff: Programs need to be implemented by staff members who are sensitive, competent, and have received sufficient training, support, and supervision. Followup (booster) training and technical assistance to staff are critical.

Statement of Endorsement

The Michigan Domestic and Sexual Violence Primary Prevention Steering Committee is pleased to launch this statewide strategic plan for the primary prevention of intimate partner and sexual violence.

Intimate partner and sexual violence are serious issues that require community-oriented multi-level approaches. The statewide strategic plan is the product of more than two years of extensive work by a diverse group of state and community-based public, nonprofit, health care, faith-based, and education professionals and individuals.

The group examined sexual and intimate partner violence from a public health perspective and determined recommendations based on priority populations, and key risk and protective factors. By building the power of individuals, families, organizations, and systems to stop first-time perpetration of intimate partner and sexual violence, these recommendations are the foundation that will lead to healthier outcomes for all Michigan citizens.

As state-wide stakeholders, we are committed to providing guidance to local communities in assessing availability of evidence-based strategies and/or promising practices and will work with these communities to increase capacity to implement appropriate primary prevention strategies and activities.

As state-wide stakeholders, we will work together to implement this state plan and review progress toward its objectives. Because no two Michigan communities are alike, we are also committed to providing guidance to local communities in assessing the utility of evidence-based strategies and/or promising practices and will work closely with these communities to increase their capacity to implement appropriate primary prevention strategies and activities.

We know that successful implementation of the plan requires commitment from and the mobilization of many Michigan individuals, organizations, communities, and policy makers. We look forward to continued involvement with current partners and strongly encourage others to join this collective effort to end intimate partner and sexual violence in our state.

Sincerely,

The Michigan Domestic and Sexual Violence Primary Prevention Steering Committee

This Plan Is Endorsed By The Following Organizations

YWCA West Central Michigan
(Grand Rapids)

Center For Women in Transition
(Holland)

Clergy Women of Detroit
(Ypsilanti)

Diane Pepler Resource Center
(Sault Ste. Marie)

Michigan Domestic Violence Prevention and
Treatment Board (Lansing)

Michigan State Police
(East Lansing)

HAVEN
(Pontiac)

St. Clair County Child Abuse and Neglect Council
(Port Huron)

Michigan Victims of Crime Commission
(Lansing)

The Evaluation Team
(Coldwater)

Dial Help
(Houghton)

Women's Resource Center of Northern Michigan
(Petoskey)

Kent County Health Department
(Grand Rapids)

Sexual Assault Services of Calhoun County
(Battle Creek)

Serenity Services
(Detroit)

Turning Point, Inc.
(Mt. Clemens)

Uniting Three Fires Against Violence
(Sault Ste. Marie)

Prosecuting Attorney's Association of Michigan
(Lansing)

Women's Information Services, Inc. –WISE
(Big Rapids)

First Step
(Plymouth)

Victim's Assistance Program
Hannahville Indian Community (Wilson)

LAVIDA: Southwest Detroit Partnership to Prevent
Intimate Partner Violence Against Latina Women (Detroit)

Michigan Department of Community Health
(Lansing)

New Visions: Alliance to End Violence in Asian/Asian
American Communities (Ann Arbor)

Sexual Assault Center
(Saginaw)

Underground Railroad
(Saginaw)

Saginaw Chippewa Indian Tribe Behavioral Health Program
(Mt. Pleasant)

Batterer Intervention Services Coalition of Michigan
(Okemos)

Arab Community Center for Economic and Social Services
(Dearborn)

Women's Aid Service
(Mt. Pleasant)

Michigan Coalition Against Domestic and Sexual Violence
(Okemos)

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Health and Safety Programs (Lansing)

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(Ottawa County, MI)

Advocacy Resource Center
(Sault Ste. Marie)

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Laurie Bechhofer
Michigan Department of Education,
Coordinated School Health and Safety
Programs (Lansing)

Lesley Coghill
Salena Corner
Charisse Mitchell
Center For Women in Transition
(Holland)

Ruth Oja
Victim's Assistance Program
Hannahville Indian Community

Kathy Weber
Diane Peppler Resource Center
(Sault Ste. Marie)

Debi Cain
Sarah Heuser
Joyce Wright
Michigan Domestic Violence Prevention
and Treatment Board (Lansing)

