



## PREVENTION PEER NETWORK: STORYTELLING BUILDS COMMUNITY

Marcella Maggio – Survivor, Preventionist & Storyteller



- I live, work, & play on the ancestral and current homelands of the Kumeyaay – San Diego, CA
- I was born in Los Angeles, CA – homelands of the Chumash, Tongva, Kizh
- Today, the descendants from these Nations continue to thrive in these areas
- To learn whose land you're on Visit – <https://native-land.ca/> or Text – (907) 312-5085





# Prevention Peer Network

- Get support on monthly calls:
  - ▶ Every Fourth Friday, 2-3 pm
- Learn from preventionists during monthly webinars:
  - ▶ Every 1<sup>st</sup> and 3<sup>rd</sup> Thursday, 10:30-12 pm

CALIFORNIA PARTNERSHIP TO END DOMESTIC VIOLENCE

GET HELP X QUICK ESCAPE

Donate Now | Get Involved | Member Login

About The Partnership | Setting Strong Policy | Building Capacity | Communicating Priorities | Resources

## RESOURCES

### Resource Library

- > Domestic Violence Organizations in California
- Member Jobs

### 2019 Statewide Domestic Violence Conference Resources

Conference Guests:  
Enter your code below

Access Code:

Submit

### Cultural Responsiveness Organizational Self Assessment

Autoevaluación Organizativa para Responder Culturalmente

### Futures Without Violence National Health Resource Center on Domestic Violence

## Resources and Materials

Whether you're a seasoned advocate, a student, or a community member interested in learning more about domestic violence, our user-friendly resource library is a great tool for you. We have compiled an extensive database of publications, images, websites, webinars and more — all dedicated to understanding the dynamics of abuse, prevention strategies and community solutions.

**See our search options below.** Results of your search will appear at bottom of screen.

Don't see what you're looking for? Check back often as we're frequently tagging and uploading additional materials. Or contact our Help Desk: [info@cpedv.org](mailto:info@cpedv.org).

*And if you would also like to search for additional materials compiled by our national partners, click on the links to the left (which will direct you to their searchable sites).*

### Keyword Search

TYPE OF RESOURCE:

TYPES OF INTIMATE PARTNER VIOLENCE:

COMMUNITIES:

POPULATIONS:

