



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
OR 1-888-272-1767

Legal Clinic858-272-1574
Youth-To-Youth Helpline .866-222-1886
Project Safehouse619-631-6442
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.

- | | | |
|----------------------------|--------------------------------|------------------------------|
| Lawrence Alessio | Marie Green | Soil Testers |
| Elisabeth & John Bergan | Jack Abcarius | Leo & Jodi Spiegall |
| Boyle Engineer | Kurt Carlson | Tom Tabor |
| California Bank & Trust | Kendall Lord | Catherine Talman |
| Anne Coppack | Ruth Marks | Tierrasanta Jr. Women's Club |
| Chive Cuisine Moderne | Greg Ferrand | Blair & Georgia Sadler |
| Monica Kaiser | Oprah's Angel Network | Lynn Durkee |
| Natalie Sentz & Don Dudley | Prudential California Realty / | Craig Watkins |
| Ray Rhenko | Kelly Rudiger Bingham | Ginger Wallace |
| Charles & Sue Edwards | Jim Rucker | Ron & Sandy Walrod |
| Konrad Fernandes | James & Jerilyn Shaw | Bruce & Katherine Wayne |
| The Kelley Family | Evan & Barbara Silbert | Weil Family Foundation / |
| George Foster | Maggie Silverman | Kit Wells |

CCS would like to welcome the newest members of the CCS Giving Community, thank you for your support!

- | | |
|-----------------|---------------------|
| Sara Blackford | Merlyn Robinson |
| Marc Kuritz | Robert & Robin Ross |
| Michele Macosky | |

Want to Get Involved?

Would you like to learn more about the Center for Community Solutions and how you can help us with our efforts towards ending sexual assault and relationship violence? Contact Erin Miserlis at (858) 272-5777 or emiserlis@ccssd.org for more information. We'll take you on a tour of our facility and discuss possible volunteer opportunities. Your support is what makes us a success!

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



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

NON-PROFIT
ORG
US POSTAGE
PAID
PERMIT 308
SAN DIEGO, CA



CCS Connection

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

Volume 2, Issue 4
July, 2004

CCS HOSTS FIFTH ANNUAL TEA BY THE SEA TO A SOLD OUT CROWD

- *"I knew I was strong, I just didn't know it at the time."*
- *"When I got here I thought my life was coming to an end. Everyone here showed me something different. This program has helped me in more ways than one can put into words."*
- *"I leave here today with tears, but these are not the same tears I came with."*

Newsletter Highlights:

- Friends in the Community page 2
- Updates and Events page 3
- CCS Star Employee page 3
- Program Spotlight page 3
- Contributors Page 4

This past May, CCS hosted its annual fundraiser and volunteer recognition event, **Tea by the Sea** to a sold out crowd of 350 guests at the Sheraton San Diego Hotel & Marina. The event goal is to raise awareness about the issues of domestic violence and sexual assault, as well as to recognize the contributions of some amazing volunteers and agency supporters.

KUSI news anchor, **Kimberly Hunt** acted as the event emcee, and this year's special guest speaker was author and survivor, **Trisha Meili**. Trisha is more commonly known as **"The Central Park Jogger"**, and she shared her amazing story about survival and perseverance with the audience. Trisha's story is not one of an attack, but rather one of healing, and it is with a stunning display of courage and hope that she continues to reach out to people struggling through recovery, offering them a sense of inspiration and possibility. After the event, Ms. Meili treated the guests to a book signing, with the proceeds benefiting CCS.

Thanks to the support of the community and some wonderful agency partners, the event raised close to \$35,000. The funds will be used to provide support for the various programs and services offered at CCS. For the fifth year in a row, **Nordstrom** was the event



Trisha Meili, Author and Survivor, Speaking at the Tea.

sponsor, along with additional support from **Cubic Corporation, The Home Depot Supply, SDG&E/Sempra, Viejas Enterprises, Croce's, QDRO Pros, Inc., The Junior Seau Foundation, Proflowers.com, Cantina Restaurant and San Diego County Credit Union.**

This year's Community Heroes were honored for a wide range of support, including: **Tom Coan & John Kyrkland**, who were honored for their extensive support for a variety of agency renovations; **Debbie Mendes and Judy Bailey** of **Coastal Heating and Air**, who were honored for providing In-Kind support for our shelter and job training for clients; **Maureen Hargrave**, who was honored for her outstanding advocacy as a SART (Sexual Assault Response Team) volunteer; **Maggie Little**,

who was recognized for her tireless work as a DVRT (Domestic Violence Response Team) volunteer; **Peter Miserlis** of **Petro Design Co.**, who was honored for donating his services to develop the agency website and brochure; and **Jim Purintun**, who was recognized for his dedication to providing support for survivors of domestic violence and their children.

