



Presents

The Impact of Sexual Trauma

September 19 & 20, 2019, Helena, MT



**THE IMPACT OF
SEXUAL TRAUMA**
RECOGNIZE, ACKNOWLEDGE & RESPOND

Keynote Speakers
Dr. Sheri Vanino, Psy. D.
Erin Merryn - *The force behind Erin's Law*

SEPTEMBER 19TH & 20TH, 2019
BEST WESTERN PREMIER
HELENA, MT



Sexual Trauma is a phrase used to describe any *sexual act that is imposed on another person without their consent*. It can be an ongoing experience or a one-time event and can be known as Sexual Abuse or Sexual Violence. Examples of sexual trauma could be sexual abuse, sexual assault, rape, sexual harassment, stalking, childhood sexual abuse, familial sexual abuse or incest, online sexual harassment, sexual violence in relationships and sex trafficking.

Childhood Sexual Abuse Statistics

- 1 in 4 girls and 1 in 6 boys will be sexually abused before they turn 18 years old. ⁱ
- 88% of child sexual abuse is never reported to authorities. ⁱⁱ
- Children who live in rural areas are almost 2X more likely to be identified as victims of child sexual abuse. ⁱⁱⁱ

Financial Impact

- In 2015, the annual economic impact of child sexual abuse in the U.S. was approximately \$9.3 billion (includes costs associated with health care, child welfare, special education, violence & crime, suicide & survivor productivity losses). ^{iv}
- Health care is 16% higher for women who were sexually abused as children. ^v

Health Impact

- A number of studies have found that adolescents with a history of child sexual abuse demonstrate a 3 - 4X increase in rates of substance abuse/dependence. ^{vi}
- Adults with a history of child sexual abuse are 30% more likely to have a serious medical condition such as diabetes, cancer, heart problems, stroke or hypertension. ^{vii}
- 81% of women and 35% of men report significant short- or long-term impacts such as Post-Traumatic Stress Disorder (PTSD) ^{viii}

Speakers – Day 1:



Sheri Vanino, PsyD. is a licensed clinical psychologist who specializes in working with victims of trauma and sexual assault. Dr. Vanino completed a master's degree in Marriage and Family Therapy at Pepperdine University and has acquired a master's degree and Doctorate in Clinical Psychology from the University of Denver. She has a private therapy practice in Denver CO, focusing on working with victims of violence, most of whom are victims of sexual assault. From 2004 to 2007, Dr. Vanino was the Director of Victim Services and Counseling Director for the Rape assistance and Awareness Program (RAAP) Colorado's largest Rape Crisis Center. She has worked as an advocate for the 5th Judicial District Attorney's Office. Dr Vanino later helped co-found Victim Justice and the Rocky Mountain Victim Law Center – two national law firms which solely represented the legal needs of victims of violence in the civil and criminal justice systems. She has worked extensively with victims involved in litigation with various institutions including schools, universities and religious organizations. Dr Vanino provides expert testimony on civil, and criminal sexual assault cases, and consults with the US Navy on Sexual Assault cases that occur in the military. She trains locally and nationally on sexual assault and trauma and has trained at least 100 different audiences of up to 1,000 participants on the topics of trauma including understanding trauma survivor behavior. Dr Vanino was an adjunct professor at the University of Denver's PsyD program as well as in their Master's in International Disaster Psychology Program.

In the General Session '*The Profound and Lasting Impact of Child Sexual Abuse*, Sheri Vanino, PsyD. will discuss how child sexual abuse frequently leaves deep, lasting scars that a victim is forced to battle for the rest of their lives; Child sexual abuse impacts a child at the very time in his or her life that the foundation of the self and relationships with others are built. This course will focus on the multitude of ways that child sexual abuse impacts the victim in the short and long term. More specifically, participants will learn how it can influence psychological development, relationships, physical health, future parenting, sense of self, mental health, nervous system development, and sexuality. Resiliency factors will also be discussed.



Edward Gray, LCPC, has over thirty-six years of clinical experience, including ten years on an adult psychiatric unit and eighteen years progressively as a therapist, clinical lead of in-home services, senior therapist, and clinical lead of outpatient services at Intermountain. In addition, he has been in private practice in Helena since 1995. He has extensively trained therapists, social workers, auxiliary mental health workers and parents in many areas, primarily using a combination of depth analysis and systems theory as a training platform. He graduated with honors from Carroll College with a BA in Philosophy, and from Montana State University with an MS in Marriage and Family Therapy.