APPLY RESET

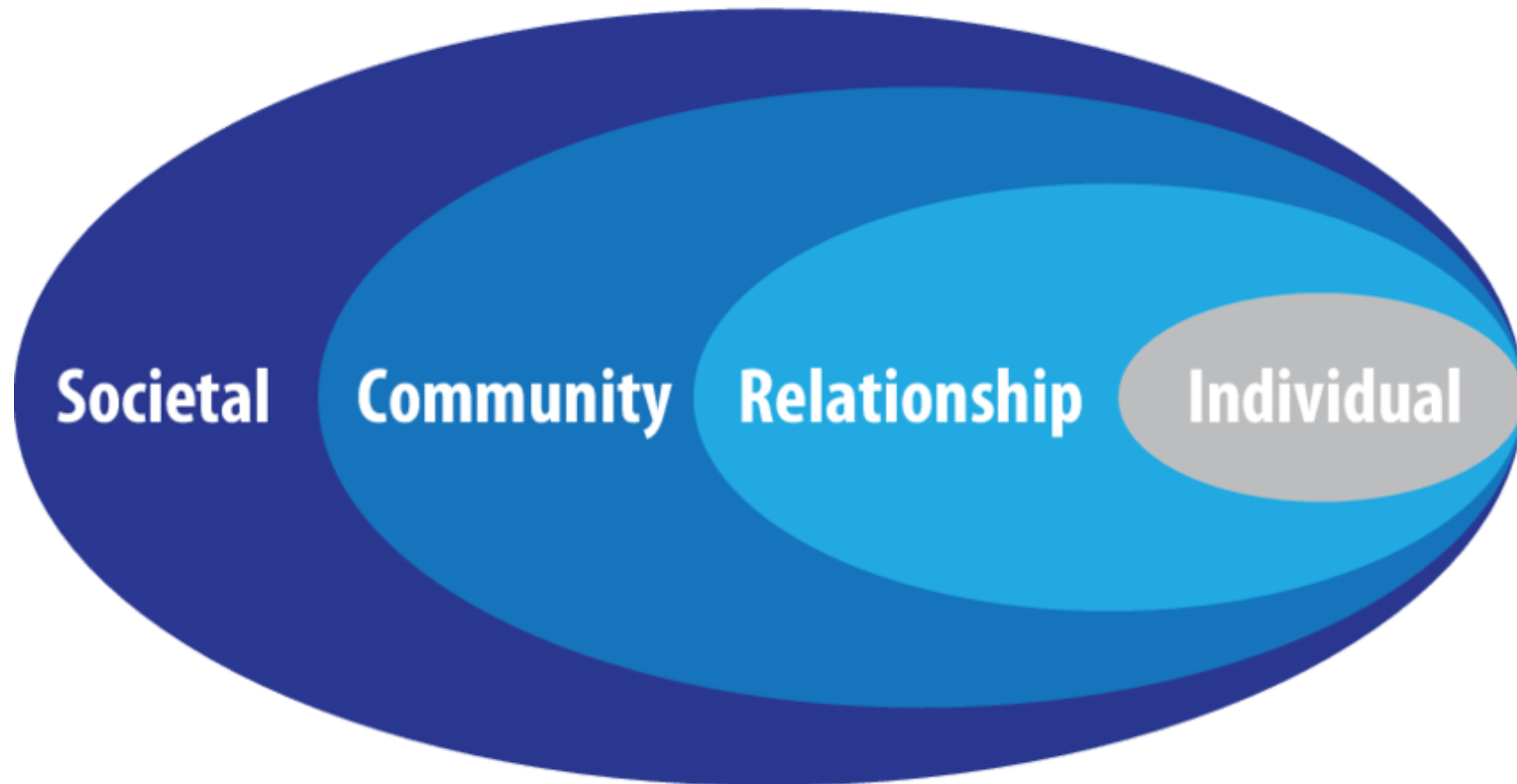
> ADVANCED FILTERS



“There are no boring stories, only boring storytellers.” – Grandpa Jack



# The Social-Ecological Model: What's the Story?



“I’m Ready to Tell My Story.” - Survivor

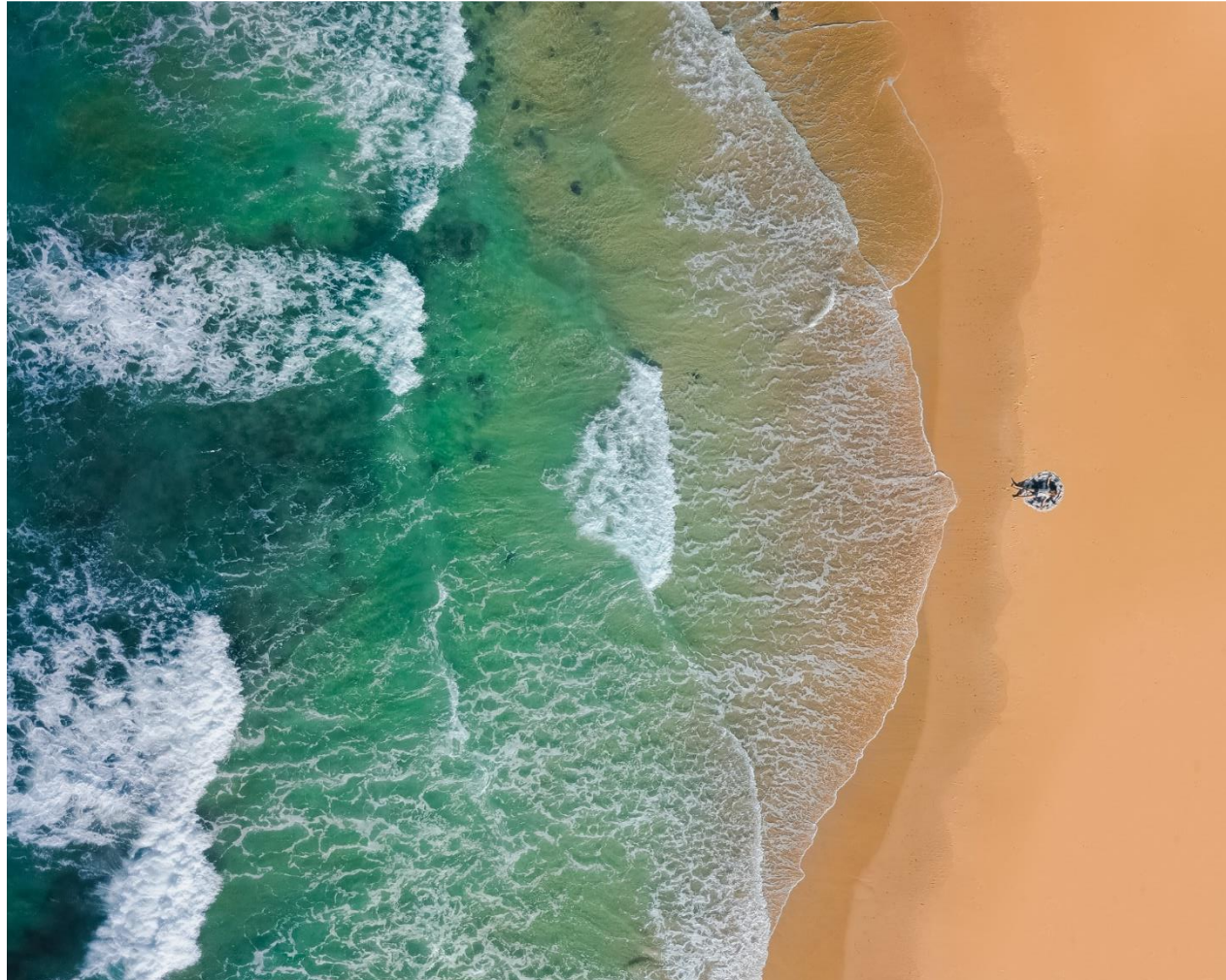
**Are they?**

**Will they be?**

**Is it their story?**



# The Survivor Spectrum



**What it is  
and isn't?**



# The Survivor Spectrum - What it is?

## **The journey from trauma to resilience –**

- Studies show that traumatic events have lasting, negative, and biological impact on a person's health and well-being
- Practicing mindfulness helps support individuals who have experienced traumatic events





# The Survivor Spectrum - What it is?

## **Feeling the feelings in every phase –**

- Victim Mentality – Anger, Blame, Shame, Denial, Self-Isolation, Mistrust of Providers, Self-Harm or Suicidal Ideation
- Survivor Mode – Addiction, Lack of Resources, Mental Health Conditions, Re-victimization, Self-Sabotaging Patterns, Causing Harm
- Thriving from Trauma – Connection, Community Building, Entrepreneurship, Mentorship, Public Speaking, Youth Engagement



# The Survivor Spectrum - What it is?

## **Seeing the patterns in a survivor's story –**

- Why Victim Mentality feels impossible to stop?
- When Survivor Mode goes from celebration to repetition?
- How Thriving from Trauma can bring newfound opportunities?



# The Survivor Spectrum - What it isn't?

## **A life sentence –**

Triggers can be recognized and responded to differently and deliberately.

## **Therapy –**

Theories are rarely seen as therapy though therapy stems from theories.



# The Survivor Spectrum - What it isn't?

## **Meant to shame The Survivor's Experience –**

- Guilt about ebbing into Survival Mode.
- Guilt over flowing from Thriving from Trauma back to Victim Mentality.
- Guilt over not Thriving from Trauma at all times.



# How to Support Storytellers?

Most survivors try not to think or talk about the ebb and flow of **The Survivor Spectrum**, which is a common trauma response called avoidance. Instead of naming and framing the guilt the survivor feels, they continue to feel cautious, detached, and startled. This is why having the support of a Trusted Adult is ideal.



# Story Circles

- Meet in a circle to set standards & commit to community.
- Who's in the circle? What's important to them? How will their stories impact the community?
- All meetings & conversations are done in circle format; helps to share openly.
- Not a Support Group.



# Interactive Story Platform



SCAN ME!

