

Safety Planning - Wisawca Project, Enough Iz Enough - Webinar Transcript

Welcome to our webinar, Safety Planning: Wisawca Project, Enough Iz Enough. My name is Valaura Imus-Nahsonhoya Project Coordinator with NCJTC. And I will be moderating for you today. Before we begin the presentation, there are some items I need to go over.

The information in this webinar may be triggering for some viewers. We encourage you to care for your safety and well-being during and after the event. The opinions, findings, conclusions, and recommendations expressed in this program are those of the authors and do not necessarily reflect the views of the US Department of Justice.

Our learning objectives today are as follows. Learn about the drive to create the Wisawca Project, Enough Iz Enough. Introduce the importance of creating a safety plan and steps to minimize risks. And learn how to use the safety plan for victims and survivors.

I'd like to introduce you to today's presenter. Kola Shippentower-Thompson is an enrolled member of the Confederated Tribes of the Umatilla Indian Reservation. She had co-founded and the director of Wisawca Project, Enough Iz Enough, a non-profit organization working together for change for better communication and involvement.

Kola has developed a safety plan to be utilized by anyone in identifying safety methods, contacts, and procedures to keep one safe, whether in an abusive relationship or a plan to track a missing person. She is a professional fighter and purple belt in Brazilian jiu jitsu. Kola is a wife and mother to three children and takes personal safety to heart, and especially in advocating for MMIWP. Kola also hosts a weekly podcast, Enough Iz Enough. Kola, I will now turn the time over to you.

Thank you so much, Valaura for that introduction. [NON-ENGLISH SPEECH]

Good afternoon, my friends and my relatives. My name is Kola Shippentower-Thompson. My Indian name is Tumhiya and I come from the Yahweh country of Eastern Oregon. And I just want to start off by saying, I'm absolutely honored and blessed to be in the space, to be able to share part of my story with you, and the importance of personal safety and the origin, the research, everything that went into the Wisawca project and why it's so important that we continue pushing plans like this.

So I want to lay a foundation down to kind of give you a brief introduction as to who I am. Just one correction on my introduction that Val gave, is actually, I am a brown belt at Brazilian Jiu Jitsu under Professor Gustavo Pires out of Tri-Cities Washington, something that I do not take lightly. I absolutely love training and jiu jitsu, and have been since 2013.

My journey with MMA actually started in 2010 after my son had only turned three months old. I am also a survivor of domestic violence, sexual assault, and sexual harassment by law enforcement. My experiences with domestic violence is actually what led to my journey with MMA and jiu jitsu and has kept me going.

It actually helped instill a want and a need to maintain my sobriety as well. In September, I will have been seven years sober, and something I'm extremely proud of. And I'm really hoping anyone else that's struggling with addiction or alcoholism really takes a look into what may be helpful for you.

I know jiu jitsu and that journey really helped me. I'm also married. My husband actually works in law enforcement. He's our fish and game officer for our tribal police department. I do have three boys, so raising them to be strong Indigenous men in today's day is a task that I absolutely love and I am thankful that the creator trusted me to take care of these three men. And I'm hoping I'm doing a pretty good job at that, and especially teaching them how to treat and respect women and being able to share these journeys with them and showing them the importance of personal safety for them as well.

So I'd like to tell you how Enough is Enough was founded and what had actually gotten that going. In 2016 on our local reservation, we had a very unfortunate situation happen, a shooting. And a friend of mine was shot and killed, and a family member of mine was really severely injured.

And my business partner and I, Willow Wallace, didn't know each other. We had seen each other across social media. A lot of talks about the shooting had went around. And we eventually reached this point of having conversations and telling each other our concerns and how worried we were for our community and for our children, because we wanted to make sure that our children could still move about on the reservation without having to worry about their safety, especially when it comes to gun violence.

So we decided to organize an event. And it was a candlelight vigil to support the family that had just lost their loved one, to support my family member who was really injured, to let him know that there was people out here that supported him and wanted to help him. And so we held this candlelight vigil. And we didn't really know what to call it, but we were really upset.

And as mothers, our mother instincts came out. We wanted to just really show our presence. So I had just kind of told her, you know, enough is enough. We really just need to do something. And she, in an instant said, that's it. That's what we got to call it. Enough is enough.

But let's make it kind of Rez-y. Let's add the Z in there on the Iz. And so we kind of went with it. We had that candlelight vigil. And we felt this overwhelming need in the community when we held that event.

A lot of people came up to us and asked us, what can we do next? What's going to happen now? We have this. This is beautiful. Everyone's coming here and showing support to one another. This is something that we haven't seen here for a really long time, just community and people coming together, regardless of their race, gender, or their beliefs. We're all here.

So what can we continue doing? And we were kind of taken aback and surprised, because we hadn't expected to be something we were going to continue on. But we took it seriously. People were asking us what else they could do and what else we were going to do. So we wanted to keep with a theme of showing our presence in the community and kind of taking on the idea of cleaning up the community.

And so we physically wanted to do that. We organized our next event in almost in just a week's time. We organized a community cleanup, so actually going around to the various neighborhoods on the reservation and cleaning up eating garbage, moving anything out of people's yards, or helping them move, anything that they just no longer needed in the yard, so that we could feel proud as a community and help our people feel safe in their homes and ultimately, show that pride of our homelands and where we come from.

So that kind of got this snowball effect. People loved it. People love that. It was by the community for the community. And it wasn't my business partner's and I's intention to say, hey, we're here organizing all this. It was more of a facilitating type of idea, taking people's-- what they wanted to do for the community, and helping them and showing them the path in order to be able to do it for themselves was what our ultimate goal was.

So that started us in 2016. And since then, we've had a really hard time. And this might be the mama bear in us. Is we've had a really hard time saying no to just about anything. So we've been asked to have speaking engagements at anti-bullying seminars, at MMIW events, at other conferences. We've also done sports camps. I mean, the sky's the limit. We've been asked, and we usually always answer.

So that's how we got started in 2016. My business partner and I, we started to notice that we were getting asked more and more to start speaking on MMIWP. And for those that don't know, that's Missing and Murdered Indigenous Women and People.

And I think it would be remiss to not acknowledge the thousands of people that have gone missing and not been able to return home. And it's really heavy work. So I encourage you, if you're familiar with this topic, to definitely always have your supports in place. And understand that this work is heavy, and you have to take time for yourself and take care of you.

If this is a completely new topic, some of it might seem familiar. Some of it might be something you can sympathize with or understand or relate to. So keep that in mind. It is very heavy. And keep that on the surface there, recognize it for what it is.

It's one of the harshest realities that our people is facing today, because it's still-- we're coming into forms of genocide in the modern day. And it's been something that we were really passionate about. But we didn't really understand our connection to each other and to this movement.

So personally for me, in 2004, I had a cousin and an aunt go missing. We didn't know where they were. We didn't know what was happening. And trying to report them to law enforcement was really, really difficult.

We faced a lot of obstacles, and it got really frustrating, because then it took my family having to take the steps to go and physically look for them on their own without any sort of assistance from any government agencies or any law enforcement locally. And after about two weeks of searching, there was a car wreck on our reservation. And my dad had, actually, this really strong gut feeling that his sister had maybe been involved, or part of it.

So without receiving any sort of phone call, news traveled really, really fast about this car wreck. My dad actually went to a location where the wreck was and ended up finding out that his sister and his niece were in the vehicle. And we did lose them in that car wreck.

There's a lot of underlying issues with that investigation and what went into it. And they ended up actually categorizing it as an accident, just one of the many frustrations and struggles that we have as indigenous people. And even in the BIPOC community, is some of these cases are incorrectly categorized.

The next case that actually affected my family was in May of 2013. My cousin Angela Babette Billy had been missing, and we couldn't locate her. And we were looking for her. And it was about two weeks after we had reported to law enforcement, and they decided that they weren't going to do much of anything other than wait for the family's word on what was happening with her.

A community organization, actually just a community effort, and this will tie kind of into the Wisawca Project and how this connects me and my business partner, who is also like a sister to me. It took some community members that said, we really should probably just look for her. Two weeks of trying to work with law enforcement. My family was really, really frustrated. We were kind of heartbroken that we couldn't find her.

And two hours into the community members' search, they ended up finding her in a river. And they categorized it as an accidental death, stating that she was under the influence standing too closely to the edge of the river bank, and it fell in, and she drowned. And again, wasn't categorized correctly, because of the other issues that were going on in the investigation. And we'll get into those as we start diving into the Wisawca Project.

