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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.

- | | | |
|------------------------------|---------------------------------|---------------------------------|
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| California Endowment | Jewel & Leon Kelley | Julan Scott |
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| Cox Kids Foundation | Ruth Marks | St. Madeleine Sophie’s Center |
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Make a Difference in the Lives of People Affected by Violence

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 Dustin Slack at (858) 272-5777 or dslack@ccssd.org to learn more.

To request this newsletter via e-mail or to make a correction or suggestion, contact Dustin Slack at dslack@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

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CCS Connection

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

Volume 3, Issue 4
July, 2005

2005 Tea on the Town a Tremendous Success!

- *There were 21,351 domestic violence incidents reported to law enforcement in the San Diego Region in 2004 (SANDAG, 2005).*
- *According to San Diego Superior Court, 5,856 temporary restraining orders were filed in 2003.*
- *On average, 2 rapes per day were reported to law enforcement in the San Diego Region during each year from 1999 to 2003 (SANDAG, 2004).*
- *The annual health-related costs of rape, physical assault, stalking and homicide by intimate partners are estimated to exceed \$5.8 billion each year (Centers for Disease Control and Prevention, 2003).*

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On May 19th, the Center for Community Solutions (CCS) hosted its annual fundraiser and volunteer recognition event, *Tea on the Town*, at the Hyatt Regency La Jolla Aventura. A sold-out crowd of more than 300 guests attended this sixth annual event to raise awareness about the issues of domestic violence and sexual assault, as well as recognize the tremendous contributions of volunteers, businesses and community members who have contributed to the success of CCS.

KUSI news anchor **Kimberly Hunt** acted as the event emcee, and this year's special guest speaker was Susan Estrich, a nationally recognized advocate for women's rights. Ranked No. 57 on the list of the most influential public intellectuals of the century, Estrich is a best selling author, an expert on the criminal justice system, professor at USC and a rape survivor. She is well-known and respected for her instrumental role in creating the "rape shield act" which protects victims by preventing attorneys from presenting information about prior sexual activity or the reputation of the alleged victim as admissible evidence in a court of law. As the first woman to run a national presidential campaign, the first female president of the Harvard Law Review and the youngest woman to be

tenured at Harvard Law School, Estrich brought a wealth of passion and knowledge to the event. She captivated the audience with her own personal story of survival and message about the importance of advocacy, awareness and protecting women's rights.



Susan Estrich
Photo by Kelly Fitzgerald Photography

Thanks to the support of the community and some committed agency partners, the event was our most successful to date, raising \$48,000 to support the many programs and services offered at CCS. **Nordstrom and The Home Depot** were co-sponsors of this year's tea while contributing sponsors include **The California Endowment, Cubic Corporation, San Diego Gas & Electric, and Viejas Enterprises**. Additional support came from **Croce's, National University, ProFlowers, San Diego County Credit Union, and QDRO Pros, Inc.**

Five Community Heroes were honored this year for

their tremendous support and commitment to CCS. **Katie Feifer**, who has volunteered over 500 hours as a Volunteer SART Victim Advocate and consistently reached out to help sexual assault survivors, was recognized as Survivor of the Year. **The Home Depot Supply**, a long-standing partner of CCS, was honored as Corporate Partner of the Year for its tremendous contribution of materials, time and labor to renovate our Transitional Housing Program, Next Step project; **The Project Safehouse Auxiliary** received an award as Community Volunteer of the Year, recognizing its dedication to supporting the residents in the Emergency Shelter and Transitional Housing Programs; and **Lourdes Rivera**, a key supporter of the Ahimsa Project for Safe Families, and **Linda Oakley** of Allied Movers were both honored as Program Volunteers of the Year. All of this year's honorees are loyal and committed friends of CCS who have generously reached out to help survivors of sexual assault and domestic violence.

Tea on the Town is an annual event that occurs each year in late April or May. If you are interested in being a part of the Tea Committee, or would like information on becoming a sponsor, please contact Dustin Slack at (858) 272-5777 or dslack@ccssd.org.

CCS STAR EMPLOYEE – LORI WALSH

I am impressed with her presentation style with the adolescents. She is appropriately honest and forthright, yet tempers her presentations with tact. She strives to actively engage the students in the topic discussion and is sensitive to their "moods." Ms. Walsh is an excellent representative for your organization and a positive role model for our students. —Foothills High School Counselor, 2004

Lori Walsh has been a Community Outreach Specialist in our Prevention and Education Department since 2003. Lori is passionate about eliminating domestic violence and sexual assault through education. Her goal is to motivate everyone *to be the change they want to see in the world* by actively working to end violence and build healthy relationships. She is tireless in this pursuit—last year, Lori talked to more than 3,300 adults and youth!

