



# CCS Connection



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

CELEBRATING 35 YEARS  
of Supporting Survivors

Volume 3, Issue 1  
October, 2004  
Domestic Violence  
Awareness Month

## CCS CELEBRATES 35 YEARS OF HEALING AND PREVENTING SEXUAL ASSAULT AND RELATIONSHIP VIOLENCE

■ *The most dangerous times for a woman in an abusive relationship are when she is pregnant and trying to leave.*

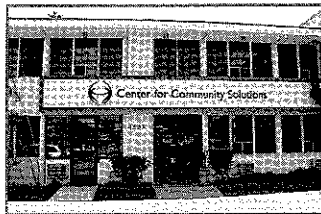
■ *In the United States 3 women a day are murdered by their partners.*

■ *A child's exposure to abuse is the strongest risk factor for transmitting violent behavior from one generation to the next.*

### Newsletter Highlights:

- Cox Communications  
Article  
page 2
- Community Awareness Day  
page 2
- Updates and Events  
page 3
- CCS Star Employee  
page 3
- Program Spotlight  
page 3
- Contributors  
Page 4

**October is Domestic Violence Awareness Month** and we have many reasons to celebrate! In addition to honoring the strength and courage of survivors of domestic violence everywhere, this October also marks the **35 year anniversary of Center for Community Solutions**



CCS Coastal Location

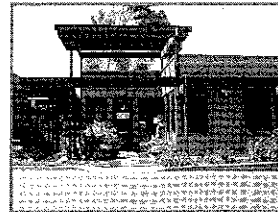
In 1969 Center for Community Solutions was first established under the name of **Center for Women's Studies and Services (CWSS)**. CWSS opened its doors on the campus of San Diego State University and was the **very first Women's Resource Center in the Country**. The opening of this center culminated in the opening of many new doors for thousands of men, women and children throughout San Diego and its surrounding counties

Thanks to the generosity of an early supporter of women's rights, CWSS Founders eventually moved off the campus of SDSU into a home in the residential neighborhood of Golden Hills. In these early days the work of CWSS was primarily focused on helping to establish equality and support for women through education outreach and support

A lot has changed since 1969. even our name. In 1995 after much thought and consideration, Center for Women's Studies and Services decided to change their name to something that would be more representative of the work that they were currently providing to the community. Center for Women's Studies and Services wasn't just serving women, clients included men, children, and family members of survivors. There was also the awareness that **domestic violence and sexual assault aren't just women's issues**, they affect everyone and this was becoming more and more apparent in the people we served. As an agency we strive towards creating solutions that will ultimately end violence and allow people to live in free, peaceful communities and our goal is to be a part of the solution. As a result our new name was

created and the Center for Community Solutions (CCS) was born

CCS now **serves over 15,000 people each year** in its programs and operates offices in three separate locations throughout the county. Our domestic violence shelter work has evolved from being an **"underground railroad"** of safe homes in various communities into a full scale Residential Services program complete with two 24-Hour Emergency Shelters and Transitional Housing Programs. Our very first Hotline for survivors of domestic violence began operation in 1977. That Hotline has never ceased to operate and today as part of a partnership with the County of San Diego uses a computerized system to provide instant access to shelter bed availability, crisis support and community referrals. In 1980 with the help of State



CCS East County Location

Funding we opened our Rape Crisis Center. Today, that same Rape Crisis Center stands as the **only Rape Crisis Center in the entire city of San Diego** and has helped tens of thousands of survivors on their path to healing. The Rape Crisis Center operates CCS largest volunteer program, SART (Sexual Assault Response Team) that includes over 200 volunteers who provide 24 hour a day, 365 day a year hospital accompaniment services for survivors of sexual assault

In 1983 CCS recognized a need for comprehensive legal services and **opened the first Temporary Restraining Order Clinic for battered women in the state of California**. These services have expanded into providing court accompaniment services as well as onsite legal clinics including offices at the Family Justice Center as well as the newly opened Family Violence Prevention Center in North County

Counseling has long been a service at CCS and a value to our clients and the community. Formal counseling for battered women began in 1983 and like our other services has expanded to meet the needs and

demands of the community. CCS now offers counseling at each of the three locations for individuals, families and children. One of the Counseling Centers most innovative programs is for children who have witnessed domestic violence. The focus is on early intervention with the intent of **breaking the cycle of violence across the generations**.

