

Unpacking The SASHA Model

"Black Women's Triangulation of Rape" and Why an Abandoned Warehouse in Detroit is JUST NOT BIG ENOUGH.

Slide 2: Working with African-American Survivors and "*Experiencers*" of Sexual Assault

Focus: THE SASHA MODEL: Black Women's Triangulation of Rape

Slide 3: Lucille Clifton (1936 – 2010)

won't you celebrate with me

Lucille Clifton

won't you celebrate with me
what i have shaped into
a kind of life? i had no model.
born in Babylon
both nonwhite and woman
what did i see to be except myself?
i made it up
here on this bridge between
starshine and clay,
my one hand holding tight
my other hand; come celebrate
with me that everyday
something has tried to kill me
and has failed.

Slide 4:

"Black women were and continue to be sorely in need of an anti-rape movement." – Angela Davis (1989, p.4)

Slide 5: Purpose and Learning Goals

- Learn about SASHA Center's Work
- Integrate the Personal, Professional and Political
- Explore The SASHA Model: Black Women's Triangulation of Rape (Exercise)

Slide 6: Guiding Principles

- Dignity and Respect
- Culture Cues
- History Heals

- Group Healing
- African Centered

Slide 7: Sasha Center

Sexual Assault Services for Holistic Healing and Awareness

Slide 8: Terminology

- Experiencers
- Sexual Assault
- Black/African-American
- Women
- Alternative
- Survivors
- Victims
- Ancestors
- Non-Traditional

Slide 9: Sasha Model

- SASHA Center has been positively supported for being culturally specific but also challenged by it. We are creating safe spaces for black women to do their own work in healing as it relates to sexual assault and abuse. However, ALL women of any race can participate.
- Our groups are “geared” towards the African American female, 16 years of age or older, the groups are “peer educational” and we advise participants to also engage in “one on one individual counseling” and support with a therapist of their choice in addition to attending our group sessions. We do not provide individual counseling or therapy.
- It is not required, but we support and encourage survivors to get all the help needed in addition to our group sessions. This group is not ideal for clients who have untreated mental illness. We can provide referrals and we have strong relationships with WCSAFE and other agencies that can provide individual counseling as well as mental health services.

Slide 10: Black Women’s Triangulation of Rape

- In the African-American community, the act of secret keeping throughout our generations and within the context of surviving slavery, sexual assault, mutilation,

bondage and hate has been what facilitators of groups at the SASHA Center identify as a “coping mechanism used by our people to survive” (Johnson, Davis, L., Davis, Z., & Ventour, 2018).

- However, this strategy of secret keeping does not work, creates even more isolation and keep individuals from healing. Culturally specific services for this population must first and foremost challenge the notion and functionality (or the lack thereof) of the “**no-snitching**” phenomenon, which has impeded on this community’s capacity to integrate healing as a human right for sexual assault survivors. This notion and idea of “**no-snitching**” started during slavery and continues to present day.
- **Dr. Joy DeGruy** talks about the transatlantic slaved trade and the rape of Black women in her critically acclaimed book, *Post Traumatic Slave Syndrome* (2005). In it she states,
- Because she is a slave, her children are also slaves and she must come to grips with the fact that she is incapable of defending them against assaults from masters and overseers...there will be a day when white men will demand to have access to her daughter...the mother anguishes over this fact...she attempts to tell her how best to prepare and survive, tells her to lie...not resist, bear the pain...(paraphrased)

Slide 11: The Sasha Model Exercise

We will review the SASHA Model together and assign sections to groups of two or more people.

You have 10 minutes to review and prepare a report back.

Your table will identify examples which would be idea to address the issues identified in the model with your clients and within your shelters.

Slide 12: Ancestors and Honoring History

Kwanzaa

Sankofa

Pouring Libations

Slide 13: Humor, Irony, Satire

DR. HENRY LOUIS GATES-Signifying Monkey

- This groundbreaking study explores the relationship between the African and African-American vernacular traditions and black literature, elaborating a new critical approach located *within* this tradition that allows the black voice to speak for itself. Examining the ancient poetry and myths found in African, Latin American, and Caribbean culture, Gates uncovers a unique system of interpretation and a powerful vernacular tradition that black slaves brought with them to the New World. He uses this critical framework

to reassess several major works of African-American literature, including Zora Neale Hurston's *Their Eyes Were Watching God*, Ralph Ellison's *Invisible Man*, and Ishmael Reed's *Mumbo Jumbo*.

“I LOVE MYSELF WHEN I’M LAUGHING, AND THEN AGAIN WHEN I’M LOOKING MEAN AND IMPRESSIVE” HUMOR, IRONY, AND SATIRE IN AFRICAN AMERICAN LITERATURE AND POPULAR CULTURE.-DANA A. WILLIAMS

Slide 14: Non- Traditional Activities

- Dance, Music, Movement
- Prayer, Meditation, Reflection
- Urban Legends, Story Telling

Slide 15: Events as Cathartic

Slide 16: Success!!!

Slide 17: Our Work with MEN

- Detroit VS. Everybody
- Detroit Hustles Harder
- Former NFL Player DeAndre Levy
- A CALL TO MEN
- City Council Members

Slide 18: Resources

WOCN, Inc.

922 N. 3rd Street
Harrisburg, PA 17102

Website: www.wocninc.org

SASHA Center

701 McDougall St.
Detroit, MI 48207

1-888-865-7055

Website: www.sashacenter.org

Slide 19: Resources and Promising Practices

- WOCN
- SASHA Center
- NO! The Rape DOCUMENTARY
- Lori Robinson, “I Will Survive” The African American Guide to Healing from Sexual Assault and Abuse

Slide 20: Survivors Healing Tour

Slide 21: Male Engagement Now (MEN)

Slide 22: Healing is Possible (HIP Series)

Slide 23:

“There is no greater agony than bearing an untold story inside you.”