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# ACTIVATE

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• T O O L K I T •



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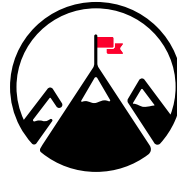
**NOTE: This toolkit is interactive, click on the icons, logos or highlighted portions to be directed to outside links with more information.**

# WE WARNED THEM

A CAMPAIGN TO PROTECT YOUTH FROM INSTITUTIONAL ABUSE



The *We Warned Them* campaign is a grassroots movement created in response to the historical lack of action taken by our elected officials to protect at-risk youth placed in residential care.



Our mission is to inspire communities nationwide to use their voices to demand elected officials take the necessary actions to prevent further abuse and exploitation of at-risk youth.



We are dedicated to amplifying the voices of POC, the LGBTQIA+ community and those who are neurodivergent &/or differently abled.

## THE TROUBLED TEEN INDUSTRY

Each year, the guardianship of thousands of vulnerable youth are signed over to for-profit, private residential youth programs that lack state and federal oversight. This means that these programs can be established fairly spontaneously and are not required to report what goes on within the facility to the state or federal government.

This lack of oversight extends to:

- The identities & backgrounds of staff,
- Number of children in the institutions' care,
- Quality of education being provided,
- Incidents of abuse, neglect, exploitation, restraint;
- Medication [overuse or lack of] & medical treatment.



These programs may label themselves as wilderness, therapeutic, boot camp, or religious programs, and are collectively known as the "Troubled" Teen Industry (TTI). The TTI operates out of sight, typically in remote locations away from public scrutiny. It is a multi-billion dollar industry that exploits vulnerable youth & their families for profit. Thousands of cases of abuse and neglect have been reported in the media over the last 40 years. During this time, young people in the TTI have experienced human rights violations, abuse and injustices. These include but are not limited to: Seclusion & Restraint, Abusive Transport, Abuse of Religious Exemptions, Conversion Therapy, and Human Rights Violations

Thousands who have survived institutional abuse as youth still live with trauma from their experiences to this day.

## THE PURPOSE

The Purpose of this toolkit is to inspire action by providing survivors, advocates and allies with specific tools and resources to take the critical actions necessary to protect at-risk youth.

If we collectively bring these human rights violations to our elected officials and hold them accountable for lack of action, we will effectively change the status quo.





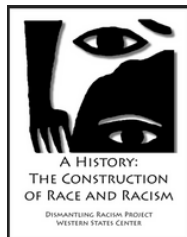
# EFFECTIVE ADVOCACY 101

## Historical Oppression of Marginalized Communities

# HOW TO BE AN EFFECTIVE ADVOCATE

Understanding the historical context of oppression in marginalized communities is key to becoming an effective advocate - we must look at all areas of oppression as they intersect within the framework of our advocacy. Throughout your advocacy journey you will come across people from all walks of life which is why we cannot stress enough the importance of taking the time to educate yourself on any of the following topics that you are not familiar with.

Click on the Icon to learn about the historical oppression of marginalized communities



### Historical Foundations of Race

American society developed the notion of race early in its formation to justify its new economic system of capitalism, which depended on the institution of...



### School-to-Prison Pipeline

The ACLU is committed to challenging the "school-to-prison pipeline," a disturbing national trend wherein children are funneled out of public schools and into the juvenile and criminal justice...



### A long history of bigotry against Asian Americans

Anti-Asian hate crimes were on the rise in the wake of the COVID-19 public health crisis, but after the Atlanta shootings that left eight people dead, six of them women of Asian descent, there is renewed sense of urgency to denounce racism and...



### Anti-Muslim Activities in the United States 2012-2018

Islamophobia: Anti-Sharia Legislation; Anti-Refugee Legislation; Mosques, Muslim cemeteries, and Islamic schools; Anti-Muslim Crimes; Xenophobia; Anti-Muslim Discrimination; Anti-Muslim Bullying



### A brief history of lesbian, gay, bisexual, and transgender social movements

Most historians agree that there is evidence of homosexual activity and same-sex love, whether such relationships were accepted or persecuted, in every...



