

Health Care Quality Unit (HCQU)  
Training and Resource Guide  
Sexuality: Education and Abuse

**CENTRAL PA HCQU (GEISINGER)**

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Most of the nurses at the Central HCQU have attended the training offered by PCAR around this issue. In addition, the Central HCQU has resources utilized for training and raising awareness for staff/caregivers and self-advocates around this issue. Listed below is a list of some of these resources:

“Just Say Know!” resource that addresses understanding and reducing the risk of sexual victimization of people with ID/DD

“Life Horizons 11” covers multiple areas of Sexuality including prevention of sexual abuse  
Safer Options Manual

“Sexuality Education for Adults with Developmental Disabilities” – comprehensive sexuality curriculum

“Healthy Relationships Workbook” – addresses all types of relationships and progresses all the way through to sexuality/intimacy and abuse.

The Center for Relationship & Sexuality Education, A Program of Oak Hill – Seven Workbook Series.

As part of the Central Region PPC Meetings during 2018, the committee put together a Sexuality Resource Toolkit with a variety of resources around sexuality including sexual abuse.

The Geisinger Central PA HCQU has explored and hosted a guest speaker on Domestic Assault/Human Trafficking. Presentation occurred at the Central Region PPC Meeting on 02/25/2020. The presentation will be repeated at the Geisinger Central HCQU Spring Day of Learning event on May 14, 2020.

Geisinger Central HCQU will continue with the initiatives of ODP Statewide Committee Concerning Sexual Health, Personal Relationships, and Sexuality (Bulletin/Announcement 4/13/2018)

## **EASTERN PA HCQU (The Advocacy Alliance)**

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- Collaboration with the ASERT Social Media Campaign resources related to sexual abuse/victimization from the University of South Carolina that is currently under construction by Central ASERT and 2 HCQUs (Central and South Central).
- Collaboration with the ODP Statewide Committee Concerning Sexual Health, Personal Relationships, and Sexuality (Bulletin/Announcement 4/13/2018).
- This is the information that is presented on Sexual Abuse for the Eastern PA HCQU:

### For individuals / consumers:

SAFE (Stop Abuse for Everyone) program, depending on how much time/how often the trainings are.

### These points:

1. What is a relationship, various types of relationships we have, rules that apply to those relationships
2. Privacy and public- both for locations (bedroom vs. Walmart) and body
3. Dating relationships - reasons for dating (benefits/risks)
4. Intimacy within a dating relationship or marriage (consent, personal choice, benefits/risks)
5. Law regarding sexual activity (consent, illegal sexual activities - statutory rape, rape, sexual assault, public indecency, etc.)
6. What does being a victim of sexual abuse mean - examples of sexual abuse, what the offender says or does to scare or trick another person into non-consensual sexual activity, who is at fault, how a person may feel if they are victimized (emotions, thoughts)
7. Responding to sexual abuse - what to do if someone is currently trying to sexually abuse you, what to do if you have been hurt in the past

### For providers/staff/family members:

1. Definition of sexual abuse- including examples (contact and non-contact types of abuse)
2. Statistics regarding sexual abuse in the IDD population
3. Implications of sexual abuse- trauma informed perspective of how sexual abuse alters a person's physiological, emotional and cognitive responses
4. Responding to sexual abuse:
  - a. Sexuality Education for all consumers (proactive)- David Hingsburger's Ring of Safety model
  - b. Signs and systems of sexual abuse
  - c. Responding in the moment to statements of being sexually abused
  - d. Resources in local community for sexual abuse response- ER, physicians, counseling/therapy, alternative / complimentary therapies
  - e. Trauma informed care- Sanctuary Model info

**NORTHEASTERN PA HCQU (The Advocacy Alliance)**

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The Northeastern PA HCQU has a Behavioral Health Coordinator who is also a Certified Sexuality Educator, who does most of the education. Nurses discuss physical sexual health topics, such as STDs.

The Behavioral Health/Certified Sexuality Educator usually adheres to SIECUS, since it is the Sexuality Information and Education Council of the United States.