When CCS was established in 1969 one of its main components was education. The goal was to educate the community with the result of breaking down stereotypes and reducing violent behavior. This focus has persevered and expanded over the years into an entire department dedicated to educating the community. The Prevention and Education Department includes Specialists whose role is to **provide free trainings** on issues relating to domestic violence and sexual assault prevention and intervention. The department has a strong youth component and works in various schools and operates after school programs that include a component on healthy relationship training and dialogue.

Many people think we can't make a difference when it comes to domestic violence and sexual assault. Looking back on the 35 years that CCS has just completed is proof that indeed we can. Everyday we are helping more and more people. **This is a testament to our amazing staff and volunteers** and represents an increase in community awareness and people reaching out for help. The more people know and the more people we educate, the better it will be for our community



CCS North County Location

We hope that someday agencies like ours will no longer be needed and that the world will be free of violence and distress. Until then, we are here for the community and here for survivors. I can't think of a better way to honor Domestic Violence Month than to continue to provide caring, innovative services and be a place of refuge for people during their time of need. **Happy Birthday CCS!**

## Cox Communications Supports Center for Community Solutions Efforts for Domestic Violence Awareness Month



Shelita Weinfield from Cox Communications presenting Executive Director, Verma Griffin-Tabor with a \$10,000 check in honor of Domestic Violence Awareness Month

In support of Domestic Violence Awareness Month, CCS was awarded \$10,000 from the Cox Communication, Cox Kids Foundation Fund. CCS was one of three local agencies to benefit from Cox Communications countywide efforts to educate the community on the issue of domestic violence

CCS will utilize the funds to support their domestic violence prevention and intervention programs. In addition in partnership with Cox Communications, CCS will be holding a free Community Day in honor of Domestic Violence Awareness Month. The event is scheduled for Saturday October 23rd from 9:00 AM to 4:30

PM and will include a variety of trainings and seminars on domestic violence prevention. All sessions are free and open to the public

The success of CCS has always been attributed to the amazing support of the community. Partnering with Cox Communications is another wonderful example of the community working together to make a difference in the lives of San Diegans and making the community a safer and more peaceful place for all

CCS is thrilled to have the support of the Cox Kids Foundation and we welcome them as a Community Partner

### Center for Community Solutions Community Awareness Day Saturday, October 23rd Presented by Cox Communications

In honor of Center for Community Solutions 35 year anniversary and Domestic Violence Awareness Month CCS will be holding a free educational forum and community day for the public.

#### Activities to include:

- Trainings
- Guest Speakers
- Refreshments
- Informational Tabling
- Prizes and More

Come learn about the history of Center for Community Solutions and potential volunteer opportunities. Some sessions available in Spanish and advance registration is required.

#### Informational Sessions to include:

##### ■ Self Defense Training

Learn how to increase your assertiveness and decrease your vulnerability to an attack with basic self defense skills

##### ■ Healthy Relationship Seminar

Learn about different forms of relationship violence including coercive and controlling behaviors and how you can protect yourselves and loved ones from situations like these. Session also includes ways that you can help yourself or others who are involved in an abusive relationship.

##### ■ Teen Dating Violence Prevention

Learn about different methods of teen dating violence including drug facilitated assault, youth violence and what you can do to protect yourself and loved ones. Perfect for teens and adults alike.

