



Aionkwatakar:i:teke

(A-YOUN-GWA-DA-GA-RI-DE-GEH)

"For us to be healthy"

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Kahnawà:ke's Only Health and Wellness Newsletter

Seskehkó:wa/September 2020

**SEXUAL
ASSAULT**

**it is not
YOUR
FAULT**



Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawà:ke Shakotia'takehnhas Community Services (KSCS). Our purpose is to provide information on health and wellness issues that affect Kahnawa'kehró:non. All community members are welcomed and encouraged to submit articles provided that they are comprehensive to the general public, informative and educational. Slanderous material will not be accepted. Views expressed in the articles may not necessarily reflect those of KSCS. We reserve the right to edit all articles. All questions concerning this newsletter should be directed to:

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KSCS Prevention & Support Services

This newsletter is intended to complement, not replace, the advice of your health care provider. Before starting any new health regimen, please see your doctor. Check out our Facebook page at [KSCS Kahnawà:ke](https://www.facebook.com/KSCSKahnawake).

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Being a victim of sexual violence is a risk factor for addiction, depression, PTSD and many psychiatric disorders. It is also a contributing factor to several medical problems, including cardiovascular problems such as heart attack and stroke, cancer, and obesity. Please know that you are loved and supported and that it is ok to reach out and ask for help.



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Links in document were operational at time of publication.

Sexual Assault: Reducing The Risk

BY KARA DIABO, PREVENTION SERVICES

SEXUAL VIOLENCE OFTEN OCCURS IN SITUATIONS where drugs and alcohol are present. There are certain measures you can take to protect yourself and reduce your risk of becoming a victim.

Unfortunately, you cannot control all people or situations. If you are violated, please know that it is not your fault and that help is available.

Reaching out to professionals can help to heal your mind and body. There are a variety of resources both in and outside of the community. Please look throughout the newsletter for a list of helpful resources in the area. If you are planning a night out where drinking and drugs will be involved, please keep these tips in mind:

Plan your night out with your friends. Know where you're going and plan to stay together. Speak up if you are uncomfortable with the location you're in, with the people around you, or with the activities that are going on. Use the buddy system and look out for each other. Attend large parties with friends you trust. Agree to look out for one another. Leave with the group, not alone. Make sure your phone is charged and you have someone you can call to pick you up in an emergency.

If you drink, drink responsibly. Eat a full meal before going out, have a glass of water between each drink, know your limits and don't go beyond them. Have a designated driver or a plan to get home at the end of the night.

Only drink something that you poured yourself or that comes in a sealed container. Mixed drinks can have more alcohol in them than a serving of beer, as shots may be added to increase the total volume of alcohol. For example: a glass of sangria may actually have more alcohol because the amount of wine and hard liquor present could equal the equivalent of three drinks.

**it is not
YOUR
FAULT**

Avoid leaving with people that you don't know very well. If you do leave a party with a new friend, tell the friends you came with where you are going and when you are coming back. If you are worried about a friend's safety, tell them. Listen to your gut feelings. If you feel uncomfortable or think you might be at risk, leave the situation immediately and go to a safe place.

Alcohol and drug use impair your judgment. You might not be able to make the same decision you would make if you were sober. If you feel you are being pressured or coerced into unwanted sexual activity, say no and get out of the situation immediately. You have a right to state your feelings and leave the situation.

If you have experienced an assault while under the influence of alcohol or drugs, please know that it is not your fault. Often, you can carry guilt and wonder that if you weren't impaired then the assault wouldn't have happened. The perpetrator is at fault, not you. Take the time to process your experience. Tell someone you are comfortable with and trust or seek professional guidance. There is help available whether an assault was recent or in the past. You are not alone.

For more information or help, contact KSCS at 450-632-6880 and ask for the intake worker. On weekends, after-hours, or holidays, contact the Kahnawà:ke Peacekeepers at 450-632-6505 and ask for the after-hours response worker.

On August 11, 2020, KSCS' Louanna Zacharie and Rebecca D'Amico were interviewed on the K103 Kahnawà:ke Morning Show with Paul Graif regarding the recent social media posts on sexual assaults in Kahnawà:ke. The video is from Facebook Live. Click on the underlined text to watch the video.

Context and Perspective

BY SARAH FREEMAN, SUPPORT SERVICES

WHILE CRUISING THE INTERNET IN RELATION to well-being and the COVID-19 era, I discovered there is already a plethora of research articles written on the subject. In some ways, the number of articles published just comes to show that a pandemic inevitably has effects on human beings' sense of wellness.