SIECUS:

<http://mx5.kepro.org:32224/?dmVyPTEuMDAxJiZhNTcxNzYyNzJhYjEzZjlyMT01QUM0RTg1MF8xMzA5OF8xNzI2MF8xJiY4ZTM1MzNmNTQxY2ExN2M9MTIzMyYmdXJsPW0dHBzJTNBJTJGJTJGd3d3JTJFc2IiY3VzJTJFb3JnJTJGaW5kZXglMkVjZm0=>

A questionnaire is conducted about the knowledge the individual has about sexuality, using the general sexual knowledge form:

<http://mx5.kepro.org:32224/?dmVyPTEuMDAxJiZmYzMyNmMyYTNjYTE2NDNIND01QUM0RTg1MF8xMzA5OF8xNzI2MF8xJiY0ZWlwZTNiMTQxYmJiN2Q9MTIzMyYmdXJsPW0dHAIM0EIMkYIMkZ3d3clMkVtaWRzcyUyRW9yZyUyRmNvbniRlbnQlMkZnZW5lcmFslXNleHVhbC1rbm93bGVkZ2UtcXVlc3Rpb25uYWlyZS1xc2tx>

After areas of focus are established, the SIECUS model is followed, which allows flexibility to supplement information that is pertinent to each case.

Information is supplemented with a comprehensive curriculum called F.L.A.S.H.:

<http://mx5.kepro.org:32224/?dmVyPTEuMDAxJiZhNTcxNmUyNzIxYjUyOTNIND01QUM0RTg1MF8xMzA5OF8xNzI2MF8xJiYzZTI1NTIxNTUxMmEwNmU9MTIzMyYmdXJsPW0dHBzJTNBJTJGJTJGd3d3JTJFa2luZ2NvdW50eSUyRWdvdiiUyRmRlchRzJTJGaGVhbHRoJTJGbG9jYXRpb25zJTJGZmFtaWx5LXBsYW5uaW5nJTJGZWR1Y2F0aW9uJTJGRkxBU0glMkVhc3B4>

If the focus is on abuse, a curriculum by the PA Developmental Disabilities Council called: "S.A.F.E.: stop abuse for everyone..." is used.

The Northeastern HCQU plans to collaborate with ASERT's Social Media Campaign resources related to Sexual Abuse/Victimization from the University of South Carolina that is currently under construction by Central ASERT and 2 HCQUs (Central and South Central).

The Northeastern HCQU will continue with the initiatives of ODP Statewide Committee Concerning Sexual Health, Personal Relationships, and Sexuality (Bulletin/Announcement 4/13/2018)

### **NORTHWESTERN PA HCQU (Milestone)**

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www.northwesthc.org

Milestone HCQU NW utilizes the following resources regarding education around prevention of Sexual Abuse in the I/DD community:

- Positive Choices: A Program on Healthy Relationships, Sexuality, and Safe Boundaries For Secondary Students with Intellectual and Developmental Disabilities by Lucille Martin Duguay, LCSW, through Oak Hill. We are currently piloting this curriculum (which we adapt as necessary for adults) with one of our providers.
- Sexuality Education for Adults with Developmental Disabilities by Katherine McLaughlin, Karen Topper, and Jessica Lindert, through Planned Parenthood. We have not utilized this curriculum in its entirety, but have found it useful for PCTAs.
- Sex Education Activities by Patricia Rizzo Toner. We sometimes use activities for PCTAs.
- Publications, conference materials, etc. from Dave Hingsburger, Shawn McGill, and Lisa Mitchell are also utilized frequently for PCTAs.
- We developed a two-part Public vs. Private training. The first session discusses places, areas of the body, and behaviors that are public / private, while the second session involves role play and discussion of various scenarios to improve individuals' skills in responding to situations in which their boundaries may be violated.
- For staff, we utilize Is This Abuse? An essential training program for all direct care staff working in the field of Developmental Disabilities from YAI National Institute for People with Disabilities. We supplement this with additional information on recognizing signs that sexual abuse may be occurring. We recently purchased Is this abuse, too? which also covers sexual abuse.

## **SOUTH CENTRAL HCQU (The Advocacy Alliance)**

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### **Training Topics Include:**

- Public vs. Private-includes conversations, activities/behaviors, places, and body parts
- Relationships-includes healthy relationships, social touching or no touching, stranger awareness, conversations, and romantic relationships
- Online and Social Media Safety
- Communication-styles of communication, focus on assertiveness and self-advocacy
- Exploitation-includes what exploitation is and how it can look, as well as how to get help
- Understand the body-includes puberty, private body parts, terminology, and changes
- Sexually Transmitted Diseases/Infections-includes transmission, symptoms, and prevention
- Consent
- Conception and contraception
- Legal vs illegal sexual activity
- Sexuality and sexual expression for adults with intellectual/developmental disabilities (for staff/families)

