



TEEN DATING VIOLENCE AWARENESS MONTH

# DOVES Quarterly Newsletter January - March 2015

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EVENT PHOTOS

## DOVES Works with Schools, Community for Teen Dating Violence Awareness Month

by Sarah Garrison, Program Manager

As part of our ongoing prevention efforts, DOVES participated heavily in Teen Dating Violence Awareness Month.

My coworkers Tonya Lewis, Laura Morales-Rojas, and myself visited the high school during the months of February and March. Tonya and I did a five week program with the freshman studies class that focused on Healthy Relationships, Dating Abuse, The Cycle of Violence, Digital Abuse and the Bystander Approach.

Laura has been leading a support group for the Latino students twice a month. It's a safe place for students to talk about dating violence and how to maintain healthy relationships.

This year we collaborated with the Sheriff's Department and Public Information Officer, Tiffany Swantek. She joined me and presented on the subject of sexting. It was great to have her share her expertise. The students were engaged and learned a lot about the dangers of sexting and digital abuse. I look forward to doing it again next year.

One of our male mentors, Spencer Stewart, joined me for one of the classes. He did a great job in engaging the young men in the classroom. It was refreshing for them to have another male to talk to and I know they learned more with Spencer's help.

I also went to the Big Bear Middle School and worked with the Soroptimist S\*Team girls and one

mixed 7th and 8th grade classrooms. The S\*Team girls created awareness posters that were hung around the middle school. I used the same materials used at the high school to work with the mixed classroom.

DOVES is so grateful to have a strong partnership with our school districts and the Healthy Start program. A new bill (Senate Bill 592) may be passed and will require middle and high schools to provide education on healthy relationships and adolescent dating abuse, and will require schools to respond to adolescent dating abuse in their safety plans. Luckily, DOVES and the school district are ahead of the game.

In February we were featured in a great article about teen dating violence prevention in the San Bernardino Sun. You can view the story here: <http://www.sbsun.com/general-news/20150207/raising-awareness-to-prevent-teen-dating-violence>.

This story got us connected with the county's probation office and we were able to get resources to teens in juvenile hall that they didn't have before.

We look forward to a future of working with our community, schools, and county to continue our prevention efforts.



### Heart Project

*High school students show off their artwork and say love is respect!*



### Bystander Approach

*Students act out skits to prepare how to respond when they see teen dating violence, and how to help a friend.*



### Preparation

*Staff prepares for going to the schools.*

# Teen Dating Violence Awareness in Lake Arrowhead

by Yvonne Verlich, Counselor/Advocate, Lake Arrowhead Office



Yvonne Verlich with students at Rim of the World High School

What an opportunity I had to share the importance of identifying what abuse is to the young adults at Rim of the World High School. The Teen Dating Violence curriculum, which is presented annually, reached 150 students this year at Rim High School with the help of two teachers who so graciously allowed me into their classrooms. On the first day, after I settled in, I overheard a student say, "Why would I need to hear this, I don't hurt my boy friend/girl friend?" This student, along with other students, got the chance to hear what dating abuse is, how to identify it, and what they can do to stop it.

The first topic we talked about was Healthy Relationships, whether a friendship or an intimate relationship. The students jumped at the opportunity to share how they would like to be treated in a relationship and what they'd like to see. Students shared wants like; similar interests, equality, respect, good sense of humor, and loyalty. But, the quality that was most requested from the students was the desire to be loved and accepted for who they are. They had the chance to display these thoughts and feelings on the heart activity we did together in class. It was a really neat to see the uniqueness, creativity, and fun the students showed while doing the heart activity, and also making a statement by displaying their hearts on school campus.

We also talked about other topics like: Definition of Abuse, Power and Control, Cycle of Violence, Sexting, How to Get help, and How to Help a Friend. It was great to see the ideas and perspectives of the students on each topic, and to see their questions about these life topics addressed.

Delivering the Teen Dating Violence material in an easy and educational way by showing videos, reading stories, role-playing, and practical exercises was really effective and we could see the "light bulb" go off in the minds of the students.

The quality of knowledge the students gained from this DOVES program will last them a lifetime. Some of the students were very open and said they could identify possessive and controlling signs of some couples in at school and in other relationships they know. Talking about this topic in the classroom allowed the students to discuss and share ideas in a safe environment without having to go through the actual abuse to learn from it. I encouraged an atmosphere that allowed students to guess and offer personal perspectives without the fear of being wrong. Addressing negative thoughts and responding with a question allowed for the students to self-reflect on what was taught and promoted them to identify the answer themselves.

