



WISH Education & Training Offerings

We all want a community where no person experiences physical or sexual violence in their lives. Statistics show that communities in Alaska, including Ketchikan, suffer some of the highest rates of child abuse & neglect, child sexual abuse, intimate partner violence, and sexual assault. With your help, we can begin to bring these rates down and stop this epidemic through growing community awareness and inspiring community action.

WISH provides free, interactive, and custom training for all local organizations, businesses, and community groups. By participating in custom training about violence, your organization can help assist adults in recognizing signs of abuse and knowing what to do when they see something they feel isn't safe, healthy, or in the best interest of the community.

Who should schedule a training?

A: You! In-person or virtual trainings can be tailored to the needs of any organization. It doesn't matter if you are running a small firm with a few employees, managing volunteers for a youth-serving organization, or are part of a civic organization that wants to know more about how to help make Ketchikan violence-free, we have information to meet your needs.

Many organizations have online modules that their employees or volunteers might be required to complete prior to starting. While this is a start, online modules don't allow for asking questions or having discussions about the nuances of violence in our community. There is power when we all learn together in a group setting.

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**All trainings can be
customized to meet
your timeframe and
needs!**

SCHOOL BASED TRAINING, EDUCATION, AND SERVICES

Our trained education specialists are ready to facilitate interactive and informational presentations in your school!

Alaska Safe Children's Act



WISH facilitates Alaska Safe Children's Act

compliant presentations in the classroom for students of all ages. Also known as **Erin's Law** and **Bree's Law**, this state mandated education provides age- appropriate information on sexual abuse and sexual assault awareness and prevention (K – 12) and on dating violence and abuse (7 – 12).

WISH facilitates Alaska Safe Children's Act compliant presentations in the classroom for students of all ages. Also known as Erin's Law and Bree's Law, this state mandated education provides age- appropriate information on sexual abuse and sexual assault awareness and prevention (K – 12) and on dating violence and abuse (7 – 12). Our interactive presentations include lessons facilitated by trained education specialists, caregiver and educator resources, and can fit in your schedule.

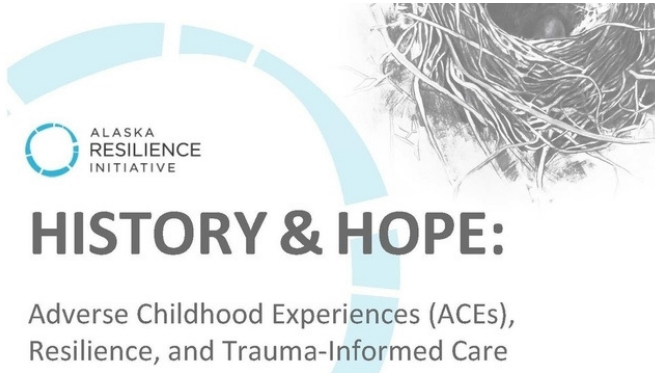
Topics integrated include safe/unsafe/unwanted touch, consent, bodily autonomy, recognizing grooming, identifying safe adults, dynamics of healthy & unhealthy relationships, asking for help and support, and supporting peers to report harm. We also offer training, can share lesson plans, and resource preparation for educators who want to facilitate these programs themselves.

This education is provided at no cost to the KBSD. Outside travel to Metlakatla, Prince of Wales Island, and Wrangell also available.

For more information on these program including program recaps and evaluation results email jd.m@wishak.org.

Trauma-Informed Care and Trauma-Responsive Schools for Educators and Administrators

History & Hope



WISH facilitates **History & Hope**, a curriculum that introduces **adverse childhood experiences (ACEs)** and childhood trauma, discusses the impacts on the physical, social, and emotional development in children, and offers tools for creating classrooms and school systems that recognize the presence of trauma and actively resist retraumatization.

