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Project Safehouse619-267-8023
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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Ingrid Croce/Croce's
Paul Crowe
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Amy Rypins/Qdro Pros
Jeannie Hart
– San Diego County Credit Union
Susan Roth/San Diego National Bank
Donna McKee/The Thursday Club
Bruce & Katherine Wayne

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

Robert Reccia/California Corporate Benefits
Laurie Chambliss
Anita Crandall
Elanor Fitzgerald
Sandra Hetzel
Sue Hetzel
Synthia Malina
Jana Purdy
Julie Reynolds

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

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CCS Connection

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

Volume 2, Issue 3
April, 2004

APRIL IS SEXUAL ASSAULT AWARENESS MONTH

Letter from the Executive Director

- Last year, there were **247,730** victims of rape, attempted rape or sexual assault reported in the U.S.
- Every two minutes, somewhere in America, someone is sexually assaulted.
- Silent Victims... One of the most startling aspects of sex crimes is how many go unreported. The most common reasons given by victims for not reporting these crimes are the belief that it is a private or personal matter and that they fear reprisal from the assailant.

For the last 35 years, Center for Community Solutions has been committed to a vision of a world without sexual violence. Since April is Sexual Assault Awareness Month it affords us the opportunity to educate people and let them know that we can make a difference in the lives of people affected by violence. If you or anyone you know has been sexually assaulted, CCS is here to help in the healing process.

We know that **one in four women** report that they have been sexually assaulted some time in their life, and **one in eleven men** report the same. In addition, **80% of sexual assault victims knew their perpetrator**. According to the Federal Bureau of Investigations, rape and sexual assault is difficult to determine because **the crime is significantly underreported**. Many believe this is due to the significant amount of guilt, shame, and self-blaming behaviors associated with this crime. According to a study conducted by the National Victim Center 1.3 women (age 18 and older) in the United States are **forcibly raped each minute**. That translates to **78 per hour, 1,871 per day, or 683,000 per year**.

During the month of April, our Rape Crisis Center will be working with the community to raise awareness about the issues surrounding Sexual Assault and we invite you to get involved. To kick off the activities for Sexual Assault Awareness Month, our Director of Sexual Assault Services, Tracy

Johnson, invited members of the **SDPD Sex Crimes Unit** in for an appreciation breakfast with the Rape Crisis Center staff to thank them for all that they do to support the Center for Community Solutions and survivors of sexual assault throughout San Diego. In attendance were **Lt. Melvin Maxwell, Sgt. Jay Mosher, Sgt. Greg Walton, Sgt. Janet Wright, Detective Walt Escobar, Mike Holden, Dianna Webb, Jack Knish, Phil Worts, and intern Ali Crone**. Collaborations with departments like the SDPD are essential to making a difference in the lives of individuals affected by violence and we thank them for this crucial support.



Members of the San Diego Police Department Sex Crimes Unit and CCS Rape Crisis Center Staff.

If you would like to get involved you can join our Rape Crisis Center staff at one of the many **community outreach activities** offered during the month of April. Our staff will be participating in "Take Back the Night" vigils on the campuses of SDSU, USD & UCSD as well as a variety of educational

forums throughout the community. On Saturday, April 24th our North County Office will be holding an open forum for families relating to topics such as sexual assault awareness, personal safety training, healthy relationships and more.

Even for those of us who have been working in this field for years, the prevalence of sexual assault in our society today is sometimes hard to fathom. The staff at Center for Community Solutions is often asked how they continue to work in the field of sexual assault and relationship violence. I know for most of us that the answer is fairly simple. The individuals and families that we serve have endured horrendous acts of violence and betrayal yet in the course of their journey of healing they often come out of that experience with a strength, empowerment and hope that is nothing less than inspirational. I know that if they can take their wounds and turn them into such light then we can be there for them during that process.

Sexual Violence is an issue that we can make a difference in if we all do our part. We invite you to help us with our efforts by participating in Sexual Assault Awareness Month. For more information about these events or how you can volunteer for the Rape Crisis Center, contact Tracy Johnson at (858) 272-5777.

Verna Griffin-Tabor
Executive Director, CCS

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DID YOU KNOW?

