



40-Hour Volunteer Training: January 2020

Day	Topic	Facilitator	Date/Time	Hours	Total
1	History of the Rape Crisis Movement <ul style="list-style-type: none"> ▪ History & Philosophy of the Anti-Rape Movement ▪ Rape Culture ▪ Philosophy & Mission of the Agency 		Saturday 1/18 9-1	4	4
2	Cultural Competency <ul style="list-style-type: none"> ▪ Elements of Oppression ▪ Anti-Oppression Theory ▪ Confronting Oppression/Being an Ally 		Saturday 1/18 2-6pm	4	8
3	Adult Sexual Assault <ul style="list-style-type: none"> ▪ Sexual Assault & Abuse ▪ Stranger Rape ▪ Acquaintance Rape ▪ Date Rape & Marital Rape ▪ Same Sex Victimization ▪ People w/ Disabilities ▪ Elder Abuse ▪ Date Rape Drugs 		Tuesday 1/21 6-10pm	4	12
4	Crisis Intervention w/ Adults Part 1 <ul style="list-style-type: none"> ▪ Rape Trauma Syndrome ▪ Principles & Applications ▪ Listening/Communication Skills ▪ Confidentiality ▪ Role Plays 		Thursday 1/23 6-10pm	2.5 1.5	16
5	Crisis Intervention w/ Adults Part 2 <ul style="list-style-type: none"> ▪ Suicide ▪ Working w/ Significant Others ▪ Boundaries/Empowerment ▪ Self-Care & Vicarious Trauma ▪ Survivor Centered Services ▪ Role Plays 		Saturday 1/25 9am-1pm	2.5 1.5	20
6	Crisis Intervention w/ Children & Adolescents <ul style="list-style-type: none"> ▪ Child & Adolescent Development ▪ Effects of Sexual Assault on Children ▪ Strategies w/ Children & Adolescents ▪ Mandated Reporting ▪ Role Plays 		Tuesday 1/28 6-10pm	3 1	24

For questions/concerns or **if you need to miss any training sessions**, please contact:
Gabriela Castrejon, gcastrejon@zcenter.org | 847-244-1187 x115



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Day	Topic	Facilitator	Date/Time	Hours	Total
7	Medical Advocacy <ul style="list-style-type: none"> ▪ Fundamentals of Advocacy ▪ Role of Advocacy ▪ SANE/SART ▪ SASETA ▪ Emergency Room Procedures ▪ Role Plays 		Thursday 1/30 6-10pm	2.5	28
				1.5	
8	Legal Advocacy <ul style="list-style-type: none"> ▪ Legal Overview ▪ Rights of the Survivor ▪ Criminal Justice Process ▪ Role of the Legal Advocate 		Saturday 2/1 9am-1pm	2.5	32
				1.5	
9	Community & Prevention Education <ul style="list-style-type: none"> ▪ Prevention Programs in the Schools <ul style="list-style-type: none"> - Role of the Prevention Specialist - Child Assault Prevention Program - Teen Assault Prevention Program 		Tuesday 2/4 6-10	4	36
10	Volunteer Responsibilities <ul style="list-style-type: none"> ▪ Volunteer Panel ▪ Advocate Role Play ▪ Self-Care Activity ▪ Policies & Procedures ▪ Forms & Documentation ▪ Certificates of Completion & Make-Up ▪ Training Information 		Thursday 2/6 6-10pm	3	40
				1	
FYI	General Training Guidelines/Information <ul style="list-style-type: none"> ▪ We present in many different formats/styles ▪ You will have several opportunities to get to know your peers ▪ An open mind & attitude of inclusivity is critical to your learning ▪ Please use the back parking lot ▪ We start & end on time-please arrive at least five minutes prior to training time ▪ Water & Coffee will be provided-please bring your own lunch/dinner/snacks ▪ The last day of trainings is when you will decide how to best use your skills 				

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