Overview of Grassroots Supports Learning Series

Purpose: This document overviews the different lessons and resources available within the Grassroots Supports Learning Series.

Whether you're just beginning to explore your role or have been supporting survivors for years, we hope the Learning Series affirms what you're already doing while helping you continue to grow. We've organized the modules in a thoughtful sequence because many of the concepts build on one another. At the same time, feel free to explore the topics most relevant to your interests and return to others whenever they're helpful.

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Module 1 Overview: Introduction to Grassroots Supports

Module Purpose: This module introduces the concept of grassroots supports, explains how the Learning Series is organized, and establishes a shared foundation for the remaining modules.

Lessons:

Welcome to the Grassroots Supports Learning Series

- **What to expect?** This lesson introduces the purpose of the Grassroots Supports Learning Series, what you can expect throughout the modules, and how to navigate the learning experience.
- **Who is this for?** Anyone starting the Grassroots Supports Learning Series.
- **Resources**
  - **ICADV Training**
    - "Welcome to the Grassroots Supports Learning Series" (~14 minutes)
  - **Quick Guide**
    - Resource Categories Cheat Sheet

What are “Grassroots Supports?”

- **What to expect?** This lesson introduces the concept of grassroots supports by sharing what ICADV learned from listening to survivors and grassroots supporters across Indiana. You'll explore how the term "grassroots supports" emerged and the many meaningful ways people support survivors outside of formal domestic violence services.
- **Who is this for?** Anyone wanting to better understand what grassroots supports are, why they matter, and why this Learning Series was created.
- **Resources**
  - **ICADV Training**
    - “Grassroots Supports 101” (~17 minutes)
  - **Go Deeper**
    - ICADV’s report on “Grassroots Supports”

Module 2 Overview: Foundations to Supporting Survivors

Module Purpose: This module establishes the foundational concepts that help us better understand domestic violence and support survivors. The lessons in this module introduce ideas that appear throughout the rest of the Learning Series and provide a shared framework for understanding survivors' experiences.

This module includes the following lessons: **Dynamics of Domestic Violence, Trauma-Informed Care & Understanding Trauma, Centering Survivors, Knowing Our Limits,** and **Safety Planning.**

Lessons:

Dynamics of Domestic Violence

- **What to expect?** Explore common patterns and dynamics of domestic violence that help explain survivors' experiences and the complexities of abuse. This lesson provides a shared foundation for understanding many of the topics explored throughout the rest of the Learning Series.
- **Who is this for?** Anyone wanting to strengthen their understanding of domestic violence and better support survivors.
- **Resources**
  - **ICADV Training**
    - “Dynamics of Domestic Violence” (~93 minutes)
    - “IPV: Impacts & Barriers” (~79 minutes)
  - **Perspective**

        - Why domestic violence victims don't leave – Leslie Morgan Steiner (~16 minutes)
        - Understanding Family Violence, Stories from Survivors (Perspective)
    - **Quick Guide**
        - Healthy, Unhealthy, Abusive Relationships
    - **Practical Tool**
        - Why Do People Stay In Abusive Relationships (Practical Tool)
    - **Go Deeper**
        - Coping and Survival Strategies (Go Deeper)
        - DV Statistics (Go Deeper)

Trauma-Informed Care & Understanding Trauma

- **What to expect?** Learn how trauma can shape survivors' experiences and explore foundational principles of Trauma-Informed Care that can strengthen the support we provide.
- **Who is this for?** Anyone wanting to better understand trauma and respond to survivors with greater care and compassion.
- **Resources**
    - **ICADV Training**
        - “Trauma Informed Care: The Basics” (~84 minutes)
        - “Trauma Informed Care: Putting It Into Practice” (~91 minutes)
    - **Perspective**
        - How to Practice Trauma-Informed Care (~2 minutes)
    - **Quick Guide**
        - Values/Principles of Trauma-Informed Practice
        - Trauma and the Brain (~4 minutes)
        - Impact of Trauma on Interaction and Engagement
    - **Practical Tool**
        - Understanding the Importance of Trauma-Informed Care
    - **Go Deeper**
        - A Wildflower Path: Healing in Hard Times Workbook

Centering Survivors

- **What to expect?** Explore what it means to center survivors by recognizing that every survivor's experiences, needs, and goals are unique. Learn how curiosity, listening, and flexibility can help us provide support that fits each survivor's life.

