



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:
(888) 272-1767

Legal Clinic858-272-1574
Youth-To-Youth Helpline .866-222-1886
Project Safehouse619-267-8023
Hidden Valley House 760-480-0055



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

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

Jeanne Cheneweth & James Grady
Cubic Corporation
Lt. Col. M.L. Dudley, USAF Ret.
Charles & Sue Edwards
Vera Fallis
Framemaker
Marie Green
The Junior Seau Foundation
Russ Lewis
Maintenance Warehouse
Nordstrom
Margie Phares
Patricia Potter & Vadim Levitin

San Diego County Credit Union
San Diego Metropolitan Magazine
SDG&E
William Sherdian
Steve Smith
Michael & Barbara Bradshaw Ttee
Tabor Communications
Tazo Tea Co.
Trattoria Positano
United Way
Bruce & Katherine Wayne
Young's Market Company

How Can You Help?

- Make a Cash or In-Kind contribution
- Attend a special event
- Volunteer
- Join the Project Safehouse Auxiliary
- Become a Member of the CCS Giving Community
- Educate those around you
- Attend a CCS Orientation to customize a support plan that best suits your needs

To learn more about these options or to schedule an orientation, contact Erin Miserlis, Director of Resource Development 858-272-5777 or emiserlis@ccssd.org



CCS Connection

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

Volume 1, Issue 4
July, 2003

FOURTH ANNUAL TEA BY THE SEA A SUCCESS!

■ *Children who grow up in violent homes where adults are in conflict are:*

7 times more likely to be abused

10 times more likely to become abusers

■ *1 in 3 women and 1 in 12 men have been sexually assaulted.*

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"Now I not only have a new road to follow, but a new life with meaning."

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

On Wednesday, May 14th the Center for Community Solutions (CCS) held their fourth annual recognition event, **Tea by the Sea**, at the Sheraton San Diego Hotel & Marina. The event honored the many volunteers, businesses and community members who have helped make CCS a success over the past year.

The event was emceed by KUSI News Anchor, **Kimberly Hunt**, and included a presentation by **Jackson Katz, Ed.M.**, founder and director of Mentors in Violence Prevention (MVP). MVP is an organization that specializes in providing gender violence prevention trainings and materials to a variety of public and governmental entities. Mr. Katz spoke on the effect that gender has on issues related to violence against women to a sold out crowd of over 300. In attendance were a variety of political representatives, including **Kelly Vanauker** from **Congresswoman Susan Davis'** Office, and **Gael Strack** from the **San Diego City Attorney's Office**.



Event Chair; Anita Crandall, Presenter; Jackson Katz, CCS Board President; Amy Rypins & Executive Director; Verna Griffin-Tabor.

Six individuals were honored for their amazing volunteer efforts at CCS. Honorees included the **Hidden Valley House Auxiliary**, a volunteer group dedicated to supporting the Emergency Shelter programs run by CCS; **Linda Keilman & Rita Masar**, who were honored jointly for their tireless work as advocates for our sexual assault response program; **Kristi McClure**, a SART program volunteer and former intern; **Rebecca Nagorski**, a survivor and agency volunteer who helps our clients through their healing process by providing yoga classes and retreats; **Robin Ross**, an agency volunteer and long time advocate; and **Bashir Abdi Yusuf**, a youth volunteer who gives up his free time to answer ques-

tions and provide support to other youth on our Youth-to-Youth Helpline.

With the support of **Anita Crandall** and **Denise Bisdorf, Nordstrom** was again the Presenting Sponsor. In addition, several other companies pledged their support for the event, including **Cubic Corporation, Maintenance Warehouse, Tabor Communications, SDG&E Sempra Energy, the Junior Seau Foundation and San Diego County Credit Union.**

The Tea is an annual event that occurs each year in May. For information on next year's event or to find out how you can be a sponsor, contact Erin Miserlis in the Resource Development Department at (858) 272-5777 or emiserlis@ccssd.org.

SUCCESS STORY

"In June 2002, I was the victim of a sexual assault. I was raped. I immediately began group therapy, and recently completed my first 10 weeks. It was hard to relive the assault and to face my pain again. I was afraid that I was not emotionally strong enough. It was hard to come to the realization that we are forced to protect ourselves from each other when, I believe, we are here to help each other in life. When I look back, I see how confused my thoughts were and my feelings did not have a peaceful place of their own. Slowly, the shame and guilt I felt became something I could face and finally understand. I was allowed to be angry. I no longer felt the assault was my fault and there is no shame in needing help.