### **Resources utilized include:**

- Telephone Screen
- Pre and Post assessment Tool for the Assessment of Levels of Knowledge-Sexuality and Consent (TALK-SC)-Vita Community Services and Mackenzie Health, Dave Hingsburger
- F.L.A.S.H. Curriculum-Public Health-Seattle & King County, Family Planning Program
- Attainments Life Skills Development Series
- Charting the Course-Sexuality and Relationships
- Boyfriends and girlfriends
- Intimate relationships and sexual health
- Finger Tips: Teaching Women with Disabilities about Masturbation through Understanding and Video (DVD and Handbook), Dave Hingsburger
- Hand Made Love: A Guide for Teaching about Male Masturbation through Understanding and Video (DVD & Handbook), Dave Hingsburger

### **Pamphlets utilized:**

- Are You in a Healthy Relationship?
- How to Develop Your Decision-Making Skills
- STDs-Keeping TABS on Preventing STDs
- HIV Prevention and Protection
- Needles- HIV and Hepatitis
- Women and STDs
- Social Media-Keeping TABS on Staying Safe
- Staying Safe Online
- Are you being treated right?

- Think B 4 U “send”

Videos Utilized:

- Assertive Communication
- Healthy relationships
- How Does Pregnancy Happen?
- How to be a Good Friend
- Sex Education 5-Sexually Transmitted Infections
- Fertilization
- How Can I Reduce My Risk of Getting a Sexually Transmitted Disease?
- Internet Safety
- Netsafe Episode 11 Protect Your Personal Information

The SC-HCQU will participate in collaboration efforts and ongoing support of the following:

1. The educational/social media campaign on Sexual Abuse and Victimization that is being put together by the Central Region ASERT Team
2. ODP Statewide Committee Concerning Sexual Health, Personal Relationships, and Sexuality (ODP Bulletin 00-18-01)

## **SOUTHEASTERN PA HCQU (Philadelphia Coordinated Health Care, PCHC)**

1601 Market St., 5th Floor  
Philadelphia, PA 19103  
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[www.pchc.org](http://www.pchc.org)

PCHC continues to work collaboratively with various agencies that support individuals who have been victims of abuse. PCHC has created two documents as educational resources on this topic: *Let's Talk About Sexual Abuse* and *Sexual Abuse Brochure*. Both can be accessed on PCHC's website:

[www.pchc.org](http://www.pchc.org)

- Sexual Abuse Brochure - This brochure outlines critical issues regarding sexual abuse related to people with ID. This brochure answers questions including: What is sexual abuse? What should you look for? How can you help? It provides guidance on what you should do if you suspect or witness sexual abuse and provides information on organizations who can help.
- Let's Talk About Sexual Abuse Booklet - This booklet acts as a resource for Individuals with Intellectual/Developmental Disabilities and their families. It explains what sexual abuse is, what to do if you are abused and how to get help.

### Training Topics & Initiatives:

- PCHC has revised their training curriculum to include the following subject areas and topics:
  - LGBTQA
  - Expansion on consent issues
  - Expansion on sexuality, ID and co-occurring Mental Health diagnoses
  - Expansion to include general information about some medical diagnoses and sexuality (IE. respiratory diagnoses)
- Regional Trainings have been set up to present this revised curriculum in the SE Region
- PCHC continues to provide Healthy Relationship Training to individuals and families.



## **SOUTHWESTERN PA HCQU (KEPRO)**

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Trainings and resources specific to sexual abuse/anti-victimization:

### STAFF TRAININGS

- Abuse: Individual to Individual
- Abuse: Recognizing and Reporting
- Boundaries
- Positive Approaches: An Overview
- Positive Approaches: De-escalation
- Relationship Building
- Sexuality: Education
- Sexuality: Every Person's Rights
- Sexuality: Problematic Behaviors
- Trauma

### SELF-ADVOCATE TRAININGS

- Friends (for Self-advocates)
- Getting Along with Others (for Self-advocates)
- Personal Space (for Self-advocates)
- Stranger Safety (for Self-advocates)

### TRAINING RESOURCES

- Circles Training – Levels I and II
- Life Horizons I and II – Sex Education for Persons with Special Needs
- Sexuality Resources for Family Members and Direct Care Professionals of People with Intellectual / Developmental Disabilities (I/DD) – posted on website
- Elevatus Sexuality Education Curriculum for Self-Advocates