- **Who is this for?** Anyone wanting to provide support that is guided by survivors' experiences, choices, and goals.
- **Resources**
  - **ICADV Training**
    - "Centering Survivors" (~18 minutes)
  - **Perspective**
    - Chat with a Grassroots Supporter: Centering Survivors (~53 minutes)
  - **Quick Guide**
    - What Survivors Needs from their Communities
  - **Go Deeper**
    - How to implement a survivor-centred approach
    - Recentering Survivors in Our Work to End Violence

Knowing Our Limits

- **What to expect?** Explore the importance of recognizing our own limits, caring for our wellbeing, and building healthy boundaries that support sustainable relationships with survivors.
- **Who is this for?** Anyone wanting to support survivors in ways that are thoughtful, sustainable, and grounded in self-awareness.
- **Resources**
  - **ICADV Training**
    - "Knowing Our Limits" (~18 minutes)
  - **Perspective**
    - Chat with a Grassroots Supporter: Knowing Our Limits (~60 minutes)
    - Drowning in Empathy: The Cost of Vicarious Trauma – Amy Cunningham (~12 minutes)
  - **Quick Guide**
    - How to Set Boundaries
  - **Practical Tool**
    - Wellness Worksheets
    - WWU Survivor Self-Care Guide
    - Breathing Exercises
    - Self-Care Wheel
  - **Go Deeper**
    - Cultivating Resilience & Flourishing Workbook

Safety Planning

- **What to expect?** Learn the foundations of safety planning and explore how a survivor's unique circumstances, risks, and priorities shape what safety looks like. This lesson introduces principles that can help us thoughtfully support survivors from our very first interaction.
- **Who is this for?** Anyone wanting to better understand safety planning and support survivors in ways that prioritize their unique needs, choices, and safety.
- **Resources**
  - **ICADV Training**
    - "Trauma Informed Safety Planning" (~120 minutes)
  - **Quick Guide**
    - What is Safety Planning?
  - **Practical Tool**
    - Create Your Personal Safety Plan Online
    - Safety Planning Guide
    - Personalized Safety Plan
  - **Go Deeper**
    - Planning with Survivors

Module 3 Overview: Relationships as Our Resource

Module Purpose: This module explores how relationships can become meaningful sources of support for survivors. Together, these lessons examine the different roles grassroots supports can play while strengthening relationships, building community, and connecting survivors to support.

This module includes the following lessons: **Finding Your Role: The Many, Many Ways to Support Survivors**, **Building Bridges: Collaborating with Domestic Violence Organizations**, **Using Your Story: Breaking Silence, Giving Hope**, **Finding Y(our) Way Through Conflict**, and **Group Facilitation.**

Lessons:

Finding Your Role: The Many, Many Ways to Support Survivors

- **What to expect?** Explore the many different roles grassroots supports can play and reflect on how your own strengths, passions, and experiences can support survivors and strengthen your community.

- **Who is this for? Any**one exploring how they can support survivors in ways that feel authentic, sustainable, and meaningful.
- **Resources**
  - **ICADV Training**
    - "Finding Your Role: The Many, Many Ways to Support Survivors" (~15 minutes)
  - **Perspective**
    - Chat with a Grassroots Supporter: Finding Your Role (~40 minutes)
  - **Practical Tool**
    - Ways to Support Survivors
    - Be an Ally
  - **Go Deeper**
    - Ally Guide

Building Bridges: Collaborating with Domestic Violence Organizations

- **What to expect?** Explore how grassroots supports and domestic violence programs complement one another by building relationships, understanding each other's roles, and collaborating together to better support survivors.
- **Who is this for?** Anyone wanting to better understand how grassroots supports and domestic violence programs can strengthen one another's work on behalf of survivors.
- **Resources**
  - **ICADV Training**
    - "Building Bridges: Collaborating with Domestic Violence Organizations" (~17 minutes)
  - **Perspective**
    - Chat with a Grassroots Supporter: Collaborating with DV Programs (~56 minutes)
  - **Quick Guide**
    - Funding Loss Fact Sheet
  - **Practical Tool**
    - Finding Help: Map of Indiana DV Programs
    - Survivor & DV Program Collaboration Support Options
  - **Go Deeper**
    - Network Oriented Approach