Through her work at CCS Lori reaches out to children, youth and adults throughout San Diego, instigating thoughtful, heartfelt discussions about sexual assault and domestic violence. Her self-defense workshops for women and girls help build resourcefulness and self-esteem. What's amazing about Lori is that she has found a way to present painful, frightening



topics such as rape and relationship violence in a way that instills a sense of hope and civic responsibility in her audience. People are deeply moved by what she has to say. So much so that Lori is invited back, again and again, to address civic groups, youth organizations, schools, businesses, social service agencies, shelter clients and faith communities. Her outreach has resulted in many adults and youth getting information to help a friend or to help themselves. Her presentations have also motivated people to become part of the CCS volunteer corps.

In her quest to prevent violence through education and activism, Lori has been a strong advocate for ensuring that San Diego's youth have opportunities to learn about all forms of relationship violence, including emotional, physical and sexual abuse. She is adamant that youth should have access to accurate, practical information on how they can create strong, healthy relationships with family, friends, and partners. Because she is knowledgeable, approachable and compassionate, adults welcome her in to talk with their children and students, and kids open up and begin to talk about problems—like teen dating violence or date rape—that they had been keeping to themselves before because they were afraid no one would understand. CCS is proud to announce Lori Walsh as the Star Employee of the Quarter.

A STORY OF OUTREACH

The Beach Pride Healthy Start Family Resource Center is a small bungalow with a big heart and an even bigger mission—to help the individuals and families who walk through the door sort through problems, and in the process, discover their inner strength, creativity and importance in our community.

This year, we had the pleasure of assisting Mr. H., a 63-year-old man who was deeply depressed, unemployed and feeling a bit uncertain about what to do next. We welcomed him in and helped him measure out steps towards reaching his goals: employment, independence and self-assurance. Here is a letter Mr. H wrote to Jessica Cardenas, the CCS Prevention and Education Services Director:

Dear Mrs. Cardenas,

I would like to take this opportunity to thank your staff for making available the "Beach Pride Healthy Start" Family Resource Center.

I want to pay special tribute to all three staff members: Mercedes Cepeda-Lorenzo, my personal caseworker; Inez Corona, manager; and Sara Ali, staff support, for changing my life—forever.

I am a sixty-four (almost) year old man who last month was desperate. I was jobless, depressed and was left with little hope for the future. These three women took me under their wing, motivated me to believe again in myself, wrote me up a personal resume, taught me computer skills, got me an email address and an interview with Home Depot. I got that job.

At my age I thought I was over the hill. They have given me a new life and encouragement. I am now a part of your family. GOD BLESS YOU ALL.

Respectfully,
Mr. H.

PREVENTION DEPARTMENT Wish List

The following items would help our innovative prevention programs working with communities throughout the County. For more information call the Prevention Services Director at (858) 272-5777, ext. 127.

- Re-writeable CDs and mini digital video tapes
- Stereo
- Cordless phone
- Fax Machine
- Copy Machine
- Photo paper
- DVD player
- Fabric and sewing supplies
- Coffee Maker
- Large freezer
- Diapers
- Art and craft supplies
- Easy-up shade canopy
- Bicycles
- Beanbags/Comfy Chairs
- Dance Mirrors
- Gift Certificates to Grocery, Art & Craft, Office Store
- Exterior House Paint
- School Supplies
- Spanish books, games, videos
- Storage closet

CCS UPDATES AND EVENTS



The Domestic Violence Hotline's new website is up and running! We invite you to browse through it at www.dvhotline.org. The website features a variety of information including statistics about domestic violence and sexual assault, information on safety planning, how to get help if you or a friend are a victim of sexual assault and an online quiz to determine if you are in a potentially abusive relationship. You can also learn more about the San Diego County Domestic Violence and Sexual Assault Crisis Hotline, **1-888-385-4657**, which offers crisis intervention and referrals to the community. The Hotline is staffed with bilingual Crisis Counselor 24 hours a day/ 7 days a week.



