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Center for
Community Solutions
Healing and Preventing Sexual Assault
and Relationship Violence
4508 Mission Bay Drive, San Diego, CA 92109

CCS would like to thank our contributors for the past quarter.

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Nielsen Dillingham Builders
PB Presbyterian Church Deacons Fund
SBC Employee Giving Campaign
Soroptimist International, Coronado
Southern CA Mexican American Golf Assoc.
The SD Foundation's Weingart-Price Fund
United Way of San Diego County

How Can I Help?

Would you like to learn more about CCS? Contact Erin Miserlis, Director of Resource Development, to sign up for the next CCS Orientation. You will learn about the various programs offered through CCS as well as the many ways that you can help support our cause and make a difference in the life of someone affected by violence. Orientations are scheduled on a monthly basis, please call (858) 272-5777 Ext. 151 or e-mail:emiserlis@ccssd.org



CCS Connection

Center for Community Solutions
HEALING AND PREVENTING SEXUAL ASSAULT AND RELATIONSHIP VIOLENCE

Volume 1, Issue 3
April, 2003

April is Sexual Assault Month

- *Every 45 seconds a woman is raped*
- *80% of rapes are committed by someone they know*

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"Thank you for helping me through the worst crisis in my life."

"She made me feel secure and that I was not alone in this."

AHIMSA PROJECT FOR SAFE FAMILIES NAMED NON-PROFIT PROGRAM OF THE YEAR!

Center for Community Solutions is pleased to announce that the **Ahimsa Project for Safe Families** was named Non-Profit Program of the Year at the 10 Leaders for San Diego Gala. The event was organized by **KGTV Channel 10** and sponsors included **Lead San Diego** and **Sempre Energy**.



Ahimsa Staff Members from left to right: Kelly Valis, Dr. Amy Pan, Danielle Lingle, Lucia Villegas, & Thu Cao

The Ahimsa Project for Safe Families is a collaborative project between **Center for Community Solutions** and **Social Advocates for Youth San Diego, Inc.** to engage communities in generating their own solutions to family violence, domestic violence, and community violence. Ahimsa specifically works with Somali, Vietnamese, and Latino communities in the Mid City area of San Diego. The name Ahimsa is actually derived from a sanskrit word meaning "non-harm" or "boundless love", and is the perfect reflection of what the program stands for.

The Ahimsa Project's solution to violence is community dialogue and community

involvement. Circles of community members gather together with Ahimsa Project outreach staff to discuss among themselves what they believe the root causes of violence are and then develop their own solutions. The solutions are always things they can do themselves in everyday life such as healthy parenting skills, learning job skills and building connections across cultures, generations, and genders. Ahimsa offers activities for both adults and youth.

Ahimsa has built many linkages between community members and social service providers so that people can

access help faster and with more effective results. The project has helped draw resources into the community where people can use them to make their lives better and their families more harmonious.

Ahimsa has brought knowledge from the communities to inform the service community about what people need and the kinds of services they find helpful.

Ahimsa is a celebration of culture, family, and community and we are proud and pleased to be a part of it. Congratulations to the Ahimsa Project staff: **Dr. Amy Pan, Program Coordinator; Thu Cao, Project Assistant; Lucia Villegas, Latina Outreach Specialist; and Falis Budul, Somali Outreach Specialist.**

SUCCESS STORY

The following is a poem written by a client at CCS.

I can be scared
And I can hit the floor
Or I can stay safe
And walk out the door

I can be miserable
I can hold it all inside
Or I can get away
Even if I have to hide

I can take his words of anger
I can be humiliated beyond belief

Or I can know that I am better
Make an escape from all this grief
I can shield my face
I can pretend that I'm not alive
Or I can take care of me
And know that I'll survive

I can protect my children
I can also protect me
For I am a survivor
Just you watch and see!!

~ Melissa

PROGRAM SPOTLIGHT CCS RAPE CRISIS CENTER

The Center for Community Solution's Rape Crisis Center will be joining organizations throughout the United States in recognizing Sexual Assault Awareness Month during the month of April. Our theme, "Speak Out Against Sexual Violence", is a call for an end to sexual violence. While crime in general has been decreasing in San Diego, violent crimes have been increasing. We would like the community to become aware of the Center for Community Solution's Rape Crisis Center, our 24-hour crisis line, and other services available through our agency that support the community in making San Diego a safer place to live. Every 45 seconds a woman is raped. Only 1 out of every 10 of these assaults ever get reported due to the shame, embarrassment and/or guilt associated with sexual assault.