Sgt. Michele Hernandez
Sgt. Trudy Rampy
Sgt. Michelle Robinson
Sgt. Kandyce Tabeling
Michigan State Police (East Lansing)

Beth Morrison
HAVEN (Pontiac)

Cristy Cubitt
Nancy Szelezyngier
St. Clair County Child Abuse and
Neglect Council (Port Huron)

Rhys Edwards
Jacki Sever
Dial Help (Houghton)

Leslie O'Reilly
Michigan Victims of Crime Commission
(Lansing)

Molly Laird
The Evaluation Team (Coldwater)

Marguerite Grabarek
University of Michigan (Ann Arbor)

Mary Jo Adgate, Kathy Hagenian, Mary Keefe, Tammy Lemmer, Cherée Thomas,
Angelita Velasco Gunn, Janis Wilson
Michigan Coalition Against Domestic and Sexual Violence (Okemos)

Mohammad Farrag
Joanna Ladki
Arab Community Center for Economic
and Social Services (Dearborn)

Julie Grant
Jenny Rufenacht
Amy Bryant
Misti Blankenship
Branch County Coalition Against
Domestic Violence (Coldwater)

Anna Rogers-Stott
Advocacy Resource Center, Sault Ste.
Marie Tribe of Chippewa Indians

Judith Barr
First Step (Plymouth)

Teresa Branson
Kristina Paliwoda
Karyn Pelon
Amy Piddington
Kent County Health Department
(Grand Rapids)

Ash Christians
Hilary Crichton
Barb Domina
Pam Mays
Sexual Assault Center (Saginaw)

Cris Sullivan
Michigan State University (East Lansing)

Angie Noriega-Makomenaw
Mandy Wigren
Saginaw Chippewa Indian Tribe Behavioral
Health Program (Mt. Pleasant)

Jan Mancinelli
Women's Resource Center of Northern
Michigan (Petoskey)

Joyce Siegel
Sexual Assault Services of Calhoun
County (Battle Creek)

Sue Coats
Turning Point, Inc. (Mt. Clemens)

Toni Davis
Women's Aid Service (Mt. Pleasant)

Heather Hodges
Stephanie Park
Women's Information Services, Inc. –WISE
(Big Rapids)

Pat Latus (Wayland)
Brenda Miliken (Detroit)
Roderick Williams (Detroit)
Community Members

David Garvin
Alternatives to Domestic Aggression, Catholic
Social Services of Washtenaw County

Diane Smalley
Domestic Violence Work Group
Presbytery of Detroit (Detroit)

Dolores Gonzalez-Ramirez
Ricardo Guzman
Jessie Urban
LAVIDA: Southwest Detroit Partnership
to Prevent Intimate Partner Violence Against
Latina Women (Detroit)

Jessica Grzywacz
Linda Scarpetta
Pat Smith
Tom Largo
Department of Community Health (Lansing)

Tom Wilson
M GET (Wyandotte)

Eun Joo Lee
Mieko Yoshihama
New Visions: Alliance to End Violence in
Asian/Asian American Communities
(Ann Arbor)

Tom Cottrell
YWCA West Central Michigan
(Grand Rapids)

Herb Tanner
Prosecuting Attorney's Association of Michigan
(Lansing)

Valerie Hoffman
Underground Railroad (Saginaw)

Larmender Davis
Serenity Services (Detroit)

For More Information, Please Contact:



MICHIGAN
DOMESTIC VIOLENCE
PREVENTION &
TREATMENT BOARD

Michigan Domestic Violence
Prevention & Treatment Board
Department of Human Services
P.O. Box 30037
Lansing, Michigan 48909
Phone: 517-373-8144
Fax: 517-241-8903



Michigan Coalition Against
Domestic and Sexual Violence
3893 Okemos Road, Suite B2
Okemos, MI 48864
Telephone: 517-347-7000
Fax: 517-347-1377
TTY: 517-381-8470



Injury & Violence Prevention Section
Michigan Department of
Community Health
P.O. Box 30195
Lansing, MI 48909
Phone: 517-335-8627
Fax: 517-335-9669

Preventing Intimate and Sexual Violence in Michigan...

Creating the social change needed to ensure that our children and grandchildren will inherit a world where fear does not exist and where domestic violence and sexual assault are unthinkable.

*Inspired by the vision statement of
Looking for My Sister,
a domestic violence agency serving survivors in Detroit*