Using Your Story: Breaking Silence, Giving Hope

- **What to expect?** Explore how survivors and grassroots supports use their voices and stories to build connection, reduce isolation, and create hope. Choose from a variety of resources based on your interests and comfort level.
- **Who is this for?** Anyone interested in sharing their own story, amplifying the voices of others, or learning more about survivor storytelling.
- **Resources**
  - **Perspective**
    - Every Survivor of Abuse has a Story that Matters: Christine Murray (~18 minutes)
    - Thank you for Sharing Your Story (~7 minutes)
    - StrongHearts Native Personal Stories
    - Peace over Pieces Podcast
  - **Practical Tool**
    - Tips for Survivors and Victim Advocate Storytelling
    - Story Structure Worksheet
  - **Go Deeper**
    - Whose Story, Whose Benefit?
    - Survivor Storytelling Workbook

Finding Y(our) Way Through Conflict

- **What to expect?** Explore principles for navigating everyday conflict while supporting survivors and strengthening relationships. This lesson distinguishes healthy conflict from domestic violence and encourages reflection on how we respond when conflict arises.
- **Who is this for?** Anyone wanting to navigate conflict in ways that strengthen relationships while supporting survivors and their communities.
- **Resources**
  - **ICADV Training**
    - "Finding Y(our) Way Through Conflict" (~28 minutes)
  - **Perspective**
    - Chat with a Grassroots Supporter on "Finding Y(our) Way Through Conflict" (~55 minutes)
    - Brené Brown on Empathy (~3 minutes)
  - **Quick Guide**
    - Different Conflict Styles (~3 minutes)
  - **Practical Tool**
    - Conflict Management Style Assessment

        - Window of Tolerance: A Simple Map of Your Nervous System Under Stress
        - How to Have Healthy Conflict
        - Guide to Repairing Emotional Ruptures
    - **Go Deeper**
        - Family Conflict is Normal, It's the Repair That Matters

Group Facilitation

- **What to expect?** Explore foundational approaches to group facilitation that help create spaces where survivors feel welcomed, respected, and able to connect with one another.
- **Who is it for?** Anyone interested in creating or facilitating groups that foster connection, learning, and mutual support among survivors.
- **Resources**
    - **ICADV Training**
        - "Facilitation" (~64 minutes)
    - **Perspective**
        - 3 Steps to Turn Everyday Get-Togethers Into Transformative Gatherings by Priya Parker (~10 minutes)
    - **Practical Tool**
        - Facilitation Guide adapted for Grassroots Supports
        - Starting an Informal Peer Support Group
    - **Go Deeper**
        - Healing Activities Guide

Module 4 Overview: Survivor Experiences

Module Purpose: This module explores how relationships can become meaningful sources of support for survivors. Together, these lessons examine the different roles grassroots supports can play while strengthening relationships, building community, and connecting survivors to support.

This module includes the following lessons: **Economic Abuse, Tech Abuse, Domestic Violence & Mental Health, Domestic Violence & Substance Abuse, Stalking, Strangulation, System Navigation,** and **Child Abuse and Neglect.**

Lessons:

Economic Abuse

- **What to expect? E**xplore how economic abuse can affect a survivor's independence, choices, and access to resources. This lesson introduces common tactics people who cause harm use to gain and maintain power and control through economic means.
- **Who is this for?** Anyone wanting to better understand economic abuse and its impact on survivors' safety, independence, and long-term wellbeing.
- **Resource**
  - **ICADV Training**
    - "Tactics of Economic Abuse" (~85 minutes)
  - **Quick Guide**
    - What is Economic Abuse? (~3 minutes)
  - **Practical Tool**
    - Economic Justice Info & Tools
    - Moving Ahead Financial Empowerment Workbook
  - **Go Deeper**
    - Survivor Made Documentary

