



# CCS Connection

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

Volume 3, Issue 3 • April, 2005  
**April is Sexual Assault Awareness Month**

## **Honoring Sexual Assault Awareness Month, A Look into San Diego's Only Rape Crisis Center**

An Interview with CCS Director of Sexual Assault Services, Tracy Johnson, M.Ed.

■ *In a study surveying more than 6,000 students at 32 colleges and universities in the U.S.*

*- 84% of those raped knew their attacker, and 57% of the rapes happened on dates.*

*- Only 27% of the women whose sexual assault met the legal definition of rape thought of themselves as rape victims.*

■ *"I may be nervous, but deep down I know that the things I am going to say are full of power."*

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**April is Sexual Assault Awareness Month** Along with hundreds of other Rape Crisis Centers throughout the United States, Center for Community Solutions (CCS) is honoring the strength and perseverance of survivors everywhere by raising awareness around the issues of sexual assault. CCS operates the **only Rape Crisis Center in the City of San Diego**. With an average of over 50 new sexual assault cases each month, CCS supports thousands of survivors each year on their path to healing

#### **What kinds of services does the Rape Crisis Center offer?**

The Rape Crisis Center offers three main components for survivors of sexual assault: 24 Hour/7 day a week Crisisline Services, Hospital Accompaniment and Advocacy services, all of which are available 24 hours a day 7 days a week

#### **What does the Crisisline program involve?**

The 24-Hour Crisisline is available to counsel callers, provides information on available resources, linkages for support and respond to any questions they may have

#### **What are some examples of typical calls that come through the Crisisline?**

On average, the Crisis line receives over 500 calls per month. The calls vary from an inquiry about the definition of rape and/or relationship violence to questions about the reporting process and what that is like to where someone can go for treatment

#### **You mention that the Rape Crisis Center provides 24 Hour Hospital Accompaniment Services, what does this entail?**

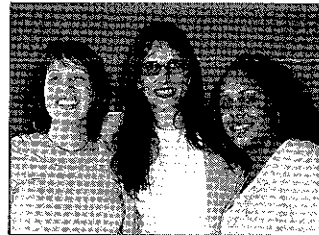
This is a key factor in providing services for survivors of sexual assault. As part of the SART (sexual assault response team) program we meet each sexual assault victim at the hospital within 30 minutes of them reporting the case to law enforcement to provide emotional support and let them know their options

#### **Advocacy is the third component to the Rape Crisis Center Services, what does this involve?**

The role of an advocate is to ensure that each and every survivor is treated with dignity and respect and that their legal and emotional needs are met throughout their healing process

#### **Do the advocacy services have a significant impact on the healing of sexual assault survivors?**

Yes definitely. Studies show that the sooner the intervention for trauma related incidents the quicker the individual enters the healing stages. Many people wait months if not years to tell their story and get help. We are here for survivors whenever they are ready and the sooner they seek out help the sooner they can begin to effectively heal and move on with their lives.



RCC Staff members Antara Kobayashi, Robii Dodge & Nicole Triqueros

#### **To people who say that with so many sexual assaults occurring, how do you know these services are making a difference in the community?**

Because there is an increase in the number of people coming forward to ask for help. Considering that on average, **only 26% of all sexual assault cases get reported** this increase in services is a sign that people are becoming aware of the types of programs and support we have to offer and are seeking out help. In addition, the number of prosecutions is going up and offenders are being held accountable for their actions

#### **What are some of the biggest myths about sexual assault that you'd like to address?**

There are many myths but here are three of the strongest beliefs in the general community: That a sexual assault occurs from a stranger in the bushes. This does happen but in reality **80% of sexual**

#### **assault cases involve a friend or family member.**

Another myth is the role that alcohol plays in sexual assault cases. When someone is intoxicated they are not legally able to consent.

#### **Alcohol is the #1 drug used in drug facilitated date rape cases.**

Lastly another common myth is that people "cry" rape for attention or other self serving purposes. In reality **only 2% of sexual assault cases are found to be based on false allegations.**

#### **What would you say to people who believe that rape is a woman's issue?**

I would tell them that sexual assault is a human issue that affects men, women, children, families and ultimately communities. People of all genders and ages can and are sexually assaulted. We need to address this as a community and learn to speak openly about these issues to make a difference

#### **If someone wants to get involved with helping sexual assault survivors at CCS how can they?**

We are always looking for volunteers to help with hospital accompaniment services or to answer calls on our Crisisline. There is also a need for donation drives and projects that people can get involved with. The best course of action is to contact our agency to learn more

**Sexual Violence is a community issue and one that we can make a difference with if we all do our part. We invite you to help us with our efforts towards creating violence free communities by participating in Sexual Assault Awareness Month. For information on attending a community event or to learn more about volunteering at the Rape Crisis Center, contact (858) 272-5777 or [info@ccsd.org](mailto:info@ccsd.org).**

## CCS STAR EMPLOYEE - FELIPE OLALDE

This quarter's Star Employee is Felipe Olalde, Administrative Assistant at the Coastal Office. Many people know Felipe as the smiling voice that answers the phones and welcomes people into our offices. Felipe is often the first point of contact for survivors and he consistently has a warm, friendly, smile on his face to help welcome them to the agency.