The event closed with an emotional preview of CCS's new agency video, *"Into the Light"*. The video highlights stories of agency survivors on their path to healing and was made possible by a gift from the **Kelly Family**.



(Left to Right) CCS Board President Amy Rypins, CCS Volunteer Jewel Kelley, and Event Chair Anita Crandall.

Tea by the Sea is an annual event that occurs each year in May. If you are interested in being a part of the Tea by the Sea Committee, or would like information on becoming a sponsor, please contact Erin Miserlis at (858) 272-5777 or emiserlis@ccssd.org.

SUCCESS STORY

CCS Client Finds Support and Solidarity in Others

Each April, CCS participates in various activities to promote Sexual Assault Awareness Month. One of these promotions is the Jeans for Justice campaign, which involves hanging a display of jeans with statements written by clients and staff that denounce the act of rape and violence against women. The purpose is to raise awareness and show victims that they are not alone.

The Jeans for Justice campaign began as a result of a 1999 sexual assault case where an Italian High Court overturned a rape conviction because the victim was wearing jeans at the time of the attack.

The court stated in its decision that, "It is common knowledge that jeans cannot even be partly removed without the effective help of the person wearing them...and it is impossible if the victim is struggling with all her might."

The judgement sparked a worldwide outcry from those who understood that coercion, threats and violence are all a part of the act of rape. This unpopular verdict became an international symbol of myth-based injustice for sexual assault victims.

This past April, as CCS prepared for Sexual Assault Awareness

month, a client happened upon the Jeans for Justice Display. She was looking intently at the jeans and when the staff member brought her into her office she said, **"You know I was looking at the jeans outside and I realized that I am not the only one who has been through a rape. I know that I am going to find the strength to go on with the help of everyone around me. I am going to be okay"**. At that point, she pulled out pictures of her children and grandchildren and said, **"I have too many reasons to fight and get better"**.

Jeans do provide justice after all.

FRIENDS IN THE COMMUNITY

■ The Holidays are a special time of year no matter where you are. This year, thanks to **Jasmine Wilson** and the **Gifts of Love Foundation**, some amazing volunteers took this concept to heart and created customized Easter baskets for each of the members in our Emergency Shelter Program. Each basket was specially designed to the client's need and included inspirational as well as relaxation items.

■ Local businesses also got involved and helped to make the Spring celebration special for the shelter clients. **Gwen** from the **Bath & Body Works** helped provide beautiful products for the clients use, including bubbles, bath spray, lotions and many other indulgent items.

■ **Jennifer Martinez** from the **Body Shop** also helped out with the project and provided additional items that included mini massagers, lotions and bath salts to help add to this wonderful day of much needed relaxation for our clients.

■ Working with the issues of domestic violence and sexual assault is a very rewarding and unique job. Staff that work in this field are a very special kind of person. To help alleviate the daily stresses they endure, our East County office has begun holding a lunch-time knitting class to help with relaxation. The owners of **Two Sisters and Ewe** heard about this class and recognized the importance of stress relief for staff, and donated knitting materials for the class.

■ Mother's Day was a celebration all around for the women staying at CCS's Emergency Shelters. Thanks to **Janet McGinn** and the members of the **National Charity League Juniors**, each client received a warm and cuddly robe, slippers and a new pair of pajamas to help start their day out right. NCL Junior members worked with the community to collect the donations on the clients behalf.

■ **The Project Safehouse Auxiliary** has been quite busy this past quarter. **Monica Stein**, a member of the auxiliary, worked with the **San Diego Soroptomist International** to create a welcome gift for the children in the shelter. Thanks to their support, each child will receive a cuddly teddy bear that comes complete with a candy necklace to help warm their hearts and stomachs! **Paula Morgan** has worked with her company, **California Bank & Trust**, and with their support, has added

CCS as a charity for bank members to donate to upon completing a customer service survey. Paula has also worked with the community to collect items to be used as gifts in the Mother's Box, a box that children at the shelter use to give gifts to their Moms for Holidays and Birthdays during their shelter stay.