The rape does not define who I am. I know that I am able to continue leading the life I was meant to live. I have found a safe place for my pain and I am honoring my pain by doing this. I have a healthy balance in my life, the rape no longer has the power to consume my life. I am extremely grateful for the Center for Community Solutions for the time they gave to help other survivors and me. I am also very thankful to the other women in my group. The world is so beautiful in so many amazing ways." ~CCS Client

PROGRAM SPOTLIGHT CROSSROADS PROGRAM

The Center for Community Solutions North County site offers a unique approach to the prevention and intervention of family violence. Sharing the goal of promoting safety in families and building healthy relationships, the Crossroads Program focuses on intervention and treatment with domestic violence offenders. Effective work on this end can stop current abusive actions and prevent future abuse. While fairly new to CCS, this program previously functioned under the EYE for over a decade and was one of the first programs to be probation-certified in San Diego County. This 52-week psych-educational program is open to men and women who have committed acts of domestic violence. Services are available in both English and Spanish. Referrals frequently come directly from the local courts, but we welcome clients referred by probation, parole, and Children's Services, as well as voluntary clients. During their year enrollment, clients learn about the negative consequences of using power and control tactics in relationships and are assisted in identifying and developing alternate conflict resolution strategies. Anger Management strategies are

addressed, as well as communication skills. Other topics include gender roles, effective parenting, substance abuse prevention and more. The format and treatment length are ideal for breaking down defensiveness, monitoring and observing behavior change, and fostering new support systems. In addition to meeting the minimum number of group sessions, each client is expected to complete a formal Relapse Prevention Plan before graduating from the program. Crossroads Group Facilitators often talk about how rewarding this work can be as they watch transformation in the lives of the clients and their families. A recent graduate of the program shared with his group that, "Sometimes some of my friends make fun of me and say that I am not a man because my wife and I make decisions together. I tell them it does not matter what they say anymore because I am happy with my family and for the last 3 or 4 years I did not know if that would ever be possible. So, it does not matter what they say — my family is happy and I am happy too." For enrollment or to learn more about this program, please call our Escondido office at (760)747-6282.

CCS STAR EMPLOYEE CCS DVRT TEAM

I am sad to announce the loss of a very valuable client-centered program. The Domestic Violence Response Teams that were rolled out by the County of San Diego's Health and Human Services Agency two years ago has not been re-funded for the upcoming year due to the State's current budget crisis.

I wanted to take this moment to highlight the wonderful services provided to survivors of domestic violence by the DVRT staff at CCS. Bob Heyenga, Angela Ibarra, Joni Bamba, Pamela Masters, Kimberly Knight and Ranisha Presbery have served the community by providing on the scene crisis response and follow-up services, including court accompaniment and ongoing case-management to over 350 survivors.



Members of the CCS DVRT Team

Bob, with his patience and calm demeanor, was able to engage so many women in creating safety for themselves and their children. Angela utilized her bilingual and bicultural skills to assist women through the complicated (even for English speakers) process of obtaining Restraining Orders and maneuvering through the legal system that survivors often find themselves in. Joni was superb in establishing relationships with the El Cajon Police Department and recruiting volunteers who manned the program on an average of 16 hours a week. With their patience and dedication to the program, Pamela and Kimberly served survivors by spending hours upon hours with them in court. Additionally, Ranisha, who has been with us just a short time, has outreached to the community to involve them in the interest of serving survivors of domestic violence.

In addition to our wonderful staff, we were also very fortunate to have some amazing volunteers who worked on the DVRT program: Jennifer Bodine, Debbie Comstock, Kathy Enriquez, Veronica Fernandez, Kam'ya Ferrell, Margaret Little, Connie Lonsway, Kelly Moberly, Jackie Petersen, Karen Saunders-Cortez, Louise Thomas and Argelia Torres. Together they have provided over 717 hours of service to the East County DVRT at the total value of \$8,962.50. And of course, none of this could have been done without the partnerships of both the El Cajon Police Department and the San Diego Police Department. I am proud to have had the opportunity to work with such a fine and dedicated staff, and to have had the opportunity to run such a needed and deserved program. Many thanks to all!

Vivian Ash, Director East County Services

CCS UPDATES AND EVENTS

Interested in Supporting Our Shelter?

Join the Project Safehouse Auxiliary. If you have a few hours to spare each month and would like to make a difference in the lives of the families at our shelters, consider attending one of our meetings to see if this volunteer opportunity is for you. Group meets informally once a month with shelter staff to brainstorm ways that they can help out at the shelter. Help organize client holiday parties, food drives, and more. For additional information contact Erin Miserlis 858-272-5777.

CCS Executive Director Honored

The San Diego County Bar Association recently recognized our Executive Director, Verna Griffin-Tabor with the 2003 Distinguished Citizen Award. Each year, the SDCBA recognizes one non-lawyer that has made outstanding contributions to improve the quality of justice in San Diego. Nominees for the service awards are solicited from the members at large and voted on by the Board of Directors of the SDCBA. The Board of Directors and the staff of CCS congratulate Ms. Tabor on this prestigious award.