### REIMAGINING Equity and Access FOR Diverse Youth



### 'Nothing About Us Without Us': 16 Moments in the Fight for Disability Rights



### The Color Line

Teaching Activity. By Bill Bigelow. A lesson on the countless colonial laws enacted to create division a...

zinnedproject.org



## STRENGTHEN YOUR KNOWLEDGE

Learn more about **diversity**, **equity** and **inclusion** by reviewing the *Drake University Social Justice Toolkits* on the following topics:

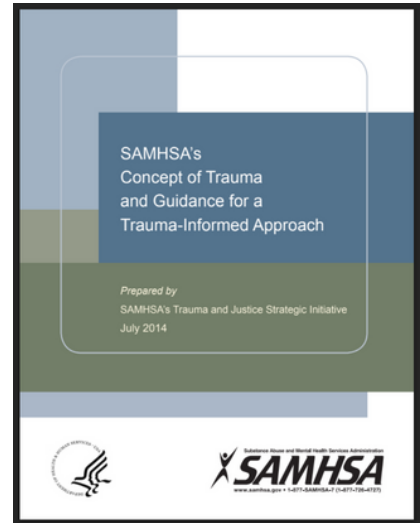
- [Gender Identity & Expression](#)
- [White Privilege](#)
- [Intersectionality](#)
- [Power/Privilege/Oppression](#)
- [Migration/Immigration/Refugee Issues](#)
- [Muslim Identities & Islamophobia](#)
- [Trans & Queer People of Color \(POC\) experiences](#)
- [Latinx and Latin@ Perspectives in the U.S.](#)
- [First Nation and Indigenous Identities](#)
- [#NoDAPL and Standing Rock](#)
- [Cultural Appropriation](#)
- [Black Feminism & Womanism](#)
- [Women, Girls, & Gender Justice](#)
- [Bisexual+; Bisexual, Pansexual, Fluid, & Queer Identities](#)
- [Disabilities & Disability Justice](#)
- [Mixed Race Identities](#)
- [Male Privilege and 'Masculinity'](#)
- [Asexuality and Ace Communities and +Intersex Identities](#)
- [LGBTQIA Allyship](#)





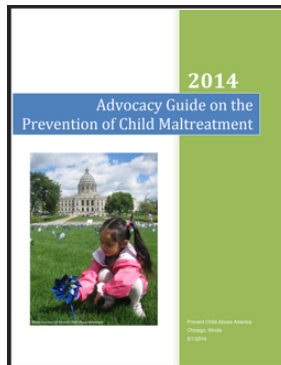
# BE TRAUMA INFORMED

Understanding trauma informed care (TIC) is a vital component to not only understanding the principals that programs geared toward at-risk youth should follow themselves but also so that you can implement the core principals into your advocacy for survivors.



Review SAMHSA's *Concepts of Trauma & Guidance for Trauma-Informed Approach* for an in-depth guide if you are not familiar with trauma-informed approaches.

*Click on the Icons to learn more in depth about Advocacy at its Core*



**Prevention Advocacy**

Through Prevention Advocacy, we promote addressing child sexual abuse as a national and international public health priority by sharing our research and experience-based information with the media, legislators, other policymakers and advocacy groups.



**Survivor Centered, Survivor Focused**

Philanthropy Journal / Preston Wiltner / Feb 3, 2019



**Supporting a Survivor: The Basics**

When a survivor comes out about having been sexually assaulted or abused by an intimate partner, recognize that you should be as supportive as possible.

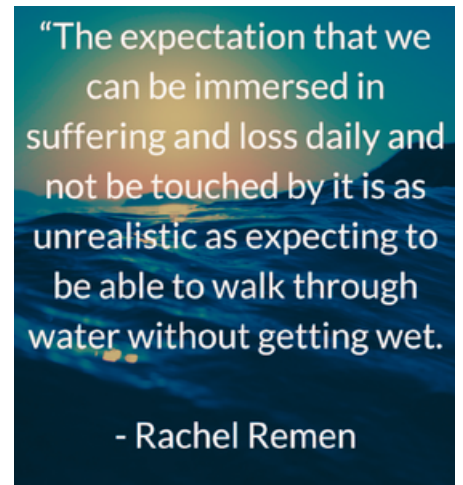






# SELF CARE FOR ACTIVISTS

Engaging in self-care practices is important for all victim advocates. On a daily basis, advocates are exposed to trauma through the stories of the survivors that we work with – whether the stories are heard in person, in writing, over the phone or through social media. Constant exposure to any type of trauma can take a toll on an advocate’s well-being. As advocates, we carry these stories in our hearts and usually do not realize that we are also carrying the effects of compassion fatigue. If you are working as an advocate or are a family member or friend to a survivor, please remember to take some time to care for yourself. The following resources may be a helpful place to start.



## LEARN MORE ABOUT VICARIOUS TRAUMA AND COMPASSION FATIGUE



**Self-Care Starter Kit™**  
Professional self-care is an essential social survival skill. We've developed a self-care starter kit for our students that will also help beginning social work professionals understand the basics of maintaining and enhancing health and well-...



### How Advocates for Inclusion Keep from Burning Out

The feeling that advocacy is an uphill and thankless battle is a natural reaction. Here's how you can keep from burning out.

© BKpub / Jennifer Brown



### Secondary Traumatic Stress

Secondary traumatic stress is the emotional duress that results when an individual hears about the firsthand trauma experiences of another.