Tech Abuse

- **What to expect?** Explore common forms of technology-facilitated abuse and how they can affect a survivor's safety, privacy, and daily life. Learn how technology may be used as another tool of power and control.
- **Who is this for?** Anyone wanting to better understand technology-facilitated abuse and how it may affect survivors' safety, privacy, and wellbeing.
- **Resource**
  - **ICADV Training**
    - **"**What is Tech Abuse? How Technology Can Be Used to Facilitate Abuse?" (~124 minutes)
    - **"**Tech Safety: Increasing Account & Device Security" (~95 minutes)
  - **Quick Guide**
    - Technology and Domestic Abuse (~4 minutes)
    - Types of Digital Violence
  - **Practical Tools**
    - Technology Facilitated GBV with risk assessments
    - Safety Net Project
    - Abuse Using Technology

Domestic Violence and Mental Health

- **What to expect?** Explore the relationship between domestic violence, trauma, and mental health while gaining a deeper understanding of how these experiences may affect survivors' wellbeing and healing.
- **Who is this for?** Anyone wanting to better understand the relationship between domestic violence, trauma, and survivors' mental health.
- **Resources**
  - **ICADV Training**
    - "Intimate Partner Violence & Mental Health" (~112 minutes)
  - **Quick Guide**
    - Domestic Abuse and Mental Health (~2 minutes)
  - **Practical Tool**
    - An Advocate's Guide for Talking About Mental Health
    - Connecting and Responding to Suicidal Thoughts in Survivors
  - **Go Deeper**
    - Peer Support for Survivors
    - From Crisis to Collaboration

Domestic Violence and Substance Abuse

- **What to expect?** Explore the relationship between domestic violence and substance use while gaining a better understanding of how substance use may affect survivors' experiences, coping, safety, and access to support.
- **Who is this for?** Anyone wanting to better understand how domestic violence and substance use may intersect in survivors' lives.
- **Resources**
  - **ICADV Training**
    - "Intimate Partner Violence & Substance Abuse") (~112 minutes)
  - **Quick Guide**
    - Why are Drugs so Hard to Quit? (~4 minutes)
  - **Practical Tool**
    - Find Support Helping Someone
    - Substance Use Coercion
    - Substance Abuse in Shelter and Serving Survivors
  - **Go Deeper**
    - Survivors and Substance Abuse: Key Insights

Stalking

- **What to expect?** Learn about common stalking behaviors, how they may affect survivors, and why recognizing patterns of stalking can strengthen survivor safety and support.
- **Who is this for?** Anyone wanting to better recognize stalking behaviors and understand their impact on survivor safety and wellbeing.
- **Resources**
  - **ICADV Training**
    - “Stalking: A Tactic of Abuse & Beyond” (~87 minutes)
  - **Perspective**
    - Supporting a Friend (~2 minutes)
  - **Practical Tool**
    - Stalking Safety Planning
    - Understanding Stalking Behaviors
    - Am I Being Stalked?
    - Identifying Stalking as SLII Strategies

Strangulation

- **What to expect?** Learn about the dynamics and health impacts of strangulation, why it may not leave visible injuries, and why recognizing its seriousness is an important part of supporting survivor safety.
- **Who is this for?** Anyone wanting to better understand strangulation and its significance for survivor safety, health, and support.
- **Resources**
  - **ICADV Training**
    - "The Critical Nature of an Effective Strangulation Response" (~86 minutes)
  - **Practical Tool**
    - The Dangers of Strangulation
    - Brain Injury & Strangulation

System Navigation

- **What to expect?** Explore some of the systems survivors may encounter while seeking safety and support, and consider how those experiences may shape their choices, challenges, and access to resources.
- **Who is this for?** Anyone wanting to better understand the systems survivors may navigate and how those experiences can affect support and safety.
- **Resources**
  - **ICADV Training**

        - "Systems Navigation" (~42 minutes)
    - **Practical Tool**
        - Factsheet Navigating Housing
        - Litigation Abuse
        - Safety Planning for the Courthouse
        - E-File a Protective Order

Child Abuse and Neglect

- **What to expect?** Learn what is legally considered child abuse and neglect while exploring ways to thoughtfully support survivors and their children.
- **Who is this for?** Anyone wanting to better understand child abuse and neglect in the context of supporting survivors and their families.
- **Resources**
    - **ICADV Training**
        - "Child Abuse and Neglect" (~51 minutes)
    - **Quick Guide**
        - Types of ACEs
    - **Practical Tool**
        - Navigating Child Welfare
        - Risk and Protective Factors
        - Brains: Journey to Resilience (~8 minutes)
        - Live Beyond CAN
        - What Advocates Need to Know About the Child Welfare System

Module 5 Overview: Underserved Survivors

Module Purpose: This module explores the experiences, strengths, and barriers of underserved communities to help us better understand how support can become more thoughtful, responsive, and accessible for all survivors.

