

## **BETTER TOGETHER**

2018 ATSA Conference | Thursday October 18 | 1:30 PM – 3:00 PM

**T-31**

### **Integrating the "Me Too" Movement into PROTECT Treatment Programs**

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What new strategies can we deploy to empower and prevent future sexual harassment and abuse?

**Me Too** (or "**#MeToo**") spread virally in October 2017 as a two-word hashtag used on social media to help demonstrate the widespread prevalence of sexual assault and harassment, especially in the workplace.<sup>[1]</sup> It followed soon after the public revelations of sexual misconduct allegations against Harvey Weinstein. The phrase, long used by social activist Tarana Burke to help survivors realize they are not alone, was popularized by actress Alyssa Milano when she encouraged women to tweet it to "give people a sense of the magnitude of the problem". Since then, the phrase has been posted online millions of times, often with an accompanying personal story of sexual harassment or assault. Sexual harassment, according to the Equality Act of 2010, is defined as "unwanted conduct of a sexual nature which has the purpose or effect of violating someone's dignity, or creating an intimidating, hostile, degrading, humiliating or offensive environment for them." It covers indecent or suggestive remarks, unwanted touching, requests or demands for sex and the dissemination of pornography. It is often portrayed as murky or ambiguous legislation, on the grounds that it's hard to tell the difference between a bit of banter and a humiliating remark. According to a recent survey, only one in five women actually reports it citing poor outcomes. 80% found that nothing changed; 16% said that the situation worsened afterwards.

Sex Offender Treatment Programs have a unique situation to seize the opportunity of the current public focus on sexual abuse and harassment and include specialized interventions and a robust curriculum educating, protecting and preventing all forms of sexual misconduct.

How do we identify cues and miscues that both victims and perpetrators may inadvertently ignore that could lead to potential future harassment and abuse? How do we identify the first signs of harassment and stop it in its tracks? How do we raise strong, powerful, compassionate, and respectful youth who can communicate without power and intimidation and understand and celebrate appropriate and healthy relationships?

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OhioGuidestone has been treating juveniles who abuse as well as victims of abuse for over a decade in specialized community based treatment programs providing services to approximately 1,200 youth in the following programs.

**P.R.O.T.E.C.T.** – Prevent Relapse Occurrence Team with Enhanced Case Management and Treatment is a certified Juvenile Sexual Offender program in the state of Ohio.

P.R.O.T.E.C.T. is a highly structured program designed to work with youth exhibiting sexual behavior problems. Clients move through *three distinct phases* of treatment that address education, safety planning, and target identified risk and protective factors along with the primary mental health concerns. This evidence-based, multidisciplinary team, approach is built with an array of interventions and treatment services. P.R.O.T.E.C.T. delivers integrated services focusing on accountability, skill development, positive relationships and healthy sexuality, and eliminating any reoccurrence of sexual behavior problems.

**PROTECT Sexting Program** is specifically designed to work with individuals who have been identified with sexting behavior or other minor sexual behavior problems employing Solution Focused Brief Therapy in a six to eight session model addressing psychoeducation around current laws, family rules self-esteem, appropriate boundaries and asserting independence.

**Protect/Victim** program rounds out our full complement of services by providing highly specialized trauma informed care to sexual abuse victims. The program is designed to work with youth experiencing significant bio-psycho-social and behavioral problems as a result of this trauma. Protect/Victim also examines the resiliency and risk factors and includes tailored interventions around these elements with this specialized population. Protect/Victim is delivered in a stage-wise approach but differs quite dramatically from the ancestor program P.R.O.T.E.C.T.

We continually review and improve the PROTECT programs and in the current atmosphere of disclosure of abuse and harassment, we have designed treatment interventions and curricula that open the conversations of harassment and provide tools to build confidence and intervene early before it is abuse. We are collaborating with community partners to engage in opportunities of leadership providing safe places to have tough conversations that are relevant and focus on victim's rights but include false claims and media impact looking at the subject from all angles. This tertiary prevention initiative will reinforce the theme of "Better Together".

New strength and esteem building interventions will be woven into our prevention initiative and all three of the PROTECT programs. Examples that we will share are:

1. You as a Superhero – teach positive leadership skills
2. The New Dirty Word List –List of words that lead to control, dominance, or harassment.
3. Masculinity Messaging- Gender Stereotyping
4. "The Man Box" Study – being male in 2017
5. How to Safely Intervene as a Bystander - Teach personal responsibility

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6. Strong Girls-Friendships, Relationships & Self Esteem
7. Good Guys – Partnership and Positive Masculinity
8. Safe Smart Dating
9. STOP apologizing (for what you did not do)
10. That's Not Cool!

### **Learning Goals:**

- Opening Dialog: Having that Awkward Conversation. Conduct Self-Assessment and discuss with participants in whole group.
- Overview of all PROTECT Programs, P.R.O.T.E.C.T. © Multidisciplinary Program for Youth who sexually abuse, PROTECT Sexting, Protect-Victim.
- Introduce series of new interventions that will focus on finally putting an end to the silence in sexual harassment and abuse.

**Lorraine M. Stehlik, LISW-S, LICDC-CS** is Director of Adult, Information and Recovery Services at OhioGuidestone, where she has served in several roles since 2000. At the state level, Stehlik served on several committees for Juvenile Justice including the Standards Committee for Public Child Caring Agencies and Best Practice Standards for the Treatment, Assessment and Supervision of Juveniles who have Sexually Offended (JSO) Workgroup. She testified both to the senate and the House subcommittees for SB 10 which was instrumental in making language changes with regard to juvenile sex offenders. She was on the team of trainers for preparing for certification for Juvenile Sex Offender Treatment Programs and chaired twice for the Juvenile Sex Offender Certification Advisory Board. She received both her Undergraduate and Graduate degrees in Social Work from Cleveland State University. Lorraine designed the community based Prevent Re-Occurrence Team with Enhanced Case management & Treatment (PROTECT) and Protect-Victim Programs employing a multidisciplinary approach utilizing current best practice assessment and treatment interventions to work with youth who are sexually acting out or victims of sexual abuse. She serves as team leader and advisor to these programs.

**Monica Mlinac, LPCC-S** is the Director of Stark and Summit County programs at OhioGuidestone, and a founding member of the PROTECT program. She has over 24 years post masters experience in providing and supervising prevention, treatment and recovery services in Northeast Ohio. Her expertise ranges across the life cycle focusing in the areas of early childhood, mental health, addictions, juvenile justice, child welfare, trauma, education, health and wellness, and developmental disabilities. She serves as a trainer and consultant for services delivered to individuals, families, schools, communities, and groups, and is a field instructor for several area universities. Monica is involved with many collaborative initiatives locally and across the State of Ohio. Monica has over 15 years of specialization working with the juvenile justice population, and is specifically responsible for designing the PROTECT Safety Plans.