##### ■ Men's Role in Domestic Violence

*Breaking the violence of silence* - learn what men are doing to take a stand against domestic violence. Explore gender roles, stereotyping, and the evolution of the battered women's movement as they relate to domestic violence. Discover how everyone can work together to make a difference

**Date:** Saturday, October 23<sup>rd</sup> • **Time:** 8:30 – 4:30 PM

**Morning and Afternoon Sessions Available**

**Location:** Center for Community Solutions Coastal Office

4508 Mission Bay Drive, San Diego 92109

(858) 272-5777

**Cost and Age Restriction:** Free to the public. Sessions are appropriate for individuals 14 and older

For more information or to register, contact Erin Miserlis at (858) 272-5777 xt. 151 or [emiserlis@ccssd.org](mailto:emiserlis@ccssd.org)

## CCS UPDATES AND EVENTS

**Union Bank Partners with Center for Community Solutions to Support Families Fleeing Violent Homes.** - CCS would like to welcome their newest Community Partner, **Union Bank of California**. With the help of **Kathy Patoff, Vice President, Foundation/Community Development Officer**, Union Bank of California recently awarded CCS \$5,000 for the Next Step Transitional Housing Program. The program provides an affordable housing solution for women and children fleeing violent relationships throughout San Diego and is designed to assist families toward independent, safe and stable living. As stated by Kathy, "The Union Bank of California Foundation recognizes that the lack of affordable housing in the region can dramatically reduce options for women experiencing domestic violence, putting them at risk of homelessness or continued violence. The Foundation is proud to support CCS's Transitional Housing Program so that domestic violence survivors and their families have a safe

haven, access to services, and the opportunity to become independent." At CCS, we sincerely appreciate the support of Union Bank of California and their dedication to helping provide alternative options for women and their children and we welcome them as a Community Partner.

**East County Domestic Violence Workers Pull Together for Community Support.** The East County Domestic Violence Coalition, a subcommittee of the San Diego County Domestic Violence Council, held a very successful and informative resource fair and panel presentation on July 22<sup>nd</sup>. The committee is very proud of the community's response and turn out for the event. **Chair, Vivian Ash of Center for Community Solutions, Co-chair, Debbie Comstock of Little House Family Services,** and the Coalition wish to thank the panel members for giving up their time to present on current trends and issues around domestic and family violence. Another sign that East County really pulls together around serious issues facing our families!

## CCS STAR EMPLOYEE TERESA GRAME



Often one can find in any organization someone who in the background is quietly yet diligently going about their work. Here at CCS that means that one is contributing to the lives of children and families in a way that the rest of the organization cannot see. Teresa Grame, Clinical Therapist at the East County Office, is that someone that we would like to recognize as Employee of the Quarter. Though she is among others who are in the same category and who all work together through clinical teamwork, we are highlighting Teresa's performance as she has dedicated herself to the recovery work involved with individuals and families she sees in therapy. Teresa has taken her therapist role with clients and enhanced it as an advocate, mentor, coach, and often times the only person who has shown care and concern in her clients' eyes. She has assisted clients through legal proceedings, wrap-around meetings, and court accompaniment on top of being there consistently for them each week. Teresa has contributed to the clinical team by supervising and passing on her knowledge to MSW interns, managing the intake of all clients, facilitating groups, and offering ideas for program improvement through agency strategic planning sessions. Teresa has offered training for volunteers in the areas of child sexual abuse, and works closely with SART and DVRT advocates, and the legal department on behalf of her clients. I am proud to have Teresa with our clinical department and especially to have the close working relationship we have established as I get to supervise her work. Please join me in acknowledging our behind-the-scenes incredible and diligent clinical staff therapist Teresa Grame.

## PROGRAM SPOTLIGHT

### A Day in the Life at the Shelter - An Interview with Director of Residential Services, Laurine Baxter

**Why would someone have to come to an emergency shelter?** Usually because they are afraid and in an unsafe situation. Typically the tension in the home is so strong and the victim can sense that the next step coming is emotional and/or physical abuse. It is all part of the Cycle of Violence.

**What is the Cycle of Violence?** The Cycle of Violence is a term used to describe how domestic violence often follows a particular pattern of behavior. The abusive behavior is broken down into three stages with the first stage called the Tension-Building stage which includes criticism, yelling, swearing, using angry gestures, coercion, & threats to the victim. The second stage is actual Violence which includes physical and psychological attacks and threats. The last stage is Seduction and this includes apologies for the abusive behavior, promises to change, gifts and a general sense of reconciliation. This last stage provides a sense of hope for things to change and often leads people to forgiving and staying in the relationship.