But I also had another case happen in our family. September of 2016, my little brother was shot-- I'm sorry, stabbed and killed in Portland, Oregon. And the investigation to that one had a lot of-- there's a lot of missing links. There was a lot of errors done. There was just a lot of unanswered questions in that case as well.

And this is only, probably three of the more recent cases that have happened to our tribe and to our people locally. But the MMIW, MMIP movement, epidemic, has actually been striking our people for a very, very long time. And for my family, personally, my parents were able to kind of think of stories clear back into the 50s of other siblings of my parents that never returned home or have left under very suspicious conditions.

And it just has been something that indigenous people are facing for a very, very long time, even today. And if we stick on the topic, we can even talk about residential schools. Some of the other generational trauma that our people are facing today. It was another form of genocide, and it all ties into to each other.

So we started Enough Is Enough in 2016. And when we were going to these different events, seminars, conferences, and even in my jiu jitsu journey and my fighting journey, when I'm being asked about self-defense, our response to the MMIW, MMIP epidemic, was more informational and educational than anything. That's kind of where the movement was about five years ago, was people, community members, organizations, telling their own personal stories, but then also talking about statistics and giving the numbers to people to kind of help hopefully bring a little bit more light to this subject and raising awareness.

And on a more personal note for me, it got really, really frustrating, because I got tired of talking about this so much. I know we had a lot of-- like Operation Lady Justice that came into play, and people wanting to help and having good intentions about it, but kind of lack of action. And as Indigenous people, we thrive on following up with our word and doing what we say that we're going to do.

So it got really frustrating when 2020 came around and then, of course, the pandemic happened. And we're all kind of in this shutdown mode. My sister, my business partner Willow had actually gone through a lot of her own personal struggles health-wise, her and her family. So she kind of took a little bit of a back seat to our work.

And with any business, any partnership, it's really good to find someone that you're going to be fluid with, be able to be honest and transparent with. And that's what has really helped our connection work thus far, is because we're telling each other if something's too much. Then we can say, hey, if you see something, you can continue working on it. I just need to take some time for myself, that has really worked. And so that's what happened for Willow in 2020.

And I actually started working for our local tribal government as a CPS screener. And I will say, hats off to anyone who is able to work in child welfare. That wasn't necessarily what I wanted to do. But it was a door that was open for me at the time.

The ultimate goal for me was to get into law enforcement. Being someone that had a rough time in my younger years, tying it with my MMA from learned experiences, and having mentors in law enforcement, it would seem that that would probably be the best path for me. So I had a really difficult time getting into our local police department. There's a lot of other politics and other sort of issues that go into that.

But a door opened for me through the Department of Children and Family Services. So I decided to take that route, and I was excited about being able to help my community even more, being in a position where I felt like I could be utilized a little bit more and seen as an asset and being able to help. I ended up reaching a pretty dark point in this position in the summer of 2020, when I was actually sexually harassed by my immediate supervisor, who was also a detective and works in law enforcement with our tribal police department.

And while we're working at home, we're in isolation. And something you should really take into consideration, even in your own journey, is understanding what your coping mechanisms might be, especially in difficult situations. And for myself, that was training, and that was traveling, and that was competing.

And so during the pandemic, everything is closed down. And we're being told, you need to stay home. Everyone needs to stay home. And for me, staying home at that time was really-- it was really scary for me, because this person had thought it appropriate to come to my home and to have certain conversations with me that made me really, really uncomfortable, that his motives were kind of leading to something else.

So it was scary for me to stay home. And I couldn't do what I normally do when I want to cope with difficult times. And being someone who is navigating and working through PTSD with my alcoholism, with domestic violence and sexual assault, it was becoming really, really difficult. And I had a very hard time. And I relied really heavily on the supports that I do have in place.

I had a counselor, and I had my husband, and I had my family. And I was making sure I was in constant communication with them. And so in this time where we're all isolated, I think we all found this different type of energy. We were able to focus, to become a little bit more productive, because we're at home. We're right there with our big why's, which could be our children or our significant others or pets, or just being home.

And I found myself diving deeper into this work, and again, pulling from that frustration of talking about statistics and numbers. And I kept telling myself, I can keep talking about these numbers until I'm blue in the face. But what is it really doing? Now, we need to take our own personal safety very seriously.

And what are we going to do? I'm in a situation right now where I'm having to take my safety into consideration. I have to be careful when I leave my home, when I go to the store. I have to be careful when I step foot outside in my front yard, because this person felt comfortable enough coming to my home.

So I had all of these thoughts going around and thinking about it. And I didn't realize that I was pulling from experiences in my past and pulling from the experience that I was in, in regards to my personal safety. So I can say, without a doubt, that the research and the experiences and the work that went into the Wisawca Project started way before 2020. But the experience of 2020 brought a lot of light to it.

But I really want to break this down. Wisawca Project. So Wisawca is actually a word in the Umatilla Indian language, which means, I am rising, or rise above. It was a phrase that I coined during my MMA career, when I was trying to tell people, and especially youth that I was working with, is that no matter your situation, no matter the circumstances, no matter the struggles or obstacles that you go through, you can always overcome them. And you can rise above. Use it as a platform to launch off and continue on your journey to do better, be better, and just ultimately live and thrive in your life.

So when I was thinking about my personal safety, I kept thinking, you're going to get through this. You're going to see the next day. You're going to rise above. And so when I started really thinking about that phrase, I was like, it'd be, I think, really beautiful to tie it into my culture as well.

So I did some research with one of our original language speakers here and spoke with her and asked her to help me translate that. So that's where Wisawca came from. So if you're listening and you're being really intentional about this training right now, say that with me. Wisawca. Wisawca.

That's what I love about the language, is when we're teaching people, we make sure they repeat it back to us, because when you speak it into existence, it becomes even more beautiful. So Wisawca means I am rising. OK, so that's what we decided to name the safety plan, the safety training, Wisawca Project.

So a lot of the research that went into the Wisawca project, I pulled from my personal experiences, started pulling from other advocates, victims advocates. I work fairly closely with the director of the Family Violence Services program here for our tribe. Again, I am married to a law enforcement officer. So I was able to ask him quite a few questions and ask him for his feedback on certain things that I was going through.

He gave me a lot of input as well. We have one other community officer here on our reservation who has been a family friend. And I was able to send him questions, ask him what he thought. He would send me some of his information.

He understands and is definitely able to sympathize with the indigenous people in this community, because he knew a lot of my family members, the ones that had gone missing and never came back home. So he took it very seriously when I was asking all these questions.

So it's been a very big culmination of a lot of, just, work and experiences and wisdom from a lot of people that went into this. And you know, it was done with the best intention and with a good heart and going into a good place. And for me, I was having a hard time trying to figure out, how are we going to get this to other people? How are we going to get this to our Indigenous women, who need safety plans like this?

I had to really sit and think with this, because I was so blessed in that time, in the summer of 2020. And it got really, really dark for me. I was thinking, if I'm going through all of this, and I have so much support and so many people looking out for me, and I have a husband that's in law enforcement and parents who are really wanting to make sure I'm OK, making sure my children are OK. But it still got overwhelming for me. I was still very emotional, and I was still trying to cope with all the things that were happening.

I was still trying to figure out the situation I was in. And how did I end up getting violated as a woman by someone who's supposed to be protecting our community? How did I allow this to happen? So it got very, very dark, very, very heavy.

And on the other side of it, when I finally reached this place of wanting to share this information, it really struck a chord with me, because if, with all that love and support, what about the women that don't have that? What are they doing? How can I get this to them, and how can it be readily available for them to be able to take on and advocate for their own personal safety?

Because again, I remind you the harsh reality of the MMIW, MMIP epidemic, is that it's going to ultimately come down to Indigenous women taking on their own personal safety and taking it very seriously to ensure that they do come back home. So I had a really hard time trying to figure out what I was going to do next. I could start talking to people, telling them, OK, this is what you should be doing. This is what you should be doing.

But then it just became too much of-- just a lot of work. And I wanted to help alleviate the stress and the time that it takes to come up with a plan like this. And I had actually forgotten at that time that I graduated with my business degree just the year before. And I found it really silly, because in some of the classes, I'm like, I'm never going to need these.