Many studies have shown the relationships between infectious disease outbreaks and psychological consequences. Among these most frequently reported consequences are greater incidence of psychological distress and depression, worry, functional impairment, anxiety about being infected, and reduced subjective well-being (Restubog, Ocampo, & Wang, 2020).

Which brings me to an important reminder; you do not need to have a mental health diagnosis to feel the negative effects of this pandemic. Indeed, many are struggling with the ways their life has been affected when it comes to emotional well-being, as evidenced by the consistent results in all those studies (*Ibid*).

In other words, I would venture to say that even the most balanced and functional individual you know has had his or her feeling of well-being affected in the past few months. And so, if you are feeling affected more than you'd like to be by all that is happening, remind yourself of this broader context that is forcing one thing on all of us; adaptation.

Adapting to something new or to a changing environment is in and of itself a process, and this process can be more difficult to go through for some people. This is nothing to be ashamed of, as it depends on many factors both internally and externally.

And so, as we do not have full control on what is happening out there, here are a few reminders:

- Keep a perspective on this broader context and that yes, it is not easy!
- Try to create as much space/time/energy/thoughts on things you enjoy, that make you smile and that give you a sense of peace and calm.
- Focus your energy on things and people that do not completely deplete it.
- Try to surround yourself with people that make you feel good/calm.

You've probably heard of the butterfly effect – an underlying principle of chaos theory in the fields of mathematics and mechanics. Simply put, one small change in an apparently unchangeable situation can make a big difference in the long run (Encyclopaedia Britannica). If we apply this logic to human perspectives and behaviors, then one small adjustment (or adaptive measure) could make a difference in one's sense of well-being. Sometimes, it may not take much. Also, remember that KSCS counsellors are here for you too!

As for myself, I try to keep these words in mind when I think of this new context and my sense of well-being; adjustment, adaptation, patience and self-compassion.

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Non-Insured Health Benefits – Update

There have been a number of changes to the Non-Insured Health Benefits (NIHB) program from Health Canada since the start of the year. Listed below are the most recent changes as of August 2020.

Pharmacy benefit information

- NIHB now covers three Voltaren Emulgel products for treatment of back, muscle or joint pain. Eligible products listed in the NIHB [drug benefit list](#) are covered without prior approval, up to 100 grams per month.
- NIHB recently listed triamcinolone hexacetonide, a steroid used to reduce swelling caused by a variety of health conditions including allergies, asthma or rheumatoid arthritis.
 - * The program now covers both injectable forms of the medication, triamcinolone hexacetonide and triamcinolone acetonide, as open benefits.

Coverage of non-prescription pharmacy benefits recommended by pharmacists

- NIHB now accepts a pharmacist's recommendation for coverage of any eligible non-prescription 'over-the-counter' pharmacy benefit.
- To be eligible for coverage, the item must be listed on the NIHB [drug benefit list](#) and within the pharmacist's scope of practice to recommend or prescribe.
- Previously, NIHB had a selected list of non-prescription items that could be recommended by a pharmacist. That list is no longer in effect, and is replaced by this new policy.

New dose limit for gabapentin

- For client safety, NIHB has changed the dose limit for coverage of gabapentin to 3600 milligrams per day, to a maximum of 30 days.
- Pharmacists should call the Drug Exception Centre if a client reaches the dose limit.

Medical supplies and equipment information

- During the COVID-19 pandemic, oral digital thermometers are listed as an open benefit with a price limit of \$25 and a replacement guideline of 1 per 5 years.
- Thermometers are covered with a prescription from a physician or a nurse practitioner, or a written recommendation from a registered nurse or a pharmacist.

Reminder: coverage of electric breast pumps

- Electric breast pumps are a limited use benefit and prior approval is required for coverage. Criteria for coverage can be found in the [MS&E guide and benefit lists](#).
- During the COVID-19 pandemic, electric breast pumps may be covered for purchase (instead of rental), once every 3 years at a maximum price of \$275.00.

Increased coverage for some communication and respiratory benefits

- NIHB recently changed frequency guidelines for selected voice restoration products and supplies. Prior approval is required and the new frequency guidelines are:
 - * puncture dilator: one per year
 - * gel cap insertion system: one per year
 - * plug insert: two per year
 - * flushing device: one box per year
 - * cleaning brush: two boxes per year
 - * gel cap: one box per year
- The replacement guideline for inlet filters has increased to 14 filters per year.
 - * Inlet filters are used with home positive airway pressure (PAP) devices and are covered as open benefits.

