



TEEN DATING VIOLENCE AWARENESS MONTH



DOVES

Quarterly Newsletter

909-866-1546
41943 Big Bear Blvd | Big Bear Lake, CA

January – March 2016

EVENT PHOTOS

DOVES provides new prevention mandate for high school

by Sarah Garrison, Program Manager

Governor Brown recently signed a bill that requires all high schoolers to be educated on the state's "Yes Means Yes" law before graduating high school. This law is the state's consent law for investigating rape on college campuses. During an investigation of an alleged sexual assault, university disciplinary committees will have to ask if the sexual encounter met a standard where both parties were consenting, with consent defined as "an affirmative, conscious, and voluntary agreement to engage in sexual activity." The law was designed to protect the victim if he or she was too afraid to say "no" because he or she was threatened or coerced into having sex.

We taught the high school students about open and honest conversations that need to be had before having sex, and the importance of consent. So many asked, "Well, how do I know if my partner is consenting?" It's really simple - just ask them.

We also collaborated with the Sheriff's Department to go over the legal aspects of minors sexting, having sex with another minor or with someone 18 years of age or older.

We covered five different topics with the high school students including: healthy relationships, digital dating abuse, teen dating violence, the cycle of violence, and how to help a friend in an abusive situation.

Our teen dating violence prevention program continues to grow and now this year every high school student (unless they transferred) has heard our presentations during teen dating violence awareness month.

This year we had a booth at lunch right before the winter formal with information regarding teen dating violence prevention. It was well received by students and staff and we were able to continue our discussion with students regarding healthy relationships.

My coworker Tonya also went to the middle school to work with students regarding the same information and Laura's Latino group at the high school still occurs on a weekly basis.

After going to the high school we started working one-on-one with several new teen clients who said what we were presenting on resonated with them.

We continue to build our prevention efforts and look forward to reaching out to the community for more opportunities.



Heart Project

Students work on a project about healthy relationships



Community Collaboration

Tiffany from the Sheriff's Department talks about the dangers of sexting



Lunch Table

Tonya and Laura talk to students before winter formal

Children's therapy group creates new projects

by Judy Henri-Farry, LMFT



Children's birdhouses reflect their inner "houses"

The Children's Therapy Group of six children has been very busy this past quarter culminating with each child painting their own small birdhouse that reflected their symbolic views of their own inner "house" after they had identified the valued aspects of themselves that they want to keep developing, as they grow older. Earlier in the quarter, we first completed a six-week series on building and tracking personal growth via an individualized "All About ME" poster board. In four separate steps, the children first listed "What I like about ME" reflecting positive self-image awareness; "What I do to take best care of ME" including breathing techniques along with other self-care skills we're learning; "What do I want to change about my behavior" listing at least three behaviors they wanted to focus on for four consecutive weeks; and a one-month calendar where they listed the behaviors they wanted to work on each week. Each week they returned with their boards so we could process how each section for them.

At the end of the six weeks, each child was given a "reward" for participating in this personal growth project that was a \$10 gift card paid for by DOVES.

In the two weeks before Spring break, the children symbolically painted the valued parts of themselves on their own birdhouse. We had many opportunities to process and work on the various aspects of these two projects such as how to remember each day to pay attention to tracking the behaviors on they each had chosen to work on improving and/or changing. Each child eagerly participated in this entire process.

Latino youth group still a success at BBHS

by Laura Morales Rojas, Latino Advocate

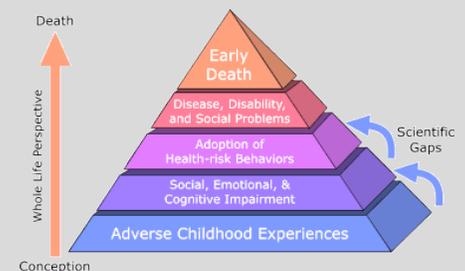
Teens in the ELS program at Big Bear High School continue to attend the Latino violence prevention group one a week.

In February I began to meet one-on-one with each student every other week. During our one-on-one meetings we were able to build trust and create a rapport. We also met as a group twice a month. They learned about goals, bullying, family, TDV, etc. Every week everyone participates and the program continues to grow.

ACE assessment brought to high school

by Tonya Lewis, Counselor/Advocate, LMFTI

The Adverse Childhood Experience (ACE) assessment was created by two doctors in 1985 and has been developed over decades. The data collected by the ACE assessment demonstrates a strong correlation between negative childhood experiences and an individual's health as an adult. The ACE is a simple 10-question assessment that covers three categories of negative experience: abuse, neglect, and household dysfunction. A score of 4 or more on the ACE assessment shows that an individual is at a higher risk of behaviors such as: lack of physical activity, smoking, alcoholism, drug use, and missing work. In addition to high-risk behaviors, the individual's health is also at risk for severe obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD and brittle bones.