© The National Child Traumatic Stress Network / Sarah Peterson / Oct 22, 2018



### Resources for Advocate Resilience

A library of resources that explain burnout and vicarious trauma while encouraging and promoting self-care and...

© MIVAN



### Advocacy and Self Care

Nova Reid explains why self care is vital to activism, and how to practice it when you're on the front lines

© Restless Network / restlessmagazine / Jan 4, 2020

## EASY, DAILY AT-HOME SELF CARE PRACTICES

- Stop whatever you're doing, sit still, and take 3 deep breaths.
- "Square Breathing"
  - 1. Inhale for 4 seconds
  - 2. Hold breath in for 4 seconds
  - 3. Exhale for 4 seconds
  - 4. Hold breath out for 4 seconds
  - Repeat for as long as you want
- Move your body! Go for a walk, run, dance, stretch, whatever is easy and fun for you :)
- Check out this resource for more:



### Self-Care Corner

Certainly taking the time to take care of yourself is easier said than done. Making self-care a priority not only keeps you in this movement but also makes you a better advocate.

© Ohio Domestic Violence Network / Mar 27, 2020



# SELF CARE FOR SURVIVORS

For decades, survivors of the TTI have reported they experienced at least one of the following :

- Non-consensual separation from family and friends
- Forced labor, exploitation, and inhumane punishments
- Psychological and emotional manipulation or brainwashing
- Verbal, physical, or sexual abuse
- Medical Malpractice

Each one of these is a form of trauma. It is common and perfectly normal for TTI survivors to experience some form of post-traumatic stress following their release from an institution. Common symptoms include memory problems, difficulty sleeping, trouble with concentration, and hyper-sensitivity. While these symptoms can be debilitating, they are normal reactions to this type of traumatic experience and are highly treatable!

## Professional Support

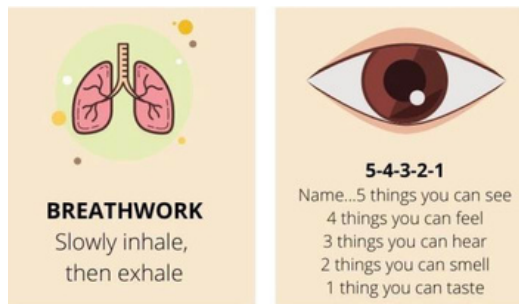
MENTAL HEALTH CARE IS A BASIC HUMAN RIGHT

If you are interested in seeking support from a professional therapist:

- 1) Contact your health insurance provider and request a list of local therapists that are covered on your insurance plan.
- 2) Go through the list, read reviews, and reach out to whoever seems like a good fit.
- 3) Ask if they are taking new patients. If the answer is no, ask for recommendations!

Things to keep in mind when seeking professional support: Many therapists will be unfamiliar with the TTI. However, all therapists should know how to assist people in processing trauma. Don't give up right away if your therapist is unfamiliar with the specifics of the TTI. Instead ask yourself, does this person seem *willing* and *capable* of understanding my experience? Do I feel safe and validated by this person?

**NOTE: You can ask your therapist whether they have experience working with survivors of institutional abuse. If their answer is no, you can always ask for further recommendations!**

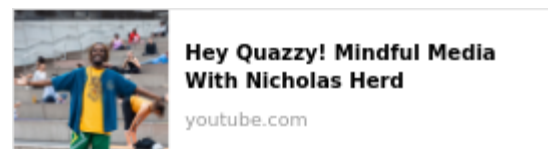


## At-Home Self Care:

**Grounding:** Try the exercises pictured above, and the "square breathing" practice explained on page 7! If you find yourself experiencing anxiety or panic attacks, you can try:

- Splashing cold water on your face
- Doing jumping jacks or other intense exercise
- "Paired muscle relaxation"
  - Breathe in for 5 seconds while tightly clenching your muscles, then exhale for 5 seconds and relax your muscles completely. You can do the whole body at once, or take it one body part at a time.
- Squeeze an ice cube wrapped in a towel
  - This is a great technique for bringing yourself out of a panic attack. The ice will not hurt your body, but the intense cold will literally shock you back into the present moment.

Check out these links for more free and easy self care:



The Trauma Foundation  
[www.traumafoundation.org](http://www.traumafoundation.org)

# UNDERSTANDING THE PROBLEM

GET ACTIVATED  
Understanding the Problem



### Youth in Congregate Care: Far from Home, Far from Safe

Silenced, abused, and desperate for help, children across the nation are being funneled into prison-like "behavior modification" centers under the guise of treatment. The pipeline to these programs are targeting the most vulnerable youth...

aba.org



### Five Facts About the Troubled Teen Industry

Some information to help you better understand the "troubled teen" industry that, despite having allegations of abuse leveled against it for decades,...



### Opinion | Can You Punish a Child's Mental Health Problems Away?

The residential programs that families and kids turn to for help are in desperate need of reform.