Kahnawa'kehró:non needing additional information regarding Non-Insured Health Benefits can do so by contacting Onkwata'karitáhtshera, care of Andrea Brisebois at 450-632-6880.



We Are All In This Together

BY KRISTINE BARNES JACOBS, PREVENTION SERVICES

ANXIETY AND THE RETURN TO SCHOOL. As a parent of four children, I am definitely experiencing anxiety. Parents have been expressing their concerns over safety in the media, on social media, and with each other. We have a lot of unanswered questions and things can change daily, but we have to remind ourselves and acknowledge how far our community has come during this pandemic. We have many dedicated people who are working hard to ensure that our families are safe. We have to trust the process and try to adapt to changes as fast as they are coming.

As parents, we need to keep our minds healthy for our little ones and we need to be mindful that our kids are looking to us for guidance. If we show that we have anxiety, our kids will pick up on this. The best way we can help lessen the anxiety of returning to school is by being as prepared as we can be. Both community and area schools have released their new protocols and the community bus depot released their video. Now, we have to do our part with teaching our children. Yes, we will have to remind them every day and yes, it may get repetitive but we can't give up.

Some tips to be better prepared

- **Stop overthinking it.** Be in the present. Try and go with the flow.
- **Remember to breathe.** Take a deep breath in and hold it for five seconds then exhale slowly. Repeat four times.
- **Don't resist change:** You cannot change something that's not in your control and lets face it, a pandemic is NOT in our control.

- **Make a list:** Writing things down can help you to be in control. Check tasks off when they get done so you feel great about accomplishing your tasks.
- **Stay in the know.** Listen to the Kahnawà:ke Task Force daily information updates and check out the Kahnawà:ke Education Center's school bulletins, attend parent meetings (socially distanced), ask questions to school officials, don't take anything on Facebook at face-value, find out from the source, and lastly, don't spread false information. Check information out before posting.
- **Plan ahead.** The front small pocket on your kid's school bag can be for an extra mask in case they drop or lose it. Fill a small bag with extra masks and hand sanitizer for your child's school bag.
- **Practice proper mask use at home.** Put a small basket by the door for used and unused masks. Wash used masks daily. Have children wear their mask for short periods, working up to longer periods of wear.
- **Talk to other parents** who are going through the same thing, sharing is caring!
- **Talk to your child's teacher** if you have any particular concerns or if your child has a special situation

By trying some of these tips, it may help ease the anxiety with you or someone you may know. Don't forget we are all in this together and don't be afraid to reach out and ask for help. We will all get through this together.

The 'Green Light' on Consent

BY KARINA PETERSON, PREVENTION SERVICES

WHEN WE TALK ABOUT CONSENT, we must first talk about relationships. There are many different types of relationships that a person can have – parents, friends, romantic, colleagues at school or work, coaches, doctors, counsellors, even relationships on social media. These relationships can either be healthy or unhealthy and it all depends on a person's boundaries and the others' ability to respect them. Types of boundaries include physical boundaries (personal space, body, and sexuality), time, texting, photo-taking, and social media boundaries.

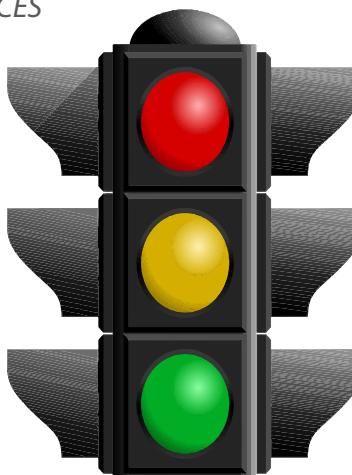
Consent is respecting a person's boundaries and working together to keep each other feeling safe. Consent is the permission or agreement between two people for something to happen.

Asking for consent is something that takes practice, as it can be awkward sometimes, but the more we do it, the easier it becomes. Some ways to ask for consent are:

- “Is this okay?”
- “Do you mind if I take a photo of you? Do you mind if I post this to social media?” “Do you want to?”
- “Do you STILL want to?”
- “Can we talk about it?”
- “Are you comfortable with this?”

There are many other ways to ask for consent and the answers will change. This depends on the relationship and the level of comfort between the two people. A person can answer, “yes”, “no”, “maybe”, “I don’t know”, or not provide an answer at all. We can use the idea of traffic lights (**green, red, yellow**) to help guide us through consent.

Yes, as a response, is a **green light**, which means go. There is an agreement made, and permission has been granted for whatever exchange you are making with a person.