### **WESTERN PA HCQU (Milestone)**

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Butler, PA 16001

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Fax: (724)283 -1012

[www.milestonepa.org](http://www.milestonepa.org)

#### **In-Person for Staff**

- Female Reproductive System and Contraceptives
- Human Immunodeficiency Virus (HIV)
- Managing Sexual Risk for a Person with a Developmental Disability
- Sexuality and People with Intellectual and Developmental Disabilities
- A Staff Guide to Abuse Prevention
- Ethics of Touch
- Individual to Individual Abuse: Reducing the Risk
- Is This Abuse?
- Is This Abuse, Too?
- SAFE Training
- Thoughtful Supports: Working with People with Problematic Sexual Behavior
- Trauma Informed Care
- Trauma and Disability: A Hidden Epidemic
- Trauma and Treatment: Healing Towards Recovery

#### **In-Person for People with IDD**

- Abuse Prevention (Dave Hingsburger)
- Building Relationships
- How Do I Know If I'm Ready?
- Circles
- Elevatus
- FLASH
- Gullible Gus
- Life Horizons I
- Life Horizons II
- SAFE Curriculum
- Project S.A.R.A.H.

#### **Recorded Webinars (MHW Training Center)**

- A Staff Guide to Abuse Prevention
- Sexuality and People with IDD
- Understanding the Impact of Trauma

### Video DVD

- *Circles Stop Abuse* (2 DVDs & Handbook)
- *Dating and Relationships*, Shawn McGill
- *End the Silence*
- *Finger Tips* (DVD & Workbook), Dave Hingsburger
- *Hand Made Love* (DVD & Workbook) by Dave Hingsburger
- *Is This Abuse, Too?*
- *Is This Abuse?*
- *Is This Abuse?* Written Materials
- *Intellectual Disabilities, Autism, & Sexuality* Shawn McGill
- *Life Horizons I: The Physiological and Emotional Aspects of Being Male and Female* (DVD & Workbook)
- *Life Horizons II: The Moral, social and Legal Aspects of Sexuality* (DVD & Workbook)
- *No! How!!!*
- *The Ethics of Touch* (DVD & Workbook)
- *The LifeSmart Curriculum: Becoming DateSmart - 2: Avoiding Trouble & Listening for "No"* (2 DVDs & Handbook)
- *The LifeSmart Curriculum: Becoming PeopleSmart - 1: Basic Friendship Skills* (3 DVDs & Handbook)
- *The LifeSmart Curriculum: Becoming PeopleSmart - 2: Trust and Gullibility* (3 DVDs & Handbook)
- *The Whole Truth* (DVD & workbook)
- *Tools for Change: My Choice, Your Decision* (DVD & Workbook)
- *Tools for Change: I Can Speak for Myself: Understanding the Value of Assertive Communication* (DVD & Workbook)
- *Unforgotten*
- *Victims with Disabilities: The Forensic Interview Techniques for Interviewing with Communication and/or Cognitive Disabilities* (DVD & Workbook)
- *When the Moon Come Up*
- *Who Do We Serve?* Dave Hingsburger

### Binder/ Handbook Curriculum

- *Abuse Prevention Training "No How"* by David Hingsburger, Michelle Barlow, and Nicole Twigger-Cotton
- *F.L.A.S.H.*
- *Healthy Choices: Relationships, Sexuality, and Family Planning: Curriculum Teacher Guide*
- Pictures (Curriculum), Sexuality Reference Cards
- *Victims with Disabilities: Collaborative, Multidisciplinary First Response Techniques for First Responders Called to Help Crime Victims Who Have Disabilities*