This means that many, many people remain silent about this crime, never receiving the support and services they need during this difficult time. It is also important for us all to realize that this is not just a crime against women. Men, women and children get sexually assaulted everyday. The Rape Crisis Center is here for survivors of sexual assault to provide the professional and caring support that a victim of sexual assault may need along the way. Our trained staff is here to help in both the healing and criminal justice process.

PB Location: 858-272-5777

East County: 619-697-7477

North County: 760-747-6282

24-Hour Toll Free Crisis Line: 888-272-1767

CCS STAR EMPLOYEE

Congratulations to Dr. Amy Pan, this quarter's CCS Star Employee! Amy is being honored for her long-standing commitment to social justice, human rights, and community-driven development. Amy came to us fresh from George Mason University, where she earned a doctorate in psychology with an emphasis on health and women's issues. For the past three years Amy has been the Program Coordinator of the Ahimsa Project for Safe Families.



Dr. Amy Pan

Amy took up the helm of the Ahimsa Project, a domestic violence prevention and intervention project, with the chief aim being to reach out in culturally meaningful and appropriate ways to "underserved" or "unserved" communities. Amy, in collaboration with Social

Advocates for Youth, San Diego (our partner agency) put together a stellar outreach team of members of the Somali, Vietnamese and Latino communities.

In just three fast-paced years, she has conducted an extensive needs assessment, provided community dialogues on parenting and other issues that were important to the communities, facilitated a productive community action

group to support her project, provided countless hours in support of a grass-roots sewing project for Somali women and Latinas, nurtured and mentored young people from the Asian Youth Organization, spent many Saturdays helping community members learn to use video technology to create a video documentary of their lives and experiences, and chaperoned about eighty Somali, Ethiopian, and Asian youth on a free trip to the Museum of Art. Most importantly, she has gained the trust of many families, who are now working with her to promote family harmony, peace building in communities, and a spirit of unity and collaboration in Mid City.

On January 15th, the Ahimsa project was named Non-Profit of the Year and this honor is a testament to Amy's leadership. Ahimsa, a Sanskrit word that means "non-harm" or "infinite love," certainly describes not only the project, but also its leader. Congratulations Amy on your program's success and for being named the CCS Star Employee!

CCS UPDATES AND EVENTS

North County CCS Open House

On April 25th CCS will be celebrating the opening of their newest location in Escondido. The festivities run from 11:00 am – 2:00 PM and will include awareness activities to honor sexual assault awareness month, as well as various speaking engagements. For more information, contact our Escondido office at (760) 747-6282.

Tea By The Sea – May 14th

Event Update! CCS is pleased to announce that **Jackson Katz Ed.M** will be presenting at our Fourth Annual Volunteer Recognition Event, **Tea by the Sea**. Jackson Katz is the founder and director of MVP (Mentors in Violence Prevention) an organization that provides gender violence prevention training and materials to U. S. colleges, high schools, law enforcement agencies, the U.S. military services, community organizations, and small and large corporations. He is widely recognized for his groundbreaking work in the field of gender violence prevention education with men and boys, particularly in the sports culture and the military. He has been a regular guest on Oprah, 20/20, Donahue, and many other radio and television programs. Tickets are available for \$55 each and table sponsorships

start at \$500. For more information, contact Erin Miserlis at (858) 272-5777 or emiserlis@ccssd.org

Take Back the Night

Rally, march and candlelight vigil raises awareness about violence against women while commemorating its survivors and victims. Thursday, April 24th on the campus of San Diego State University. Contact Tracy Johnson at (858) 272-5777 for more information.

SART Fundraiser

Wednesday, April 23rd at the Holiday Inn on the bay. Tickets are \$60 each and the funds support the San Diego SART (Sexual Assault Response Team). The evening includes a silent auction, opportunity drawing and a comedic performance. For more information, contact Tracy Johnson at (858) 272-5777.

Want to take a stand against sexual assault?

Volunteer your time to be a crisis counselor to victims of sexual assault. Next training course to take place in June at the Pacific Beach location of the Center for Community Solutions. For more information, or to register, contact Alison Admire at (858) 272-5777.