Felipe never forgets the reason as to why people walk into our doors. His impression is the first thing they are going to remember and that welcoming attitude will go a long way in terms of helping make our survivors feel ready and able to face their issues and come in and get support. Knowing this, he does a great job at helping make people feel comfortable and safe. Felipe is always eager to help our clients and he goes out of his way to remember their names, their kids' names, and generally anything else that will bring a smile to their face during this traumatic time.

When our agency was being researched by the Oprah Angel Network Foundation, the foundation representative commented



on how friendly and accommodating Felipe was. Felipe did not know who the caller was but he took the time to answer her multitude of questions and represent CCS in the warm manner that he provides to each and every caller.

In addition to Felipe's outstanding job at welcoming people into the agency, Felipe has also proven that he is a Star Employee by helping out in other departments when needed. Felipe is known to make phone calls for auction items, helps with newsletter and event mailings, and various other support tasks. Felipe's exceptional negotiating skills have saved CCS thousands of dollars on our contracts for telecommunications services and office equipment. Due to his research and resourcefulness, we have state of the art copiers at all of our facilities for a fraction of our budgeted expense.

Having this extra amount of support is invaluable to the overall success of the agency and our survivors and we are lucky to have Felipe as part of our CCS family.

## SUCCESS STORY

### Self Defense Class Techniques Help Save Mom & Baby

One of the partnerships that CCS focuses on is working with youth. Our goal is to help educate youth with the hopes of raising their awareness about domestic violence and sexual assault prevention. One group that we work with is for young mothers. We taught a class on self defense and it was there that we met a young 16 year old mother-to-be we'll call Lori. Lori participated in the class and didn't think much about it from then on. About a year later Lori learned how important that class was for her and her family. One day while she was waiting at a local city bus stop a truck drove by. A man jumped out of the truck and with a knife tried to cut the baby loose. This young mother was very frightened but her instincts settled in and she remembered what she learned from the self defense class. She began yelling while striking this man over and over on the nose as he was cutting her other hand and arm. Both the yelling and striking of the nose were techniques that Lori learned in her self defense class. Realizing this was going to be more trouble than it was worth, and the fact that he was in serious pain, the attacker gave up and took off in his truck. Lori was left stunned and hurt but she and her baby were both together and survived.

The self defense classes' help by teaching techniques such as these described. They teach methods to hurt the attacker enough to regain control and to become too much trouble by yelling and drawing attention.

Fortunately both Lori and her baby were left unharmed and she will never forget how important that one afternoon of training was in her and her daughters life.

## Rape Crisis Center Wish List

The following are items that are needed on a daily basis to help survivors of sexual assault. For information on donating an item from the wish list, please contact the Development Department at (858) 272-5777 or [info@ccssd.org](mailto:info@ccssd.org)

- **Small purse sized packets of tissue to provide to clients at the hospital exam or during the reporting sessions with law enforcement**
- **Bus and Trolley passes to offer to clients to help get them to counseling and legal appointments**
- **Phone cards to allow survivors to contact family members and loved ones for support while at the hospital**
- **Journals to help encourage expression of feelings throughout judicial process**
- **New sweat suits or other comfortable clothing to wear home from the hospital. Most often the victims clothing becomes evidence and is left at the hospital with law enforcement**
- **Small bottles of water and breath mints, gum etc. to provide as a care package at the hospital**
- **Gift Certificates to local fast food restaurants to offer to clients during breaks in the legal proceedings**
- **New bedding. Bedding is also often taken as evidence**

## CCS UPDATES AND EVENTS

### **CCS Recognized for "Advancing the Status of Women"**

On Saturday, March 26th CCS was honored to receive the "Advancing the Status of Women" award from the **San Diego Chapter of the Soroptimist International Club**. The award was presented in conjunction with their 33rd Annual Fashion Show and there were over 800 guests in attendance. CCS has long partnered with the Soroptimist Club on their efforts to helping women throughout San Diego and we were thrilled and humbled to be selected.

### **Speaker Selected for Annual Fundraiser, Save the Date!**

Center for Community Solutions (CCS) is pleased to

announce the date for the **Sixth Annual Tea on the Town**, scheduled for May 19th 2005 at the Hyatt Regency La Jolla at Aventine. Doors open at 1:30 PM for a champagne reception with the program running from 2:00 to 4:00 PM. *Tea on the Town* recognizes the tremendous contributions of the many volunteers, businesses and community members who have helped to make CCS a success over the past year. KUSI news anchor **Kimberly Hunt**, will act as the event emcee, and **Susan Estrich** has been secured as our guest speaker. Ms. Estrich is nationally recognized for her work as a Survivor & Victim Advocate known for her role in creating the "Rape Shield Act". Tickets are \$55 each or a table of ten for \$500. Corporate

Sponsorships are available. For more information contact the Development Department at (858) 272-5777 Ext. 151 or email at [info@ccssd.org](mailto:info@ccssd.org)

### **East County Night Out Event a Huge Success!**

Bobbi Pearson and Greg Brown have done it again! Their annual event which raises funds to help support families residing in our Next Step Transitional Housing program **raised over \$55,000!** The fabulous event was held at Barona Casino and the evening featured a live band, fabulous buffet dinner and a silent auction. This was the 6th year that Bobbi and Greg organized the event and it keeps getting better and better. We can't thank them enough for their support of the community and

helping change the lives of survivors of violence.