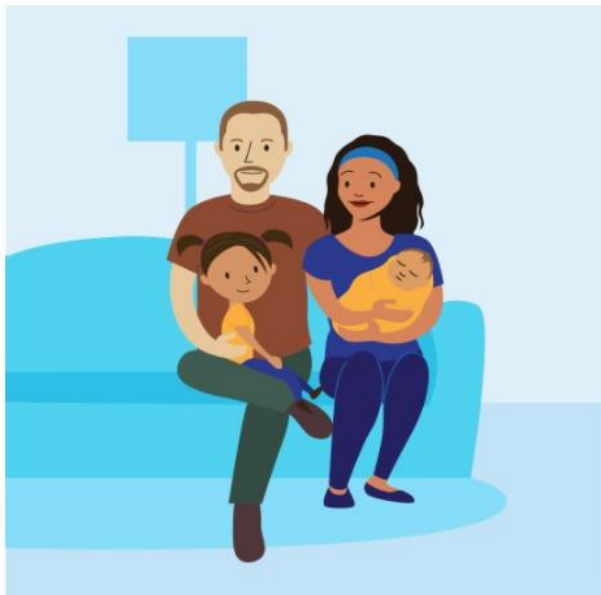


Prevention Across CA

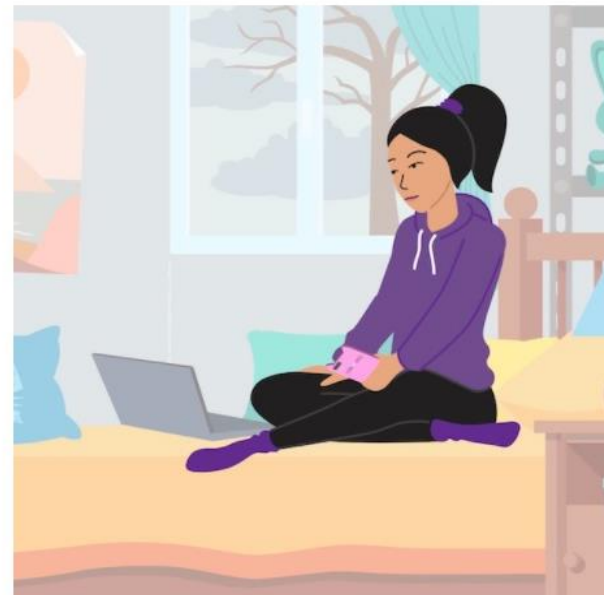
Stories

## Intersectional Factors:

Gender (normalizing conversations about how to ask for help, how to help our partner, how parents nurture during the first five years), economic justice, educational system, and healthcare.



Monica Matters



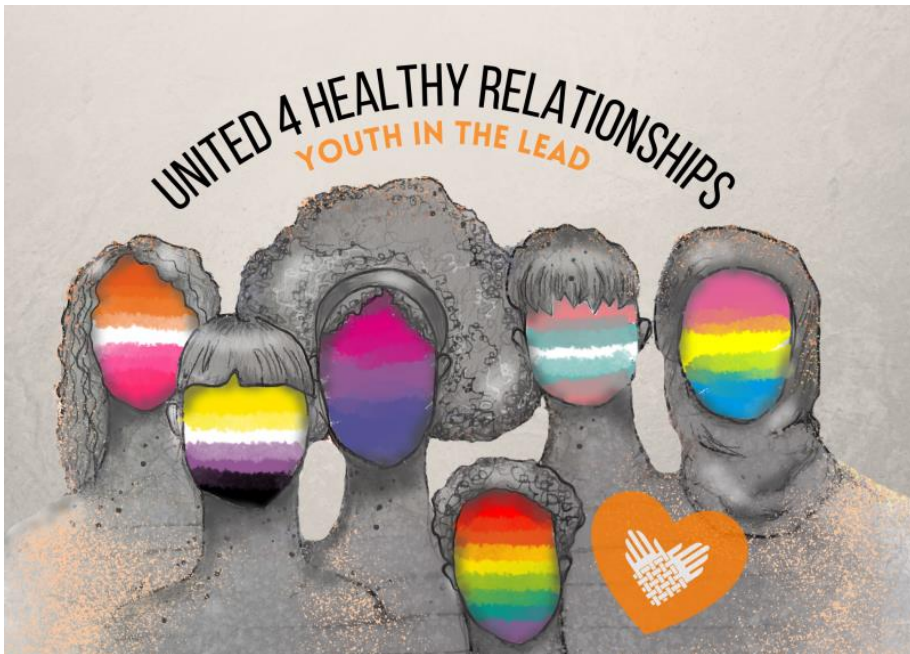
Ana's Alarm

## Intersectional Factors:

Gender (normalizing conversations with students and staff about stress from virtual learning and trauma-informed outlets), language barriers, and lack of access to technology