I think we've all done that at some point, either in high school or in college. We're in the middle of a class, we're kind of like, I'm never going to need this. And I think we all did that, probably, in algebra class. I'm never going to need to know what x equals. It's very interesting.

So I thought that during one of my classes working with Publisher, the software. And I was kind of just sitting around, looking at my notes that I had written down, and trying to figure out, what's going to be the best way? And then boom, a light bulb hit.

I'm like, this is exactly what we need. We need a PDF. We need something that people can have in front of them, they can fill out. There's something very therapeutic, something very healing that allows for growth when you're putting pen to paper. And then when it's directed and you're assisted in it, it helps even more.

So I really dove into my work. And I never had a timeline. Nobody ever gave me a timeline of like, hey, have it done by this time. It was more just my personal journey. And I've always stressed, like, you as someone who's listening to this, if you've ever found yourself just lost in your work, have you ever stopped to reflect why?

If you're working on a project, anything, whatever the case may be, and you've lost track of time, you've lost track of the fact that you probably don't have to give it to anyone or turn into anyone. That's probably what you really should be doing with your life. I found myself lost in this work and building this PDF for three days straight.

It would be almost 2:00 o'clock in the morning. My husband would be saying, what are you doing? You don't have to turn this into anyone. But I just felt this overwhelming sense of purpose and urgency, because I did understand how important it was going to be to get it to other women.

So that's the type of work that went into this. So I encourage you to also think about that for your own personal journey. Is there something you get lost in? Just bask in it for a second and understand, this is what I should be doing with my life. This is what creator has chosen me for. This is the purpose and intention I should be putting into this kind of work, and just be able to understand and recognize that, because that's a beautiful moment for anyone that has reached that point, for anyone that's still kind of looking for that.

Recognize that. Recognize the time, and just your feelings when you're doing this type of work. So the goals and the purpose of the Wisawca Project, something that's really frustrating, and I know for the Indigenous community and for anyone in BIPOC community, is that when we're going to law enforcement and we're wanting to do a missing persons report or a runaway report on anyone in our family, a line that we're often given is, we have to wait 72 hours.

And it might be different in different states. It might be different off the reservation. But in my research and in the people that I've asked, is that that's not something that is required of a police officer. It's not a code. It's not a law. It's not a regulation that you have to absolutely wait 72 hours.

Something that we've experienced, especially in the cases with my family, is that when we went to report, a lot of what we were given back was a lot of the victim blaming, victim shaming. And as a very harsh reality, we got thrown back in my face about my cousin Babette she's probably partying. She probably found a new boyfriend.

When it came to my little brother, he probably found a new girlfriend, right? Is it normal for him to be gone for this amount of time not hearing from him? So it got really frustrating, because it's like, no. We know that they're not partying. We know that they're not out just getting drunk and meeting random people.

They wouldn't do that to us. So why aren't you understanding? Why aren't you hearing me? And when we were doing on our talks with other law enforcement or government officials at these seminars or conferences, I had to really kind of get down and ask them, what if it was your daughter? What if it was your sister? What if it was your brother?

And kind of put it in perspective for them, how serious it was. For us, this is what we've been facing for generations, for years. And it got really, really frustrating. So we wanted to take away that line from law enforcement. We wanted to say, OK, they can't say that to us anymore. We're telling them they can't say that to us anymore.

So we have about 11 to 12 steps within the Wisawca Project that essentially takes that one line that we've always been faced with and says, no, that wasn't in our plan. 72 hours wasn't in our plan, that we had plans of hearing from them much sooner, and we haven't. So we really need to start looking into certain things.

So we're taking things like that. And I did have the honor of being asked to contribute to an article that was published in *Runner's World*. Your girl is not a runner. I don't run. I am a fighter. But you can ask me to burpees for an hour, I will gladly do so. But I'm not a runner.

So it was very interesting to be asked by *Runner's World* magazine to put the safety plan in there. I was like, OK. We could do that. It should be fun. But it was definitely eye-opening.

But a line that they used in their article was that it was essentially outsmarting the police system. This was a very bold and big statement, and it made me a little nervous sometimes, because again, you have to remember, I'm married to a law enforcement officer. So I definitely want to be respectful of the work that he does for our community.

But also, what have really started and kicked off the Wisawca Project, was the fact that I was sexually harassed by a law enforcement officer. So being told that I'm outsmarting that system scared me. And it was a big move. It was a bold move.

But when I'm coaching and training the individuals that take these classes, I am essentially asking them to take the same type of movement in regards to themselves. Be bold about your safety. Be bold about who you are and what you're doing. Never tiptoe through life. You should think the only option is to stomp and let everybody know that you're entering a room or that you're there and you're ready to work or do the thing.

So the goal and the purpose of the Wisawca Project was to take some of the victim blaming, victim shaming lines that we were facing as Indigenous people and saying, nope. That doesn't work anymore for us, because here's this plan. And now we need to go find this person.

We got to put boots to pavement and start doing the hard work and looking for our loved one. Also, we all know that the first-- I know for us locally, the first 24 hours of missing person or runaway report is the most important. For some other agencies, it could be the first 12 hours.

But what we were essentially doing with the Wisawca Project was taking all the work in that amount of time, the really tedious and annoying work that law enforcement tells us that they have to do, we're taking all of it and putting it in this really pretty PDF and saying, here. We did all of that for you. So let's go do the other things that need to be done to find our person.

So I'm really excited to show you guys. And we're going to get into that in a few minutes. Checking time here. Again, if you have any questions or anything like that for me, anything about my journey or anything in regards to Wisawca Project, please make sure you drop them in the Q&A box. I know Val has been moderating. Let me see here. Val do you have any questions so far?

No questions, but I can read a statement. We have a participant who said chat is disabled. So I am passing on that. Huge thank you, Kola, for the safety plan and sharing your story and strength. I am the tribal coordinator for our village and have shared it with our school staff, our executive director, and our health and social service department staff.

That's so awesome. Thank you so much. I really do appreciate that. And you know, that was a huge goal for the Wisawca Project this year, was we had the initial goal and the plan to get this into 5,000 individuals' hands. And I feel really proud to say we're really, really close to that number.

But it's going to take all of us as a collective to take care of each other and to really push this. And something else that I'll share is that I had started the Wisawca Project with the intention of helping Indigenous women. So something else that I didn't share at the beginning of our introduction is that I'm actually also a group fitness instructor. And I teach, specifically, a dance fitness class called Turnup.

And it's opened up this amazing group of women and this platform for all of us to be able to come together to empower one another, to be unapologetically ourselves, to stand strong with each other. And it was a lot of work that I did with them that allowed for me to be able to come to this space of just feeling confident and have my self-esteem not deteriorate under this pressure that I was under during this whole past year. And when I started really talking with them about this project and what I wanted to do with it, they started asking if they could have it as well.

And so I started to notice that a good majority of the Turnup group came from the Black community. And they were sharing their stories of their experiences with law enforcement and how scary it was for them and how they had a hard time trusting and relying on them. And so I wanted to share this personal safety training with them as well and started realizing, wow, we really need to open this up.

So maybe, the BIPOC community, this is what they're needing. So I started to open it up. And then very quickly, even non-native people, people that weren't from the BIPOC community, were starting to stress how much they really needed it. So then I started really thinking, we need to open this up for all women.

Every woman is important. Their safety is important. And I want to make sure everyone's getting home. That *Runner's World* magazine proved that. A lot of people from around the world were saying how important it was for them to have a plan like this in place.

So I started to say, OK. So all women need this. We need to make sure everyone can have this. I'm going to put on as many virtual trainings as I can and make sure everyone gets this safety-- gets this under their belt so they can start making sure they feel confident and that they're going to return home every night. And then the most exciting part for me was that when I had a gentleman who was a runner, he actually sent me a message on Instagram.

And he asked, is it OK if I attend one of your trainings? And I was actually really taken back, because this was during Women's History Month. And so a lot of us were really pushing how strong women are, how resilient we are, how much we've contributed to history and all the things that we're doing and how powerful we are, even today.

And so I had this man, this male, coming in my messages and saying, I feel like I really need this. I feel like this would be really helpful for me to have. But I also have a daughter that I want to share this with her. So I started thinking, wow, we could open this up to everyone.

This is super important, especially our LGBTQ two spirit community. The men in our life really, really need this. And I started finding other people in our community and asking me, I heard about this one section you have in regards to social media or phones. And it kind of started taking off, where even our guys were wanting to know.

