

Welcome

Compassion Nonprofit • County • Faith
Action Network



Violence in our community A Conversation and Resources

Participants will

- Learn about law enforcement perspective on violence in the community
- Learn about domestic violence and resources available at Alexandra House and Lee Carlson Center
- Participate in Bystander Empowerment activity

Thursday, October 27, 2022 from 10:00-11:30 AM

Fridley Civic Campus

7071 University Ave NE, Fridley, MN 55432

Speakers

Ryan George

Deputy Director
Fridley Police Department

Katie Metcalf, MS, LPCC

Director, Community Based Programming
Lee Carlson Center

Amanda Fulk

Community Engagement Coordinator
Alexandra House

Dawn Rutt

Elder Abuse Services Coordinator
Alexandra House

This event is free and open to the public



Our Mission:

To foster collaborative opportunities to creatively address community needs in Anoka County.

If there is a topic you would like CAN to cover at the next event, please talk to us after or visit our website and send us a message

www.compassionactionnetworkanoka.org

Agenda

10:00 Welcome

10:05 - 10:25 Ryan George - Fridley Police

10:25 - 11:45 Amanda Fulk - Alexandra House

10:45-11:05 - Katie Metcalf – Lee Carlson Center

11:05 - 11:25 – Bystander Activity with Dawn Rutt – Alexandra House

11:25 - 11:30 Q & A, Evals

Ryan George, Deputy Director Fridley Police Department

Ryan is currently the Deputy Director of the Fridley Police Department. Ryan has 17 years of experience and has served as a Patrol Officer, School Resource Officer, Detective, Patrol Sergeant, Investigations Lieutenant, and Captain before his current assignment.

Ryan has a B.A. – Criminology from University of MN Duluth. A.S. – Law Enforcement from Fond du Lac Tribal and Community College. M.A. – Police Leadership from University of St. Thomas and School of Police Staff and Command – Northwestern University

Ryan is the current board chair of Alexandra House. Ryan grew up in Coon Rapids and still lives in Anoka County. Ryan is married with 3 daughters.





Amanda Fulk
Community Engagement Coordinator
Alexandra House



Alexandra House

WORKING TO END DOMESTIC
AND SEXUAL VIOLENCE



MISSION

To **empower** victims/survivors of domestic and sexual violence, and **inspire** social change, through education, support and advocacy.

THE NEED | STATISTICS

1 in 3

women have experienced some form of physical violence by an intimate partner. This includes a range of behaviors (*e.g. slapping, shoving, pushing*).



THE NEED | STATISTICS

1 in 4

men have experienced some form of physical violence by an intimate partner. This includes a range of behaviors (e.g. *slapping, shoving, pushing*).