In the Clinical Breakout Session '*Counter-Transference in Clinical Practice with Survivors of Sexual Abuse*', Edward Gray will discuss how when engaging victims of sexual abuse, clinicians may well experience secondary trauma relative to the client's primary trauma, leading to unsettled, anxious states and mood disturbance in the clinician. In creating a contextual approach to one's counter-transference generally, the clinician is significantly better prepared to come to terms with the shared experience of the integration of the client's, and one's own, experience of shame, rage, fear, hopelessness, helplessness, and unconscious

use of defense mechanisms. Beyond this essential approach, outside factors may impinge on the clinician's well-being and these must be accounted for, as well.



Paula Samms, LCPC began working in the area of child welfare in 1992 at Franklin County Children Services in Columbus, Ohio. She was placed in a unit that specialized in physical and sexual abuse which changed the direction of her career. Paula remained at Children Services for 13 years. The last six years she was the supervisor of the physical/sexual abuse ongoing case unit. During her tenure there, she was privileged to work with the professionals in the community who provided treatment to juvenile sexual offenders and young children who were sexually acting out. Their group, YASA, (Youth Affected by Sexual Abuse) created standards for treatment providers and other professionals working with this population so that the children received the highest quality of care and community safety was not compromised. Paula became a Medical Forensic Interviewer at Nationwide Children's Hospital prior to her move to Helena where she interviewed over 1200 children and provided training to other professionals. Paula currently is the Director of the Lewis and Clark County Child Advocacy Center of AWARE. In this role, she coordinates the Multidisciplinary Team of Lewis and Clark County, conducts forensic interviews of alleged child abuse victims, meets with families who have been impacted by sexual abuse and conducts trainings for other professionals.

In the Educator Breakout Session '*Child Sexual Abuse - You Can Make a Difference!*' Paula Samms will discuss how educators and school personnel play an important role in the prevention of sexual abuse. Prevention starts with knowledge. In this session, we will equip educators and school personnel with that knowledge and tools to move forward in their efforts to protect the children in their care.



Dana Toole, LCSW is the Bureau Chief of the Special Services Bureau for the Montana Department of Justice. Dana specializes in child welfare and has worked with children and families in Montana since 1984. Dana manages six programs including Human Trafficking Outreach and Awareness; Montana Child Sexual Abuse Response Teams; Sexual Assault Kit Initiative; Office of the Child and Family Ombudsman. Dana developed the first statewide Montana Child Forensic Interview training and has supported the development of Montana's 10 nationally accredited Children's Advocacy Center programs. Dana also works with the National Children's Alliance as an accreditation site reviewer for Children's Advocacy Center programs nationwide. In 2016 Dana received the National Children's Alliance Horowitz-Barker Lifetime Achievement Award for her work supporting Children's Advocacy Centers.

In the Community Breakout Session '*Let's talk about it – Community Conversations about Sexual Abuse*' Dana Toole will identify community culture and barriers to exposing child sexual abuse and other types of sexual assaults. She offers discussion of the following questions:

What are the elements in a community that may:

- Make it difficult for a survivor of sexual abuse to disclose?
- Enable a perpetrator to continue to offend?

What can communities do to:

- Increase public awareness of sexual crimes and the impact of those crimes?

- Respond to survivors of sexual trauma appropriately?
- Decrease the secrecy and shame associated with sexual crimes?

Where are the community resources?

- Family
- Schools
- Faith communities
- Service providers



Detective Katie Petersen is a 2000 graduate of the University of Montana and has been with the Missoula Police Department since 2001. She has served in the Patrol Division and the Detective Division Special Victims Unit with a focus on investigating sexual crimes against children. In 2016 she was appointed to the Montana Internet Crimes Against Children Task Force, enabling her to continue to protect children in the digital age. Katie holds both her Advanced and Instructor Certificates in

Montana Law Enforcement.