So we had finally come to the terms in the past few months that we're leaving it open to everyone. We're allowing for people who would like to call themselves ambassadors to push this training for other people in being allies and giving this to their mothers, their daughters, their sisters, because sometimes they might not have heard about it yet.

So we opened it up and brought-- it out and said, this is for everyone. This is for everyone. This should be for everyone. And it's been really, really exciting.

So again, the sole purpose of the Wisawca Project isn't just to have a plan in place, women, if you go missing. When you take the training itself, it's also this visceral experience of being able to understand how strong and how resilient you are already in your journey. And I'm having people come to these trainings, and I'm telling them, I'm not giving you anything other than this really pretty PDF that I created. I'm not giving you anything that you haven't already carried for yourself.

I'm just bringing light to it and reminding you of that power that you have. So yes, logically and strategy-wise, we have this PDF for people to have just in case something happens. But we're going through these steps. And I found that women were coming out of there thinking, wow, I've been doing a lot of things to advocate for my safety already. But on top of all of this, this new information you gave me, oh, I feel amazing. I feel unstoppable.

I feel like now I can leave my home not feeling like I have a target on my back and that someone wants to hurt me. I can feel like I made sure I did everything I could to return back home. The favorite parts of my trainings that I'm able to conduct with people is the journaling prompts that we put out before.

And this is getting in everyone's mindset and their heart set right. And it's something I'm going to challenge you to do right now. We're going to talk about the mindset right now.

I want you to think about how you're feeling and really think about it. Are you hungry? Are you tired? Are you kind of like, this girl likes to talk a lot?

Kind of put it in your mind. How are you feeling? Are you thirsty? Do you want to stand up? Are your legs hurting? Think about that.

Perfect example, personally for me, I am thirsty. So in my mind, I'm like, OK, I'm thirsty. I need water. But once I do this, all right, I'm good. I'm not really that thirsty anymore. I just had a drink of water.

So our mindset can change in an instant. My legs hurt. I'm tired of sitting down. I've been at my desk all day. So you stand up. Oh, that's nice. My legs feel better.

It's your thoughts and how you're kind of navigating your feelings and what you're feeling right now. So your mindset can really change very quickly. But when we start thinking about our heart set, that's much deeper.

So right now, I want you to think of something that you're grateful for. It could be something big. It could be your family. It could be your home. It could be your job. It could be-- for some people, it might not be that, but something that you're grateful for.

It could be something from the past 24 hours. It could be, I really love my comfy bed, because I know when I get home, it's going to be there for me. And I can just really snuggle up in it and just go to sleep. Or I could be really grateful for the fact that I woke up this morning, because yesterday was really, really rough.

Just think of something that you're really grateful for. On the other side, think about something that you really love, or someone. I really love my husband. I really love my three boys. I really love my people.

Now, if you think about that, love and gratitude comes from your heart set. And it's something that's very concrete and isn't moved easily. Now, there isn't anything in a split second that could happen to make you think, I'm not really grateful for the food that I'm able to eat. I'm not really grateful for the house or the roof over my head.

Or the other side is, there's not really a whole lot-- this is funny. There's not really a whole lot that my husband could do to make me not love him. There's a lot he could do to make me not like him for the second. But when it comes to love, it's going to take a lot for him to make me not love him.

Same thing with our kids. I mean, I think that's something we can all relate on. But that's the difference between your heart set and your mind set. Your mind, your thoughts, all that can be changed in an instant. Our heart is really, really concrete.

So when we started the Wisawca Project training, I like to start off with a journaling prompt. And getting your heart set right, getting your heart in the right place and why we should be taking our personal safety seriously. So usually, I like to ask my participants, how are you really?

And I mean, before we get into walking through the Wisawca Project, we can talk about the journaling prompts and how important they are. So I'll even ask you that right now in this moment. How are you really? And it's really good to be honest with yourself.

And when it comes to journaling prompts, there's no right or wrong answer. It's your journaling prompt. It's you. It's yours. And I love the really small groups that I'm able to work with, because it provides us a little bit more of an intimate connection. It provides a little bit more comfort, especially for women.

When we start getting really big groups, it gets really tough to be able to share, because some people might not be in a place. An interesting experience that I had with a domestic violence women's shelter from Canada, I held a virtual training with them. And they all came into this space, and they were all very reluctant and scared, because of an experience that they all had in the shelter. And I didn't know that.

So being able to ask people this question allows for me to also understand where they're coming from, especially in that moment. Yesterday, they may have been in this place of, yeah, I'm about to go to this training tomorrow. It's going to be super awesome.

Something could have happened over the evening. And the next day, they could be like, ah, I just really don't want to be here. I have so many other things I should be doing right now.

So asking the question, how are you really? And I always encourage my participants to always think about this throughout their day. Ask themselves that question. Write it down. Jot it down.

How are you really? So personally for me right now, my back hurts, because I've been sitting all morning. So I had to stand up. I'm thinking about the amount of homework, because my boys are home schooled, and so we continue on through part of the summer, how much homework they're probably going to have when they come home. And I'm not really looking forward to that.

I mean, it's not fun, because it's like, I have to continue working. I'm feeling a little anxious about a workout, because I haven't worked out yet today, and I usually do early in the morning, and I haven't had the chance to do so. So being honest with yourself is really, really important to establishing where you're at and where your heart and your mind is going to be at going into a training like this.

The second question that I ask my participants is usually, what does personal safety look like to you? So even right now in this moment you can reflect. What does personal safety look like to me?

And a lot of times, the answers that I'll usually get, it means making sure my doors are locked every single night. It means making sure I park in a well-lit area if it's dark at the grocery store. It's making sure that my kids understand it's important not to talk to strangers.

Or it means-- or it looks like me carrying a device with me when I go on a run or even when I'm just going to a store or to a friend's house, or if I'm going out on the town for the night. So I usually ask my participants, what does personal safety look like to you? So it sparks the conversation for some, well, this is really tough for me, because these are the things that I'm constantly doing. But I always feel so anxious. I have this weird anxiety when I leave my house.

I'm always worried. I'm always making sure my kids are OK. And so I tell people, it's important to talk about this. It's important to talk about what it looks like to you, but also really important to talk about the fact that we train like this in order to get rid or ease the anxiety that we have.

So I don't know how many of you train or do any sort of sports, activities, or go into the gym. Even musicians, you have to practice. You have to really flex those muscles and work on them to get your music just right, or even art. So whatever the case may be, whatever hobby you might have. But for me personally, it's working out.

So if I'm wanting to try a new class. So something new-ish for me would be yoga. I'm not really that-- it's not my strong suit. Yoga is a little awkward for me.

And so when I go in there, I do go in with a slight hesitance, a little bit of anxiety, because I'm like this is new for me. This isn't something that I'm comfortable with. I don't know how to hold this pose. I'm not as flexible as some of the others. I really don't understand what's going on in some of these movements or how I'm supposed to be feeling in this.

So what has worked for me is if I keep a consistent training or schedule to keep trying yoga, keep trying it and keep working on it, because the next thing you know, four classes in, hey, I know what to expect now. I know what I'm getting myself into.

I know what the Chair Pose is. I know what a Downward Dog position might be. I know what Cobra is. I know a Sun Salutation. I know what some of this verbiage is now, and I know what the positions look like now.

So I know what I'm going to be doing. I know what my body is capable of. I know how long I can hold a certain pose. I know how high I can get my foot. I become a little bit more familiar with it, and that's just about with everything.

You might be nervous. You might be hesitant and anxious about something. But if you continue working on it, continue working at it, you'll get more comfortable. So same thing goes for personal safety. We bring up this topic, because we should be continually talking about it. We need to normalize personal safety, so then it's no longer something that we're anxious about or that we're sad about.

It's something that we can go in with confidence, something that we can say, hey, I've been working on all these things. I took a training with Kola Shippentower-Thompson with the Wisawca Project. And now I feel comfortable. Now I feel like I've taken the steps to continually flex this muscle, to feel comfortable to say, hey, I have this plan, or to share it with someone else.

And now I feel comfortable going to this store. Now I feel comfortable walking out my front door. Now I feel comfortable traveling, because I have plans in place. I have support in place. I have all these things that I've been working on this entire time. So now I feel more comfortable.

So that's why I talk about what personal safety looks like for people. And it also lets me know, hey, they've already started taking this stuff into consideration. So this isn't like a completely green group that I'm talking to about personal safety, or it might be.