This is a great option for educators, caregivers, or anyone who interacts with children. This training is ideally 2 – 3 hours and can be spread over multiple days. This is a great option to fill your early release Wednesday schedule! To schedule a presentation of History & Hope or other trauma-responsive skill building workshops, email arika.p@wishak.org.

Resource Development and Training Connection



Unsure of who facilitates what in Ketchikan, and what training is available? Staff can assist you with finding or developing resources for your classroom and help to connect you with trainers that offer a wide range of services from teaching mindfulness and self-regulation skills for children to providing training on recognizing signs of abuse and mandated reporting. We can also provide printed resources to send home with students for caregivers on a variety of topics. For more information on resource connection and development email arika.p@wishak.org.

ADULT AND COMMUNITY BASED TRAININGS

Bring one of our interactive trainings to your organization or attend one of our community trainings for free!

Green Dot Bystander Intervention



Have you ever seen something that you were concerned about but felt too uncomfortable or unsure of how to intervene? You are not alone. **Green Dot** is an interactive bystander intervention program that helps you exam your own personal barriers to intervention and discuss ways you can intervene using tools that fit your own personal comfort level.

We know our community is full of good people who want a safe community where no one experiences violence, stigma or isolation, we just don't always know what to do. Green Dot gives you a set of tools to help you safely intervene and help create a safer community for everyone. This training can be adapted to your needs, and range in time from half an hour to eight hours. Contact jd.m@wishak.org for more information.

Safe Bars Bystander Intervention



Offered by WISH in partnership with hospitality industry professionals, **Safe Bars** is an innovative active bystander skills training to empower bar, restaurant, brewery, and other hospitality professionals to stand up against sexual harassment and assault. This two and a half hour training uses a variety of interactive activities to help hospitality industry professionals understand the severity of sexual violence and equip them with an adaptive framework to prevent it. Contact jd.m@wishak.org for more information.

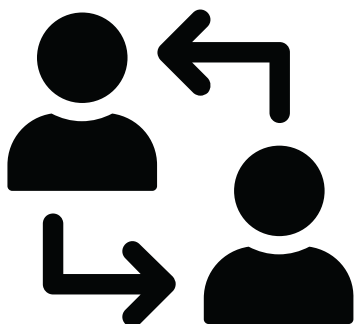
LGBTQ+ Terms and Identities



In partnership with the Ketchikan Pride Alliance, WISH has developed a training to help people better understand **LGBTQ+ terms and identities**. This training covers the difference between sex and gender; gender identity and gender expression; and explains many different sexual and romantic orientations.

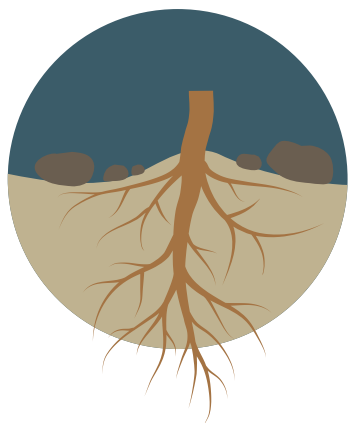
We can help you, or your organization, better understand the importance of inclusive language. This training can also feature information on the systemic problems faced by LGBTQ+ individuals and specific forms of violence faced by LGBTQ+ individuals. Contact jd.m@wishak.org for more information.

Healthy Relationships



WISH offers a healthy relationship class for adults. This class covers a variety of topics such as: communication styles, conflict resolution, consent, setting and maintaining boundaries, trust, forgiveness and apologies. It also covers the dynamics of abusive relationships, warning signs for unhealthy relationships and how to seek help for yourself or others. The class can be adapted to necessary time constraints. Contact jd.m@wishak.org for more info.

Root Causes of Violence



Violence does not happen in a vacuum and most instances of interpersonal violence are rooted in larger social problems. WISH education staff can host informative dialogues on topics such as racism, sexism, homophobia, and other systemic issues and how they relate to interpersonal, domestic or sexual violence. Contact jd.m@wishak.org for more information.