Katie currently serves on the local Multidisciplinary Team, Child and Family Services Child Protection Team, Missoula Child Sexual Abuse Prevention Team, and has served on the Board of Directors for the Parenting Place Child Abuse Prevention Center and the Poverello Center Homeless Shelter. Katie has volunteered with her dog Dally, a trained Therapy Dog through Pet Partners, advocating for the use of dogs with children and vulnerable populations during the criminal justice process. She has been published in Mamalode, writing about the intersection of being a parent and investigating sexual crimes against children. Katie also works to improve our current laws to protect children by advocating for best practices and progression during the Montana Legislative sessions. Katie also teaches statewide and nationally on the topics of child sexual abuse recognition, reporting, and prevention, and interviewing developmentally delayed suspects.

In the General Session ‘*Sexual Exploitation Through Technology*’, Detective Katie Petersen’s presentation will be from a law enforcement perspective offering information and emerging trends surrounding the use of technology in regard to online child sexual exploitation. Awareness, recognition, and appropriate response to inappropriate content, privacy, sexting, sextortion, solicitation, and cyberbullying will enable adults to help keep kids safe online.



Jake Leeper, LCSW, is a Licensed Clinical Social Worker and a clinical member of the Montana Sex Offender Treatment Association. He is the chairman for the ethics committee for MSOTA. Jake started his career in Child and Family Services as a caseworker, before completing his Master’s in Social Work at the University of Montana. He specializes in psychosexual evaluations and the treatment of adolescents and adults with problematic sexual behaviors.

In the Clinical Breakout Session ‘*Treatment Methods and Responsivity to New and Old Dilemmas Facing the Sexual Victimization of Individuals Though Technology*’, Jake Leeper will discuss treatment methods, implications of abuse as perpetrator or victim and developing resilience in taking and accepting responsibility.



Sheriff Jesse Slaughter is a 19 year veteran of law enforcement, prior to taking office as Sheriff in January of 2019, Jesse was an Internet Crimes Against Children Detective. He worked hundreds of online enticement and child pornography cases, did dozens of online sting operations leading to over 65 child predators arrested. Jesse also interviewed hundreds of children and parent who were victimize online. Jesse worked dozens of human trafficking cases and rescued children from their traffickers. He still remains a member of the Internet Crimes Against Children Task Force and a supervisor.

In the Educator Breakout Session '*Get Smart About Digital Predators*', Cascade County Sheriff Jesse Slaughter will discuss the habits of our children and adolescents online and how digital predators use these habits against our children to victimize them. He will also address why children do not report predator's actions and what parents and teachers can do about it.



Detective Guy Baker, is an FBI Task Force Officer with the Missoula Police Department. He is a twenty-nine year Missoula Police Department veteran who has been a detective for nineteen years. Prior to being a detective, Baker worked uniform patrol for five years and then he spent the next five years assigned to the Street Crimes Unit. Baker primarily investigates violent crime; including homicide, robbery, assault and sex trafficking and he has been the lead investigator or case agent on over 900 state and federal criminal cases. He has been a Task Force Officer assigned to an

FBI Safe Streets Task Force for the last nine years targeting the criminal activity committed by violent offenders. Baker has investigated numerous adult and minor sex trafficking and child sexual exploitation cases that have resulted in successful prosecution in state and federal court and he is a member of the United States Attorney's Office Human Trafficking Task Force for the District of Montana. Baker has made a concerted effort to educate the public and justice system personnel about human trafficking and has trained over two thousand law enforcement officers on the topic of Sex Trafficking Investigations as a P.O.S.T. certified instructor through the Montana Law Enforcement Academy. He is the Senior Vice President of the Northwest Gang Investigators Association, a past President of the Montana Violent Crime Investigators Association and was a Vice President of the Mountain States Tactical Officers Association during a portion of the sixteen years he served on the S.W.A.T. team as an operator and the Assistant Team Leader. During his career, Detective Baker has been a recipient of a Police Medal, Life Saving Medal, Meritorious Achievement Medal and two Meritorious Service Medals by the Missoula Police Department and has received a Victims Service Award by the United States Attorney's Office and the Directors Award by the Federal Bureau of Investigation.

In the Community Breakout Session '*Sex Trafficking*', Detective Guy Baker will discuss sex trafficking. This presentation will discuss the current trends involving the crime of sex trafficking and the efforts by law enforcement to address this issue in our community. Most people think of modern day slavery as a crime that only occurs in foreign countries or within large cities in other states, but it's happening in numerous cities across the state of Montana. The presentation will educate the attendees about indicators to assist in the identification of potential victims and to enlighten them to the unfortunate realities faced by the victims of this criminal epidemic that is ranked second, only to the illegal drug trade, as the largest international crime industry in the world.