The other side of it is, is they have all of this knowledge. They have all this amazing experience. So what I'm adding is pretty much a cherry to the top, and just saying, hey, you've been killing the game. Just keep doing your thing. So that's our second journaling prompt question that I usually ask.

The last one is very similar, but one word is changed. What does personal safety mean to you? OK, so the first one was, what does personal safety look like to you? But now we reflect on, what does personal safety mean to you? Changing that one word is just huge. It pivots the whole phrase right there.

So think right now, even in your own mind, what does personal safety mean to me? And a lot of times when I ask this question, and people have their journaling prompts, and they're writing it down. And I ask if someone will share with me, they kind of take the approach of, well, it means that I'm safe. It means that I'm OK.

And so I invite people to always dig deeper. And I usually share with them what I think of. So personal safety means, to me, that I get to continue coming back home to be a mother to these three boys. It means that I get to come home and be a wife to this guy that gets on my nerves every once in a while. But it's funny, and this is my life, and I'm blessed.

It means that I get to continue my training and traveling and competing and jiu jitsu. It means that I get to continue advocating for this cause and for my people and saying, hey, we're all important, and we're all valuable. We're worthy. You're seen and heard, and I want to be here for you and help you so that you can return back home.

It means the preservation of my people. Personal safety means continuing to show the strength and resilience of our people. Personal safety means, to me, that I get to empower other women and show them that they are just as important. So you see, I try to shift people's mind to start thinking about their bigger why.

So what could that be for you? So what does personal safety mean to you? This helps my participants kind of come to this realization of the bigger why of diving into this training, having them understand, because there's going to be certain areas, certain sections in the Wisawca Project that are hard, that people don't want to go through.

But if they're able to reflect back on their bigger why, OK, OK, OK. I don't want to make this red flag list. But it's going to be really, really important, because if I go missing, if I don't come back home, somebody could use this list to make sure that my kids have their mom come back. OK, that's why it's important. So I have my participants reflect on the why we have to dig into that deep part.

Getting our heart set right. Like I said, our mindset shifts and changes all the time. You can be thirsty one second and not thirsty the next, because you took a drink of water. But what you love and what you're grateful for is going to take a lot to waiver those. So finding your bigger why and getting your heart set right for all of that helps with dealing with the heavy work.

It helps with dealing with the anxiety or the dark thoughts that come when you have to think about personal safety, reminding you of your importance, reminding you of your strengths and that you've overcome so much already. This is just another step that you're taking to advocate for yourself, to humanize yourself, to show law enforcement or anyone else that might be involved in a case like that, that you are important, that you're a person, that you are loved, and that you are supported, that you have purpose in this life, and that you hope that they see that as well, not just another number, not just another case, not just another report that they have to write, because sometimes it can get really tedious.

I've often encouraged my participants, because these journaling prompts are very personal, again, there's no right or wrong answer. But what could come from these can be really, really important. And I tell them, if you feel differently about this later on, come back and do them again.

But with the PDF, I often tell people, just flip your papers over. If you like, use the back of your PDF, because this piece of paper, this PDF, this packet of information is going to be given to law enforcement. Imagine if the officer has all this, the logistics and everything of your life and what you have going on and what your plan was, and he's kind of just browsing through thinking of the next step. What's he going to do? What's going to happen?

And he happens to flip it over, and he sees your journaling prompt, and he's like, whoa. She was a fighter? She trained in jiu jitsu? She was a brown belt? So she was strong.

Oh wait, she was also a mom? She has three kids. I have three kids. That's scary. She was married? Man, she had a lot of people that helped her and looked up to her. She also had a lot of people she cared about.

So it could also remind law enforcement of the person that you are. I often leave that open for people, because they might not want to share those thoughts. They might not want to share what they wrote down. But for me personally, I always keep that on the back of my PDF. So if it ever has to go to law enforcement, they can understand that I saw the value in my life. I enjoyed my life. I lived my life.

And you know, I definitely understand that for some people, it might not be that way. But again, to have those thoughts in that moment what they were feeling, before they took that training, they still have that there to help people understand that this is not another statistic to add. This is not another number to add to the pile. This is a person. This is a human being. This is somebody who is worthy.

So those journalling prompts are super duper important, especially to me, helps me to be able to feel out my participants and understand where they're coming from, helps them to understand their mindset, heart set going into this, and how important it's going to be for them. Do we have any other questions, Val? Did we have any come in? I want to make sure we cover any of those questions before we get into showing what the Wisawca Project looks like.

No questions at the moment, Kola.

All right. So Miss Val, if you are ready and want to bring that up on your screen, we're actually going to go through. I'm going to show you what the Wisawca Project looks like. But I'm going to have Miss Val, she's actually going to fill this out, because we do have a fill-able form.

So if you're really techie and like to have everything on your computer and then print it off looking all pretty and perfect, there is that option. Or you can actually print off the PDF and fill it out. But we're going to go ahead and walk through the sections, so you have an understanding of them. So Miss Val's going to go to the very first page.

There it is in all its glory. So we're going to go through these. Please understand that usually a training with me can go anywhere from an hour to an hour and 15 minutes, just depending on questions or how in-depth we want to go. So this is going to be a very quick overview, a very quick summary of what this project is. So the first section here, the support. Very quick.

Some people might be able to identify who their support is really, really fast. I often tell people, think of someone who is truly ride or die. You need to think of someone who, if they got a call at 2 o'clock in the morning, they're up and out. And they're ready to go someplace to help you out.

But if you don't have that in mind, get kind of creative. If you have a roommate or a best friend or co-worker that you really, really trust, you want to make sure that you list their name. You want to put their first and their last name, that's really important, and their relationship to you.

So you can see here, Miss Val has her friend Jay. And then you want to write down their contact information. And Val, is it possible to zoom in on that, so we can get a little clearer picture of it?

Oh, there we go. Yes, perfect. Thank you. All right, so that first section, you have your support down. Your support is going to be the person that also holds your completed Wisawca Project.

So this is going to be the person, if they are reporting you missing, if they're going to law enforcement and saying, hey, they didn't come back home. Here's her safety plan, his safety plan. What do we do now? So think of your support like that.

Of course, I have a little bit of reminders throughout, like have you informed your support of the safety plan? Put not yet, so that means you need to, or yes they already know. And then, again, reminders to give them a completed copy of your safety plan.

Moving down, we have team. And this is-- you might have your support on this as well. But your team, you need to have a different thought process on who your team is. So personally, for me, I have my kids on my team, because they spend a good majority of their day with me. And then I also have my husband on there, because of course, that's my husband.

And if I ever go places or do anything, he's usually with me. So again, you'll want to list their names. First and last name is preferable, their relationship to you, if they're your husband, if they're your child, or if they're your friend, or someone who you spend most of your day with, you'll want to list that.

And again, it's really important to write down their contact information. I know we have everything saved in our devices. But for this plan specifically, it's really important to write them down. So if law enforcement sees this list, then they can kind of go down through. They already have the phone numbers. They can say, all right, I already called Bran. They said that they haven't seen her for a while.

I already called Bray, and they haven't seen her for a while. So that's what your team is going to look like. So down below that, are these people aware of the safety plan? Yes, you may have already talked to them about it. If you got younger kids, you already let them know, hey, mommy already has this plan in place if anything ever happens to me. Here's where it's located if you ever need it.

Have they created their own safety plan? Some kids might be old enough to have their own. When you're starting to think of kids that drive themselves to and from school, or they go to work, or if they have sports practices, things like that, they might need to have their own. So you'll want to take that consideration.

So not yet or yes. Next section down, we're talking about inclusion. So you want to think of the areas of your life that this plan is going to include. You'll want to think of your day to day schedule.

Do you go to school? Or do you go to work? Do you drive a lot with your kids? Do you have to take them to school school or daycare? Do you spend a good majority-- do work from home? What about your weekend schedule? What does that look like?

Do you travel a lot? Are you by yourself? Do you fly? Or do you drive by car? So this isn't necessarily an area where you put, like, your daily schedule. Like, I have a doctor's appointment this day. That's what planners are for.

But this is just to give law enforcement the idea of what it looks like in your day to day life. You want to make sure, like, time of day, you kind of put what you're doing. Like, I'm training, or I'm working, or I'm driving. Your location, are you going to the gym, or are you going to work?