UNDERSTANDING VIOLENCE AND SERVICES FOR VICTIMS OF VIOLENCE

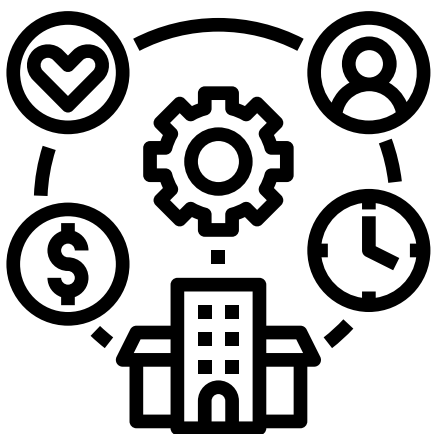
All trainings can be modified to fit your schedule.

Dynamics of Intimate Partner Violence



What constitutes violence in a relationship? How do perpetrators use tactics to keep their victims in abusive relationships? Why do people perpetrate violence? Why don't victims just leave? These are questions many of us ask when we are trying to understand what the people we love or perhaps ourselves are experiencing. Together- we can learn how to support victims and create a community where violence is less likely to happen by understanding what the root causes are of violence, identifying violence in relationships, and how to support individual impacted by violence. Contact jd.m@wishak.org for more information.

Local, state, and national services



WISH provides a variety of services for ALL victims of violence regardless of gender. Learn more about our programs including safe shelter, day services, legal advocacy, financial aid and support services for victims and their families.

We also can discuss other services in the community that directly contribute to the wellness and healing of individuals and families impacted by violence.

Contact jd.m@wishak.org for more information.

Strangulation

When strangulation occurs, the risk of lethality for a victim of violence increases dramatically. The impacts of strangulation can be deadly even days after the assault. We hear from many service providers that learning about strangulation and its impacts is extremely informative. Contact jd.m@wishak.org for more information.

TRAINING FOR YOUTH AND PROFESSIONALS WHO WORK WITH YOUTH

Youth Bystander Intervention



Youth Bystander Intervention is an interactive training, in which teens learn a framework that they can adapt to many different situations in which violence has the potential to occur. It teaches them to spot unsafe situations, understand why people do not intervene when they think they should, and then consider ways they can safely deescalate a situation without expecting them to put themselves in harms way. Contact jd.m@wishak.org for more information.

Coaching Boys Into Men



Athletic coaches play an extremely influential and unique role in the lives of young men. Because of these relationships, coaches are poised to positively influence how young men think and behave, both on and off the field.

Coaching Boys Into Men is an evidence-based prevention program that trains and motivates high school coaches to teach their young male athletes healthy relationship skills and that violence never equals strength. As leaders themselves, athletes are given the tools and vocabulary they need to stand up for respect and influence their school's culture. This program is facilitated by WISH. Contact jd.m@wishak.org for more information.

Athletes As Leaders



Athletes As Leaders is the female compliment to **Coaching Boys Into Men**. this program aims to empower female-identified youth to take an active role in promoting healthy relationships and ending sexual violence. Athletes are encouraged to be leaders in changing social norms at the school to a culture of safety and respect. Contact jd.m@wishak.org for more information.

Teen Dating Violence



According to the 2019 YRBS, **9% of the students in Ketchikan High School reported being physically hurt by their dating partner** within the past year. WISH's teen dating violence lessons are available to help teens better understand consent, warning signs of abuse, boundaries, technology abuse, how to seek help and how to support a friend in an unhealthy relationship.

These lessons can be facilitated solely by WISH staff, or cofacilitated by the **Ketchikan Youth Peer Educators**, who are local teens that have been trained to teach these lessons and support their peers. Contact jd.m@wishak.org for more info.