### "I Was Forced To Sculpt My Rape": What Is Happening Inside The Troubled Teen...

Each year, it's estimated that 30,000 kids are forced into residential treatment programs against their will, either placed there through foster care, the...



### Your gateway to world-class research journals

Subscription and open access journals from SAGE Publishing, the world's leading independent academic publisher.

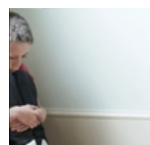
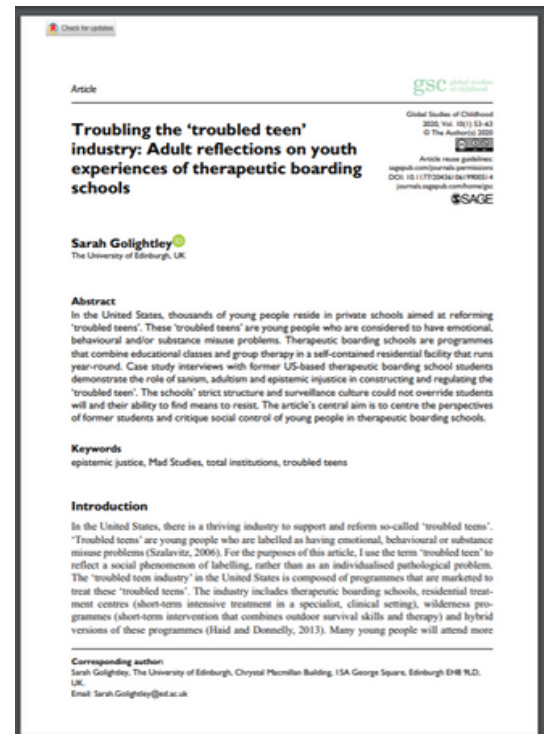
SAGE Journals



### The trouble with the 'troubled teen' label and the behavioral modification industry behind it

The industry says it has changed. A recent lawsuit and discussions with industry professionals underscores it has not.

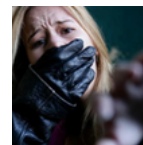
Business Insider | Opinion Contributor | Feb 20



### The "Troubled Teen" Industry

Every year thousands of young people are sent against their will to facilities designed to control their behavior.

NYRA / Brian Conner



### 6 Shocking Realities of the Secret 'Troubled Teen Industry'

In short order I learned some terrifying truths about an industry dedicated to taking America's at-risk youth and...

Cracked.com / robertevans / Jan 15, 2014



### Foster Care: How We Can, and Should, Do More for Maltreated Children

Foster care provides round-the-clock substitute care...

srcd.onlinelibrary.wiley.com

### The Troubled Teen Industry and Its Effects: An Oral History

The troubled teen industry (TTI) is a term used to describe a system of underregulated residential youth treatment facilities that operate primarily in the

