



# Oregon Coalition

Against Domestic & Sexual Violence

VOLUME 3 ISSUE 4

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### Our mission:

The Oregon Coalition Against Domestic and Sexual Violence promotes equity and social change in order to end violence for all communities. We seek to transform society by engaging diverse voices, supporting the self-determination of survivors and providing leadership for advocacy efforts.



### Contact us!

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## SAAM 2015 Is Here!

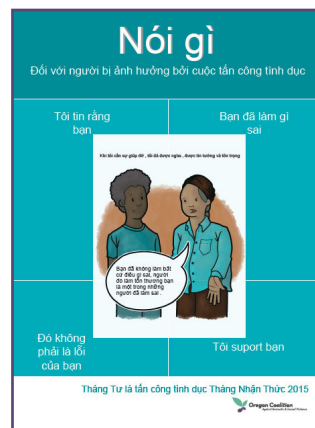
Look for your packets of materials and campaign posters to arrive shortly, and join the Coalition on Facebook and Twitter to share all of the ways you support survivors of sexual violence.

Posters and all other materials are also available on the Coalition website for free download. Access them [here!](#)

Don't forget to check out the SAAM campaign resources available on the National Sexual Violence Resource Center's website, [here](#). NSVRC's focus is on campuses this year. How can the Coalition support your campus outreach and awareness activities? Contact us!

-Team OCADSV

SAAM 2015 posters are available in English, Spanish, Russian, and Vietnamese.



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## Sexual Assault Crisis Line

With the support of the National Football League and the National Sexual Violence Resource Center, the Oregon Coalition is providing technical assistance and funds to experts in sexual assault response and hotline services. To enhance sexual assault crisis services in Oregon, Portland Women's Crisis Line (PWCL) and Sexual Assault Support Services (SASS) of Eugene will provide training and technical assistance to OCADSV member programs on sexual assault hotline services and crisis response. These programs have the particular skills and expertise that make them uniquely qualified to assist the Oregon Coalition with these efforts. The Victim Rights Law Center is also contributing expertise.

This team of programs and the Coalition will produce webinars, a toolkit, and a legal manual, in addition to offering technical assistance. PWCL and SASS will present a workshop at the Coalition's annual conference in June about sexual assault crisis line and advocacy work.

Watch for further announcements and tool development. Go team Oregon!

-Diana Camarillo, Sexual Violence Program Coordinator

## Celebrating the WOCN Fellows and Allies

As many of you know, we have ten incredible advocates participating in the Women of Color Network Leadership Fellowship and Aspiring Allies Program, with Diana at the helm. Currently these amazing leaders are practicing their fundraising skills with the goal of attending the Women of Color Network Call to Action Conference in San Diego this coming May.

Leveraging financial resources by donating funds is a vital way we can show support for racial justice within our DV/SA movement across the state. Even if you only have \$5 to share, that contributes to a message of solidarity that is meaningful for these advocates and for our broader field. The fellows and allies look forward to bringing this powerful information and momentum for change back to Oregon, to better support our communities. The Oregon Coalition is proud to be involved, and we want to honor the ten advocates who bring their brilliance and dedication to the work of empowerment all across our state.

Thank you for considering making a donation to this important project! Please contact Diana Camarillo at [diana@ocadsv.org](mailto:diana@ocadsv.org) for information about making a donation.

## Prevention Work in Oregon

*This is the last of three articles that programs submitted for TDVAM. Given the outstanding response, we could not fit them all into the February newsletter!*

Domestic, dating, and sexual violence are preventable. Often we're so mired down in the inevitability of violence, we forget that we all can (and do) play a role in creating change.

Local high schools in the Portland metro area have been blossoming with social justice groups addressing consent and preventing gender-

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VACANT

### Two At-Large Members

VACANT

Are you interested in joining the Oregon Coalition team as a board member? Contact Vanessa Timmons for more information.

based violence. Julia Kohn, a student at Cleveland High School and founding member of one of these groups, called SAFER, shares:

I believe that an education on sexual violence and intimate relationships is essential to young people, as we grow and explore ourselves, our power and our worth. Without this knowledge we prevent youth from growing into mature, responsible, compassionate adults who are then in charge of raising the next generation. This sex and body positive education should start as babies, as we are all born with bodies that may feel confusing and different. Because of our society's shame toward these "taboo" subjects, we often don't educate young people on these topics that apply as much to them as anyone! It is so important we help our youth to understand the beauty and magic that our bodies hold when we treat them well and advocate for our health and well-being!

The commitment to addressing healthy relationships and healthy sexuality among high school students is social norms change. It indicates that change is happening all around us as more and more young people take on preventing violence against women. When we talk about social norms change, though, it can seem daunting. We aim to change the very rules, systems, and structures that exist and perpetuate violence in our community; the little things and the big things that convince people this isn't happening as often as it is, or that somehow, whoever it happens to deserves it, or that no matter what we do, it's always going to happen. In fact, it is happening, they don't deserve it, and violence doesn't have to exist if we work to both support survivors and encourage prevention.

Many prevention programs largely focus efforts on youth, but that doesn't mean we're only changing norms, rules, and values for young people. Using some programs implemented in Multnomah County in this past year as an example, in every effort we're changing the way our entire community talks about and understands domestic, dating, and sexual violence. That includes Coaching Boys into Men at Franklin High School, a program in which sports coaches teach their student athletes about healthy masculinity. It includes the Healthy Breakup Summit held at NAYA in the spring, a youth-designed model from the Boston Public Health Department used to frame talking about healthy relationship norms in terms of what makes a "healthy breakup." It also includes assessing the work being done by the 29 programs in Multnomah County teaching healthy relationships education. From coaches, to parents, to teachers and administrators, prevention efforts reverberate and are reinforced on multiple levels to complement our efforts toward a healthier, safer, and more equitable community for everyone.