# Youth Storytelling Project

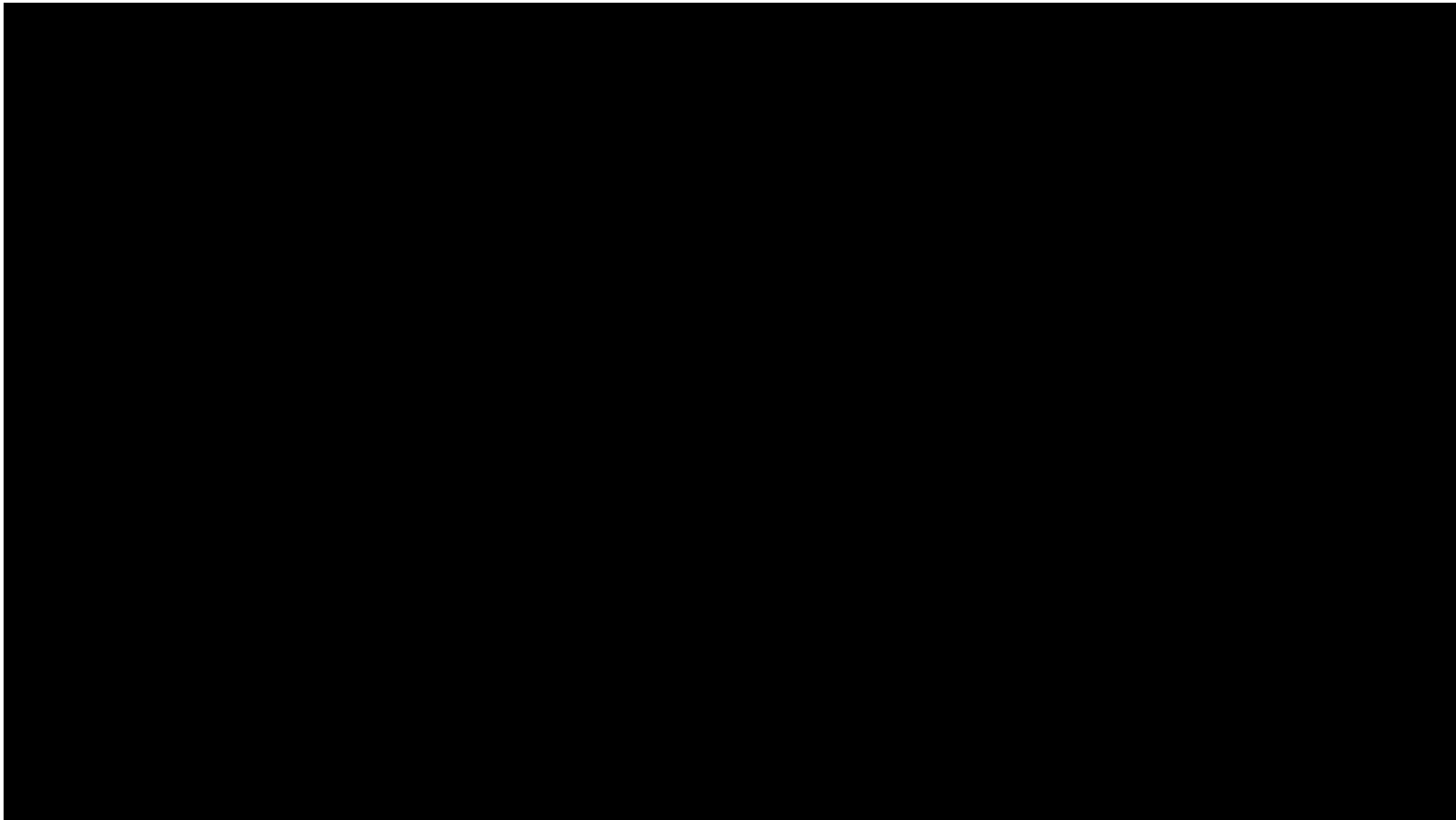


- Collaboration between the Partnership's Communications Team & Story Center.
- Showed up to participate & support youth as a Trusted Adult
- Turning our stories into visual narratives: How to see, center & share our stories.

