

August 2016

Values

The Core of our Work

What Do You Value?

By Alice Kieft

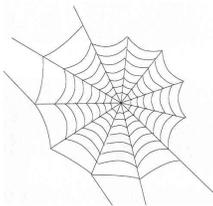
Alice is a self-advocate on the Illinois Imagines Statewide Committee. Here are her thoughts about what she values about her committee work:

For me, there are core values: those things that define who you are. There are also values that are like the categories for your preferences in life. One core value for me is reflected in the golden rule. It is such a core value culturally, world-wide that every religion has a version (<http://www.teachingvalues.com/goldenrule.html>). So, if you list the values that define the golden rule, you would have my core values: kindness, integrity, self-respect, balance, equality and spirituality. That seems to be a lot to live up to, but not if you have other values to enhance the core values. Like everyone else, I have my “live by” rules that are mostly learned from folks who are much wiser than me.

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Technology Section Available Online

Illinois Imagines is compiling resources on use of technology for people with disabilities. A section on www.illinoisimagines.org has been created with links and downloads that can help facilitate trainings or for individual use. The material covers a variety of subjects from safety to utility. If you have material that you would like included, please contact or e-mail the material to Sean Black at sblack@icasa.org.



Resource Spotlight

Illinois Imagines has produced several modules and other materials to help local collaboratives better serve people with disabilities. Each month we will highlight a specific module or tool that can be utilized by collaboratives. This month we are showcasing the Guide for Rape Crisis Centers and the Guide for Disability Service Agencies

Guide for Rape Crisis Centers Guide for Disability Service Agencies

Originally Published: May 2010

Part of the Original Toolkit, the guides are parallel with five similar sections: Introduction, Creating the Environment, Training your Staff, Training Handouts and Tools. The section difference is the Guide for Rape Crisis Centers has an area on Serving Women with

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Wise quotes:

“Your beliefs become your thoughts, Your thoughts become your words, Your words become your actions, Your actions become your habits, Your habits become your values, Your values become your destiny.” - Mahatma Gandhi (growth)

When asked to explain Buddhism: “Kindness is my religion.” - Dalai Lama (compassion and empathy)

“Know the rules well, so you can break them effectively.” - Dalai Lama (humor and irony)

“Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them.” - Dalai Lama ((service to others)

“Make a decision and do it. If it is not the right one, change it. Making no decision is making a decision.” -Robert Carr (my first boss' husband, on leaving me in charge at 20) (Creativity)

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that most frightens us.”
—Marianne Williamson (Self-Respect and inner harmony)

“When the power of love overcomes the love of power, the world will know peace.”
- Jimi Hendrix (balance)

“...we are more alike, my friends, than we are unlike.” - Maya Angelou (community and equality)

Fictional wisdom:

Yoda: “do or do not, there is no try.” (accountability)

Surek: the concept of IDIC -Infinite diversity in infinite combination (acceptance and creativity)

“There are more, but this covers mostly everything, and I adhere to these values about 90% of the time...The other 10% I am usually fixing a senseless decision I made. After all, I am only human!

For a list of values, see:

<http://www.selfcounseling.com/help/personalsuccess/personalvalues.html>

Using Music to Claim Your Power

**By Audrey Walden
Self-Advocate**

Music can help you know how strong you are inside. Music helps me feel better about myself. Music soothes me. It can help people know they are not alone. Sexual Assault is not your fault. It is the abuser's fault. Don't be afraid to speak your truth and let someone know how you feel inside. The songs that help me are:

○ **Standing in the Pain by
SuperChick**

<https://www.youtube.com/watch?v=UlwfrUNJUU>

○ **Beauty From Pain by
SuperChick**

<https://www.youtube.com/watch?v=gqBMYoctFZM>

○ **Who Says? By Selena Gomez**

<https://www.youtube.com/watch?v=MDr64uFvFf4>

○ **Jesus Takes the Wheel by
Carrie Underwood**

<https://www.youtube.com/watch?v=2cZda2VQhsM>

Listen to these songs and see what inspires you to feel better.

If you work with survivors of sexual assault, see what songs help them with their healing.

Upcoming Illinois Imagines Webinar

○ **October 19, 10:00-11:00 a.m.**

Topic/Presenter: Supporting Deaf Survivors presented by Brandie Belford

Description: When a Deaf survivor discloses a history of trauma, what do you do? How do you respond? What strategies are effective in reaching the Deaf community? In any small community, it can be difficult for survivors to seek help. Fear of others finding out, lack of access to resources and mistrust of helping professionals can be obstacles to getting support. These obstacles may be found in the Deaf community as well. Join Deaf advocate Brandie Belford as she shares about Deaf culture and provides guidance on how to support Deaf survivors.

As the only Deaf person in her family, Brandie graduated from Illinois School for the Deaf in Jacksonville, Illinois. She has been very involved in the Deaf community, serving on various committees and clubs as well as athletic associations. Professionally, Brandie has worked in Adult Protection Guardianship Services, Child Enforcement Protection, and the Illinois Deaf and Hard of Hearing Commission. For the past year, Brandie has been a member of the Envision Illinois Jacksonville team. Brandie never allowed her Deafness to stop her from communicating with anyone, and her goal is to empower Deaf and Hard of Hearing people advocate for themselves.

Registration: Information will be sent out via e-mail. Illinois Imagines utilizes the GoToWebinar system.

Past Illinois Imagines webinars can be accessed in the webinars section of www.illinoisimagines.org. For questions contact Sean Black at sblack@icasa.org.

Stand Together

**By Marge Parker, Self-Advocate
Illinois Imagines Statewide Committee**

I am with you near or far
I am with you wherever you are

Will you stand with me?
Will you stand, sit, walk or roll with me?
Will you help me face the demons of the
past?
Will you support me when I lean?
Will you pick me up when I stumble?
Will you catch me when I fall?
Will you hear me?
Will you see me?
Will you be with me, even when no words
are spoken?

I am no longer alone
We do not need to be alone
We were made to be together
We stand together to wipe out the hate
We stand together to bring hope to the
world
We stand together regardless of our
physical abilities
We stand together, our souls united
We work to bring peace and hope to all
Even in the darkest most evil places
in our world

Most of my life I have stood alone
Stood alone to break the silence
Stood alone to bring secrets to light
Stood alone to confront the evil of
others
Stood alone to make things right...

So...
Will you stand, sit, walk or roll with us?
Will you answer the call?
The call to create a world of hope,
peace and justice
A world without darkness
A world without secrets
A world without isolation
A world without hate and evil
Please stand together
Please stand, sit, walk or roll with
us, to make a safer, more hopeful
world together

Now I stand with you
You are not alone
You have my support
You have my being
You have my thoughts and prayers
I am with you even across the miles
which divide us
I am with you in the storm
I am with you in the silence

Disabilities while the DSA
Guide has a section on
Responding to Survivors.
Each guide focuses on
training staff to provide the
best services, answers
many of the questions staff
will have about working
with people with disabilities
who have been victims of

sexual violence and
provides tools to change
policies at your agency.
The guide for Rape Crisis
Centers features key staff
training material disability
humility and people first
language.
The guide for Disability
Service Agencies features

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several lessons on trauma
responsiveness and a How
to Respond to disclosures
of sexual violence handout.
The Guides can be
downloaded from
www.illinoisimagines.org
or can be ordered by
contacting Sean Black at
sblack@icasa.org.