Overall, the Teen Dating Violence presentation was a success and it was very evident that the students and the teachers benefitted from it. As for me, I am looking forward to teaching it again.

## The Effects of Trauma on Teens

by Tonya Lewis, Counselor/Advocate, LMFTI

A traumatic event can happen to any one of us at any time. A traumatic experience is classified as any experience in which someone is seriously injured or threatened with injury or death. This can include: violence, car accidents, physical assault, sexual assault, natural disasters, serious medical illnesses, acts of terrorism, or the loss of a loved one ([www.NCTSN.org](http://www.NCTSN.org), 2008). The nature of the trauma inflicted, and the time in one's life it occurs, necessitates different coping and healing methods.

An important consideration when dealing with adolescent victims of trauma is their conception of independence. While a young child is fully dependent on their family to provide them with the help they need to recover from a traumatic event, a teen is more aware of their ability to "make it on their own." They can be torn between leaning on family for support and using the opportunity to be independent. A teen may be upset by the traumatic event, but may not feel comfortable sharing their feelings with a parent. This confusion can exacerbate the following reactions to trauma in teens:

Strong emotions such as sadness, anger, anxiety, and guilt;

Repetitively thinking about the traumatic event and talking about it often;

Disturbed sleeping patterns;

Withdrawal from family and friends;

Self-absorption and caring only about what is immediately important;

Being pessimistic, cynical and distrusting of others;

Depression and feelings of hopelessness, difficulties with short-term memory, concentration and problem solving" ([www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au), 2015).

If you have a teen that has experienced trauma, it is critical for you to offer your love and support through recovery. Not only are they dealing with trauma, but also a newfound understanding of independence. Offer them a place to speak freely without judgement. Recognize that teens may "act out" in an attempt to express/release their emotions. (It can be helpful to come up with constructive ways for your teen to express emotion before an outburst occurs.) Learn to recognize your teen's triggers (reminders of the event) and offer support if your teen becomes upset by one. It can also be helpful to express your own feelings so as to set a positive example for your teen.

It is important for parents to remain calm and continuously supportive for their teen throughout this difficult time ([www.NCTSN.org](http://www.NCTSN.org), 2008). When in doubt, educate yourself. There are countless articles and websites on coping with trauma. By educating yourself, you will be better equipped to help your teen. Parents can always seek help in the community from school counselors, spiritual leaders, mental health professionals, and other resources in your area.

1 in 3 teens in the U.S. is a victim of physical, sexual, emotional, or verbal abuse from a dating partner.

## DOVES Nest sees changes in employees

by Jane Hewitt, Store Manager

It is with sadness that we had to say goodbye to James Ming, our valued employee with the Thrift Store for over 2 years. He will be missed by all of our staff here at the Thrift Store. We wish him the best of luck with his move down the hill.

I am proud to announce that John Dickie will be taking on more responsibility in the yard along with Dustin Volk. These guys have done an amazing job since James has left. They work well together, understand the concept of our Thrift Store, and have great energy toward customers. We are also grateful for their decisions to be on Board.

Dustin has not only been working for DOVES Nest, but has been going to school full time. We are very proud of all the accomplishments he has made since joining our group over four years ago as a volunteer. He is liked by everyone, and there are some customers who want to deal with "Just Dustin!" His expertise is in our electronics department, but he can be found anywhere in the store helping others. He's very committed to our organization and we are all rooting for him as he journeys toward graduation.

We are fortunate to have John on board and he will be filling some big shoes! John has been a member of our team for four years and has grown tremendously. We are grateful for his abundance, knowledge, and fortitude towards gaining insight with the store and all its concepts. His smile is contagious and he is so very gentle with each and every customer. We value his expertise in all areas, as he knows the store so well.

### DOVES QUARTELY STATS

511  
individual counseling sessions

125  
crisis calls answered

29  
new clients served at the outreach center

22  
temporary restraining orders filed



*Have you seen our new thrift store truck? A huge thanks to Andy Meadors for designing the logo and Michael Hasbun at Bear City Signs for the awesome decal.*

## Lorrie's House Quarterly Update

by Sharon Knapik, On Call Shelter Manager

Our new year arrived with very little snow, but a very full house at the shelter. While the ground remained clear of the white stuff, we were busy celebrating successes at the house. There was a completion party for two of our residents that finished the educational portion of our program. Both of these clients found employment and located housing together.