Where do you work at? Oh, I work at a Technologies compnay. Or I work at the De Yehwah Government Center. And then who are you with? If you're by yourself, or well, I have my whole department with me. Or I have my kids with me.

You want to think about those sorts of things in your schedule. It gives law enforcement an idea of what it was like to be in your shoes. If law enforcement ever has to look at what it's like to be in my shoes, they're going to be like, she was one busy lady. She was everywhere all the time. But I put this down. So it also gives me an idea of what my movements looked like.

Oh wow, I really do travel a lot. Yeah, I'm with lot of different people all the time. Or I'm really just on the road maybe too much, sort of thing. So that's the area for inclusion.

Oftentimes, I have to encourage participants to come back to work on it. I call it their soul work, because homework sounds really tedious. But it's your soul work. And if you come down a little bit more on this page, we have schedule and notifications. So there's a reason why these two sections are so close together.

So after you start to really reflect on why it's important to look at your schedule, you'll need to think about a phone buddy. Now, what brought this up was that my mom was constantly on me. Where are you at? What are you doing?

And again, being a young woman, I'm thinking, she's so nosy. She really needs to get her own thing going on. Why does she need to know what I'm doing all the time? But then she really laid it down for me, especially when I started advocating for MMIW.

She said, you know, Kola, Brittany I just don't know where you're at all the time. You travel so much, and oftentimes you're alone. And we help you with the kids of course. And we love you, and we support you. But we need to know where you're at and what time we should expect to hear from you.

So my mom had a really big part in this section. So you need to find out who from your support or your team is going to be your phone buddy. Now, we put this specific cutoff of phone buddy, because I have two people in my support. I have my husband, but then I have my mom.

I have both of them, because they kind of help each other. My husband's in law enforcement. So I have to keep in mind, he's not always in service. He's not always going to be able to answer his phone.

My mom, on the other hand, is always at home. She can always answer her phone, but she's not as tech savvy. So there's certain areas of technology that she's not able to understand or be able to help me with. So you want to keep that in mind.

This next section, super duper important. And this has probably been something that could have really helped a lot of people in my family and could have been super duper helpful to their cases. But how often should they hear from you? So if you scroll back up there about, how often should they expect to hear from you?

The plan that I have currently in place for myself, because I'm so busy and I travel quite a bit, is that my mom will always expect to hear from me every three hours. So she understands, OK, she has meetings or she has training. She travels. Usually, it takes her, like, three hours. But if she does not hear from me in three hours, she contacts me. She sends me a text, or she calls me and says, hey, haven't heard from you. Just hoping you're OK.

And it's usually, sorry, I've lost track of time. Thank you for checking on me. So when you're going to law enforcement, and they're saying, you need to wait 72, you have it in writing saying, that was not the plan. We planned to hear from her every 6 hours, every 12 hours.

So it's going to be very catered, very individualistic to you and your schedule and what it looks like. But that's super important to have in writing, because then law enforcement will understand, OK, they made a plan. Not hearing from Kola every three hours is very, very weird. It's been 6. Something's going on.

Would it be wise to maybe put a specific time, like, you know obviously, for me, it was initial thought, one day, but specifically call between 2:00 and 4:00 PM, that way it's specific. Is that what the idea is?

Yeah, that would be great. If that's something that would work for you and your plan, and that's your window where it's set. As long as you have something in writing and set, that works. But for someone that travels a lot like myself, having set times can be a little difficult.

So that's what we've always said, every few hours. That's quite a bit, and it might be excessive for some people. But for me that's what our plan is, because I'm just so all over the place. But once a day, call your phone buddy between 2:00 and 4:00 PM, sounds perfect, because then law enforcement can come back and say, all right, so it is now 10:00 PM, and they still haven't heard from her. OK, that's not part of the plan.

So that would be perfect. Listing something like that would be amazing. So have you shared these worksheets with your phone buddy? Because your phone buddy obviously needs to be aware of what the notification system is looking like for you and when they should expect to hear from you. And we'll go down to the next section.

And we did have a question come in. And I want to answer this one really quick. It says, what if the client does not have any support? So this one is really-- thank you so much for asking this, because this is really important.

I understand that some people might not have that. They might not have family or friends, or significant other. So that's why I allow for participants to get really, really creative. So we're thinking, like roommates or best friends or co-workers. I had one gal just this last weekend in person, she shared that she doesn't really rely on her family for much of anything.

It's kind of a very tender area for her. She didn't get too much into it. But she got really creative with her. She's been really reliant on her counselor. And so she talked about all the things she's gone through with her counselor and how they've been really supportive towards her.

So I even told her, you can always ask your counselor if they'd be willing to be a support. If you have someone who is there working with you and going through a lot of maybe the harder areas of your life, they might be willing to do this. There's no reason why you shouldn't be able to ask.

So I had actually gotten a follow up email from her. And she said that she felt really, really good about asking her counselor. And her counselor was actually very honored to be her support if anything were to happen. And for them, it was really good, because they have a standing appointment every-- I think she said every week.

So her counselor was like, I know that if-- that would be perfect. If I didn't hear from you one week, because we always are meeting together. That would be something I can allow for law enforcement to understand and hear. So you might have to get creative with some of your support options.

So if you have one that's working like that, I know for child welfare, some of their caseworkers will be very adamant about letting them know that they're there for supports. That might be an option for some people. Thank you so much for that question. And we'll move on to the next section, which is your local dispatch.

You'll want to Google your law enforcement, dispatch centers. So you're looking for the non-emergent numbers. So why this is really important, especially for people in the Indigenous community who live on reservations, is the amount of jurisdictional issues we ran into with these cases.

So for myself, I have about eight law enforcement dispatch centers in my phone. And this is why. I live on the reservation, so obviously, I have tribal police department in my phone. I drive four miles away, I'm in Pendleton city limits. So I have the city police in my phone.

If I take the highway, that's Oregon state police. So I have their non-emergent number in my phone. Any of the county roads that are outside of highways or city limits, or even some that are on the reservation, is the Sheriff's department. So I have their number as well.

I also travel, so if I go to a city that's 45 minutes away from me where I train, I have their dispatch on speed dial as well. So you can kind of see where I have quite a few non-emergent numbers, because if you call 911, it sends you to this very huge dispatch center. And what they're going to do is ask for your location.

So they're going to take the time to transfer you to the dispatch center that is where you're at in your jurisdiction. So having these already in your phone and saved and put on speed dial is going to be really important for minimizing that time and really closing that gap. I mean, for some people in a domestic violence situation, the 30 seconds it takes to transfer someone can mean the matter of life and death or getting important information over the phone.

So it's really important to have these already set. So she'll have all of her agencies listed. She'll have her law enforcement, the numbers listed. And then at this point, I would go ahead and tell participants, now, go into your phone and save them.

And I would see everybody immediately grab their phone, because we're all so attached to them, grab their phone and start saving them into their phone. Start Google searching for all of them, and putting them all in there. This will also show law enforcement later on, OK, wow, they travel quite a bit. They had all these numbers in their phone. So they were ready if anything happened. They were prepared. Next section down.

I just want to share that it really made me think about my frequent travel as well, like you were saying. And who is what jurisdiction, and who can I call if I'm in the area? So it does make you think about your travel locations.

Absolutely. And I want to just, we had a couple of questions pop in. One, is it OK to check in via text? Or do you have to hear their voice? So for me, texting does work, because my family all knows how addicted to my phone I am.

So I will text people, that works just fine. If that's something that you've had already in place with your support, that's perfect. But if we're talking about a situation where you don't know if somebody is taking their phone. Say, if a person is in a domestic violence situation, and their partner has a habit of taking their phone away from them. Maybe establishing a plan where I have to actually hear your voice and understand that it's you. Maybe we FaceTime, so I can see you as well.

So again, the Wisawca Project, when you're going through this, it's going to be very much catered to your own personal and individual journey and individualistic to your needs and what you're comfortable with. Next question was, are you able to turn this into a QR code, to be able to access? I know we have this available on my social media. NCJTC also has it available. But a QR code would be very, very convenient. So that's an excellent question. Thank you so much for asking that.

Next question is saving emergency numbers in, what do you recommend for people who maybe have someone who looks through their phone? How to remember code names for emergency numbers. I love this question, because I'm going to show you what-- we actually have talked about this in the Wisawca Project. So give me a second. I will put that-- we'll talk about that. That's awesome.