Janet McGinn & Kim Melchior worked with the **National Charity League Juniors** to have CCS selected as the charity of choice for the Gifts in Kind Program. Members collected various items such as art supplies, games for the children, clothing, baby food and diapers for the shelter clients throughout the month of April. **Mary Willmont & Karen Mitchell** worked with the **Mission Beach Women's Club** to help provide food for the Spring Celebration Dinner as well as collect donations for manicures and pedicures for the clients use on Mothers Day. **Risa Beth Sydelle** helped provide furnishings and household items to be used for a recently vacated transitional housing apartment. All of these items have a significant impact on the clients during their stay at the shelter.

■ Thanks to **George and Steve Cole of Cole's Carpeting**, CCS's Coastal office has a brand new look! Cole's donated carpet to allow for a complete downstairs renovation! The project was a group effort with **Johnny Kalisek at Spectra Contract Flooring** who provided the new baseboards, and **Nathan Mallory of SCS Flooring**, who provided the installation. This project was a perfect example of the community working together to make a difference in San Diego!

■ The members of the **Hidden Valley House Auxiliary** held their annual Tea this past May. The group holds this event to help raise funds for their various shelter support projects throughout the year. This year's Tea was extra special, considering that most of the members reside in the Scripps Ranch area and a few of the members lost their homes in the devastating wildfires. Despite the crisis at home, the members still found the time to help others and the event was an amazing success. Thank you for your continuous support and your ability to help others even in your own time of need. In addition to working on organizing such a fabulous event, the group also treated the staff to a delicious lunch complete with floral decorations and homemade treats!

CCS WISH LIST

In addition to this month's agency-wide wish list, we are also requesting that people consider donating items that can be used for welcome bags for the clients. Both adults and children require the basic necessities when they arrive. A CCS volunteer recommended filling a shoebox with personal items such as hairbrushes, toothbrushes, toothpaste, etc. that can be passed on to the clients when they arrive to help make their stay as comfortable as possible. For information on donating an item from the wish list, please contact Erin Miserlis at (858) 272-5777 or emiserlis@ccssd.org

- Welcome bag items (see above)
- Locking file cabinets with keys
- Pre-Paid phone cards for survivors
- Bottled water for Survivors after the evidentiary exam
- Journals for clients to express themselves
- Bus Passes / Tokens, cab vouchers
- Motel / Hotel gift certificates for clients use
- Gift Certificates to Spa / Hair Salons for Clients
- Digital Camera / Camcorder for client therapy sessions
- Household products for the shelters (toilet paper, napkins, laundry soap, etc.)
- Entertainment passes for families to use as a de-stresser during their stay at the shelter

CCS UPDATES AND EVENTS

Save the Date! The 7th Annual Glowball Golf

Tournament will be held on Friday October 8th, 2004. This one-of-a-kind tournament is played at night with the help of special balls that illuminate in the night. It's a fun and unique activity for everyone! For more information, contact tournament chair, Bob Gore at (619) 443-5994. All proceeds benefit the East County domestic violence prevention based programs offered by CCS.

Domestic and Family Violence Resource

Connection - a resource fair exhibiting domestic and family violence services available in the East County. July 22nd 12-2PM at the El Cajon Community Center. For more information, contact Vivian Ash at 619-697-7477.

CCS Organizes Free Community Day

This past April, in honor of Sexual Assault Awareness month, CCS held an open forum for the community to educate people on the issues of sexual assault prevention and intervention. The event offered free workshops on topics such as sexual assault awareness, the effects of club drugs and Ecstasy, self-defense and personal safety training. The event brought in a variety of members from the community, including both the private and public sector. A delicious lunch and afternoon snacks were provided compliments of Starbucks Coffee, Chicken Plus, El Nopal and Fillipi's Pizza Grotto. In addition to raising awareness, the event offered the community a chance to see firsthand how important it is to have agencies such as CCS available for individuals in

need of support. The event was a huge success and according to the event organizer, Lupe Calzada, CCS will make this an annual part of their celebration of Sexual Assault Awareness Month.