# GET ACTIVATED

## UNDERSTANDING THE SOLUTIONS



**End Seclusion and Restraint**



**End Transport Services**



**End Religious Exemptions in TTI Programs**




**End Conversion Therapy**



**End Human Rights Violations**

**Nationwide YRP Task Force**



**Enforce State Oversight**



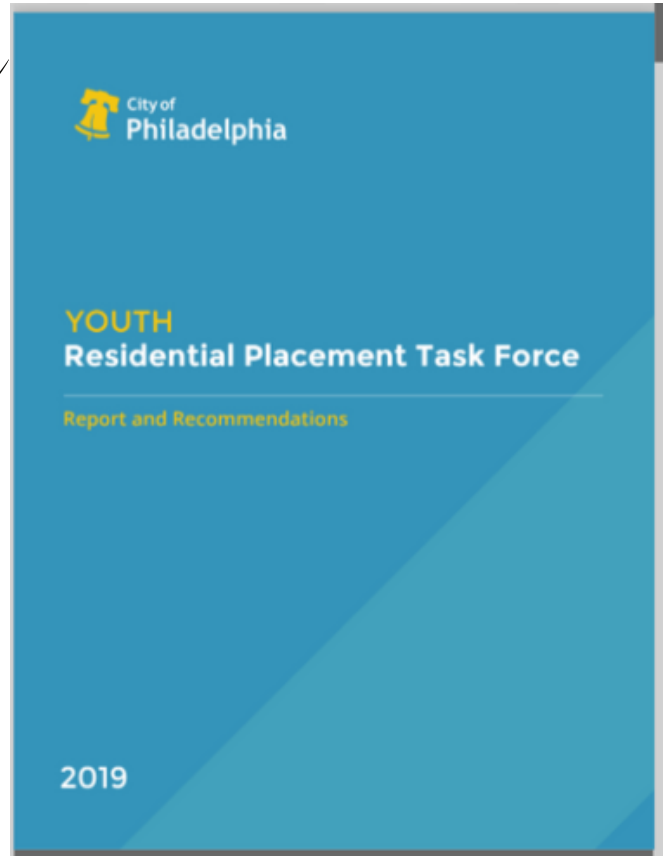
**Enact Federal Oversight**



### DAVID HESS

In 2018, David Hess died at the Wordworth's facility following a fight with staffers who accused him of stealing an iPod and went to his room in search of it. In the confrontation that followed, three staffers restrained Hess, who grew agitated as they flipped over his bed and tossed furniture around, according to a report on the incident by the state Department of Human Services. One held his legs while another repeatedly punched his ribs, the report said. At one point, Hess began gasping for breath, saying, "Get off me, I can't breathe," witnesses who heard his screams later told state investigators.

The YRP Task Force was created in response to his death. We believe a nationwide task force regardless if legislation is in place or not, should be continuous to ensure youths rights are being protected in institutional and congregate settings.





# ADVOCACY = ACTION

On April 20, 2005, Congressman George Miller (left) introduced HR 1738 -- "End Institutional Abuse Against Children Act" -- into the United States House of Representatives. The bill was assigned to the Committee on Education and the Workforce and to the Committee on International Relations but was never enacted into law.

In late 2005, George Miller asked the Government Accountability Office (GAO) to launch an investigation of private residential treatment programs. [Investigations by the GAO in 2007-08](#) found dozens of deaths related to abuse at such residential programs, along with thousands of further allegations, many confirmed, of abuse. GAO investigators posing as parents also discovered widespread use of fraudulent marketing practices.

In October of 2007, congress heard from [parents of teens whom died in private residential facilities](#).

*Stop Child Abuse in Residential Programs for Teen Act (SCARPTA)*, H.R.58760, was introduced by George Miller in 2007-2008 but was never enacted into Law.



*"Untrained/uncaring staff, reckless management, irresponsible operating practices, permitted these horrible tragedies to occur. Sadly the deaths of Erica, Aaron & Ryan are not isolated cases. The Government Accountability's office found thousands of cases of abuse & neglect in private residential homes for teens from 1990 to 2007.*

Congressman George Miller



*"Last year I testified that negligent practices contributed to the death & abuse of troubled youth. Today's testimony responds to your (Congressman George Miller's) request that we continue our work. My testimony has two parts: First, I will discuss cases of death & abuse. Second, I will discuss industry marketing practices."*

Greg Kutz



*"The truth is Nightmares & Psychological scars of being dragged from your home to a place in the middle of nowhere, restrained in blankets & duct tape, assaulted: verbally & physically – those scars and that trauma never go away. To my friends who have since died from suicide because of the nightmares or those who still suffer the nightmare: Our Time & Our Voice will not be in Vain."*

Jon Martin-Crawford

SCARPTA was reintroduced again in 2009, 2011, 2013, 2014, 2015, 2016 and 2017 - it never passed. To this day federal legislation has not been enacted into law.

The historical lack of action taken on behalf of our elected officials has resulted in the continued abuse, neglect and exploitation of at-risk youth. These are names and stories of youth who have tragically died from preventable deaths in TTI programs: [David Hess](#), [Shaquan Allen](#), [Jon Hently](#), [Jake Spencer](#), [Erica Harvey](#), [Anthony Haynes](#), [Sasha Crystal Ruiz](#), [Paige Elizabeth Lungford](#), [Brendan Blum](#), [Cornelius Fredericks](#), [Naomi Woods](#), and [Krista Simons](#).

**36**

"This nightmare has remained an open secret for years. Sporadic news accounts of specific incidents have built a record that should never have been ignored, but shamefully it was and the federal government has completely failed to grasp the urgency of this situation."

CONGRESSMAN  
GEORGE MILLER  
2008

# TAKE ACTION

Contact your Reps

# CONTACT YOUR REPS

In order to help prevent this cycle of abuse from re-occurring, we need you to take action on behalf of our most vulnerable youth. The following are actions you can take to demand change and raise awareness on a local, state and federal level:

As a constituent, it is your representatives duty to not only listen to your concerns but implement policy solutions.



Making them aware of the urgency due to the habitual malpractices of the TTI is a critical first step to demanding change. Your voice is crucial in the fight to end abuse, neglect, exploitation and death in residential placements through out the nation. If you are unfamiliar with contacting your reps please follow the steps below (click on step one to be taken to [www.findmyreps.org](http://www.findmyreps.org)):

**STEP 1: FIND YOUR ELECTED OFFICIALS**

Click here to start finding out who your elected officials are & what their contact information is.

It may be helpful to do some research on your representatives and their track record with legislation surrounding human/civil rights issues. Knowing your representatives is crucial not just for this issue, but for connecting about what's happening in your community as well.