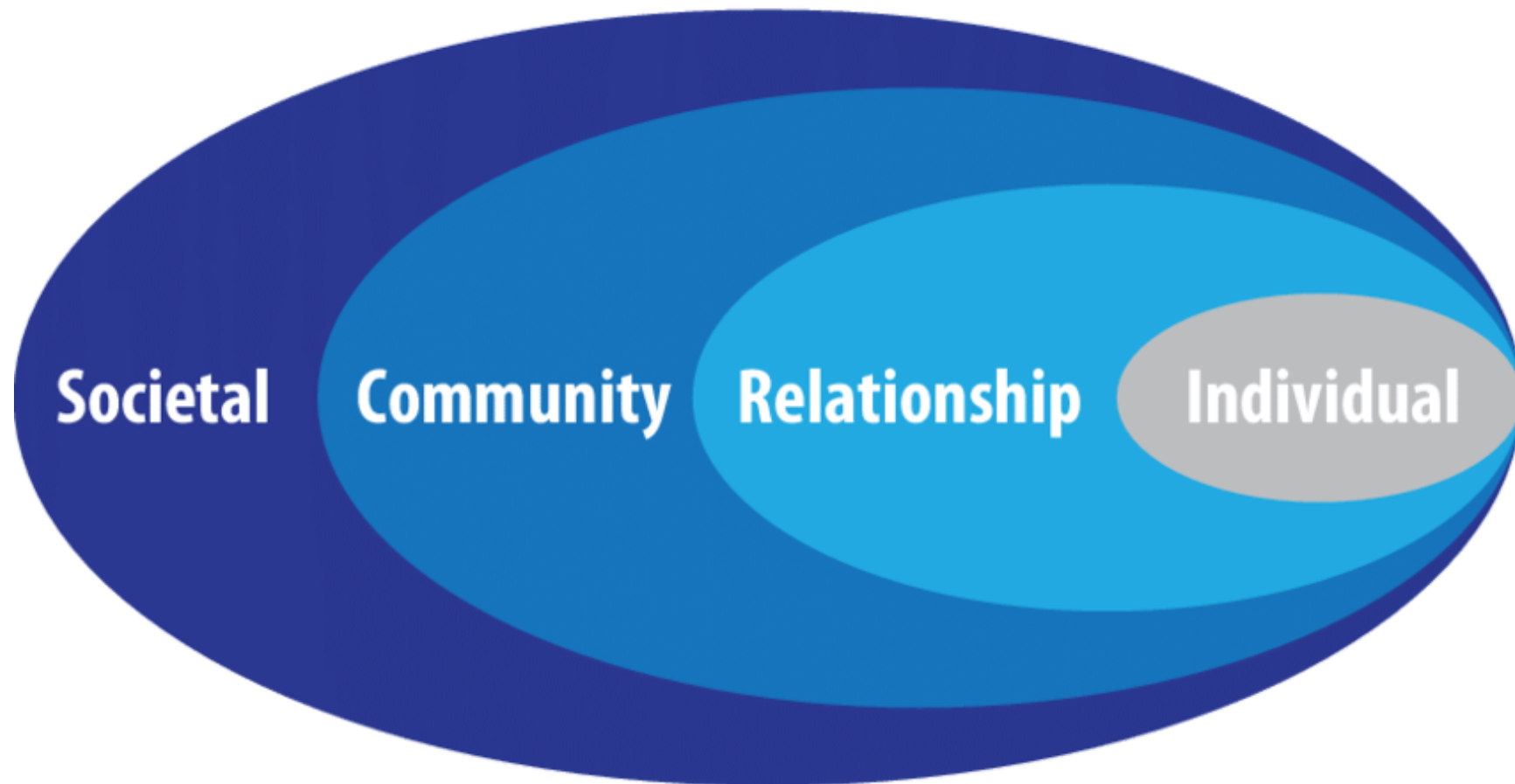




# Marcella's Story via Story Center



# Tell Me Again... What's the Story?



# What are the Stories?



**What strategies do you take to listen to stories throughout your community?**

**What stories are being uplifted in your community?**

**How do you showcase community stories into your programs and policies?**



# Questions? Please & thank you!



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