

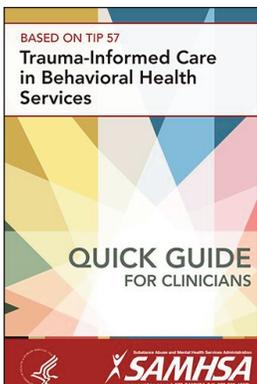
August 2015

Empowerment Guide Training Set

There is one more chance to learn about the Empowerment Guide as a final training will be held 9:30 a.m.-1:00 p.m. September 1 at the Impact Center for Independent Living in Alton. We hope that many people can come and learn how to start empowerment groups.

For registration information contact surquhart@maconresources.org.

Hands on with a Guide



This information is for folks to be able to access a Quick Guide for clinicians on Trauma-Informed Care. This pocket sized reference booklet is based on the Treatment Improvement Protocol (TIP) 57: Trauma-Informed Care in Behavioral Health Services.

[http://store.samhsa.gov/product/Quick-Guide-for-Clinicians-Based-on-TIP-](http://store.samhsa.gov/product/Quick-Guide-for-Clinicians-Based-on-TIP-57/SMA15-4912)

[57/SMA15-4912](http://store.samhsa.gov/product/Quick-Guide-for-Clinicians-Based-on-TIP-57/SMA15-4912)

Spotlight

Regional Trainings

Illinois Imagines will conduct four regional trainings in November. The trainings will focus on responding to disclosures, creating welcoming environments, creating trauma informed environments, agency assessments, universal design and other issues.

The dates are set for:

- Nov. 16 - Savoy
- Nov. 17 - Jacksonville
- Nov. 19 - Rockford
- Nov. 20 - Chicago

Registration information will be sent out at a later date. The trainings are open to all self-advocates and staff at rape crisis centers and disability service agencies.

Words to Remember

“Whenever you witness non-inclusive, discounting, or discriminatory words and actions, you have a choice. You can choose to remain silent, which allow these behaviors to thrive. Or you can speak up on behalf of respect.”

Leslie C. Aguilar

Resources

○ Report on the longterm impact bullying has on victims.
<http://bit.ly/1QbNQgF>

○ The Child Advocacy Centers of North Dakota created a website focused on children with disabilities.
<http://www.cacaccessibility.org/>

Losing Myself, or Maybe Finding Myself

By Alice Kieft

We talked on the phone at length,
We exchanged emails, and pictures - I knew him.
I was traveling for work, and could easily stop in his city to meet him.
He said he was handicapped, asked me to come to his apartment, and I did.

I was his prisoner.
I was his personal sex toy, maid, and slave.
He was in control.
I had to be smart.
I had to get out.
I acted like I enjoyed what he was doing.
I told him I loved him.
After 3 days, we needed groceries. I told him I could get them.
He said to go ahead. But all my stuff stayed there.
I left and never went back.
I was ashamed.
I was to blame.
It had to be my fault.

NO NO NO

I said no --- Many times.
He was in control.
I was not to blame.

25 years later, he is still with me.
He lingers in the shadows, influences the way I look at men-and the world.
In some ways, is still in control.

Through therapy, drug and personal, I no longer blame me:
For the bruises, fear, being repeatedly raped and the infection he gave me.

And now, after my secret kept for 25 years is unloaded,
The important things he took from me, I have back.
I am still me: an activist, eccentric, liberated and strong-just changed