Another one was, we also have a set safety code or emoji to ensure it is the person texting. I absolutely love this. And this is another section we'll get into. Love these questions. This is awesome. All right, so alternate routes.

So we're going to talk about travel activities, such as commutes to and from work or school, or walking or jogging. Or like I told y'all, I had this group of people from *Runner's World*. I'm like, you're insane with your running routes and all that sort of ordeal. Again, keep your own personal journey in mind when you're creating your own safety plan and how this is going to pertain to you.

And I asked some questions in here that are really important. Like, do you use the same route, yes or no? Are there alternate routes available? So this is one that I'll expand on a little bit. And this is what you'll need to consider. And this is why it's very catered to you and your needs.

So I had a person who is in a running group. She said that she keeps the same exact running route. It's important to her and her safety plan, because then her family members know exactly which days and what time she runs and knows exactly which route she uses. And that works for her, because she doesn't like to take her phone with her. She doesn't like to have to carry anything extra with her. So that helps her.

The other side of this that we need to be aware of is that having such a consistent schedule like that, if I ran 5:00 AM every Monday, Wednesday and Friday morning on Mission highway, down to Mission Market, and back to my home, this allows for a predatory individual to understand the reliability in your schedule. They see me Monday morning at 5:00 AM running by Wetlands Park. OK, she was there Monday morning.

They kind of started scouting around again. Wednesday morning comes around, 5:00 AM. Oh, there she is, again. She did it again. Thursday morning, OK, she's not there Thursday morning. Friday morning, yep, she did it again. She's right there by Wetlands Park, 5:00 AM.

So predatory individuals will look for the habits or the schedules that you create. So that's something you need to keep in mind when you're thinking about commutes, even for going to work or going to school. Jogging, cycling or anything like that, anything that requires you to go a long distance on a route, keep that in mind. Something else that was really important, we had a lady in our community. She works for our behavioral health and IHS. It tied together the alternate routes, and then the local dispatch on speed dial sections together.

She went to our local Walmart. She had a weird interaction with a gentleman there. And he was already very irate and hostile towards a lot of other people. But then he seemed to kind of single her out, even though she's a very nice, she's very soft spoken, and she keeps to herself for the most part. He felt really just agitated towards her.

This led out into the parking lot, and she was alone. He continued yelling at her, was kind of targeting her. She gets into a vehicle. She starts driving off. She notices that he might be following her. She saw his vehicle, what he got into. And she's thinking, oh no, he might be following me.

She was very much lost and wasn't sure of what to do. She was able to meet up with her husband. And then she messaged me later on and asked, what would I have done in that situation? That was before we had the Wisawca Project started.

So creating alternate routes, especially if you're in a very populated area, is really important. I'm not opposed to people driving very awkwardly in a square, taking several right turns, because that will really establish, OK, yep, they're following me. But I often tell people, especially when you're running, stay in well-populated areas, well-lit areas. Do not go off where they might be able to corner you somewhere. Don't go anywhere where there might not be cameras.

I know downtown Pendleton has a lot of security cameras, a lot of traffic cameras. That's really useful for law enforcement later on. Having local dispatch on speed dial is really important, especially the non-emergent numbers, because she could have called and said, hey, I have a vehicle that's following me. This is what it looks like. This might be why he's following me.

And then they could see if they have officer in the area that could essentially intervene. So that's really important for that section. So taking a look at your alternate routes, seeing if those are available to you, or if that's going to work in your plan is really important. We'll go ahead and scroll down.

Train your mind to think in detailed description. So this one, I'm just going to kind of skim over really quick. But it's really important to understand that law enforcement and investigators will always ask many questions. And it's often hard to remember the details in stressful and high intensity situations.

So if we start training our minds now to think get detailed descriptions, we're more likely to be able to remember, retain more information, to help those that are searching for your loved one. So you want to start thinking-- even now, you can start looking at people and describe exactly what they're wearing. But be very detailed, not just, oh, he was wearing a gray sweatshirt and gray pants.

Think, is there a logo? Or is there a hood? Did he have denim on, possibly, if you're able to see that? What color were his shoes? Did he have long hair, short hair? Did he have any facial hair? This also pertains to vehicles.

So it's really hard to say. They had a Silver pickup. Well, Pendleton Oregon, a lot of people have Silver pickups. So you want to get kind of really detailed with that. If you can get at least three characters off a plate, that's really, really important, and getting the state. That can be really helpful for law enforcement.

Also, this will help if you ever have to file a Missing Persons report on children. I have three boys. I never remember what they wear by afternoon time. So if they were to go missing, it'd be really hard for me to do that. So you might want to think about taking pictures of them in the morning before they go for school.

You'll have a bunch of pictures throughout the school year of how they're growing, which is really awesome. But also, in the very unfortunate situation if they go missing, you have that available. I myself, post quite a bit to my social media. People think she just really loves the post about herself.

But it also gives people, I remember when she was at the gym. Yeah, she was wearing that when she left. Or yeah, I remember when I saw her at this conference. That's exactly what she was wearing. And yeah, that's what she looked like when she left. So that could be really helpful for you.

I'm going to scroll down. Cameras. So what was really overwhelming for me in my experience last year was trying to buy a security and camera system for my home and then also for my vehicle. This is probably wear I had one of my really bad breakdown moments, where I was just completely overwhelmed and didn't know what the purpose of any of this was.

Because when I was calling these companies, they ask you so many questions. And you really don't know. And when you're feeling really defeated already, and I'm pretty sure they're on their 50th call for the day, and they just want to kind of get through it and speed up.

So what I did here, was I put all of this into one section, all the different questions that they're going to ask you. So do you want cameras or dash cam? Do you want an alarm system, smoke detectors? How many levels are in your house? And you basically just fill this out.

So when you call these different companies, if you scroll down a little bit further, again, there's other prompting questions there. Like, do you spend time outside your home? Do you need to have outdoor cameras? Do you jog or bike or anything? Do you want a body cam for yourself?

So if you go down further, those are all fill-able. There's a section where you can do your own research. You can write down the company, the pros, the cons, the costs, and kind of have it right there laid out in front of you for what it's going to look like to be able to get these sorts of systems put in your home.

Something I always remind people of is that you need to ask them if they have technicians in your area. Some companies do. Some companies don't. So that might play a factor into if you're going to actually go through with them, because you might not be tech savvy. You might need a technician to come install it for you.

Or is there the option for me to install it myself, because then I can save myself a little bit of money, because I'm already going through a tough time? I don't want to spend any more money that I really need to. So I went through all of that, put it in this really pretty little piece of paper. And you can go through, write your notes, make your decisions that way.

It really helps to get your thoughts on the paper. And it also shows law enforcement, you went through the steps in order to take care of your home, take care of yourself and your safety. We'll scroll down just a little bit.

Another section for dash cams, body cams. Electronic devices, here we go. This was a section I was waiting for. So how to save your contacts in your phone. So if we're talking about dispatch, saving their number in your phone can be really, really important.

For the situation that someone had asked, if you're in a domestic violence situation, and the partner takes the phone, and is like, why do you have dispatch on your phone? You can change it. But what's important is to list it on here.

You're going to list your support. So for this example, we'll put UTPD, because that's Umatilla Tribal Police Department. You can put relationship to you. We're going to, right now for this example, we're going to say co-worker. And then we'll write down the phone number.

But in our phone, we're going to save it as something different. So you'll want to list down-- it says, list your supports, UTPD. You're going to list how you save it into your phone. So you can give it a name if you'd like to. And the name is going to be--

Is it on here here? Or--

Yeah. You went away for a minute. Go up. Back up to that, right there. So that section where it says, list your supports, where she wrote UTPD. That's where you're going to put what you save it in your phone as. You can put, change to, or just a dash, and put a name, like Billy Joe. That's who I'm going to list there, and that's my co-worker.

So if a partner who is abusive sees that, oh it's just a coworker's name. But what this will show law enforcement later on, if they get a hold of your device and they see, OK, Val was in a situation, obviously, because she called UTPD on this date. I know that now because it showed up as Billy Joe on her phone. But that's not really Billy Joe, that's UTPD.

So that's one way you can save contacts in there. The other idea behind this was in case someone located your phone, they would know who they would need to call if they were able to get into the phone, or if someone calls on there. Changing the name or how you have them saved can be really important. We'll go ahead and scroll down.