CCS to Offer Crisis Intervention Training

The training is designed for individuals who are interested in volunteering to support survivors of sexual assault. In your role as a volunteer victim advocate, you will accompany survivors to the forensic medical exam and provide much needed support as well as information, resources and referrals. For information, contact Ali Admire at: 858-272-5777 or aadmire@ccssd.org

CCS Hosts Open House

On May 30th CCS held an open house to celebrate the opening of our newest location in Escondido. The festivities included awareness activities, a luncheon, and proclamations of support from **Supervisor Pam Slater, Lori Holt - Pfeller, Mayor of the City of Escondido and Blaine Bennett, Deputy Chief of Escondido Police.** If you are interested in learning more about this new location, contact our Escondido office at (760) 747-6282.



CCS Staff Enjoying the North County Open House

Local Artist Organizes Benefit for CCS

On Saturday, August 2nd at the Hilton Gaslamp renowned artist, **Marie Najera** will be holding an exhibition titled **Laundromat Stories and Affordable Housing.** This exhibition is yet one more in a series of installations through which Najera explores familial relationships and domestic issues. She uses as a departure point stories and memories from childhood experiences — specifically those relating to the weekly chores she shared with her sister Betsy, such as doing the family wash at the Laundromat. Ms. Najera will be donating a portion of the proceeds to help benefit the Residential Programs of CCS. This special reception will be open from 6pm to 11pm on August 2nd and complimentary parking will be available at the Hilton. For more information, call Marie Najera at 619/497-0636.

CCS DEVELOPS MEMBERSHIP PROGRAM

CCS is pleased to announce the kickoff of their brand new Membership Program. Now you can help CCS put an end to sexual assault and relationship violence by becoming a member of the **CCS Giving Society.** Membership levels start at just \$100 and benefits include having the opportunity to partner with one of San Diego's premier sexual assault and relationship violence prevention and intervention centers. In addition, you'll receive invitations to special events and exclusive program openings. All contributions are tax deductible and go directly to providing services throughout San Diego. For more information or to request a pamphlet, contact Erin Miserlis at (858) 272-5777 or emiserlis@ccssd.org.

CCS WISH LIST

Our highest need for donation items for the month of July is non-perishable food items. If you are interested, you may drop off food items at any of our three locations. Thank you for helping our clients!

- | | |
|--------------------------|------------------------------|
| Cereal - Dry | Mayonnaise |
| Fruit Juice | Cooking Oil |
| Kool-Aid | Margarine |
| Tang | Jelly/Jam |
| Soup | Canned Corn |
| • Chicken/All | Enfamil Powder |
| • Tomato | Grocery Store - |
| • Vegetable | Gift Certificate |
| • Cream/Chicken | Sugar/White |
| • Mushroom | Macaroni & Cheese |
| Canned Fruit | Dry Mixes |
| • (any kind) | • Spaghetti |
| Coffee-auto/drip | • Taco |
| Microwave Popcorn | • Sloppy Joe |
| Salad Dressings | Cake/Frosting Mix |
| • French/Ranch | |

Project Safehouse and Hidden Valley House are emergency shelter's for victims of domestic violence and their children.
Project Safehouse 619-267-8023
Hidden Valley House 760-480-0055

FRIENDS IN THE COMMUNITY

- ◆ A big thank you to one of our SART volunteers, **Cathy Sanchez.** Not only did Cathy participate in this year's Liberty Walk on behalf of CCS, she also raised over \$400 in pledges to help support our programs.
- ◆ The members of **Hidden Valley House Auxiliary** had their annual Tea this past May with proceeds directed towards supporting the shelter. The event included a silent auction, scrumptious treats, and a performance from a local youth choir.
- ◆ Thanks to **Jaime Shear,** Project Safehouse has new window treatments. Jaime took the time to personally select and install the fixtures. Her work has given the shelter a new look and provides beauty to each room.
- ◆ **Coastal Heating and Air Conditioning** has done more than just provide excellent service, company owners **Debbie Mendes** and **Judy Dailey** have provided a reduced rate for services and employment referrals for shelter clients.
- ◆ **Tom Coan, John Kyrklund, Matt McCaigue, & Chuck Haberstroh** of **Roel Construction** have provided invaluable help with our recent expansion to North County. They have donated their time to help renovate our new Escondido facility as well as providing plumbing repairs at our transitional housing complex.
- ◆ Our residential services program has found a friend in **Jim Purintun.** Each week Jim is kind enough to purchase groceries for clients in our shelters and often includes movie passes for the families and their children.
- ◆ **Peter Miserlis** of **Petro Design Co.** recently donated his services to help redesign our agency brochure. Thank you Peter for the great new look!
- ◆ **Jason Rissman, Don Kramer, Darrel Reed, Mike Philyaw, Rob Myers, and Michel Kite** of the **Chula Vista Border Patrol P.R.I.D.E. Office** (a unit that specializes in youth intervention & outreach) are taking pride in our shelter. These amazing volunteers donated their time to help organize a major outdoor renovation at our shelter.