- One out of every six American women have been the victims of an attempted or completed rape in their lifetime. About three percent of American men — a total of 2.78 million men—have experienced an attempted or completed rape in their lifetime.
- About 44% of rape victims are under age 18. Three out of every twenty victims (15%) are under age 12. 93% of juvenile sexual assault victims knew their attacker; 34.2% were family members and 58.7% acquaintances. Only seven percent of the perpetrators were strangers to the victim.
- On average, only 39% of rapes and sexual assaults were reported to law enforcement officials — about one in every three. Of sexually abused children in grades five through twelve, 48% of the boys and 29% of the girls had told no one about the abuse—not even a friend or sibling.

WHAT CAN I DO?

- Don't leave your beverage unattended or accept a drink from an open container.
- When you go to a party, go with a group of friends. Arrive together, watch out for each other, and leave together.
- Be aware of your surroundings at all times.
- Don't allow yourself to be isolated with someone you don't know or trust.
- Think about the level of intimacy you want in a relationship, and clearly state your limits.
- Teach your children about safe and unsafe touches, as well as what is appropriate physical affection.
- Let your children know that respect for elders doesn't extend to an adult that has made your child uncomfortable. It's OK to say no and it's OK to leave the situation.
- Trust your own instincts. If your instincts tell you something is wrong, follow-up.
- If you have been assaulted, please remember that it is NOT your fault. These are examples of ways that you can decrease your vulnerability but the responsibility of these actions belongs to the perpetrator. For more help, contact a crisis counselor at (888) 272-1767

FRIENDS IN THE COMMUNITY

■ Thanks to the referral and coordination of **Anita Mahhaferty, Students Who Care** has teamed up with **Miramar Ranch Elementary Student Council** to facilitate its latest community service project to benefit The Center for Community Solutions' Hidden Valley House.

Student representatives from grades 4 through 6 have been named Students Who Care Ambassadors and have accepted the responsibility of soliciting and collecting personal care item donations from their classmates for the shelter. Under the guidance of Students Who Care parents, each representative is in charge of many important tasks to help make this project a success. It's a wonderful lesson in leadership, community service, time management, and the joy of giving to others. A big thank you to these special kids!



Participants in the Miramar Ranch Elementary Student Council Students Who Care Program

■ Hidden Valley House has found a friend in the **St. Vincent De Paul Society, San Rafael Parish**. The parish members have been contributing \$200 each quarter to help with supply needs at the shelter.

■ CCS has a winner amongst us! Our own **Paula Hermanson** was selected as the winner of the "name our database" contest. Paula used her creative skills to come up with the name BRIDGE (Best Record of Integrated Data Gathered With Ease) for our new database. Congratulations Paula!

■ Thank you to **Tracy Shamas** from the **Library & Education Center at Nokia, San Diego** for supplying our agency with books on Nonviolent Communication for our clients' use.

■ CCS would like to thank **Nick Kasimatis** for his recent assistance in proof reading and translating Spanish Clinical Forms. Mr. Kasimatis has been a great help to the Clinical Department as it has been a long time goal to have clinical forms in both English and Spanish to best meet the needs of all of our clients. Thank you so much Mr. Kasimatis!

■ The members of the **Project Safehouse Auxiliary** have been quite busy this past quarter. With the help of a donation of tote bags from **Anita Bye of Neiman Marcus**, the group has put together a variety of personal care items to include in the bags to provide to clients to receive upon their arrival at the shelter. **Mary Willmont** and **Karen Mitchell** worked with the **Mission Beach Women's Club** to enlist their support as well as members of the **San Diego Soroptomist International** whose support was recruited by **Monica Stein**. **Paula Morgan** enlisted the support of co-workers at **California Bank & Trust**, **Risa Beth Sydelle** provided donations from her own supplies and

National Charity League got involved through **Kim Melchior** and **Janet McGinn**. In addition to providing welcome bags, the group also donated gifts for the moms at the shelter and Valentines Day supplies for the children.

■ The Youth Group Members of **St. Mark's Church** in Encinitas organized a donation drive to raise money for phone cards for the clients at the shelter so they could communicate with family and friends.