No, as a response, is a **red light**, which means stop. There is no agreement, and you do not have permission for the exchange in question. Pretty simple – **Yes means green, green means go. No means red, red means stop.**

A reply that sounds like, “maybe, I don’t know, we’ll see”, or no reply at all, is a **yellow light**. **Yellow light means slow down and stop.** This also applies when a person’s body language isn’t in sync with their response.

Unless you have a definite yes or no reply, you do not have an answer; therefore, you do not have consent. Unclear answers mean yellow light, yellow light means slow down and stop. Yellow lights signal us to be cautious, and for consent that means a discussion needs to happen to help the decision making for both people in the exchange.

It’s important that all replies and responses are discussed in terms of boundaries and boundaries must be respected for relationships to be healthy. People under the influence, incoherent, or unconscious cannot give consent. Only the person making the decision has consent for themselves – no one has the right to make decisions for other people. A person has the right to change their mind at any time and for any reason regardless of whether they agreed or disagreed to it before. It’s okay to say yes, to say no, to be unsure, or to change your mind. Consent is yours and only yours.

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How To Support Survivors Of Sexual Assault

BY CORINNA PHILLIPS,
PREVENTION SERVICES

SEXUAL VIOLENCE AFFECTS EVERYONE AROUND US. *IT CAN DEVASTATE FAMILIES* and have negative impacts on entire communities. Even if you do not have a direct connection to a survivor of sexual violence, you most likely know someone who has been affected by it. Sexual violence is traumatic and can have long lasting negative effects for individuals who have experienced an assault and for individuals close to them.

Family and friends play an important role in helping survivors once they have disclosed their experience of sexual assault. Several studies have highlighted the importance of the support of family and friends in a sexual assault victim's adjustment (healing), especially child victims, following disclosure of the assault.

Sometimes children disclose in stages only telling a little bit at a time or making a random reference. This can make it hard to interpret the allegations. It is rare for a minor to make false allegations of sexual abuse. It is important to believe in a child who is confiding in you. It is not up to you to investigate the credibility of a minor's allegations. It is up to the appropriate authorities. You have an obligation to report it to the authorities. You do not have to be certain that sexual abuse has taken place. Reporting to the authorities or opening a file with Youth Protection is already protecting a minor.

These are important things to remember if a minor discloses to you:

- Take the time to listen.
- Reassure the child that you believe him or her and that what happened is not the child's fault.
- Avoid asking leading questions that might influence the child's answer or taint his or her testimony.
- Try not to judge or react strongly.
- Write down what the child says and the context in which the abuse was disclosed.
- Do not promise to keep what the child said a secret. Tell the child that you have to share the information with people whose job it is to keep children safe.
- Immediately report the situation to Youth Protection at KSCS and the Kahnawà:ke Peacekeepers.

It's not easy to hear disclosures from children, close friends and family. You might feel powerless but please recognize that you have an important role to play in the healing process of the survivor. Every survivor is different so it's crucial to respect and support their privacy and their decisions of how they choose to move

Continued on page 9

forward in their healing journey; even if it's not what you think you would do and, even if that means to not take any action at all.

If someone discloses to you, listen without judgement; allow time and space for the survivor to express their feelings. Believe what they are telling you. Do your best to comfort the survivor by validating their emotions and feelings. Survivors need to know that the perpetrator is to blame and that the assault is never their fault. Do not press for details about the assault if they are not ready to tell all. You cannot force a decision or take action if that is not what the survivor wants to do but you can help them explore their options and provide information, not advice.

You can encourage the survivor's independence by helping them regain control of their life. They might be worried about things other than the assault like returning to some level of 'normalcy'. These worries could include going back to work or school, getting childcare, and worrying about their financial situation.

They might need to talk about these concerns which means allowing them to identify and express their needs. You can recommend they seek professional counselling to help them develop recovery strategies and take the necessary steps so they can regain control of their life and their healing journey.

Support includes believing the survivor's story, having a positive reaction and ensuring the presence of significant people in the victim's life who can be supportive. It's normal to have conflicting emotions about a disclosure. Recognize your own limits. You might feel the need to debrief and get help for yourself. The support given by people close to the survivor is invaluable so it is important to stay aware of your own concerns, fears and prejudices. It's okay to encourage

the survivor to talk to someone else if you are feeling too affected by the occurrence to provide useful support.

For more information or help, contact KSCS at 450-632-6880 and ask for the intake worker. On weekends, after-hours, or holidays, contact the Kahnawà:ke Peacekeepers at 450-632-6505 and ask for the after-hours response worker. Below are a couple resources. You can find additional resources for help and information elsewhere in this newsletter.