**STEP 2: CULTIVATE TALKING POINTS**

Here is a sample letter outlining the call for accountability and immediate legislative action to protect youth from institutional abuse. Feel free to use it as is, or as a reference or to create your own.

Incorporating the problems, solutions & your experiences + advocacy makes it easier for your representatives to take the knowledge you share and turn it into action.

**STEP 3: MAKE CONTACT**

Contact your elected officials by filling out the contact form on the find my rep website or by calling your elected officials directly, whatever is most comfortable for you.

While it may seem intimidating, they have a duty to hear what their constituents care about.

Click on the database where you can pull articles and reports for resource materials.

**STEP 4: NETWORK WITH US**

No one person or movement can do it alone. Networking is a vital component of advocacy.

Let us know how your call went and who you spoke with by filling out the form on the contact us tab.

Have a project you'd like to collaborate on? Need help? Want us to share your work on our platform? Do not hesitate to contact us! We are here to support you in any way we can.

Collectively, we are a force.

Here's some tips on contacting and working with you're elected officials:

**Writing your Elected Representatives**

Tips on Writing to Your Elected Officials Letters and faxes are an extremely effective way of communicating with your elected officials. Many...

**Working with Elected Officials**

In many cases, advancing youth rights requires a change in the law, which means working with politicians. While this can seem overwhelming, it's important to remember that it is an elected official's job to respond to the needs and concerns...

**They Work For Us: A Self-Advocate's Guide to**

Easy Read Edition

**Calling for Change: The Ultimate Guide on How To Contact Your Elected...**

Your elected representatives are here to serve you and your community's interests. Reaching out to them is one major way to make change in the United States.

**Tips on Meeting with Your Elected Officials**

American Civil Liberties Union

**Washington State Legislature Guide to Effective Participation**

leg.wa.gov/80

**4 Ways to Contact Government Officials**

One of your rights as a citizen is to communicate with certain government officials in order to ask for help or share your views. You are able to contact everyone...

**How to Effectively Engage Your Elected Officials | ReThink Media**

Perhaps the best thing to come out of the 2008 Election is the mobilization of huge numbers of constituents, and what we've learned from that...

**Your Guide To Contacting Elected Officials**

HuffPost Jun 5, 2017

**Getting Started With Advocacy: Who to Contact**

The first step to becoming an effective advocate is preparation. Know who to contact, when to contact and...

**Calling Congress Is Easier Than You Think - Here's How To Do It**

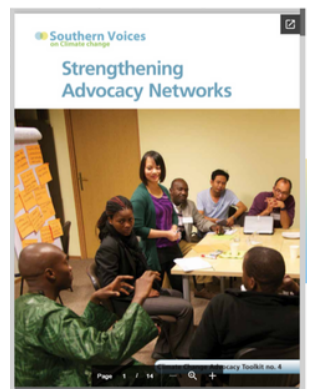
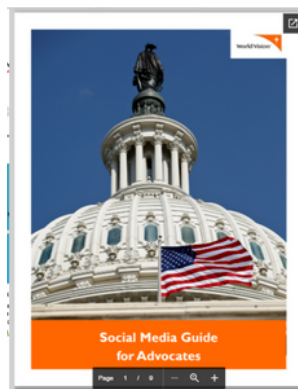
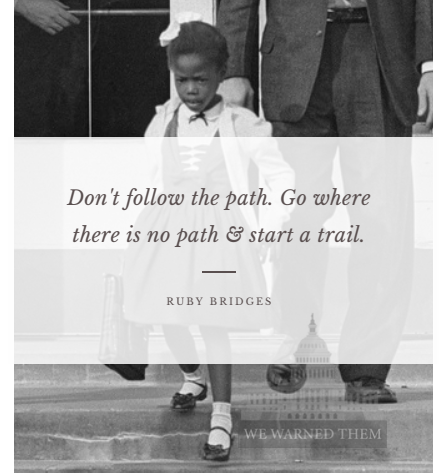
We've even included a script for you to follow!

# RAISE AWARENESS

Raising awareness can take many different forms - the end goal? To create meaningful action that causes a domino effect that inspires others to do the same. No action is too small or insignificant! Every action that is taken makes a powerful impact that causes an everlasting ripple effect.

You will find that the people in your community will never forget what you did to bring this important issue to light.

We encourage you to create your own calls to actions using your unique ideas and methods. The following are some examples of actions you can take to inspire your community into taking action:



**How to Start a Podcast**  
Learn how to make a podcast with this step-by-step guide. You will learn how to record and edit your first episode, upload it to a podcast host, and how to get it into Apple Podcasts, Google Podcasts, and Spotify.