DOVES has teamed with Big Bear High to prevent family and dating violence. The ACE assessment has proven to be an important resource for DOVES and school staff in better understanding teen's home life. The ACE assessment was conducted anonymously on the freshmen studies class this year, totaling 153 students. The information gathered shows that 18 percent of high school freshmen are at high risk for serious health and/or behavioral issues. It is our organization's hope that we can decrease this number and create a happy, healthy community for our children.

For more information regarding the ace study look online here:

<http://www.cdc.gov/violenceprevention/acestudy/>

New Year at DOVES Nest

by Jerry Patterson, Store Manager

Well it's a new year and this first quarter has certainly shown no signs of slowing down with the volume of donations. Both pickup and drive thru donations are at an all-time high. We have appliances, furniture, vintage music and clothes – a lot of clothes! We have been very fortunate to receive a steady stream of high-end winter and skiwear as well as footwear.

Barbara Patterson has been a volunteer in our clothing boutique since May of 2015 and has brought a high level of organization and customer service to the biggest single department in the store. Barb sorts, hangs, tags, and prices every piece of clothing that comes into Doves ensuring a steady stream of new selection for our customers. Whether she is helping a customer find that "Something Special" or helping a client choose clothing to "Start Over," Barb's passion and genuine concern always shines through. Thank you, Barbara, for all you do for the DOVES organization. We've featured Barbara on our volunteer corner page; take a look to find out more about our incredible volunteer!

Stay up to date with our thrift store and like us on Facebook:

<http://www.facebook.com/dovesnestbigbear/>



Call our thrift store to schedule a pick up for your larger donations: 909-585-5698.

Lorrie's House Quarterly Update

by Sharon Knapik, On Call Shelter Manager

The last few months of winter were busy not only with the occasional storm, but the month of January saw us welcoming two new members of our shelter staff family. We welcomed Ashley and Shelby, and the knowledge and enthusiasm they bring to our program. We all began to learn about the world of transitional housing and just how challenging this can be. Both clients and case managers realized that they must ask for help, work hard, and be persistent and patient, all at the same time.

The month of February saw a new round of joys and challenges. We successfully enrolled four children, with a variety of needs into several schools. We now have the assistance of a transitional housing staff individual, who comes to the house to meet and work with our clients. This position has been a support to clients and staff alike, as we face the challenges of transitional housing. There were some nice success stories this month. Two of our clients completed what they needed help

with and went on to start their new lives.

March began with the familiar problem of locating housing placement for clients, who were ready to leave the program. Fortunately, we were able to make new contacts with homeless programs that were willing to help our clients. We adjusted to the exit of our resident assistant and have hired individuals to cover our overnight shift. Our staff got some pre-spring fever and took it upon themselves to attend a number of trainings this month. We all emerged with a better understanding of a number of fields related to trauma informed care.

DOVES QUARTELY STATS

489
individual counseling sessions

190
crisis calls answered

22
new clients served at the outreach center

24
temporary restraining orders filed

Volunteer Corner: Barbara Patterson



This quarter, our standout volunteer is Barbara Patterson. She is from Oxnard, CA and has a background in education and was a banker for 15 years. She has two grown children with her husband, Jerry.

Why did you choose to volunteer with DOVES?

I was a patron for a year or so, then my husband got a job at DOVES and I became a volunteer, which I absolutely adore. It is so fulfilling each and every day I work.

What do you do as a volunteer?

I am mostly in charge of the clothing department – sorting, sizing, pricing and trying to keep the department arranged and up to date.

What is your favorite part about volunteering with DOVES?

Mostly, I enjoy the interaction with our customers. Helping them find something special or just chatting and learning about them and what they may need the next time they are in.

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

I enjoy spending time with my family and gardening.

What is your favorite inspirational quote?

"No act of kindness, no matter how small is ever wasted." – Aesop

I am also a huge fan of the serenity prayer.

Mechanical process of getting a restraining order

by Rebecca David, Legal Advocate

There are two parts of the process of getting a restraining/protective order. There is a mechanical part, and there is an emotional part. For this newsletter, the mechanical part will be shared.

When a client comes to DOVES for a restraining order, I start the process with an interview.

