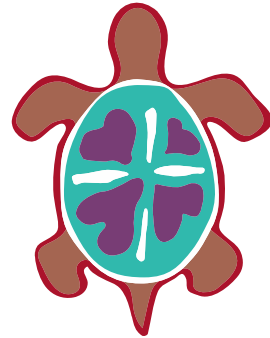


# StrongHearts



**STRONGHEARTS**  
Native Helpline

1-844-7NATIVE | [strongheartshelpline.org](https://strongheartshelpline.org)



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Native Helpline

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# Lori Jump - Director

## StrongHearts Native Helpline

Lori Jump, a citizen of the Sault Ste. Marie Tribe of Chippewa Indians, is the Director of the StrongHearts Native Helpline. She brings a wealth of tribal advocacy experience to StrongHearts having worked for 25+ years as the Program Manager of the Advocacy Resource Center (ARC). The ARC is a comprehensive victim services program for the Sault Ste. Marie Tribe, providing advocacy, shelter and civil legal representation for victims of domestic and sexual violence.

Lori is also a founding member and former Executive Director of Uniting Three Fires Against Violence, Michigan's tribal coalition. UTFAV provides training, technical assistance and resources to support tribal programs in responding to domestic and sexual violence. Lori now serves as a board member for UTFAV.



# Overview

- **570+** Federally recognized tribes
- **60+** State recognized tribes
- Unique legal relationship with the US government
- Status as Nations
- Sovereignty
- **Vibrant societies, rich in history, culture, traditions**



# Violence Against American Indians and Alaska Natives

- **84.3%** Native American women have experienced violence in their lifetime
- **56%** Native women have experienced sexual violence in their lifetime
  - **96%** at the hands of a non-Native perpetrator
- **4.5 times** national average - Rate of PTSD in Native American adults
- **3 times** national average – Rate of PTSD for Native American children
  - Comparable to a soldier that has seen combat
- **10 times** national average in some states – murder of Native women
  - Where more than **3 in 4** are killed by intimate partners.

\*NIJ Study, released in 2016

# Barriers to Justice and Safety for Native Victim-Survivors

- “We are related.”
- Cross-jurisdictional issues
- Geographic remoteness
- Lack of transportation
- Historical distrust of local authorities
- Abuser’s access to firearms
- Resource disparity:
  - Shelter, transportation, civil legal advocacy, urban areas




# Domestic Violence and Children

- People that abuse their partners are more likely to abuse their children
- Children exposed to violence are more likely to use violence against others
- Children exposed to violence can suffer long term effects of trauma.



# Exposure to Trauma

- 
- Behavior changes
  - School
  - Over representation in juvenile justice system
  - Early pregnancies
  - Agression
  - Perpetrators and Victims

\*2006, BEHIND CLOSED DOORS, UNICEF



# COVID 19 CONSIDERATIONS



- Social Distancing
- Shelter in Place
- Closures – safe places
- Loss of Income
- Inability to find needed supplies
- Isolation



# Social Isolation Impacts



Loneliness

Depression

Anxiety

Substance Abuse

Fear

Stress

Increased violence

# Safety Planning



A **safety plan** is a **personalized, practical plan** that can help you avoid dangerous situations and know the best way to react when you are in danger.

# Planning for Physical Safety

- **Safest areas in your home**
  - Avoid kitchen and bathroom
- **Weapons, knives**
- **Keep cell phone charged**
- **Choose outfits with pockets**
- **Practice escape route from each room**



# Safety Planning for children

- 911
- Code Word
- Cell phones
- Leaving home
- Safe space at home
- Never interfere
- Support system



# Planning for Emotional Safety

- **Self-Care**
- **Exercise**
- **Yoga**
- **Deep Breathing**
- **Walk/Run**
- **Crafts**




# Emotional Safety for Kids

- **Make time to connect**
- **Schedule**
- **Arrange video play dates**
- **Reading**
- **Puzzles**
- 



# Resources

**ESCAPE** Safety Alert: Computer use can be monitored and is impossible to completely clear. If you are afraid your internet usage might be monitored, call us at 1-844-762-8483.

 **STRONGHEARTS**  
Native Helpline

[HOME](#) [ABUSE](#) [GET HELP](#) [RESOURCES](#) [BLOG](#) [MEDIA](#) [ABOUT](#) [1-844-762-8483](tel:1-844-762-8483)