THE NEED | STATISTICS

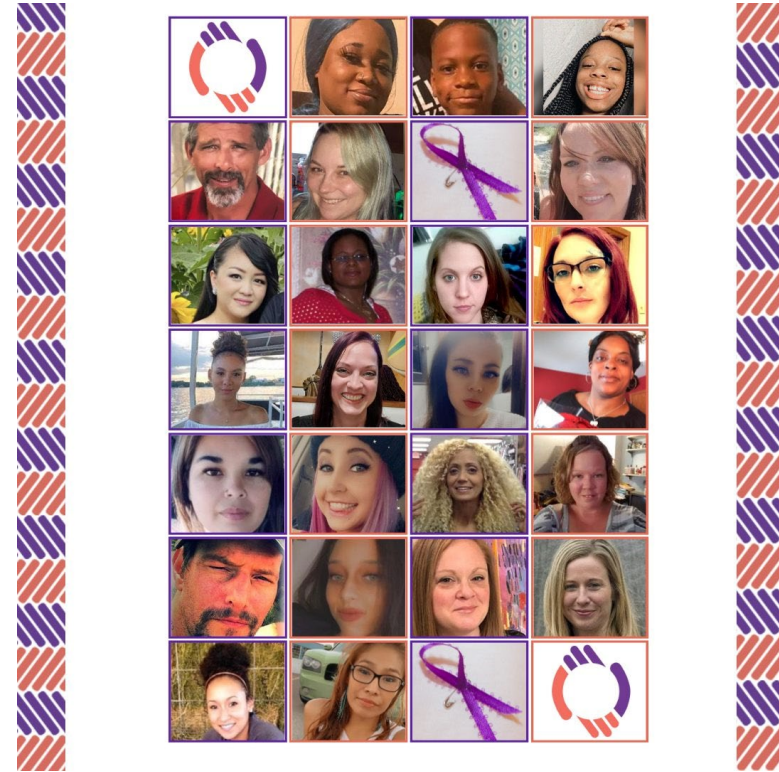


 **10%**
from 2020

Law enforcement in Anoka County responded to **14,540** domestic-related and **866** criminal sexual conduct radio calls in 2021.



WE REMEMBER



- In 2021, there were **26** *known* domestic-related homicides **in Minnesota**
- **17** lives have already been lost to domestic violence this year

OUR SERVICES

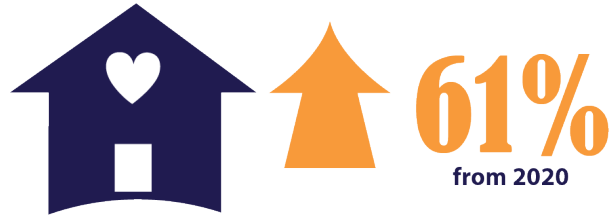
The complexities of Domestic and Sexual Violence requires multidimensional services and support.

Alexandra House provides:

- 🤝 Emergency Shelter
- 🤝 24-Hour Helpline
- 🤝 Elder Abuse Services
- 🤝 Youth Services
- 🤝 Legal Advocacy
- 🤝 Hospital Advocacy
- 🤝 Housing and Supportive Services
- 🤝 Community Education and Training
- 🤝 Support Groups

... A REFUGE AND A LIFELINE

We provide a **24-hour Emergency Shelter**, advocacy services, and a **24-hour Helpline**.



514 victims/survivors and their children received **7,458** nights of safety.



4,935⁺ calls were answered on our 24-hour emergency helpline.

514

victims/survivors and their children received **7,458** nights of safety.



14.5

days is the average length of stay in shelter. Stay length decreased throughout the pandemic.



4,935⁺

calls were answered on our 24-hour emergency helpline.



22,374⁺

meals were provided to survivors and their families staying in shelter.



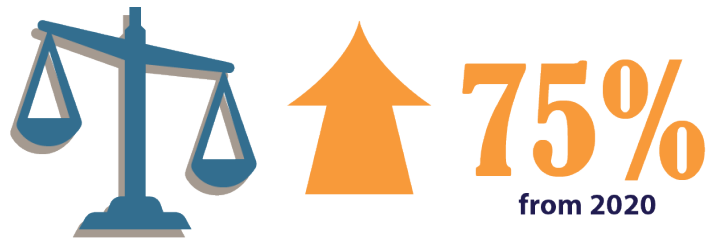
599

participants received basic needs assistance; including transportation, financial assistance, food shelf, etc.



... A VOICE

Legal Services provides **support** through civil and criminal court and free or low-cost Family Law **referrals**.



247 victims/survivors received assistance when attempting to obtain an order for protection.



Legal Advocacy

761

participants were supported by our criminal justice and civil advocacy services.

247

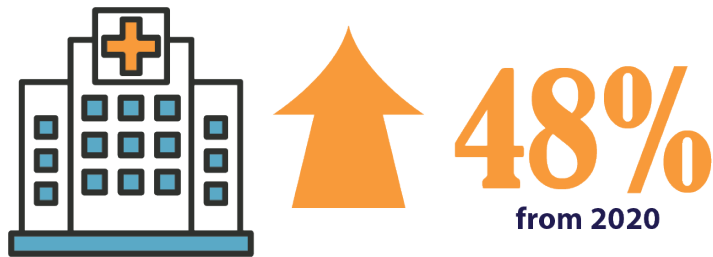
had the assistance of a legal advocate in filing a protection order.

80

benefited from legal representation through our Order For Protection (OFP) Project.