The interview process, from my point of view, allows me to understand the domestic violence elements that would allow the victim to get a restraining order. I know that certain elements have to be met so the judge will grant the order. I have to determine what type of domestic violence occurred. This does require the victim to recall the details of the domestic violence. It is imperative that the requirement of "preponderance of a doubt" in a civil matter be met. The judge or commissioner has to believe, only through a narrative, that this event did occur in the manner in which it is described. During this time, the victim is completing, or has completed a DOVES Temporary Restraining Order Packet. While this is only a few pages, by the time the victim has completed the necessary Domestic Violence forms, along with any additional orders, (child custody and visitation, an immediate move out order, additional people and places to protect), the

few pages are anywhere between 30 to 55 pages that are actually filed with the court. The victim and I take about three and a half to four hours to put these documents together. During this process the police may also be called to report a crime.

This year, as of October, the San Bernardino Superior Courts have modified the filing. The court documents for Domestic Violence Restraining Orders can now be electronically filed. What this means for the client is a much faster answer in the granting or denying of the order. If I can "e-file" something by noon, I can usually know by 4:00 p.m. that same day if the order was granted. If I file it after noon, then I will know something by mid-morning the next day. This is a great help in alleviating the worry and anxiety the domestic violence victim is feeling. This process is considered an ex-parte hearing. Because our court is still closed, I will travel to Victorville Superior Court to pick up the order. At this time we know what orders have been granted and denied, and the date and courtroom, (judge/commissioner who will hear the case), that the permanent restraining/protective order will be held. The next hearing is usually between 21 to 25 days from the granting or denying of the order. Even if the temporary protective/restraining order is denied,

they still have an opportunity to prove their case in a permanent protective hearing.

The next process involves getting the restrained/responding party served. This is vital because even though the order is in the CLETS system, the order cannot be enforced until the person is served. The thought behind this is the responding party cannot be held liable if they were not aware of the restrictions placed on their behavior or whereabouts. We do this as fast as possible for the safety of the victim. We can ask the San Bernardino Sheriff's Department (court services) to serve them. We always use this service if the restrained party is in custody. Another option is using a court processor. This does cost DOVES money. Our court processor is excellent at providing service for us. The third option is a person over the age of 18, not involved in the case, serves the restrained party, and then completes a DV200 form that is a declaration that they did indeed give the restrained party the proper papers. The restrained party has to be served at least FIVE business days before the hearing. If we don't meet this deadline, then we have to ask for a continuance. I try to avoid this. Once they are served, the proper proof of service is filed and we prepare for court testimony. This process is

usually the fastest part of the restraining order. The biggest problem is if we cannot locate the respondent.

The client and I work together to prepare them for testimony for the permanent restraining/protective order hearing. The court process is reviewed. The physical set up of the court room, the judge/commissioner they will be in front of, the bailiff's rules, where they will sit, where I will sit, the locations of the respondent, as much detail as possible to ease the anxiety of the victim. We always review the possible defense of the respondent, their evidence and witness', anything that could be used against the victim/petitioner. We prepare for evidence they will present during their testimony, pictures, snap-shots of media contacts, witnesses, witnesses' declarative statements, recordings, doctor notes, law enforcement records, and anything else that could be used in court to support their testimony. The client is made aware they have five to seven minutes to prove their case. Extreme caution has to be taken by the client. If the restrained/responding party becomes upset and breaks the order, the client's safety is at risk. This means there

could be an arrest, and additional information for the case. In the 21 to 25 days, the client could get very nervous and unsure as to whether they want to pursue this. Their fear could grow; the pressure from people to drop this action sometimes happens and the client becomes unsure. The reality of living without this person starts to take an effect. A whole lot of emotions start to surface and have to be dealt with. An additional challenge for the client is the financial loss, which is another thing they have to deal with. Fortunately, our client can be directed to a domestic violence advocate who will start working with them during this process.

On the day of court, if the client wishes, I can accompany them. If I drive them, then we are discussing the hearing process, the testimony, reviewing the narrative that they declared to be true and accurate, and any new evidence that has to be presented.

At court the client waits for their case to be heard. If we are on morning calendar, we could be heard as late at 11:45 a.m. That sometimes means we are in court from 8:30 a.m. till almost noon. This

can be very nerve racking for the client, especially if the respondent is in court, or if other citizens in the courtroom affect the mood of the judge/commissioner and the bailiff, or have bothered the judge. When the client is finally called, the client knows that this is their time to tell their story, to ask the judge for rights that they have to live safely and in peace. The process can go so many ways while the client is sitting at that long table, speaking in a microphone, speaking not only to the judge, but the other people in the courtroom as well. This is the best part of the process to me. The client has strength that they were not aware they had. They tell their story.