This module includes the following lessons: **LGBTQ+ Survivors, Immigrant Survivors, Survivors with Disabilities, Men as Survivors,** and **Underserved Racial and Ethnic Communities.**

A Note About the Resources: Many of the **Go Deeper** resources in this module connect you with national resource centers and organizations that represent and serve the communities discussed throughout this module. We shared them not only because they allow you to explore topics in greater depth, but because they also offer valuable perspectives, practical tools, and additional resources for supporting survivors from these communities.

Lessons:

LGBTQ+ Survivors

- **What to expect?** Learn about some of the experiences LGBTQ+ survivors may encounter while seeking safety and support, along with considerations for providing supportive responses.
- **Who is this for?** Anyone wanting to better understand and support LGBTQ+ survivors.
- **Resources**
  - **ICADV Training**
    - "Intimate Partner Violence and the LGBTQ+ Community" (~96 minutes)
  - **Practical Tools**
    - Supporting Survivors
    - Safe Dating Tips
    - Understanding DV in the LGBTQ+ Community
  - **Go Deeper**
    - Support Group Guidebook

Immigrant Survivors

- **What to expect?** Learn about some of the experiences immigrant survivors may encounter while seeking safety and support, along with considerations for providing supportive responses.
- **Who is this for?** Anyone wanting to better understand and support immigrant survivors.
- **Resources**
  - **ICADV Training**
    - "Dimensions of Intimate Partner Violence: Supporting Immigrant Survivors" (~76 minutes)
  - **Perspectives**
    - Survivor Voices
  - **Quick Guide**
    - Immigrant Power and Control Wheel
  - **Practical Tool**
    - Assisting Immigrant Survivors
    - Immigration Rights for Survivors
  - **Go Deeper**
    - Tahirih Justice Center

Survivors with Disabilities

- **What to expect?** Learn about some of the experiences survivors with disabilities may encounter while seeking safety and support, along with considerations for providing supportive responses.
- **Who is this for?** Anyone wanting to better understand and support survivors with disabilities.
- **Resources**
  - **ICADV Training**
    - "Intimate partner Violence & Disability" (~81 minutes)
  - **Quick Guide**
    - Power and Control Wheel: Survivors with Disabilities
  - **Practical Tool**
    - Signs of an Abusive Relationship for Neurodivergent Survivors
    - Fact Sheet: Survivors with Disabilities
    - How to identify abuse and get help
  - **Go Deeper**
    - Indiana Disability Justice

Men as Survivors

- **What to expect?** Learn about some of the experiences men who are survivors of domestic violence may encounter while seeking safety and support, along with considerations for providing supportive responses.
- **Who is this for?** Anyone wanting to better understand and support men who are survivors of domestic violence.
- **Resources**
  - **ICADV Training**
    - "Men as Survivors" (~58 minutes)
  - **Perspective**
    - Waqas's Story
  - **Practical Tool**
    - A Guide for Male Survivors of Domestic Violence

Underserved Racial and Ethnic Communities

- **What to expect?** Learn about some of the experiences survivors from underserved racial and ethnic communities may encounter while seeking safety and support, along with considerations for providing supportive responses.

- **Who is this for?** Anyone wanting to better understand and support survivors from underserved racial and ethnic communities.
- **Resources**
  - **ICADV Training**
    - "Intersections of IPV Race and Ethnicity" (~84 minutes)
  - **Perspective**
    - Violence Against American Indian and Alaska Native Women and Men (~8 minutes)
  - **Practical Tool**
    - Five Considerations for Working with Asian and Pacific Islander (API) Survivors
    - Latina Advocacy Framework
    - How Do You Heal, by and for American Indian and Alaska Native Survivors
  - **Go Deeper**
    - Centering African American and Black Women and Girls
    - StrongHearts Native Helpline
    - Esperanza United
    - Asian Pacific Institute on Gender-Based Violence
    - Ujima: The National Center on Violence Against Women in the Black Community