We were blessed with the help of some terrific volunteers. Susan Scott teaches two classes every Tuesday, Susan Rich and Debbie Hibbetts assist us with grocery shopping, and Spencer Stewart takes the lead in helping with our boy's mentoring program. Their contributions are sincerely appreciated and really benefit our clients and their children.

February saw us with a full house. This number of clients and children kept all staff very busy. In all, we had four new clients arrive and no exits for the month. One of our clients, who is planning to stay in our

community, found the perfect job for herself. We were able to celebrate her accomplishments with a completion party.

We saw several clients leave during the month of March and new ladies arrive. We've had many challenges meeting the needs of some clients. New referrals have been made to local community resources and other organizations in town have stepped up to help. The shelter staff are grateful for the support we have seen by Lutheran Social Services, Big Bear Center for Change, our local hospital and ambulance service, Margaret Guereña (from the hospital), as well as the Mom & Dad Project. A special thanks to Judy Farry for her long hours helping our clients.

## Volunteer Corner: Spencer Stewart

*This quarter, our stand-out volunteer is Spencer Stewart. Spencer graduated from Azusa Pacific University in 2013 and after leaving a Master's Program at UCI, he moved to Big Bear to help his father start a local hospice organization. He has lived in Big Bear for just 15 months but has learned much about the town and himself in this small island of pine trees and fresh air.*



### Why did you choose to volunteer with DOVES?

Volunteering has always played a role in my life and moving up to Big Bear it was an excellent way to meet folks, too. The urgency and humanness of DOVES' mission stood out from other opportunities, however. After they gave a presentation at my church, I decided to sign up and have found the experience to be very rewarding.

### What do you do as a volunteer?

I volunteer as a mentor with the young guys at the DOVES shelter. While mothers are seeking refuge at the shelter, their sons are faced with living in a house full of women. When we meet, we'll often hike, kayak, see a movie, play mini-golf, and simply provide some rare guy time for boys that may have not experienced this at the shelter or at home.

### What is your favorite part about volunteering with DOVES?

My favorite part has to be creating the memories from hanging out in the mentoring program. Exploring the island in Boulder Bay and later swimming in the freezing lake are couple memories that I won't soon forget!

### When you're not volunteering, what do you enjoy doing?

I enjoy hiking, rock climbing, biking, and pretty much anything outside! When I'm not outside, I enjoy coffee, technology, coding, and reading. I also enjoy attending and playing keyboard at Community Church.

### What is your favorite inspirational quote?

"We can do no great things, only small things with great love." - Mother Teresa

## Policy Advocacy Day 2015

by Melissa Astle, Director of Outreach Services, Lake Arrowhead Office

The Policy Advocacy Day was held in Sacramento at the State Capitol on March 3 and 4, 2015. This is my second trip, and it is one educational event.

The Advocacy Day is designed for all domestic violence organizations to meet with their legislative partners and discuss CPEDV's (California Partnership to End Domestic Violence) priorities. This year's motto was: *Many Voices: One Message: California United to End Domestic Violence*. The Partnership's priorities are listed below and are the talking points with our designated legislators.

The first priority is to encourage the legislators to fund domestic violence programs. Governor Brown recommended full funding for domestic violence programs in his 2015-2016 budget proposal, \$20.6 million from the state general fund. We are asking the legislators to support this funding level and remain vigilant to ensure that the full funding for domestic violence programs is protected.

The second priority is Assembly Bill 418 (Chui), and it is better known as Early Lease Termination Bill. Current law allows a survivor to terminate a residential lease early, and the survivor must

provide documentation to support the abuse from a domestic violence, sexual assault, human trafficking advocate and/or health provider. The bill has a provision that ends the priority January 1, 2016, so we are asking the legislators to remove the sunset date. In addition, we are asking them to adjust the following barriers: First, decrease the maximum rent liability for a survivor from 30 days to 14 days. Second, require the landlord to account for and return as required the survivor's security deposit within 14 days after the tenant quits the property.