## NEED TO TALK?

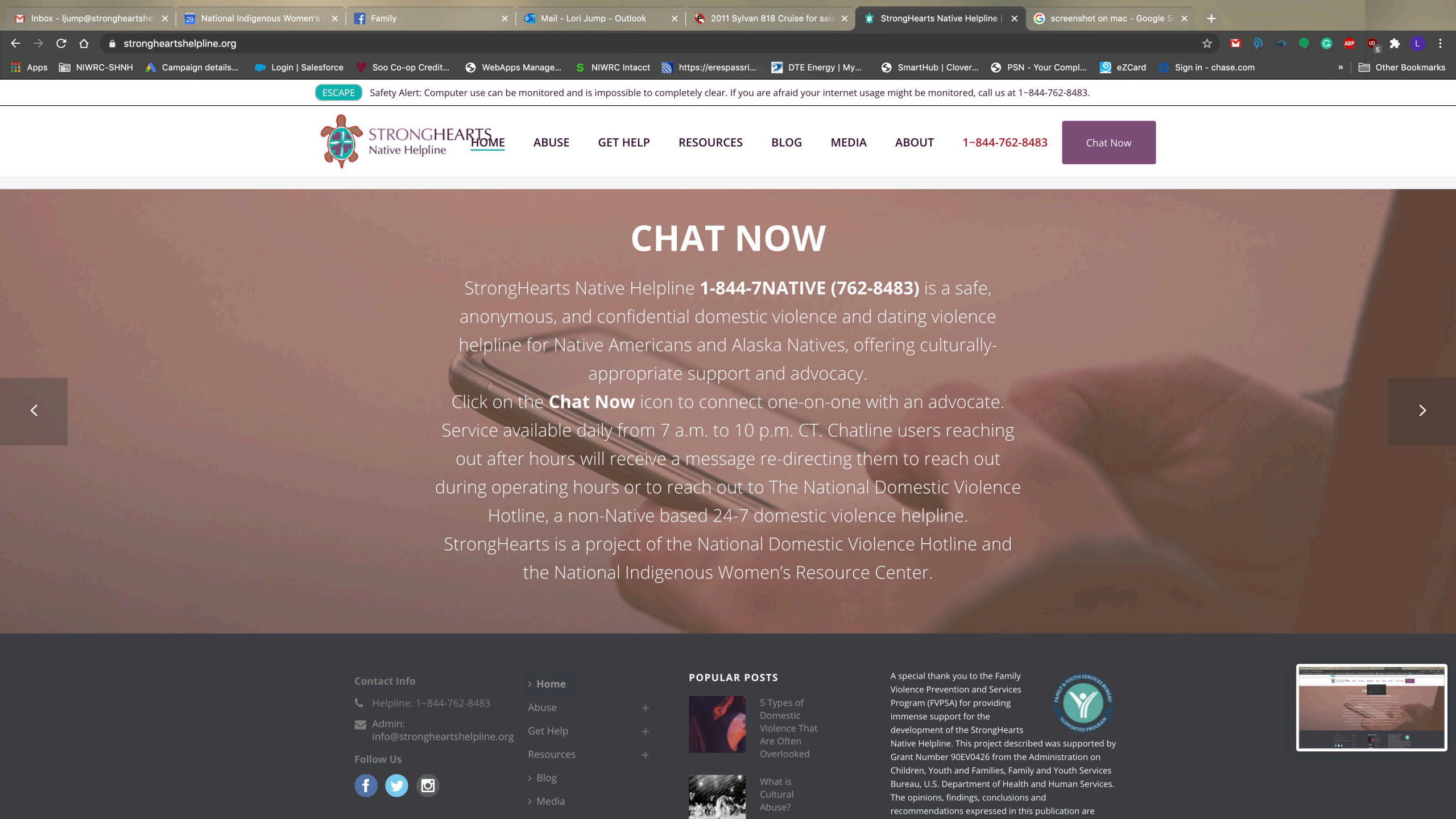
The StrongHearts Native Helpline **1-844-7NATIVE (1-844-762-8483)** is a safe, confidential and anonymous helpline for Native Americans affected by domestic violence and dating violence. Support and referrals to resources are available for free, 7 a.m. to 10 p.m. CST, seven days a week.

Callers reaching out after hours may connect with the National Domestic Violence Hotline by selecting option 1.

[StrongHeartsHelpline.org](https://strongheartshelpline.org)

## Visit our website for:

- DV education & abuse types
- Blogs on abusive “red flags,” how to support a loved one, sexual assault, etc.
- Links to supportive organizations
- Download printed materials



ESCAPE

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- ABUSE
- GET HELP
- RESOURCES
- BLOG
- MEDIA
- ABOUT
- 1-844-762-8483

Chat Now

# CHAT NOW

StrongHearts Native Helpline **1-844-7NATIVE (762-8483)** is a safe, anonymous, and confidential domestic violence and dating violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy.

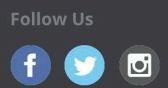
Click on the **Chat Now** icon to connect one-on-one with an advocate. Service available daily from 7 a.m. to 10 p.m. CT. Chatline users reaching out after hours will receive a message re-directing them to reach out during operating hours or to reach out to The National Domestic Violence Hotline, a non-Native based 24-7 domestic violence helpline.

StrongHearts is a project of the National Domestic Violence Hotline and the National Indigenous Women's Resource Center.

**Contact Info**

Helpline: 1-844-762-8483

Admin: info@strongheartshelpline.org



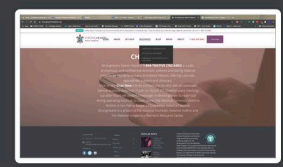
- > Home
- Abuse +
- Get Help +
- Resources +
- > Blog
- > Media

### POPULAR POSTS

5 Types of Domestic Violence That Are Often Overlooked

What is Cultural Abuse?

A special thank you to the Family Violence Prevention and Services Program (FVPSA) for providing immense support for the development of the StrongHearts Native Helpline. This project described was supported by Grant Number 90EV0426 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. The opinions, findings, conclusions and recommendations expressed in this publication are





# Resources

## Printed Materials Available

Brochures  
Palm Cards  
Tear off flyers

REQUEST AT:  
[info@strongheartshelpline.org](mailto:info@strongheartshelpline.org)

DOWNLOAD AT:  
[Strongheartshelpline.org/resources/](https://strongheartshelpline.org/resources/)



# Questions? Comments?