### Books, Pamphlets, or Handbooks

- *A Risk Reduction Workbook for Parents and Service Providers: Policies and Practices to Reduce the Risk of Abuse, Including Sexual Violence, Against People with Intellectual and Developmental Disabilities*, By Dr. Nora J. Baladerian
- *Anthony's Prayers Thank You Father for Everlasting* ,By Anthony Torrone
- *Boundaries: When to Say YES, When to Say NO, To Take Control of Your Life*, By Dr. Henry Cloud; Dr. John Townsend
- *Black Ink: Practical Advice In Clear Guidelines for Dealing with Reports of Sexual Abuse from People with Intellectual Disabilities*, By Dave Hingsburger
- *Christmas in Purgatory*, By Burton Blatt, Fred Kaplan
- *Creating Harmonious Relationships: A Practical Guide to the True Power of Empathy*, By Andrew LeCompte
- *Coffee Breaks and Birthday Cakes: Evaluating Workplace Cultures to Develop Natural Supports for Employees with Disabilities*, By David C. Hagner
- *Disability Hate Crimes: Does Anyone Really Hate Disabled People?*,By Mark Sherry
- *Disability Rights and Wrongs*, By Tom Shakespeare
- *Developmentally Disabled Persons with Sexual Behavior Problems*, By Gerry D. Blasingame, MA, LMFT
- *Healing Crisis and Trauma with Mind, Body, and Spirit*, By Barbara Wainrib
- *Humanizing Health Care with Nonviolent Communication: A Guide to Revitalizing the Health Care Industry in America*, By Melanie Sears, RN; MBA
- *Just Say Know!: Understanding and Reducing the Risk of Sexual Victimization of People with Developmental Disabilities*, By Dave Hingsburger
- *Let's Talk Sex: Q and A on sex and relationships*, By Isadora Alman
- *Professional Guide for Identifying Sexual Assault in Individuals with Developmental Disabilities* , By PCAR PA Coalition Against Rape
- *Real Eyes: Lessons in Humanity, Humility, and Human Services*, By Ruth Ryan & Dave Hingsburger
- *Sickened: The True Story of a Lost Childhood*, By Julie Gregory
- *The Key: A Community Approach to Assessment, Treatment and Support for People with Intellectual Disabilities who Sexually Offend*, By Hingsburger; Dalla Nora; Tough
- *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*, By Babette Rothschild
- *Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society*, By Bessel A. Vvan der Kolk; Alexander C. McFarlane, and Lars Weisaeth
- *The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships*, By Harriet Lerner, Ph.D.
- *Three Kinds of Touches: A Guide and preschool curriculum for sexual violence prevention programs and other organizations*, By PCAR PA Coalition Against Rape
- *Upping the Anti*, By Dave Hingsburger
- *Genesis: In the Beginning...Breaking the Cycle of Sexual Abuse*, By Orieda Horn Anderson and Shirley Paceley
- *Sexual Function in People with Disability and Chronic Illness: A Health Professional's Guide*, By Marca L. Sipski; Craig J. Alexander

## Video DVD

- *Broken Child*
- *CAPE: Curriculum on Abuse Prevention and Empowerment: A CAPE of Self-Protection for People with Disabilities and Elders Living Independently*, The World Institute on Disability
- *Finger Tips Teaching Women With Disabilities About Masturbation through Understanding and Video* (DVD & Handbook), Dave Hingsburger
- *Hand Made Love: A Guide for Teaching About Male Masturbation through Understanding and Video* (DVD & Handbook), Dave Hingsburger
- *Making the Invisible Visible: Reducing Microviolence in Everyday Lives* (Book & DVD), Guy Legare
- *No! How!!*, Dave Hingsburger
- *No Fishing Allowed: "Reel" In Bullying*, Carol Gray; Judy Williams
- *Tall Tales: A Lecture by Dave Hingsburger*
- *The Rights Stuff: Self Advocates Learning and Using Their Rights* (Book & Video), Wendy Hollo and the Self Advocates from Skills
- *The Whole Truth* (Book & Video), Dave Hingsburger
- *The Ethics of Touch* (Book & Video), Dave Hingsburger
- *Under Arrest: Understanding the Criminal Justice Process in Pennsylvania* (Book & DVD), Institute on Disabilities Temple University
- *Under Cover Dick: Teaching Men with Disabilities About Condom Use Through Understanding and Video*, Dave Hingsburger
- *Who Do We Serve?: A Short Film About Supporting Intellectually Disabled Sex Offenders in a Community Setting*, Dave Hingsburger
- *First Response to Victims of Crime*, Office for Victims of Crime

Milestone HCQU West has hosted the presentation "Interviewing Child and Adult Victims with Disabilities" by Scott Modell Ph.D. on six occasions in our region. The primary goal of this training is to provide information to the criminal justice/ judicial systems and intellectual disability community on the best practices for working with people with disabilities who have been victimized. This training arms investigators with additional skills to successfully interview someone so that may gather information to assist in the prosecutorial process. Dr. Modell frequently works nationally and internationally with Governments, police departments and providers to decrease victimization in the disability community. Milestone HCQU West is offering this training in Armstrong, Indiana and Mercer counties in 2020.