Effects of Domestic Violence on Children



7 million children in the US live in a home in which domestic violence occurs. Even when children are not the direct victim of the violence, the presence of domestic violence still effects their development and their daily behavior. This training will help you better understand how domestic violence effects children, what signs to look for that a child might be experiencing domestic violence in their home and how you can support that child in a trauma informed way. Contact jd.m@wishak.org to schedule this training today.

Common Youth Mental Health Concerns



Around one in four teens struggle with a mental health concern. This training can help adults who work with youth better identify the warning signs of a mental health struggle and how to support youth with a mental health concern. This training can also be adapted to a youth audience, helping teens better understand mental health. Contact samantha.f@wishak.org for more information.

Coping Skills for Youth

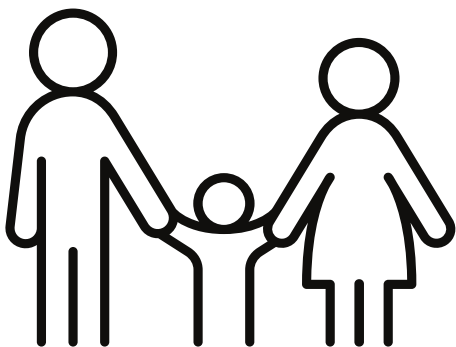


Coping skills are an important technique to help get through a challenging time. This interactive workshop helps youth develop and practice healthy coping mechanisms. Contact samantha.f@wishak.org for more information.

EDUCATION AND SUPPORT FOR THE WHOLE FAMILY

WISH Child and Family Services provides opportunities that assist families in flourishing after experiencing violence. Our trained advocates can help access resources, reach your parenting goals, and support you as you work towards long-term safety for your family.

Parenting Classes



Group and home-based parenting support and coaching using a variety of evidence-based curriculums and supportive activities can help you achieve your caregiving goals. WISH advocates will help you learn and practice strategies to improve relationships between you and your children.

WISH offers weekly virtual classes using the Positive Discipline curriculum and rotating in-person and group classes using the Nurturing Parenting program.

Contact familyservices@wishak.org for more information or visit: <https://www.wishak.org/child-and-family-services>.

EDUCATION AND SUPPORT FOR VICTIMS AND SURVIVORS

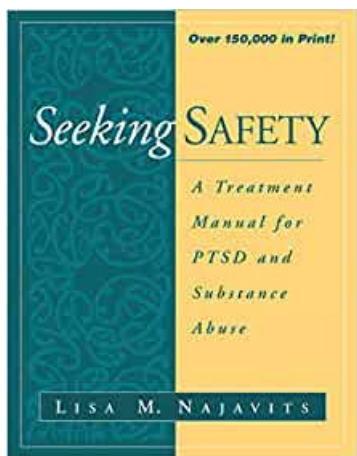
WISH offers support groups and educational groups for victims and survivors of domestic violence, child abuse and sexual violence. Anyone who has been impacted by violence at any time during their life are welcome to attend. These groups are free and confidential.

In Our Power



This group is hosted every Tuesday from 6-8PM in WISH's shelter building located at 623 Gateway Court (next door to public health). This group seeks to empower survivors of violence through education on violence, support and opportunities to engage in self-care. All materials are provided, as well as free food and childcare. Call: **907-228-4160** for more information or simply drop in on a Tuesday evening.

Seeking Safety



It is not uncommon for victims and survivors of violence to turn to unhealthy coping mechanisms, especially substance misuse. Seeking Safety is an evidence-based model that helps people address both their trauma and their substance misuse (or other harmful coping mechanism) at the same time. It does not require participants to delve deeply into traumatic memories. It can be implemented as a group or individually, in a multitude of settings, as either a stand alone session or an ongoing group. Contact jd.m@wishak.org for more information.

Didn't see the training you were looking for?

Don't worry! WISH staff can create or tailor a training for your agency's needs or connect you with additional resources.

Contact: jd.m@wishak.org or visit
www.wishak.org/prevention