CCS Welcomes Nokia as Community Partner

Nokia is a company that knows how important it is to give back to the community. Each year, through their Community Involvement program, they provide support to a wide range of organizations throughout San Diego. This past May, CCS was selected as a recipient of funding through their Health & Human Services program and received \$5,000 for their youth-based prevention and education programs. Susan Cornell, employee and community relations representative from Nokia said,

"Nokia's goal is to make a positive impact on the quality of life in the communities where we live and work. By supporting programs that help people, and especially youth who are facing adversity, we provide the means to build bridges between people - both when they are far apart and when they are together face-to-face". CCS will use the funds to help support their innovative youth programs that target educating youth on issues relating to domestic violence and sexual assault. By educating our youth today, we have a higher rate of reducing their vulnerability to violence later in life. CCS would like to thank their newest community partner, Nokia, for their support and efforts towards supporting the youth of San Diego.

PROGRAM SPOTLIGHT — YOUTH-TO-YOUTH HELPLINE

San Diego's only Youth-to-Youth Helpline continues to provide innovative service to youth in need

Since the opening of the Youth-to-Youth Helpline in April of 2002, CCS has provided over 2000 youth in San Diego County a safe and confidential place to find support and information. By calling the Helpline, youth are given support from other youth who are trained extensively to assist their peers. As explained by one 13-year-old caller, *"I can't always trust my friends not to tell my secrets and adults don't always understand. That's why I like to call the Helpline"*. Oftentimes, youth will turn to each other before seeking out an adult and our youth volunteers are there to provide them with active listening, assistance in exploring possible solutions, crisis intervention and referrals to resources to provide ongoing support and help.

We have found that the Helpline is reaching a representative sample of our community. Girls and boys call the Helpline almost equally and the ethnic make-up and age of our callers is very similar to that of the county youth population. Our research also tells us that the majority of Helpline callers heard about the program through public service announcements shown on **KSWB 5/69**. Since the program began, the **KSWB Cares for Kids Fund** eagerly came on board as a valuable community partner and committed to supporting the program financially, as well as filming and producing the service announcements with youth volunteers and airing them several times every month - all contributed free of charge. To date, the **KSWB Cares for Kids Fund** has contributed over \$20,000 to help support this much needed pro-

gram. The Helpline relies on contributors like the **KSWB Cares for Kids Fund**, foundations and private donors to continue its valuable work in the community and we are always in need of support.

The Youth-to-Youth Helpline is an asset to the youth of our county since it is the only crisis line in San Diego County that is dedicated solely to our youth and the challenges they face. Fifty-three percent of the calls received at the Helpline receive help with relationships, and the majority of those focus on dating, family and friends. This number shows the need for a place where youth can receive guidance on healthy relationships, good communication skills and relationship violence. Suicide and depression make up 10% of the calls and have recently begun increasing in frequency. Other call subjects include sexuality, abuse, substance abuse, school, gangs and run-aways. Referrals for on-going support are given whenever possible.

The Helpline is a collaborative project of **Center for Community Solutions, County of San Diego's Office of Violence Prevention, Community Health Improvement Partners (CHIP)** and the **Children's Initiative**. The Youth-to-Youth Helpline is open from 3pm to 9pm, Monday through Friday. The number is toll free, 1-866-222-1886. For more information, or to make a contribution to the Helpline, contact the Director of Prevention and Education, Jessica Towne-Cardenas at 858-272-5777 ext. 127.

CCS STAR EMPLOYEE VIVIAN CAMACHO-BALAJADIA

One of the secrets to CCS's success in bringing excellent, high quality programs to San Diego families is a strong, smartly run finance department. And yet, the world of budgets and contracts can be a daunting one for many who work in the nonprofit realm. Vivian's warmth, knowledge and assurance have been a source of encouragement that has inspired CCS's directors and program managers to become thoughtful planners who can successfully stretch those pennies. She helps ensure that every dollar is wisely spent to keep CCS strong and financially healthy.



Adjectives that describe Vivian are warm, calming, reassuring, proactive, positive, knowledgeable, unflappable, motivating, patient, encouraging, empowering, a great teacher, hardworking and reliable. She is an invaluable team player who performs various roles simultaneously. The fiscal department runs more smoothly under Vivian's careful eye and the agency is a brighter place because of her delightful smile and wonderful attitude.

Thank you, Vivian - we are proud to have you as part of the CCS family!