**How many people does the shelter hold and how many people are served each year through this program?**

Between our two facilities we have room for 45 beds but due to the daily changes in clients utilizing the services those numbers can fluctuate. On average we serve about 500 women each year and

approximately 250 to 300 children

**What is it like for a person once they get to the shelter?**

They are usually very scared and are wondering what is going to happen next. Many have never been to a facility like this before and don't know what to expect. There is the immediate concern of what their partner will do once they find out they have left. It usually takes a few days just to get the individuals to relax and feel safe. They are still extremely hyper-vigilant due to the emotional affects of the past abuse and fear of being found. The women and children all undergo counseling while at the shelter to help them deal with the trauma of their situation. Each client is assigned a case manager to help them devise a plan on what to do to ensure their safety and independence once their stay at the shelter ends.

**How are they provided food and clothing?**

We are very fortunate to receive donations from the community and we are funded through state and federal grants. We are always in need of people willing to support the shelter. The shelters are set up as homes and we need all of the same items that anyone else would need to run their household. Just imagine that

this home can have up to 40 people living there at one time! Items such as food, toiletries, bedding, books, games, furniture, laundry soap, anything you can think of, are all used and needed on a daily basis.

**What would you say to people who ask why would they go back?**

There are many reasons, most often including love and family. The abuser didn't start out behaving like this. The relationship started with love and despite the circumstances, many people are still in love and holding onto hope that the behavior will stop.

Abusive behavior starts subtly and slowly progresses towards emotional and physical violence over time. It all goes back to the cycle of violence. Often there are children involved and they miss their parent and will beg and plead to go home. Just as in any other divorce or break up, having children makes it all the more harder. There is fear that they are hurting the family unit and their children by leaving.

Other reasons are financial. Many times as part of the controlling behavior the person isn't allowed to work or they have been led to believe that they can't. Their sense of self worth is reduced to next to nothing and they feel they don't have the skills or the confidence necessary to make it on their own.

**What about those that say if that was me, I'd never let that happen?**

Again, abusive behavior doesn't typically start out on the first date. It is a slow progression that escalates over time. It happens in such a subtle manner that before you realize it you are involved in it.

**What is the biggest myth about domestic violence that you would like to address?**

That it could never happen to me. Domestic Violence affects people of every walk of life. All ages, races and income levels. Violence doesn't discriminate.

**If someone wants to get involved with helping the shelter how do they go about that?**

We have many volunteer opportunities. They can call one of the shelters directly for a one-time project or donation or they can join our Auxiliary that supports the clients on a more formal basis. Our clients appreciate the help of the community, knowing that there is someone out there that really cares for them has a direct impact on their healing and we always welcome volunteer.

**For information on making a donation to the Residential Services programs or to volunteer, contact Laurine Baxter at (760) 747-6282.**



Residential Services Director  
Laurine Baxter



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](http://www.ccssd.org)

24-Hour Toll Free

Crisis Line:

1-888-DVLINKS

OR 1-888-272-1767

Legal Clinic . . . . . 858-272-1574

Project Safehouse . . . . . 619-631-6442

Hidden Valley House . . . . . 760-480-0055

E-mail: [info@ccssd.org](mailto:info@ccssd.org)

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

Lyn & Janet Angene  
Jini Bernstein  
Cox Communications  
Gerri Cohn  
Mary Dudley  
Natalie Sentz & Don Dudley  
Adrienne Dente  
Charlotte Gordon

Dea & Osborn Hurston  
Kinane Events  
Marc Kuritz  
Mr James Myer  
Prime Auto Imports  
Union Bank of California  
Wayne Reporting Services

### Make a Difference in the Lives of People Affected by Violence.

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](mailto: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](mailto:emiserlis@ccssd.org) or (858) 272-5777



Center for  
Community Solutions  
*Celebrating 35 Years of  
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