### **Where There's a Will There's a Way!**

Whether you have a will, trust, life insurance policy or retirement fund, consider naming CCS as one of your beneficiaries. Doing so will allow you to leave a legacy towards helping create a violence free society. Join the many others who share this goal by contacting the Development Department to schedule an informational meeting about how you can help others in this unique and lasting way. We'd like to thank the following individuals who have joined this legacy circle over the past year:

- Ingrid Sanger and Angela Newman
- Ernie and Gladys Soeterik

## PROGRAM SPOTLIGHT

### CCS Self Defense & Personal Safety Courses

The Prevention and Education Department of CCS devotes itself to the mission of preventing SA and DV through a variety of innovative, community-based programs that work with diverse populations throughout San Diego County. One of these programs is our women's Self Defense and Personal Safety Class which teaches women and girls to use their intuition and power to decrease their vulnerability to an attack or to physically defend themselves against an attacker. CCS recognizes and fully supports that non-action is sometimes the best option for protecting yourself. However, the focus of the class is the empowerment of women and we hope that all participants will leave feeling both physically and mentally stronger and more confident as a result of the class. The benefits gained include; an increased awareness of one's surroundings, how to be more safe in specific situations as well as in public areas, an increased capacity for assertiveness, and the knowledge and practice of physical techniques used to protect oneself and harm the attacker.

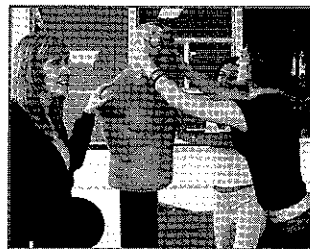
A typical self defense class usually begins with a brief rape prevention and education presentation that includes a discussion of the myths and realities of sexual assault. This is followed by personal safety tips for the home, auto, and

out in the community. Assertiveness and trusting your intuition are discussed and role-played as vital techniques for women's safety. In this part of class we discuss different types of attacks and responses; for example in some cases it is possible that an attack might be prevented with a combination of awareness and assertiveness techniques, while in other cases the best action is non-action and *only* the individual can know which decision is best. Concluding the class is training in the physical techniques of self defense which is comprised of easy to remember moves that were created based on women's natural reactions and strengths. It includes techniques to break free of a hold, to strike naturally weak points of the body, ways to injure an attacker enough to allow escape, to use their personal strengths, and to use their intuition and voice as a powerful force to protect themselves.

With April being Sexual Assault Awareness month, now is the perfect time to show your support for survivors by participating in a Self Defense Class. Presentations are age-appropriate, interactive, and are also available in Spanish. To attend a course or to schedule one for your community group or club, contact the Prevention & Education department at (858) 272-5777.



Outreach Specialists Lori Walsh & Amber Trzinski teaching self defense





**Coastal Location:**

**4508 Mission Bay Drive  
San Diego, CA 92109  
(858) 272-5777**

**East County Location:**

**7339 El Cajon Blvd., Ste. J  
La Mesa, CA 91941  
(619) 697-7477**

**North County Location:**

**106 Grape Street  
Escondido, CA 92025  
(760) 747-6282**

**www.ccssd.org**

**24-Hour Toll Free**

**Crisis Line:**

**1-888-DVLINKS**

**Legal Clinic 858-272-1574**

**Project Safehouse 619-631-6442**

**Hidden Valley House 760-480-0055**

**CCS would like to recognize the following individuals and/or businesses who have made a contribution of \$100 or more over the past quarter.**

A M Ortega Construction  
Thomas Alexander  
Noah & Terri Bernardo  
Barbara Blobgren  
Bush Construction  
John Cloud  
Grace Ferrero  
Diane Glow  
H. Coleman Enterprises  
Donna Hicko  
Virginia Hyde  
Mun Kung

Ray Ledesma  
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Liz Silverman  
Dr. Robert Singer  
Joni Skinner  
Cynthia Tan  
Douglas & Lynn Todd  
George & Janet Traver  
Union Bank of California  
Wayne Reporting Services  
Sandra Weber  
Women in NCR

**Always wanted to get involved with CCS but not sure how to go about it?**

Come take a tour and learn about the many wonderful programs offered at CCS. Based on your needs, schedule and availability, we are sure to find an opportunity that is just right for you. Contact Erin Miserlis at (858) 272-5777 or [emiserlis@ccssd.org](mailto:emiserlis@ccssd.org) to learn more

**To request this newsletter via e-mail or to make a correction or suggestion, contact Editor Erin Miserlis at [emiserlis@ccssd.org](mailto:emiserlis@ccssd.org) or (858) 272-5777**



**Center for  
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*Healing and Preventing Sexual Assault  
and Relationship Violence*

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