... A FIRST RESPONDER

On-Call Hospital Advocacy provides **crisis intervention, safety planning, and support** for victims of domestic and sexual violence, sex trafficking, or acute elder abuse.



190 victims of domestic and sexual violence were provided crisis intervention, safety planning, and support.



Hospital Advocacy

190

victims/survivors of sexual and domestic violence received on-site crisis intervention, safety planning, and support through our Hospital Advocacy Program. *

91

victims/survivors of sexual assault.

88

victims/survivors of domestic violence.

** 11 had unknown victimizations.*

... AN ADVOCATE

Services provide **advocacy** and **support** for families after immediate crisis.



238

participants received advocacy and support on employment, financial literacy, education, and housing.



599

participants and families received food shelf, personal care, and clothing assistance.



97

participants received financial aid for legal expenses, moving and storage costs, utilities and more.



14

participants received housing and rental subsidies and remained in stable housing for 12 months.



363

participants received transportation assistance: cab fare, bus tokens, car repairs, and gas cards.



IN TOTAL ALEXANDRA HOUSE IMPACTED



13%
from 2020

Over **1,770** (*unduplicated*) individuals received ongoing services in 2021.

12,500+ PEOPLE

served in 2021



WHAT OUR PARTICIPANTS SAY...

“Support groups were a great place to start on my goals and to get back on my feet.”

“All the services I received will have a lifelong impact; it gave me the strength to stand on my own and hold my head up.”

“My advocate helped me in so many ways. She and the legal team made me feel so hopeful, reassuring me that I was not alone in this process. The emotional support I received was invaluable!”

“Alexandra House saved my life (*body, soul, and spirit*). I'm free!!! Do I have struggles? Yes, but learned to be my own advocate.”

“Alexandra House helped me feel safe and ensured I had a safety plan when I left.”

“Thank you for being there to help me when I had no one else to turn to. You were the answer to my prayers.”

Alexandra 
House
Working to end domestic
and sexual violence.

OUR CALL TO ACTION

Join with Alexandra House in raising awareness through:

- 📍 Yard Sign Campaign
- 📍 Purple Lights Initiative
- 📍 Wear Purple on #PurpleThursday (Thursday, October 20th)
- 📍 "Ask Me Why I Wear Purple" Initiative



THANK YOU FOR YOUR SUPPORT!

*Thank
You!*

***Support from the
community makes the
work at Alexandra House
possible!***

Alexandra 
Working to end domestic
and sexual violence. **House**

WRAP UP | QUESTIONS



FOLLOW US ON SOCIAL MEDIA



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[Linkedin.com/company/alexandra-house](https://www.linkedin.com/company/alexandra-house)



Katie Metcalf, MS, LPCC
Director of Community Based Programming
Lee Carlson Center for Mental Health and Well-Being



Currently Katie is serving as the Director of Community Based Services at Lee Carlson Center, which includes Domestic Abuse Programming, Adult Rehabilitative Mental Health Services (ARMHS), and Housing Support

Katie is a Board Approved Supervisor graduated with her bachelor's in psychology from University of Wisconsin Stevens Point and completed her masters in mental health counseling at Minnesota State University Mankato.

Katie has worked primarily with individuals involved in the legal system, including facilitating Sex Offender Treatment Programming, completing assessments in jails and prisons, and facilitating and managing Domestic Abuse Programming.

Katie has a passion for providing mental health services to people who are involved in the legal system as they are often an underserved population with a high mental health need.

Domestic Abuse Program



LEE CARLSON CENTER™
For Mental Health & Well-Being



Agenda

Introduction

Overview of Program, State Statutes, and Types of Services

Goals in Therapeutic Services

Clients Served

Client Experience

Introduction



WHO WE ARE

Lee Carlson Center for Mental Health and Wellbeing was founded in 1979, then known as Central Center for Family Resources, to provide community and school based mental health services.



OUR MISSION

Provide exceptional, affordable, person centered, and creative services, strategies, and solutions to families, children, youth, and adults in our community.



WHO I AM

Katie Metcalf, MS, Licensed Professional Clinical Counselor and Board Approved Supervisor currently working as the Director of Community-Based Services at Lee Carlson Center

Overview

Lee Carlson Center follows the state statute for Domestic Abuse Programming for those identified as aggressors, which has specific rules and regulations that must be followed.