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ONLINE RESOURCES:

[Montreal Sexual Assault Center. Resources for victims and their supporters:](#)

[Crime Victims Assistance Centers \(CAVACS\) Front-line services to victims of crimes.](#)

The New Normal

BY MARIE DAVID, COMMUNICATIONS

THE NEW NORMAL. WHOEVER THOUGHT THAT we would be living through such times as these? Of course, one cannot know what the future holds but there were dire warnings – and no, I’m not talking about Nostradamus.

These warnings came from people like virologist and flu expert Robert G. Webster whose book *Flu Hunter: Unlocking the Secrets of a Virus* was published in February 2019. In it, he predicted that “Nature will eventually again challenge mankind with an equivalent of the 1918 influenza virus.” (5 People Who Eerily Predicted the Coronavirus Pandemic, MSN 2020).

He wasn’t the only one. Microsoft founder Bill Gates issued a dire warning at a TED talk in 2015, saying the world wasn’t ready for a disease (on the heels of the Ebola epidemic) that would affect large numbers of people very quickly. He didn’t stop there. He warned President Trump in 2016 and issued another warning in 2018 (*Ibid*). There were others too. The point is the warnings were made and ignored. And now we are living with the consequences.

I have to think of the other dire warnings that have been issued for the past 30 or so years about climate change. It’s true that there have been many steps (baby steps) to try to stem the approach of climate change, from the Kyoto Protocol (1997) to the Paris Agreement of 2016. But yet again, another warning was issued in 2018 (by the United Nations Intergovernmental Panel on Climate Change) warning that by 2030 temperatures will rise to 2.7 F (1.5 C) above the average temperate during the pre-industrial era, which is the threshold used as the tipping point for calamity (Why We Keep Ignoring Even the Most Dire Climate Change Warnings, Time).

And much like the warnings about the world not being prepared for another pandemic, which – reminder – we’re living in right now – warnings about climate change and its effects (drought, flooding, wildfire, food shortages, extreme weather events, displacement) have also largely been ignored.

I wish I could say that it’s not as serious as it’s been made out to be, that it’s a case of hope for the best while preparing

for the worst. But that’s not what’s happening. For one thing, we’re not preparing for the worst. World governments are not taking it seriously enough. Often, their actions are watered down in response to self-interested lobbying by oil and gas conglomerates who hold powerful economic and political sway over governments.

That has to change. My community, Kahnawà:ke, has already seen more devastating flooding over two years (2017 and 2019) than it has in the last 30 years. This year alone, Quebec has seen at least three tornadoes (thankfully, none of them caused damage or injuries).

We’ve already seen how the pandemic affected the food supply chain when borders were closed and meat processing plants were the site of outbreaks. It’s left to our imagination how climate change could affect the food chain and food sovereignty. Kahnawà:ke has been great in recognizing the importance of food sovereignty for the community – shout out to the Kahnawà:ke Environment Protection Office and the Kahnawà:ke Collective Impact.

Scientists have estimated that we will reach a tipping point in less than 12 years unless there is dramatic and urgent action. One thing is clear; things will change whether we are ready for these changes or not.

Source:

Hogan, A. [5 People Who Eerily Predicted the Coronavirus Pandemic](#). MSN Lifestyle. 6 April 2020.

Kluger, J. [Why We Keeping Ignoring Climate Change Warnings](#). TIME. 8 Oct. 2018.

RECENTLY, KAHNAWÀ:KE WITNESSED A WAVE OF SEXUAL ASSAULT postings on Twitter in the wake of the #MeToo movement. With these postings, Tom Dearhouse and his colleagues at the KSCS Family and Wellness Center were reminded of the need for healing that still exists in the community.

Tom is a traditional support worker at the KSCS Family and Wellness Center. He and his coworkers want the community to know that there is help for the victims and the offenders. The support and healing work methods are available for men and women. “If a trauma happened to you once or multiple times, your spirit was damaged. Therefore, the healing work is one of a spiritual nature,” Tom explained. “We are here to help you bring back your spirit, a spirit retrieval.”

During a sexual assault, a victim may shut down as a coping mechanism and their spirit may leave them and hide. Tom and his colleagues will work with the survivor to help them rejoin their spirit. There is work to do prior to a spirit retrieval depending on the individual.” Tom said. “Part of this is talking about the incident. Many emotions will surface and we will deal with those feelings of hurt.”