Optional Evening Activities – Day 1



Melainya Ryan, LCPC & E-RYT, is an integrated mental health provider at the Community Support Center in Dillon. She owns and operates Vibrant Lives which offers professional counseling services, yoga education and meditation. Melainya teaches an understanding of integrated health, a basic understanding of mind-body connection, an awareness of personal perspective, and emotional regulation.

Hips Don't Lie: Releasing Old Emotions - Join Melainya to gently release and relax your body and unwind your mind. We will discuss how our bodies hold our experiences and our emotion as we move through this mellow and low impact hour. We will move a little and relax A LOT!! She is looking forward to sharing yoga with whomever chooses to participate.



Ali Church, LCSW, works as an out-patient therapist in Ronan on the Confederated Salish and Kootenai Reservation. Areas of focus have been Hospital and Hospice Social Work, as well as out-patient therapy. Ali is trained in EMDR, Advanced TF-CBT, and EFT. Ali is also a Reiki Master and Cranial Sacral practitioner. These modalities inform Ali's body centered approach to psychotherapy. As a hospice and hospital social worker, Ali used Reiki to inform how she used intentional touch in engagement with patients. As an out-patient therapist, Ali has successfully trained clients to use Reiki a self-regulation and co-regulation technique.

Reiki Self-Care is an optional activity and participants will explore the modality of Reiki as body centered regulation technique. It will teach individuals how to utilize right brain, body oriented engagement to access, interpret, and respond to themselves and others in relational interactions. This exploration will include discussions and experiential activities.

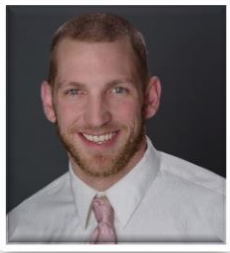
Speakers – Day 2:



Andrew R. Laue, LCSW is a psychotherapist in private practice in Missoula and Polson, Montana. In addition to the clinical work he does with individuals, couples and families, he supervises 30 psychotherapists in the Western Montana region. He is the chief trainer for the National Association of Social Workers Montana Chapter's course in Clinical Supervision. In 2017, he won a National County Association award for his Secondary Trauma Group work with the Missoula County Attorney's office. He is passionate about creating sustainability for human service professionals through the process of identifying secondary trauma that occurs from the intensity of human service work. He consults with many agencies about the delivery and complexity of mental health practice. These include First Step Missoula at St. Patrick's Hospital, Partnership for Children, Intermountain, Partnership Health Center, and the Confederated Salish and Kootenai Tribal Social Services Department.

In the General Session '*Powerful Resilient Growth: A Dynamic Outcome of Trauma Engaged Working and Living*', Andrew Laue will share how working and living in a trauma engaged way means that we lean toward the developmental trauma of the children that we serve rather than leave them alone with it. Understanding that this connecting creates risk for us, we seek to do more than just limit the toxicity to our

own bodies, minds, emotions, and relationships. We seek through this training to develop resiliency skills that will allow us to grow into powerful and effective human beings. It is possible to do this while immersed in the traumatic experience of those we care for. This training will explore the impact of trauma engaged work and teach practical resiliency skills which will facilitate this dynamic growth.



Daniel Champer, LCPC is a Clinical Director at Intermountain. He received his BA in Pastoral Ministry from Mount Vernon Nazarene University and his MA in Counseling from Waynesburg University. Prior to becoming Clinical Director, Daniel served as the director of school-based services for Intermountain and provided clinical leadership and oversight to teams of mental health professionals who provided therapeutic services in public school settings in the Helena area. His passion is restoring life and beauty in all that has been discarded and marked as waste.

In the combined Clinical & Educator Breakout Session *'The Harder Side of Helping'*, Daniel Champer will address how helping others achieve success sounds exciting and positive. But, helping those who have faced unique challenges in life often brings unintended consequences. This presentation will discuss the issues of vicarious trauma, acute stress, burnout, and moral injury as well as ways to cope with and heal from each condition.