The last part of the order is the property processing of any necessary paperwork after the hearing that has to be filed and dispersed. The client, either way, granted or denied, starts the process of rebuilding their life. They have conquered their fear.

This is the mechanical part of the restraining/protective order. The average amount of time taken for this process is approximately 20 hours.

Join us for Denim Day on April 27th for Sexual Assault Awareness Month

by Sarah Garrison, Program Manager

Please join DOVES in showing support for Denim Day on Wednesday, April 27th, for Sexual Assault Awareness Month.

This year marks the 17th 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 29th. Send us a photo of you and your staff wearing denim to 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.



Agency Wide Domestic Violence Training

by Helen Adams, Executive Director

On March 29 and March 30, 2016, the DOVES' staff participated in a training focused on resiliency skills. People working with traumatized clients often lack the resources to manage their own reactions after repeated exposure to the pain and suffering of others. The purpose of the training was to help staff members understand how to utilize self-regulation and resilience skills in the domestic violence service setting. These practical skills, based on neuroscience, were shown to be applicable at the individual level, the team level, and the organizational level. Staff members were educated on the brain and body reactions to trauma and stress, as well as learning how to "bounce back" and recover from stress through breathing, relaxation techniques, and grounding skills. The training was facilitated by Candace Powell and Danielle Lingle, experienced leaders in the domestic violence field.

New transitional living program added to DOVES

by Helen Adams, Executive Director; Jane Hewitt, Transitional Advocate

On July 1, 2015, DOVES created a Transitional Living Program to help victims of domestic violence live independently after leaving their abusive partner.

Why is this program needed?

- The number one reason victims of domestic violence go back to their abusive partner is because they are dependent on them financially.
- Domestic violence is frequently an immediate cause or precursor to homelessness and housing instability.
- Research has found that more than a third of domestic violence survivors report becoming homeless immediately after separating from their partners.

The length of the program is up to 24 months, which allows our Shelter and Outreach clients to have a structured, cohesive plan which includes assistance in some of the following areas: rent, utilities, transportation, food/clothing, tuition, childcare, job/career counseling, finding housing, and curriculum/resources to support independent living and financial stability.

In February 2016, Jane Hewitt accepted the position of Transitional Advocate. Jane, formerly the DOVES Nest Thrift Store Manager, transferred to the Big Bear Outreach Office to oversee this program. Jane has worked enthusiastically and tirelessly to assist both Shelter and Outreach clients. In these early stages of the program, we have assisted many clients in their transition to independent living. At this time, 18 clients/families have been accepted into the long term 24-month program: 18 adults and 25 children.

Many clients have successfully transitioned from both the Shelter and Outreach to independent living. One client that stands out is a past Shelter client, who maintains permanent employment, realistically looking at a bright future, continues to strive for autonomy, has a healthy outlook on life, and is being assisted by our Transitional Living Program to attain that colossal goal.

In the future, we would like to secure additional funding in order to see the program grow so we may reach our long-term goal of securing/owning actual property in the Big Bear for transitional housing.

Recent Changes in the DOVES Shelter Program

By Helen Adams, Executive Director

For most of the 30 years that DOVES has been in existence, the Shelter Program at Lorrie's House, has been up to six-months in length. We have had many clients complete this long-term program over the years. But recently, as we began to look at the data for the past four years, we realized that the majority of the clients who come to Lorrie's House stay, on average, for only 45-60 days. This information caused the DOVES' Management Team to take a serious look at what our program should be in order to provide the best service and support to our clients. In February 2016, the determination was made to shift from a six month program to a 60-day program. We recognized that we needed to provide educational groups, case management/advocacy, and individual therapy more conducive to a 60-day time frame. Judy Henri-Farry, LMFT, Clinical Consultant, along with Management Team members, researched and presented new program guidelines, which are now in the process of being implemented.

The addition of the Transitional Living Program affords us the opportunity to support shelter clients on a long-term basis, particularly those who wish to remain in Big Bear. Within one week of a client's arrival at Lorrie's House, the Transitional Advocate meets with the client and begins the process of assisting the client in planning for their future. If the client wishes to remain in Big Bear, the advocate assists them in locating appropriate housing. If the client chooses to move to another location off the mountain, the advocate assists them with that process.

As we implement both the Transitional Living Program and the 60-day shelter program, our highest priority remains to serve and support our clients in a way that is most helpful to them.