Tom explained that spirit retrieval is not just talking about the abuse and your spirit returns. The person needs to persuade that lost spirit and be reassured of its safety in its return. Tom and helpers like him guide and support the person through the entire process. The person is provided tools for ongoing self care in a holistic manner.

There is a process to re-connect with the lost spirit. Tom explained that before retrieving the person’s lost spirit, he will prepare the individual on what to expect. Because the spirit has been lost for so long, the spirit can be considered a stranger to the person. “The trauma could have happened to the person when they were a child. The child spirit is coming back to an adult,” Tom explained. “There will be emotional pain; however, we will help and guide you through that pain and reconnect with your lost spirit.” Whether the offender is still alive or has died, it’s important to know the victim can start the healing process. Tom feels that telling their story can be the beginning of their healing.

Tom is prepared to work with the offenders. “They may feel guilty for their actions. The offender themselves may have also been victims of sexual violence and know what they did was wrong.”

If you would like to seek help, please call KSCS at 450-632-6880 and ask to speak to the intake worker. From there you will get the type of help that is needed for your healing journey. “Due to the pandemic, we speak to people over the phone,” Tom said. “However, it is better if we meet in person as certain methods lend itself to the work. The frequency and pace can be worked out when you are ready to start your healing.”

Healing from Sexual Assault

**AN INTERVIEW WITH
KSCS TRADITIONAL
SUPPORT
COUNSELLOR TOM
DEARHOUSE**

**BY TYSON PHILLIPS,
COMMUNICATIONS**

Resources Specific to Sexual Violence

KSCS SERVICES

Psychosocial supports offered

- Individual/couple/family counselling (support counsellors and psychological services)
- Talking circles on an as-needed basis provided that individuals are properly screened and it is appropriate (especially given the content/topic).
- Support groups on an as needed basis provided that we have the resources and interest.
- Crisis counselling/intervention.
- Informal supports (e.g., Let's Talk call or text 514-235-9607), education and promotion in the community and in schools.
- After Hours Response service for crisis intervention on afterhours, weekends and holidays.
- Addictions Response Services.
- Family and Wellness Center – Traditional Support Workers.
- Traditional healers – Geraldine Standup.

Resources Specific to Sexual Violence

- [Centre pour les victimes d'agression sexuelle de Montréal](#): Provincial helpline for victims of sexual assault 24/7.
For listening, support and referral for victims of sexual assault, people in the sex industry and their loved ones. Counsellors are available. Call 514-933-9007.
- [Centre d'Aide et de Lutte contre les Agressions à Caractère Sexuel \(CALACS\) Chateauguay](#): Center for assistance and combating sexual assaults.

Help offered to adolescent girls 12 years of age and over and to adult women who have experienced a sexual assault, whether the assault was recent or past. 9:00

AM to 5:00 PM Monday to Friday. Call 450-699-8258 or [email](#).

- [Rape, Abuse and Incest National Network \(RAINN\)](#): Operates the National Sexual Assault Hotline 24/7
For confidential support from a trained staff member, someone to help you talk through what happened, basic information about medical concerns and more. Call 800-656-HOPE (4673) or Live Chat On-line.
- [1 in 6](#): National helpline for men who were sexually abused or assaulted 24/7. Chat online one-on-one with a trained advocate.
- [Hope for Wellness Helpline for Indigenous Peoples across Canada](#) 24/7. Speak by phone or use the chat box on the website to connect with a counsellor on-line. Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Experienced and culturally competent Help Line counsellors can help if you, want to talk, are distressed, have strong emotional reactions, are triggered by painful memories. Call 1-855-242-3310.

- [Talk 4 Healing: Listening Line](#) (located in Ontario). Provides 24/7 culturally sensitive counselling, advice and support to Indigenous women. Call 1-855-554-4325.
- [24-Hour Sexual Assault Line](#) (located in Vancouver): Provides 24/7 listening services to women who experience or witness sexual assault. Call 1-604-876-2622.
- [Assaulted Women's Helpline](#): (located in Ontario), Provides 24/7 listening support, information and referrals to women who have experienced any form of abuse. Call 1-866-863-0511.
- [West Island Crisis Centre](#): The crisis line is available 24/7 to people in distress as well as their support network including loved ones or professionals who want to refer a client. Call 514-684-6160.

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For Legal Support

- Crime Victims Assistance Centres (CAVAC): Post-traumatic and psycho-judicial intervention, information on rights and resource services, technical assistance such as helping to complete forms and more. Within 24 to 48 hours, a counsellor will contact you. Call 1-866-532-2822.
- Canadian Resource Centre for Victims of Crime: Support for victims and survivors of interpersonal violence and their families can call for information about the Canadian criminal justice system or for assistance in obtaining services and accessing resources.