**Global Allies Program**  
Partners Ending Poverty with RESULTS

Engaging the Community  
RESULTS



**How to Start an Awareness Campaign**  
An awareness campaign can be a great way to educate people and get them to take action. It does take some work, but you can do it if you take it step by step. Start by establishing exactly what you want your campaign to be and gathering...



**Art Speaks: Using Art for Advocacy**  
Guest Blogger: Alicia M. Hopkins Art has the power to tell stories, change perspectives, and help unite communities on various causes and issues. We can...



**What is a demonstration? | Activist Handbook**

The Wikipedia for activists  
activisthandbook.org



**How to Build Better Calls to Action (SSIR)**

A well-told story can inspire people...  
ssir.org



# PUBLIC DEMONSTRATION

Public Demonstrations are a powerful way to bring awareness and connect with the community. View ways in which public demonstrations have made a difference in communities everywhere.

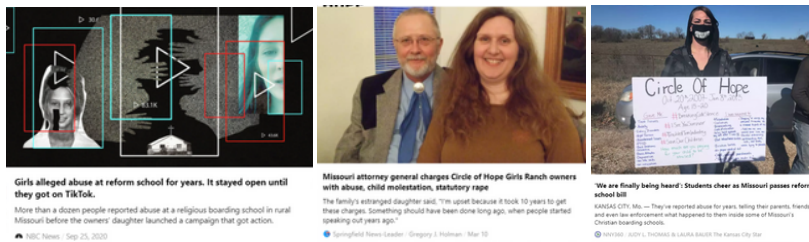
## Freedom Village USA



## #JusticeforMoniquePayne



## Circle of Hope



## NeuroClastic: #StoptheShock



## #ShutdownUHS



## Lobbying at the Capitol



## YOU CAN MAKE A DIFFERENCE

With this [Organizing Public Demonstrations guide](#) from [Community Tool Box](#) you will learn:

- What is a public demonstration?
- About Public Demonstrations
- Why might you want to organize a public demonstration?
- When might you want to organize a public demonstration?
- How to organize a public demonstration?

Hold an Event such as a town hall meeting, rally, press conference, meet & greet or create your own kind of event! Please email us if you'd like us to list your event on our platforms & most importantly remember to *Know your rights!*



### Know Your Rights: Demonstrations and Protests

#### General guidelines

**Can my free speech be restricted because of what I say—even if it is controversial?**  
 No. The First Amendment prohibits restrictions based on the content of speech. However, this does not mean that the Constitution completely protects all types of free speech activity in every circumstance. Police and government officials are allowed to place certain nondiscriminatory and narrowly drawn "time, place and manner" restrictions on the exercise of First Amendment rights. Any such restrictions must apply to all speech regardless of its point of view.

**Where can I engage in free speech activity?**  
 Generally, all types of expression are constitutionally protected in traditional "public forums" such as streets, sidewalks and parks. In addition, your speech activity may be permitted to take place at other public locations that the government has opened up to similar speech activities, such as the plazas in front of government buildings.

**What about free speech activity on private property?**  
 The general rule is that the owners of private property may set rules limiting your free speech. If you disobey the property owner's rules, they can order you off their property (and have you arrested for trespassing if you do not comply).

**Do I need a permit before I engage in free speech activity?**  
 Not usually. However, certain types of events require permits. Generally, these events are:  
 • A march or parade that does not stay on the sidewalk, and other events that require blocking traffic or street closure  
 • A large rally requiring the use of sound amplifying devices; or  
 • A rally at certain designated parks or plazas

Many permit procedures require that the application be filed several weeks in advance of the event. However, the First Amendment prohibits such an advance notice requirement from being used to prevent rallies or demonstrations that are rapid responses to unforeseeable and recent events. Also, many permit

Please review the ACLU's "Know Your Rights: Demonstrations and Protests"



The Stop Institutional Child Abuse Act aims to lift the curtains on this opaque industry by enhancing national data collection and reporting and facilitating information sharing among every agency who interact with these programs. This bill is an important step in preventing child abuse and ensuring the safety and well-being of youth in institutional care settings.

The Stop Institutional Child Abuse Act will establish:

- A Federal Work Group on Youth Residential Programs to improve the dissemination and implementation of data and best practices regarding the health and safety, care, treatment, and appropriate placement of youth in youth residential programs.
- A complementary study by the National Academies of Sciences, Engineering, and Medicine to examine the state of youth in youth residential programs and make recommendations for the coordination by Federal and State agencies of data on youth in youth residential programs; and the improvement of Federal and State oversight of youth residential programs receiving Federal funding.

Transparency and Accountability are critical in our efforts to prevent the abuse and neglect of youth in residential programs and eventually reduce the usage of institutional settings overall to prioritize community-based and family-centered care. This will lead to healthier communities and will spare countless children and youth irreparable trauma and preventable death at the hands of those entrusted with their care. "The Stop Institutional Child Abuse Act" was introduced in April 2023 and so far 94 organizations have signed on to SICAA.