State Statutes and Types of Services Provided



INTAKE/DIAGNOSTIC ASSESSMENT

Includes assessing for safety of client and identified victim, chemical dependency needs, and other appropriate referrals.



GROUP THERAPY

Clients participate in 20 two-hour group sessions.
Groups are divided into men's and women's groups.



INDIVIDUAL THERAPY

Clients participate in 24 one-hour sessions.
Clients are referred for individual services based on language barriers, cognitive difficulties, and SPMI symptoms



State Statutes and Participation Agreements

CLIENTS SIGN A RELEASE FOR AGENCY TO COORDINATE WITH REFERRAL PARTIES INCLUDING PROBATION/PAROLE OFFICERS, LAWYERS, CHILD PROTECTIVE SERVICES, ETC.

CLIENTS AGREE NOT TO OBTAIN ANY SAME OR SIMILAR CHARGES (ASSAULT, DOMESTIC ABUSE, DISORDERLY CONDUCT, DANCO VIOLATION) WHILE INVOLVED IN PROGRAMMING.

CLIENTS SIGN A RELEASE FOR AGENCY TO NOTIFY VICTIM OF IDENTIFIED OFFENDER'S INVOLVEMENT IN SERVICES. CLINICIANS CONTACT VICTIM VIA LETTER.

CLIENTS AGREE TO NOT ENGAGE IN ABUSIVE OR AGGRESSIVE BEHAVIOR TOWARD STAFF.

CLIENTS SIGN ATTENDANCE POLICY TO ENSURE ACTIVE PARTICIPATION IN SERVICES.

CLIENTS AGREE NOT BE INVOLVED IN COUPLES THERAPY, AND CLINICIANS AGREE NOT TO OFFER THIS SERVICE, UNTIL THEY HAVE SUCCESSFULLY COMPLETED PROGRAMMING.

CLIENTS ARE REQUIRED TO COMPLETE FIVE ASSIGNMENTS ASSOCIATED WITH THE PROGRAM.

CLINICIANS REPORT ANY THREATS OR ACTS OF VIOLENCE BY THE CLIENT AND VIOLATION OF PROGRAM RULES.

Goals in Therapeutic Services



Identify and use coping skills for regulating emotions, practice emotion identification, and demonstrate insight into triggers, which will be accomplished via the Self Control Plan, Midterm, and Maintenance Plan Assignments.

Identify unhealthy and abusive behaviors, understand the cycle of abuse, power, and control in relationships, and demonstrate empathy for their abusive behaviors, which will be accomplished via the Most Violent/Abusive Behavior and Amends Letters assignments.

Clients Served at Lee Carlson Center



Client Testimonial

“I'd be lying if I said I wasn't hesitant, nervous, and scared at the thought of being in a place where I needed to be honest with myself, hold myself accountable, and be vulnerable to my feelings all in a room full of strangers[...] The first session was a huge relief as I felt super comfortable and amazed that there were others that shared my thoughts and feelings on certain topics. I felt heard and the input was just what I needed to hear. It was nice to share how I thought and felt in a safe setting and the discussions we had were taken to heart and very useful.

Again, thank you for allowing me to be part of what has significantly changed my way of thinking, how I go about handling stressful situations, and realizing that I am not a bad person, just a person who made a bad choice. You never judged, thought poorly of, or discredited my thoughts. You always listened and took into consideration why or how I thought what I did, I would highly suggest this program not just to someone who is court ordered, but to anyone wanting to find their true them[...] Thank you for leading and being part of my journey to self discovery and not losing faith in me or the others regardless if some were just there just to check a box. I have gained so much knowledge and self awareness in the past 20 sessions that I never thought was possible.”



THANK YOU

Katie Metcalf, MS, LPCC

(763) 780-3036 ext. 16649

kmetcalf@leecarlsoncenter.org



Bystander Activity
Dawn Rutt – Alexandra House Elder Abuse
Services Coordinator – 17 years

Questions?

**Please complete the survey before
you leave**

Thank you for attending