■ **Ronnie Lewis** has adopted Hidden Valley House as his **Eagle Scout** project. With the support of **Scout Troop 616**, Ronnie will be creating a permanent garden for the clients use. In addition to securing donations, Ronnie has surveyed the land, built planting boxes, and added a watering system. Our clients are going to love this outdoor relaxation opportunity.

■ The **Hidden Valley House Auxiliary** continues to amaze us with their support and dedication. The members made sure every child in the shelter had Valentines to take to school. They are bringing dinner to the shelter clients on a monthly basis and they continue to contribute clothing, personal items, books, videotapes, art supplies and their time and energy. We can not thank the members enough for all that they do.

■ **Raul Lizalde**, father of CCS employee **Lupe Calzada**, is providing lawn care service for our North County Shelter and our north County Transitional Housing Program. **Rafael Palomino**, husband of CCS' **Blanca Fuentes-Palomino** is providing lawn care service for our East County shelter. We want to thank both of them for donating their time and for the great job they are doing.

■ As always, CCS is grateful to the **Pacific Beach Staff** members of the **San Diego County Credit Union** for their continued support with preparing our agency newsletter.

■ **Laura and Jeff Carroll** have been playing Santa Claus to the children staying in our shelters. For the past 2 years they have been working with local pre-schools to organize toy donation drives for the children. Their efforts have brought smiles to hundreds of children's faces.

■ A special thanks to **Amanda McBride, Kristen Freska, Randy McMurray, & Tony Powers** of **Enterprise Car Sales** for their help with organizing a volunteer painting project for our North County Facility.

In addition to providing the supplies, the group also took on the role of painting! A special thanks to **Home Depot, Pat & Oscars, and Kelly Gilmore** who also assisted in the preparation and supply needs for this project.



Enterprise Employees and CCS staff taking part in the North County painting project.

CCS WISH LIST

In addition to our regular needs, our focus this quarter is to collect entertainment passes that can be used for shelter clients as a way to relieve some of the stress they and their children are facing. For information on donating an item from the wish list, please contact Erin Miserlis at (858) 272-5777 or emiserlis@ccssd.org

- Sea World Passes
- SD Zoo / Wild Animal Park
- Legoland
- Movie Passes
- Birch Aquarium
- Balboa Park Museum Passes
- Roller Skating Rinks
- Water Parks
- Boomers Entertainment Parks
- Bowling Certificates
- Ceramics Store Passes
(Color by Design, etc.)
- Old Town Trolley Passes
- Equipment Rentals
(sea kayaks, paddleboats, etc.)
- Mission Bay Park
(Rollercoaster, etc.)
- Harbor Excursion Passes
- Video Camera
- Digital Camera
- Blank VHS Tapes & Converter
- Non-Perishable Food Items
- New Sweatsuits for Rape Survivors (to wear home from hospital)

CCS UPDATES AND EVENTS

Celebrate Mother's Day with CCS

This Mother's Day honor the special Mothers in your life by making a contribution to CCS on their behalf. A **gift card** in your name will be mailed to each recipient.

Mother's Day is May 9th. Deadline is April 23rd for participation. Cards will be mailed May 3rd. Minimum contribution of \$15 suggested per card.

For those interested, **gift memberships** may also be purchased. Membership levels start at just \$50 and benefits include advance notification of all events and activities, first hand knowledge about the latest techniques in violence prevention, and much, much, more.

For more information, or to participate in this extra special opportunity, contact the Director of Resource Development, Erin Miserlis at (858) 272-5777 or emiserlis@ccssd.org

Invite Us to Your Next Party!

Would you like to learn more about how you can make a difference in the lives of people affected by violence? Invite us to your next party. We'll send a CCS representative to talk about our various programs and services and how you can get involved. Information can be created to best suit your need and parties can also be incorporated into a birthday or anniversary theme. In lieu of gifts, have family and friends make a contribution on your behalf to help us with our efforts to creating a violence free community. For more information, contact Erin Miserlis, Director of Development at (858) 272-5777 or emiserlis@ccssd.org

CCS Community Day – April 24th

In recognition of sexual assault awareness month CCS will be hosting an all day open house at our North County Office on Sat. April 24th from 8:30 a.m. to 4:00 p.m. Events will include personal safety classes, sexual assault awareness workshops, lunch and much, much, more. For more information or to register, contact Lupe Calzada at (760) 747-6282 or lcalzada@ccssd.org