We Warned Them is asking all survivors, advocates and allies to complete our 3 step call to action:

1. [Sign on to our letter](#) asking elected officials to support SICAA
2. Contact your representatives and give them the letter, ask if they can co-sponsor the bill
3. Fill out the [Rep Response form](#) detailing how your meeting went and if your officials will co-sponsor or support the bill.

After you fill out the Rep Response, it will be uploaded onto our [virtual map](#) that will show which elected officials are going to co-sponsor SICAA and which aren't.

Your voice is crucial in the fight to end abuse, neglect and exploitation in residential settings. View the next page for a template you can use when contacting your elected officials.



# RESOURCES

## Trauma Survivor Resources:



### Resources for Survivors of Violence, Disasters, and Other Traumatic Experiences

You are not alone. Even in disasters, help is available.

[National Sexual Violence Resource Center](#)



### SURVIVOR RESOURCES

Author: Carolyn SpringLink:  
<https://www.carolynspring.com/sho...>

[childhelpline.org](http://childhelpline.org)



### Complex Trauma Resources

Resources for Survivors and their Helpers

[complextrauma.org](http://complextrauma.org)



National Library of Medicine  
National Center for Biotechnology Information



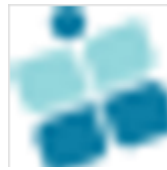
### Self-Care for Survivors

Student Survivor Toolkit: Download the PDF Getting through your Title IX case isn't just about knowing how to participate in...



### Strength in vulnerability: Why advocates must make self-care a priority in 2019

[bmsg.org](http://bmsg.org)



### Self-Care

What is self-care? The term "self-care" refers to actions and attitude...

[victimconnect.org](http://victimconnect.org)



### Tips For Self-care For Child Advocates

[lisakanebrown.com](http://lisakanebrown.com)

### Self-Care for Survivors

Whether it happened recently or years ago, self-care can help you cope with the short- and long-term effects of a trauma like sexual assault.

## Finding a Lawyer

**The State Bar of California**  
Protecting the public & enhancing the administration of justice.

**NEW YORK CITY BAR**  
Find a Lawyer | For the Public | NYC Bar  
Find screened NYC lawyers at NYC Bar. Use the NYC Bar Legal Referral Service to find a qualified lawyer.

**ABA**  
AMERICAN BAR ASSOCIATION™  
**FindLegalHelp.org**  
Information for the public about how to find a lawyer, resources for using a lawyer, and free legal information.

**Find Help for Yourself and for Others**  
Click on your state (in the map or in the drop-down menu) to find contact information for 1) advocates in local domestic violence programs and shelters; 2)...

**Victim Rights Law Center, Inc.**  
The Victim Rights Law Center is Leading a New Response to Sexual Violence. Founded as the first law center in the nation dedicated solely to serving the...

**Legal Services**  
This list is not exhaustive. If you are a survivor and are in need of legal services, please contact our offices or fill out this form to connect with our LAP...



# RESOURCES

Resources for Advocates:



**Home**  
Description of the video.  
Self-Care For Advocates / Apr 10



**Self-Love and Self-Care: A Guide for Activists**  
Self-care is what keeps activists going when the going gets tough. It is the all-encompassing term for anything and everything that contributes to the



**Origins of self-care and why activists and advocates need to practice it**  
We live in a highly stressed society in the United States. According to a survey conducted by The Harris Poll, adults mostly cited violence and crime (75...



**Self-Care Tips for Sustainable Advocacy**  
dressembler.org



**Ally and Advocates and Self...**  
Below is a collection of resources for Folks who a  
colorado.edu

**Blog | News & Events**

Get up to date information on the New York State Coalition Against Domestic Violence's efforts and initiatives to end domestic violence.



Resources for Marginalized people who have experienced Discrimination:



**Unicorn Solutions**

**Resources**  
\*Please note that all resources on this page have been extensively vetted and researched by Unicorn Solutions. If you have a resource you'd like to add, ...



**BORN PERFECT**

**Toolkits, Resources and Statements**  
Toolkits, research sources, and policy statements by medical professional societies against conversion therapy practices.



**Advocacy**  
The Trevor Project works at the local, state, and federal levels to advocat...  
thetrevorproject.org



**24/7 Suicide Hotline for LGBTQ Youth - Get Help Now**  
thetrevorproject.org



**Home**  
The ACLU dares to create a more perfect union — beyond one person, party, or side. Our mission is to realize this promise of the United States Constitutio...



**National Disability Rights Network - P&A - CAP**  
NDRN promotes the network's capacity, ensures that P&As/CAPs remain strong and effective by providing



**Southern Poverty Law Center**  
The Southern Poverty Law Center documented 1,255 active hate and...  
splcenter.org

RESOURCES