The third priority is failure to protect audit request. This priority requires a legislator to sponsor and/or request an audit. The purpose of the audit is review the Child Welfare Services protocol that often the non-abusive parent, who is the victim of domestic violence at the hands of the other parent, is charged with failure to protect. Failure to protect charges and the subsequent actions can have a devastating impact on the parent and on the child removed from custody of the non-abusive parent. We are recommending the best way to keep a child exposed to domestic violence safe is to keep the non-abusive parent safe. A non-offending

parent should not be held responsible for the behavior of an offending partner.

The fourth and final priority is Senate Bill 592 (Leyva) or better known as, Healthy Relationships and Safe School Act. This bill will require middle and high schools to provide education on healthy relationships and adolescent dating abuse, and to respond to adolescent dating abuse in their school safety plans. A major study by the Centers for Disease Control and Prevention found that nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year. Experiencing dating abuse can lead to lower academic performance, increased drug use, and an increase likelihood of developing an eating disorder. We are asking educators, who can help play a key role in changing attitudes and behaviors, support adolescents in forming healthy relationships, and providing effective interventions when abuse occurs.

The four priorities were discussed with our legislators, and many were supportive of our efforts. These are talking points that we will follow throughout the year.

# DOVES Survivor Thrives, Receives Scholarship

by Sarah Garrison, Program Manager



Amy Rose with Soroptimist President Tiffany Swantek

We are so proud of Amy Rose for receiving a Soroptimist *Live Your Dream Award*.

This program assists women who provide the primary source of financial responsibility for their families to obtain skills, training, and education to improve their lives.

Amy is an amazing woman who found herself and her own strength under the most difficult of circumstances.

She endured a twelve-year abusive relationship and when the right opportunity came, she seized it and left her ex-husband for good.

She is the mother of three beautiful

children who are also healing from their own trauma.

As the sole provider of her family Amy works full time and is also in school to become a licensed massage therapist. She balances all of this, as well as the healing of herself and her children, with the hopes of one day being able to heal others.

When her children get a little older she wants to complete all of her schooling and become a RN.

The *Live Your Dream Award* also provided Amy with a scholarship for her Massage Therapist School, which she will finish in July.

## SAVE THE DATE

Join us and the Rodriders of Big Bear on **June 13<sup>th</sup>** for our annual car show, Cruisin' to Stop Bruisin' at Big Bear Snow Play from 9am-3pm.

Lunch plates will be provided by Sonora Cantina for only \$5. We will have music, raffle prizes, and people's choice awards.

All proceeds go to benefit DOVES.

For more information call 909-866-1546.

## Join us for Denim Day for Sexual Assault Awareness Month

by Sarah Garrison, Program Manager

Please join DOVES in showing support for Denim Day on Wednesday, April 29<sup>th</sup>, for Sexual Assault Awareness Month.

This year marks the 16<sup>th</sup> celebration of Denim Day. The inspiration of Denim Day came from the 1992 case of a young girl who was raped by the driving instructor of a behind-the-wheel class. The perpetrator was arrested, tried and convicted, but he appealed his case and the Supreme Court overturned his conviction. The Chief Judge reasoned that, "because the victim wore very, very tight jeans, she had to help him remove them, and by removing the jeans, it was no longer rape but consensual sex."

This ruling outraged women in the Italian Parliament, who all came to work the following day wearing jeans to show their solidarity with the victim. The protest spread and the first Denim Day was born, and it is now observed in the

United States as a way to raise awareness about sexual violence and correct the misconceptions that surround it. **There is never an excuse for rape, and sexual assault is never acceptable.**

**DOVES is asking you and your employees to support Denim Day by wearing jeans, a denim shirt, or blazer to work on April 29<sup>th</sup>.** Send us a photo of you and your staff wearing denim to [info@doves4help.org](mailto:info@doves4help.org) and we will repost it to our social media.

Participating in Denim Day provides a wonderful opportunity for our community to show solidarity with survivors of abuse around the country and to think about how we can work in our personal and professional lives to reduce violence.

We are so sad to see one of our board members leave the mountain and DOVES. Sarina LaBate has done numerous jobs for DOVES during her time on the Board of Directors. She has helped with our annual Starry Starry Night fundraiser, at the thrift store, and answered phones and worked at our outreach office. She has been such a blessing on the Board and would help wherever we needed her. We wish her the best of luck with everything.