Save the Date! 5th Annual Tea by the Sea Scheduled for May 20th

Our Fifth and possibly best Tea that we have organized so far is just around the corner! On Thursday, May 20th CCS will be hosting their signature event that recognizes the contributions of six amazing volunteers that have had a significant impact on the agency over the past year. Scheduled to speak at this year's event is author and survivor, **Trisha Meili**, more commonly known as "**The Central Park Jogger.**" The event begins informally at 1:30 P.M. with a champagne reception and networking opportunity. Tickets are \$55 per person or \$500 for a table of ten. For more information or to register, contact Erin Miserlis at (858) 272-5777 or emiserlis@ccssd.org

CCS STAR EMPLOYEE JONI BAMBAS

This quarter, we are honored to select Joni Bambas as the CCS Star Employee of the Quarter.



Joni started with CCS in April of 2001 as a DVRT (Domestic Violence Response Team) Case Aid. This involves working directly with individuals who have been affected by domestic violence.

As one of CCS's initial DVRT staff members, Joni has been instrumental in our ability to provide 24-Hour Emergency Response support to victims of domestic violence and their children. We credit Joni for her help in developing relationships with the staff at the

Police Department. These relationships have provided the DVRT team with insight on how to best work with Law Enforcement agencies and provide better overall services to our survivors.

In addition to helping develop the DVRT program, Joni has been responsible for creating a database, coordinating records with the El Cajon Police Department, and recruiting and mentoring volunteers. Joni also volunteers to provide additional administrative support so that the Office Manager can go to lunch. Joni has recently come back from maternity leave and we are happy to have her back! Congratulations to April's Star Employee, Joni Bambas!

PROGRAM SPOTLIGHT

SEXUAL ASSAULT RESPONSE TEAM (S.A.R.T.)

Volunteers are truly the heart of our work at CCS. Everyday an incredible group of women and men wait at the frontline of our sexual assault and domestic violence response teams. Volunteers graciously provide relief and support to staff at the hotline, legal clinic, prevention, and administrative teams. Volunteers create the possibility for 24hour/7 day a week service to clients in crisis, and in doing so create the certainty that survivors do not go without services.

Sexual Assault Response Team (SART) Volunteers sign-up for 3-4 shifts a month in 6- hour blocks. For those 6 hour shifts volunteers are on-call and attached to their home phone or cellular. If a sexual assault is reported to the police, survivors are taken to one of three San Diego hospitals. Once at the hospital the Sexual Assault Nurse Examiner (SANE) calls the answering service CCS uses to notify the volunteers on-call. The volunteer then responds to the hospital with basic information about the sexual assault survivor (age, gender, language spoken). Once at the hospital the volunteer asks the permission of the survivor to accompany her/him to the exam room for the evidence collection process, and throughout law enforcement and medical interviews as needed.

This is one of the most crucial components of the volunteer's role. The volunteer is present to hold hands with the survivor, offer words of encouragement, or provide distracting conversation. The vol-

unteer is available to provide comfort, water and food if necessary, an extra blanket, and possibly a warm hug. A volunteer's human compassion opens the door to the long road of healing ahead for survivors of sexual assault.

This process allows for a team relationship with nurses and law enforcement during what is usually a 2-4 hour ordeal for the survivor. After the survivor leaves the hospital with law enforcement, the volunteer provides important information to full-time CCS advocates for follow-up services. This longitudinal case management includes, but is not limited to, court appearances, District Attorney interviews, detective interviews, and connection to medical and therapeutic services.

Volunteering is a powerful experience, as well as a challenging one. Our Volunteer opportunities at CCS allow everyday community members to create social change at what can be someone's most vulnerable moment. At CCS we continually seek to support volunteers by creating a community of safety to do this difficult work. Everyday we are humbled and honored by the work that volunteers do at CCS, and thrilled to have them as a part of our extended family. Help us celebrate Sexual Assault Awareness Month by becoming a SART volunteer. For more information contact Antara Kobayashi or Maylin Chavez at the Center for Community Solutions. Antara Kobayashi- Volunteer Coordinator