

SECTION 10

CONCLUSION

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Dear Advocate,

Congratulations on completing this training! The first phase of your journey is complete. It is natural to experience many feelings at this time – excitement for the next steps, fear about applying all of this information, and even feeling overwhelmed about remembering everything that has been taught.

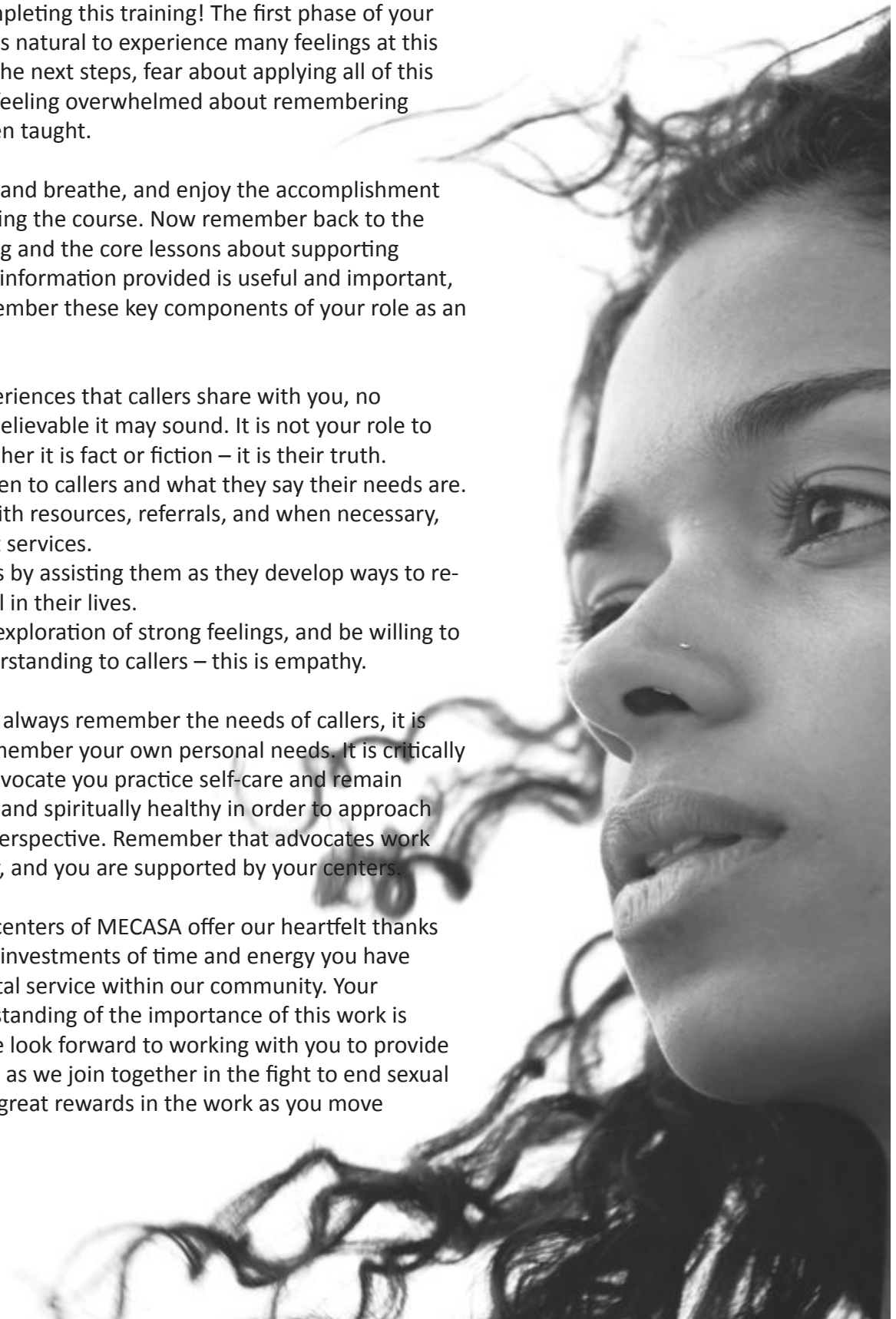
Take a moment to stop and breathe, and enjoy the accomplishment and success of completing the course. Now remember back to the beginning of the training and the core lessons about supporting survivors. While all the information provided is useful and important, when all else fails, remember these key components of your role as an advocate:

- Believe the experiences that callers share with you, no matter how unbelievable it may sound. It is not your role to determine whether it is fact or fiction – it is their truth.
- Support and listen to callers and what they say their needs are. Provide them with resources, referrals, and when necessary, accompaniment services.
- Empower callers by assisting them as they develop ways to re-establish control in their lives.
- Be open to the exploration of strong feelings, and be willing to offer deep understanding to callers – this is empathy.

While it is important to always remember the needs of callers, it is just as important to remember your own personal needs. It is critically important that as an advocate you practice self-care and remain physically, emotionally, and spiritually healthy in order to approach this work with a clear perspective. Remember that advocates work together in this journey, and you are supported by your centers.

The staff and member centers of MECASA offer our heartfelt thanks to you for the personal investments of time and energy you have made to provide this vital service within our community. Your compassion and understanding of the importance of this work is greatly appreciated. We look forward to working with you to provide help, hope, and healing as we join together in the fight to end sexual violence. May you find great rewards in the work as you move forward.

Thank you!





**24-HOUR CONFIDENTIAL STATEWIDE
SEXUAL ASSAULT CRISIS AND SUPPORT LINE:
1-800-871-7741 or TTY: 1-888-458-5599
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