The Facts About Sexual Assault

1. FALSE – Alcohol is the most popular drug used to facilitate rape. It is socially acceptable and people would not think twice about someone drinking a legal substance, whether they are of age or not.
2. FALSE – According to the California Coalition Against Sexual Assault, men account for about 5% of all reported survivors of rape. Women make up 95% of the cases of reported sexual assault.
3. FALSE – Most rapes occur in an environment that the victim considers safe.
4. TRUE – According to the F.B.I., 80% of sexual assaults are committed by someone the survivor knows. Over 50% (most) of sexual assaults occur in the home.
5. FALSE – Rape is a life-changing experience; it can have a devastating effect on the mental health of survivors, with nearly one-third (31%) of all rape victims developing rape-related Post Traumatic Stress Disorder sometime in their lives.
6. FALSE – Sexual assaults are common. Survivors are often reluctant to discuss their assaults. The trauma may surface during another crisis, or when the opportunity to discuss it with a sympathetic person arises.
7. FALSE – In 99.8% of rape cases reported, the rapist is male.
8. FALSE – Anyone can be assaulted: infants, elderly, gay, straight, disabled and people from every racial, ethnic, religious, economic and social background.
9. FALSE – According to the FBI, false reporting (a crime) accounts for less than 2% of rapes reported. It is the same rate for false reports of any other crime. In fact, the majority of rapes are not reported.
10. FALSE – Sexual assault is about power and control, just as are other violent crimes.

PROGRAMS AND SERVICES

Each year, CCS assists more than 12,000 men, women and children affected by relationship violence and sexual assault. Our services are divided amongst five program areas including:

- the City of San Diego's only Rape Crisis Center providing services for survivors of sexual assault along with a 24-hour bilingual crisis Helpline and hospital and court accompaniment services for rape survivors
- a Clinical Services department specializing in counseling and therapy that addresses the emotional aspects of relationship violence and sexual assault for victims and their families
- a Legal Clinic assisting individuals with filing temporary restraining orders and other family law matters
- a Prevention and Education Department that uses education as a tool for violence prevention and change for professional audiences, youth groups and the general public
- a Residential Services Department that includes two 24-hour emergency shelters and transitional housing programs for victims of domestic violence and their children throughout San Diego

24-Hour CrisisLine	888-272-1767
Legal Clinic	858-272-1574
Youth-To-Youth Helpline	866-222-1886
Project Safehouse	619-267-8023
Hidden Valley House	760-480-0055
Pacific Beach Location	858-272-5777
East County Location	619-697-7477
North County Location	760-747-6282

SEXUAL ASSAULT ~ MYTHS & FACTS QUIZ

What's a myth and what's the reality?

Take this quiz to test your knowledge.

True or False? (Answers listed below)

1. Rohypnol (or Roofies) is the most popular drug used to facilitate rape. **T or F**
2. Survivors of rape are equally divided between male and female. **T or F**
3. Women can easily avoid situations where they might be raped. **T or F**
4. Most rapes occur in the survivor's home and are perpetrated by someone the survivor knows. **T or F**
5. After being raped, healthy people will return to a normal state of functioning within a year. **T or F**
6. Sexual assaults are rare and affect few people.
7. Women perpetrate 20% of rapes. **T or F**
8. Rape is an isolated event that happens to certain kinds of people: attractive, promiscuous, young, provocative women. **T or F**
9. Women frequently cry "rape". **T or F**
10. Sexual assault is about getting sex. **T or F**

FRIENDS IN THE COMMUNITY



NCL Clean Up Day Volunteers: Michelle Stauffer, Leslee Stauffer (NCL District Director) JoAnn Jack, & Peri Temko

■ Project Safehouse and Hidden Valley House are thankful to **Monica Stein** and members of the **Soroptomist International of San Diego** for organizing a paper goods drive for the clients at the two shelters.

■ **Palomar Life Member Club & SBC Pacific Bell Pioneers** were kind enough to donate clothing, linens and calling cards for the clients at Hidden Valley House

■ Thanks to **Lynn Parke & the Scripps Ranch Women's Club** for collecting close to \$4,000 worth of clothing, toiletries and spa supplies for the families in our residential Services program.

■ Thanks to **Marcia Martin** and members of the **National Charity League**, our transitional housing program has a brand new look! The mother and daughter charity group donated their time to help revitalize our new Escondido transitional housing facility by spending the afternoon weeding, cleaning and painting the facility to give it a fresh new look.

■ With the expansion of the SART and DVRT programs to North County, CCS has been lucky enough to find some great volunteers like **Kathy** and **James Beebe** to help get this program going. We'd like to thank them for their continued support and generosity of filling in volunteer hours.



NCL Clean Up Day Volunteer: Karen Wood