They support victims individually to help them find resources, fill out paperwork, and explain the different options available to them.

Emotional support through text and online chats are available during regular office hours: Monday through Friday: 8:30 AM – 4:30 PM EST. Call 1-877-232-2610, text 613-208-0747 or online chat for Toll free information and support line.

- First Peoples Justice Center of Montreal: Walk-in services Thursdays 10:00 - 12:00 AM and 1:00-4:00 PM at 2001 Saint-Laurent Blvd, corner Ontario. Please ask for the Victims Services Coordinator on arrival.

You can also contact them through email or Facebook.

Support for victims of crime through active listening, referral and accompaniment. If you are not comfortable going through the justice system, they are here to support you in other ways through a healing-based approach. Their emergency contact number is 514-617-6780.

For Youth Support

- Tel-Jeunes: Ask questions about family relationships and receive support and guidance 24/7. Tel-Jeunes can answer questions on other topics, as well. You can talk to them about anything for any reason. Check out their website for more information.

Call 1-800-263-2266

Text 514-600-1002

Live Chat and email available on the website.

- Kids Help Phone: For information and support from safe adults, 24/7. You can visit the website or to speak with a counsellor:

Text 686868

Call 1-800-668-6868

Information for Male Survivors

- Jim Hopper PhD: The articles on this website provide information about the effects of child sexual abuse on adult men and their loved ones.
- Male Survivor: This resource contains general information as well as a therapist search specifically designed for male survivors of sexual violence.

For Perpetrators

- KSCS psychological services department can offer external service providers (psychologists) who specifically work with perpetrators. To access this service, you must go through the Intake process in order to be referred. Call 450-632-6880 and ask for the Intake worker.
- National Domestic Violence Hotline: Offers 24/7 support for survivors by trained advocates. Offers compassionate support, crisis intervention information, educational services and referral services. Find information about domestic violence, online instructional materials, safety planning and more. They also speak with people who identify as abusive, or who are concerned about behaviors that may be unhealthy. No matter what the situation, the advocates are supportive and remain empathetic. Based in the US.

Call 1-800-799-7233

Log onto thehotline.org to chat

Text LOVEIS to 22522

Body Safety

Teaching Your Child About Sexual Abuse Prevention

BY CORLEIGH BEAUVAIS AND BEATRICE TAYLOR, PREVENTION SERVICES

We teach our children all sorts of ways to keep safe such as reminding them to look both ways when crossing the street, to wear their floaties in the pool and keep away from strangers etc. One subject often left out of conversations until later years is the importance of body safety. Talking openly with your children about their bodies opens the door for strong communication between the child and the caregiver and allow them to express possible instances of abuse. Body safety is an important topic to discuss with our children, starting at a young age. Talking to them about being in charge of their own bodies and using proper terminology when doing so can help keep your child safe.

More often than not, we feel we are keeping our children safe from harm; they go to daycare, they play over at close friends' and families' houses, they play out in the neighborhood within earshot. Unfortunately, the reality of the matter is that most sexual abuse cases happen where we believe our children are most safe. It's critical to arm your children with information that can help make a difference should they find themselves in a situation where they are at risk of sexual abuse. Statistics show that most sexual assault/abuse cases involve close family members and friends. Sadly, considering only a small percentage of children disclose incidents of sexual abuse, it often goes unnoticed. This is why it is so important to talk to your children about sexual abuse prevention and encourage open discussion to create an environment with you where they feel safe and protected.

Body Safety and Sexual Abuse Prevention Talking Tips for Parents

USE PROPER BODY TERMS Practice naming body parts and using the proper names for them such as "vulva", "penis", "testicles", or "breast". Often times children don't know the proper anatomical words for their parts, if you practice using them, it will help your children understand that it is okay to talk about those parts of the body with you.

PRIVATE Make sure your children know what the word "private" means, especially if they are young and just learning the meaning of some words. Explain how certain parts of their body, such as those covered by a swimsuit, are private and that no one should touch them there, with a few exceptions. One exception would be if a child needs to be cleaned, then it's ok for Mom or Dad (or a primary caregiver) to do so OR only if they need to see a doctor and Mom or Dad are in the same room. Explain to them that going to the doctor for a check-up means we are making sure they are healthy and safe.

BOUNDARIES Talk to them about boundaries. Explain to them that everyone has the right to personal space. Children understand visuals best – use an imaginary hula hoop or a bubble, which shows how much space they feel comfortable with, before they feel another person is too close.