Daniel will give attendees a brief introduction to how working with traumatized youth will affect them personally. They will learn the definitions of and differences between vicarious trauma, acute stress, and burnout. They will learn about maintenance self-care, emergency self-care, and professional options should they experience symptoms related to helping others.



Rebecca Hargis, MEd, LCPC

Rebecca is a survivor of ACEs, including sexual abuse. She witnessed domestic violence firsthand growing up including the death of her parents at her father's hand. Rebecca became a child and family therapist as a direct result of her childhood experiences and her search for answers to why this happened in her family and to help others stop or keep it from happening. Rebecca retired from Youth Homes in Helena, March of 2017 where she worked from 2006 in the Dan Fox Family Care

Program as a Clinical Supervisor, Child & Family Therapist, Treatment Manager, Family Support Worker, Birth Mother Counselor and Family Developer until retiring. Rebecca retains her license and is the chair of Elevate Montana's Helena Affiliate. Because of her personal history and experience in the foster care system she strongly believes that spreading the word about the effects of ACEs and creating real live community actions around mitigating their effects is one of the most important things she can do to make a difference in children's lives. Her dream is that humans will awaken to the effects of ACEs and stop passing toxic stress on.

In the Community Breakout Session *'Recognizing the Effects of Trauma and What to do About it: Building Resilience'* Rebecca Hargis will talk about how when people get traumatized, they get split off from their true selves. This disrupts their whole inner system. Their intuition gets damaged and their sense of themselves gets damaged. When it comes to making decisions about self-care, sometimes we get lost because our inner compass is warped. We may think we are taking care of ourselves, but we are not. This session is about what it means to truly own ourselves and why it is important in respect to resilience when

traumatized. People are not bound to live an unhappy life because they were abused. Everyone is unique with something to offer. Whether or not you have suffered trauma, I invite you to attend this session, there is always something to learn about yourself and others. Help others and ourselves stop our brains from hijacking us while giving ourselves permission to live joyful, compassionate lives!



Erin Merryn is a nationally recognized speaker, advocate, and published author. Her first book "Stolen Innocence" was published before she graduated high school. She is a survivor of child sexual abuse and is the force behind Erin's Law, a law that requires personal body safety taught in public schools. Erin published "Stolen Innocence" in 2004, "Living for Today" in 2009 and "An Unimaginable Act" in 2013, all memoirs.

People Magazine named her one of fifteen people changing the world in 2014 along with Oprah and Hillary Clinton. She was named Glamour Magazine woman of the year in 2012. She has appeared on Oprah, CNN, Today Show, and Good Morning America, among others.

Erin graduated with her MSW in 2009 and lives in the suburbs of Chicago with her husband and two young girls.

In the final session of the conference, Erin Merryn will share an inspirational message of hope. She speaks from the heart, sharing her life experiences of being repeatedly raped and sexually abused by two people she knew. Erin takes her audience on a journey of her painful past and how she reclaimed her voice and is now giving a voice to millions of children. Erin is the force behind Erin's Law, requiring public schools to teach students about personal body safety. Erin's Law has been passed in 37 states and Montana was the 29th state to pass it.

Erin not only endured sexual trauma and abuse, she was labeled with a learning disability in high school and diagnosed with epilepsy as a young adult. She will share how she's had the strength to overcome the adversity she has experienced.

ⁱ https://www.nsvrc.org/sites/default/files/publications_nsvrc_factsheet_media-packet_statistics-about-sexual-violence_0.pdf

ⁱⁱ <https://www.nsvrc.org/node/4737>

ⁱⁱⁱ http://www.d2l.org/wp-content/uploads/2017/01/all_statistics_20150619.pdf

^{iv} <https://www.sciencedaily.com/releases/2018/05/180521131552.htm>

^v https://www.nsvrc.org/sites/default/files/publications_nsvrc_factsheet_media-packet_statistics-about-sexual-violence_0.pdf

^{vi} http://www.d2l.org/wp-content/uploads/2017/01/all_statistics_20150619.pdf

^{vii} http://www.d2l.org/wp-content/uploads/2017/01/all_statistics_20150619.pdf

^{viii} https://www.nsvrc.org/sites/default/files/publications_nsvrc_factsheet_media-packet_statistics-about-sexual-violence_0.pdf