As part of Sexual Assault Awareness Month, CCS launched a bold media campaign using eight bus benches strategically placed throughout San Diego County for a three-month period. The bus bench locations were chosen based on statistical data identifying areas with a high incidence of sexual assault. This campaign was made possible by a generous donation from The Donner Family Foundation. The graphic design work was graciously donated by *IdeaWorks Advertising*.



On April 26th, as part of Sexual Assault Awareness Month, District Attorney Bonnie M. Dumanis and San Diego Police Chief Bill Lansdowne joined Center for Community Solutions for a pinning ceremony to recognize San Diego's criminal justice leaders for their well-coordinated and compassionate response to sexual assault victims in San Diego. Supervisor Pam Slater-Price and Assistant Sheriff William Gore were also participants in this well-attended event that took place at the San Diego Hall of Justice.

Photo courtesy of the San Diego County District Attorneys Office.

Save The Date!

Thursday, October 6, 2005

Join us for our first annual *Chef Showdown* event from 6:00 PM to 9:00 PM at the Courtyard of the Casa del Prado in Balboa Park. Premier Chefs from San Diego's best restaurants will team up to take a stand against domestic violence while creating fabulous food and culinary entertainment. Enjoy great food, drink, and music in a unique atmosphere while supporting our prevention and intervention programs. Look for your invitation in the mail soon!

Friday, October 7, 2005

Don't miss the 8th Annual *Golf Under the Stars Glow Ball* Tournament, benefiting the East County Center for Community Solutions. Enjoy dinner, an opportunity drawing, and the unique experience of golfing at night. The event takes place at the Willowbrook Golf Course in Lakeside and the entry fee is \$70.00 per player.

Beach Pride Healthy Start Family Resource Center

Beach Pride Healthy Start (BPHS) Family Resource Center is a program CCS operates in a little bungalow on the campus of Bayview Terrace Elementary School in Pacific Beach. BPHS is funded by the California Department of Education Healthy Start Initiative. The Healthy Start Program's goal is to give children and families the support they need—food, shelter, clothing, tutoring, counseling, advocacy, social support, employment, healthy recreational opportunities—whatever the family needs to thrive, so that California's children can go to school ready to learn. All too often, children are burdened by really big problems, like domestic violence, sexual abuse, the death of a parent, or homelessness.

No two Healthy Starts are alike, because the programs they offer are shaped by the particular needs of the communities they serve. The women who staff our Healthy Start, Inez, Mercedes, and Jessica, are catalysts for positive change—they organize a community collabora-

tive network that includes school personnel, parents, students, non-profits, businesses, government health and safety program staff and government officials in order to draw resources towards kids and families. They create volunteer opportunities so that everyone has an important part to play in enriching and enlivening the community.

Even the littlest kids and the oldest adults pitch in to make the neighborhoods safer, happier, and healthier.

Some folks might ask—Why does CCS operate a school-based family resource center? What does that have to do with healing or preventing sexual assault? The answer is—everything. Healthy Start is one of CCS's primary prevention efforts. This means that Healthy Start reaches out to strengthen the general public by bringing

resources to all families in a community, well before families reach the point where their problems are debilitating. Our Healthy Start provides workshops on parenting, "how to



Jessica Robledo, Inez Corona and Mercedes Cepeda-Lorenzo

talk to your kids about sex," financial planning, healthy relationships, sexual abuse prevention, and a host of other health promotion topics so that people have a solid

skill base to prevent domestic violence and sexual abuse. All of these programs are offered in English and in Spanish by our skilled, caring, bi-lingual staff.

The beauty of this prevention effort is its focus on a small community. Social support networks can build and grow, and prevention knowledge is passed along from person to person, and before you know it, you find parents helping parents, students helping one another,

and community based businesses donating time and money—the community itself begins generating its own solutions. For instance, one day a woman came in and talked to our Healthy Start Manager about several mothers she felt were struggling with violence in their homes. Healthy Start worked with CCS's Clinical Department to bring a bilingual therapist on site, so that the mothers could access a support group right on the school campus. Because there was trust, this mother knew she would get help from Healthy Start. Because Healthy Start responded, six mothers got weekly counseling. Because their mothers got help, sixteen children live safer lives.

Primary prevention is the key to ending sexual and domestic violence. Every day, each one of us can be a catalyst for positive change in our own lives, and this personal change will ripple out to change the lives of the people we live with and work with. Isn't that what the Center for *Community Solutions* is all about?