Walk over to your child and ask them when they feel you are too close and in their comfort space. Show them that where you stop before coming into their space is their imaginary bubble or hula hoop of comfort. Explain everyone's "bubble" can be different sizes depending on how comfortable they are with different people. For example, their bubble may be smaller with their cousins but bigger with their friends.

NO SECRETS It is important to explain to your child/ren that secrets are not okay. Often times, perpetrators will try to coerce or threaten children into keeping secrets to cover up sexual abuse. It is important to explain to your child that no adult should ever ask them to keep a secret that includes you. Let your child know if they are ever asked to keep a secret about something that happened, the safest thing to do is to tell you.

THEY CONTROL THEIR BODIES Make sure they know no matter what age; they are always the boss of their own bodies. Children have the right to say no and stop anything they feel isn't right. They are always in control of when, how and who touches their body. Role playing possible scenarios can help prepare your child to assert themselves, which means being able to stand up for themselves in a good way. It can be difficult for children to say no to adults, especially if they feel something wrong is happening. Role playing can help them practice using their voice to say no to someone who may try to bully them.

ASK QUESTIONS Use open ended questions to help encourage your child to talk. Open ended questions avoid yes or no answers. For example, you can ask, "What is the best/worst thing about this person's house?" Giving your child the freedom to openly discuss may lead to other areas that could give you a sign that something might be off. According to an article written by Patty Onderko, you can also try approaching a discussion by saying, "I remember once I did something that I thought my Dad and Mom would be upset about, so I didn't want to tell them. But I finally did tell them and it was okay. Has anything like that happened to you?"

Source:

Onderko, P. (n.d.). *Tips for Child Sex Abuse Prevention*. Parenting.com.

Children's Books on Healthy Boundaries

No Means No by Jayneen Sanders (ages: 3-9) \$14.74 available online and in store.

Body Safety Education: A Parents' Guide to Protecting Kids from Sexual Abuse by Ms. Jayneen Sanders. \$21.90 online only.

Some Secrets Should Never Be Kept by Jayneen Sanders (ages: 3-12) \$15.62, online and in stores.

Some Parts Are NOT for Sharing by Julie K. Federico (for toddlers) download Ebook: \$1.32 (suggest not buying hard copy).

Miles is the Boss of His Body by Samantha Kurtzman-Counter (all ages) \$13.95 in store and online.

Your Body Belongs to You by Cornelia Maude Spelman (ages 4 years) \$8.09 online only.



RESOURCES SPECIFIC TO SEXUAL VIOLENCE

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- Marie Vincent Foundation: Help for children and adolescents who are victims of sexual violence, as well as their families, to surmount this ordeal by providing specialized treatment at the cutting edge of current knowledge. They also help children and adolescents with problematic sexual behavior. To receive services, a referral is needed by a case worker from Youth Protection, a police officer who carried out a police investigation, medical staff from the Centre hospitalier universitaire Sainte-Justine or the Montreal Children's Hospital, or a community organization worker. Call 514-362-6226 or write them on their website.
- OPTION: An alternative to domestic and family violence Offers support, follow-up and psychotherapy services to adults, men and women, exhibiting violent behavior in a marital and family context. Option workers support these people in their reflection on what leads them to use violence as well as in their approach to find alternatives to this violence, taking into account the specific experience of each of them.

Monday to Friday from 8:00 A.M. to 4:00 P.M.

Call 514-527-1657

[Email](#)

- Les Centres d'Intervention en Violence et Agressions Sexuelles (CIVAS) de l'Estrie et de la Montérégie: This organization offers services to anyone who has committed or is afraid of committing sexual assault, regardless of whether the event is recent or not. Call 450-656-6524.
- Groupe Amorce: Therapy and self-help group for men with fantasies or sexual behavior towards children or adolescents. Send a message on their website or make an appointment. Appointments made only by phone. 9:00 A.M. to 5:00 P.M., Tuesday and Friday. Call 514-355-8064.
- Centre d'intervention en délinquance sexuelle/Intervention Centre In Sexual Delinquency: CIDS provides services to adults or adolescents, of any gender identity, who have or have not committed a sexual offence, and to people with deviant fantasies without taking action. Support also provided to loved ones.

Monday to Thursday 9:00 A.M.-5:00 P.M..

Call 579-641-3941

[Email](#)

Do you have questions or suggestions? Is there a topic you would like to see covered in a future issue of the newsletter? Contact us and let us know.

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