HEALING THROUGH DOING - HOW A SURVIVOR BECAME A LEADER

RACHELLE SCHEELE
SCARS FOUNDER

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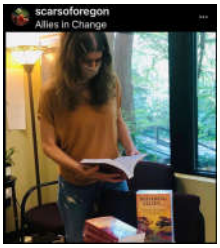
- 2008 Broke free from abusive relationship
- 2009 DVSD Dialogue with offender
- 2012 Attended ARMS and volunteering
- 2013 Speaking on Survivor Impact Panels
- 2014 Trainings on working with abusive men
- 2015 Steering Committee for Washington County Family Justice Center
- 2015 SCARS Founded with Survivors
- 2019 SCARS takes over volunteer-based panels

Becoming an ally in change



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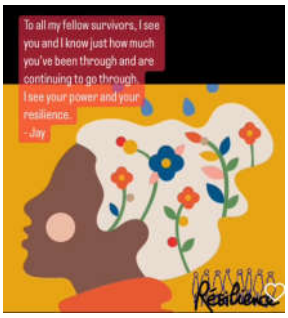

The Story of SCARS is a Survivor's Story

SCARS

Survivor Collective Alliance Reaching Society

Founded in 2015 on the idea Survivors are the best equipped to support each other, help the "helpers" and be allies in change for better policies and outcomes

Survivors

Survivors want a community of authentic friendships and healthy relationships. They want to use their story to connect with each other and effect positive change in the broader community

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QUOTES FROM SURVIVOR IMPACT PANEL SPEAKERS

"Nobody had ever given me permission to talk about my story outside of counseling. It had never occured to me that I could tell my story for healing, prevention, and education."

"Afterwards, a couple of the men came up to me and said Thank You... It was so lovely that all of us had touched all of these people who'd been arrested for domestic violence."

"It took me about a couple of weeks to really get over it the first time... to really process what I'd just told a group of strangers."

'I would never not do this work, ever. It feeds my soul to be able to see the life-changing looks on people's faces. To hear their comments...to know that both sides of the coin are being addressed.

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SCARS Survivor Impact Panels

SCARS

- Part of coordinated community response
- Referrals from BIP's and PO's
- Currently on Zoom
- Panel support team
- 3 Survivor Panelists
- 20-50 BIP participants
- Space for engaging, a facilitated process for both to speak
- PSU Graduate Student research by N.S.F.

Survivors

- Attend peer support and learn about panels
- Observe a panel for continued healing
- Become panelist by participating in speaker workshops and 1-1 support
- Get help with their story to have most impact
- Feeling secure knowing there are parameters

Participants

- Must be approved by BIP
- Need to complete 30 weeks of group
- Clear expectations of behavior during panel
- Encouraged to engage in Q & A
- Pay fee which supports SCARS work to do panels

Observers

- Community members may request to attend
- Community outreach
- Professionals such as mediators, counselors, doctors and educators
- Survivors wanting to learn more about panels

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QUOTES FROM SURVIVOR IMPACT PANEL PARTICIPANTS

"It just gave me so much empathy and really helped me realize the lasting effects my abuse caused to my victim. Very powerful"

"Hearing the stories the survivors had stated tonight definitely showed me what abuse can do to some one's mind and mental state. I am deeply convinced and believe that the long term effects abuse will impacts the life of a survivor forever."

"Hearing what you all had to say made a huge influence on my future choices and behavior toward others in my future relationships. I never want my future partner to feel as if I'm a lier, an abuser, or a neglecting in any way shape or form."

"It helped me to see how my abuse has such a deep effect on the my victim and the people around me that no abuse is just a little thing and to show more compassion and empathy and respect to my partner."

"Watching the panelists talk about the long term impact is what I needed to stay present in my healing and work to be better and no longer abusive."

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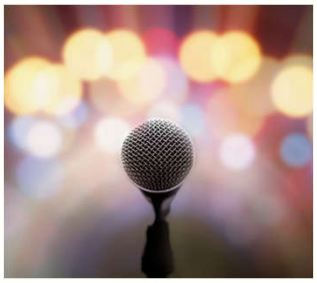
@SCARSofOregon Social Media Networks

SCARS Podcast



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SCARS PODCAST

The Truth About Abuse - SCARSofOregon Survivors Speak

SCARS Survivor Impact Panels - Discussion wih Rachelle and Jane

Find us on Spotify and wherever you're enjoying podcasts

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Thank You!

Save the Date: January 21, 2023
SCARS Survivor Impact Panel
Collaborative Conference

Contact Rachelle: Info@SCARSofOregon.org

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