Location settings, this is really important. I often teach my participants how to drop a pin. This means showing your location. There's also apps, or there's a setting in your phone, if you have iPhones, that's available for you to constantly share your location. This is where I usually tell people, I'm not a couples counselor. I don't do couples therapy.

It's going to be about your own trust level with your partner on where you're showing where your location is. I personally don't share my location with my husband, for the simple fact that I am big on surprises. So if he sees me at certain places in town, he knows I'm probably planning something for him, so we don't share that.

But he knows if he sees me drop a pin, that he needs to understand that I'm feeling, maybe unsafe in where I'm at, and he usually calls me. If you go down further, safe phrase. This is what we talked about, somebody asked in the chat box. There is a setting in your phone that, if you go in there, you can change the text that you type.

So for this example, and because it's quick for me. In the box, where it says text typed. On my phone, I type KKK. It's nothing crazy. It's just because it's so-- it's just a letter that's right next to the Send button. I tap it three times.

And then when I hit Send, the message that's actually sent, so over in the safe phrase, I change it to say, there's water in the basement. So for me, if I have someone that is trying to keep me from talking to anyone on my phone, but I happen to pull it out, and I can hit to message anyone or my support, and it says KKK, and I hit Send. They'll get that phrase, and they'll say, oh, something's happening.

That's a safe phrase. Something's going on. I need to figure out where they're at. They'll start making the calls or whatever. That could be huge for minimizing that amount of time that I'm on my phone to type out this huge long statement of, there's water in the basement.

I want to check this really quick. Do of any programs that help people get cameras for their homes, because we deal with a lot of low income families that can't afford that? Unfortunately, at this time, I do not personally. I don't know if Val might know of other programs.

I know that was something that, for us at EIE, we are working towards and helping people finance and get funding for their security systems. But as of right now, we were only able to afford self defense weaponry for participants. So that's definitely a good question, something I'd really love to look into a little bit more.

Next section down, we're definitely buzzing right through this. I want to be respectful of everybody's time. Electronic devices. So I will go over this one slightly. This one's really important. Again, if you're not comfortable with your support having access to passwords to apps and everything, you can definitely put this document in a sealed envelope and say, hey, if it happens, if I go missing, this is what you can use. And it's not to be opened until that time, just so that your privacy is respected.

But this was really important. And this is something that we have thought, because of the case where my cousin Babette was missing for two weeks. And after a two hour search, they found her. If we had access to her social media, we would have seen all of the messages that were happening between her and her abusive ex-boyfriend, and then also the woman that he had actually left her for.

She was receiving threatening messages and actual death threats from these two individuals. And in the saddest part of this entire story is that, where they located her body in that river, was actually behind that woman's house. So if we had access to her social media and all of that, we would have understood how serious this entire situation would have been. And law enforcement would have understood, she's been receiving these messages. We definitely need to find her.

And there's a good possibility she could have still been alive by the time they found her. And it wouldn't have been two weeks later. So that's something really important you'll want to write down. And for me, it takes a long time. You have to really think about all the passwords. You might even have to reset some things.

So this one, I often tell people come back to. But you'll want to write down the app, the device. If you have laptops or multiple devices, the username and the password. We'll scroll down.

Red flag lists. So this one's really, really important. And this one, I actually found a lot of participants have a hard time. I don't want people to think that this is pointing the finger before something happens. This is literally about your safety. This is literally about you returning back home to continue doing what it is that you do in your life and serving your purpose in this world.

So I tell people to think of the issues that they're going through. For me, we list the name of the person. So the person that's on your red flag list, after listing their name, you'll put their occupation. For me, it's a detective for UTPD.

And then the next section is, I turned them in for sexual harassment. He might be losing his DPSST certification. So law enforcement would look at that like, and be like, that would be a motive. He definitely probably does not like Kola.

But what this red flag is, is for your support to understand. If I happen to go to Safeway, and some somebody saw me talking to or associating with the detective that sexually harassed me, and word got back to my husband about it, he would understand, that's not OK. That was not a safe person for Kola to be around. He definitely didn't like her. So that might be somebody we want to look into.

That's what the red flag list is. I know a lot of people have a hard time saying, well, I don't want to list people that I have issues with, because I don't want people thinking that they're solely responsible for something happening to me. I often tell people, and I encourage them, I said, if people don't know about the people you have issues with, how are they going to know that if you do go missing? Because you're not going to be able to be there to tell them.

So this isn't necessarily pointing the finger. It's just showing law enforcement the answers to the questions that they're going to have for your loved ones. Your loved ones aren't going to know. So writing it down ahead of time and letting them know. And this can always change. They don't have to stay on there forever.

I'm all about making amends with people. So if you happen to be able to do that, you can take them off your list. But law enforcement does ask that stating, is there anyone that we should go ask? Is there anyone that they were having issues with? This is going to be that list.

We'll go ahead and scroll down. Go to place, a place of solace. So law enforcement will often ask, do they have some place they like to go to be on their own, to maybe just get away from the world? Just kind of just take some time out.

You'll want to go ahead and let your support know of these places, especially if there's no cell phone service there. I find it really helpful if you can drop a pin to be able to show them a location. Law enforcement will also use that in their search to see if maybe that's where you went. And then we'll scroll down.

Self defense, this is usually the section that I get the most questions on. I love self defense. But I'm more of an advocate and will always encourage consistent training. So if you're able to pick up a discipline, I definitely encourage that. I don't expect you to remember or retain information from a two hour long self-defense seminar two months later in a stressful or high intense situation. That's just reality.

So I have that there to help you kind of research and see if there is a certain discipline, what gym you want to go to, the costs. If you scroll down further, you'll see those sections. Then also, I talk about self defense weaponry. Same thing, I am not behind people just going and getting their concealed carry permit, because you need to have time on a range and being comfortable with that device. Also with knives, you want to train with that.

But there are other self-defense weaponry options that don't require that kind of training that are really useful. I definitely have those listed in my social media if you have further questions about that. Down further, you'll see the acknowledgment here of that you filled this out with a safety training coach, myself, and that you filled it out voluntarily to the best of your knowledge and did the best that you could with it, so that law enforcement understands that this isn't just someone else filling it out and giving it to them, that you actually took the steps to prepare for moments like that, in case you are to go missing.

And of course, you'll print, sign, and date. And I don't know if we have any other questions or any other thoughts. Val, do you have anything?

Again, I just want to, just for yourselves even as advocates, we also need to be mindful of our own safety. This made me think about a lot of things about my own safety, my home, where we frequent, and who is going to be that person that's going to be part of your team, especially with the work that we all do. So it was very helpful, Kola. This is something that I've done for myself as well. And I know it's going-- I know it works.

Thank you so much, Val. And thank you for helping me and showing that. And for any of our other participants, if you're still here, thank you so much. The goal and the purpose here was to help start minimizing and lowering the numbers when it comes into talks about MMIW, MMIP. But again, everyone's safety is super important, all women, men, LGBTQ two spirit.

So everyone can utilize safety plans like this. So it's my own personal goal to give this to as many people as they can. We're definitely looking into ambassador programs, where other people can get trained to be able to push this out for themselves and to reach other people. Again, safety planning and safety training, it's going to be a ripple effect. And it's creating environments that are safe for people to express those concerns, and also instilling confidence and empowering other people to advocate for themselves in their own personal safety.

I have a lot of other ideas and things in the works right now. We've been talking about being able to facilitate children's training as well. So we're talking grade school age, and then also up through high school. It's very different as opposed to adult trainings. So we are definitely working and researching into those.

But again, this is something that I hold very close to my heart and take very seriously. And this was just my approach into this MMIW epidemic. But it's kind of really branched out into something more. And I really hope you were able to get something from it.

Again, just think of your bigger why. I encourage you to think about, what does it mean for you to have a personal safety plan? Because you are important. You are valued. You are worthy.

And I will just end this by saying, [NON-ENGLISH SPEECH]. A huge thank you. And I hope you'll have an amazing afternoon. And definitely feel free to reach out if you need anything from me.

Thank you, Kola, again, for sharing your safety plan with us. It was very enlightening to me. And obviously, we all learned a lot today. So I also want to share that Kola will be following up today's session with three workshops related to safety planning. Please watch your inbox for emails in the next few days regarding registration for this upcoming event.

This concludes our webinar today. Thank you again to Kola for taking time to be with us and share your experiences and safety plan with us. And thank you to our attendees for joining us today. We hope you can join us again for future webinars. And have a wonderful day.