I've spent my entire adult career building and sustaining a prevention-focused education program. It's taken on so many forms and evolved in so many ways over the years; Raphael House's (and the broader movement in Oregon's) way of talking about domestic, dating and sexual violence has changed dramatically in the past decade. So much of the lasting impact and value of the domestic and sexual violence movement has been in its ability to name things that were happening, but didn't have a commonly understood definition: domestic violence, rape, rape culture, consent—just a few examples. And that's also the value of prevention: it encourages us all to think about the frames and lenses through which we talk about and practice our work; it encourages us to think about why this happens, not only how we fix it after it has already occurred.

**DID YOU KNOW?**  
Fair housing: protections and resources for your clients.

It is illegal for a landlord or other housing provider to retaliate against you for inquiring about your fair housing rights, filing a discrimination complaint, or otherwise taking steps to legally protect your civil rights in housing.

In addition, calls to our Fair Housing Hotline are free and confidential. Please let us know if you think you or someone you know is experiencing illegal housing discrimination.

For more information about fair housing, visit:  
[FHCO.org/pdfs/articles/FHretaliation.pdf](http://FHCO.org/pdfs/articles/FHretaliation.pdf)

The Fair Housing Council is a non-profit serving Oregon and SW Washington.

Anyone may call the free Fair Housing Hotline at 800-424-3247 x. 2, or visit [www.FHCO.org](http://www.FHCO.org).

Starting as an AmeriCorps volunteer, green and in awe of all of the people doing this work for years before me, I remember working with so many community members over the years who framed domestic, dating, and sexual violence in some pretty limited ways. "It doesn't happen here" is a common enough trope we've all encountered, a form of self-protection that also acts to silence entire populations of survivors.

Yet, yesterday, I sat on a stage in one of those places where I might expect people to say, "this doesn't happen here" and spoke to an entire auditorium full of high school students who showed up after school to talk about, define, and listen to others' experiences with sexual violence and consent.

Change is happening.

We are lucky to live in a state with some of the most progressive frameworks to promote healthy relationships and healthy sexuality as domestic, dating, and sexual violence prevention. Our legislature passed a bill supporting healthy teen relationships, the Healthy Teen Relationships Act, and our statewide coalition created a guidebook for us to implement the new law. Our statewide health education standards and benchmarks incorporate age-appropriate healthy communication, trust, respect, and consent education. We have the Adolescent Sexuality Conference, a statewide conference, that supports the development of new ideas and models in teaching about healthy relationships and healthy sexuality with youth. And we in the domestic and sexual violence movement are lucky enough to have two statewide agencies, the Oregon Coalition Against Domestic and Sexual Violence and the Attorney General's Sexual Assault Task Force, working toward uniting the intervention and prevention lenses.

I know from spending many years participating in OCADSV's statewide conference that there are so many wonderful efforts across the state working and making enormous headway in challenging and changing the social norms, rules, and value systems that support violence. Even on the days that it feels inevitable, I am grateful to know that I have an entire community of advocates and activists working alongside me to make sure we're continuously challenging and changing those systems, those structures, and the things our community believes about what we deserve.

Change is happening and we're all a part of it.

**-Megan Kovacs** is the education program coordinator at Raphael House of Portland. She sits on the board of directors for Bitch Media and serves as co-chair of the AGSATF Prevention & Education Subcommittee, and of the Prevention & Public Awareness Subcommittee of the Multnomah County Family Violence Coordinating Council. Megan lives in Portland, competes in triathlons, is big sister to a wonderful now 18 year old and can't stop listening to Sleater-Kinney's new album.

## Combating MEGO (My Eyes Glaze Over) Syndrome

There's a scandal facing non-profit finances all across Oregon! Is it embezzlement? Waste? Fraud? Bribery? Corruption?

Nope, it's much more mundane than that. The sad story is that many



non-profit managers, staff and even directors are simply too busy – or don't have easy access to educational resources and training – to fully understand the finances of their organizations.

Let's be honest: most of us don't comprehend our organizations finances as well as we could. When I started in the non-profit world, financial presentations and budget talk was gibberish to me, a bunch of technical sounding words. My lack of knowledge of the lingo and some basic tools for understanding the way financial information is presented prevented me from appreciating, much less fully participating in, important conversations.

If you aren't sure what a budget really is, or a P+L, or a general ledger, what an audit is really all about, or what the difference between assets and net assets are, you are in good company! The really great news is that this stuff is totally not rocket science, or even upper level math (and, through the Coalition, you've got a lot of free training at your disposal; more on that in a bit). Really you just need a solid 101 on what you're looking at and what to look for.

In a more ideal non-profit world, we would all have the luxury of time and space to dig into the numbers and know how they help or hinder us in meeting our goals as advocates. While that might be a far cry from today's reality, if it's important to your work, role, or sense of belonging within an organization than it's important to work on treating any outbreaks of MEGO syndrome. You may also need to nudge the money managers at your office to step up to the plate and bring more user-friendly information to you, provide refreshers on jargon, use more charts, and create better tools for engagement.

What types of things should you know to have basic non-profit financial literacy so you can more fully engage? First off, you want to be able to make sense of an income statement (aka, "statement of activities" or "P&L" – does it feel like they gave these things 3 different names just to be confusing?). This is the basic document telling you what your organization has spent money on. Beyond being able to simply comprehend one, it's important to get some training on reading them with a critical eye for changes, patterns, and errors.

Even more useful is being able to look at an income statement vs. the organizational budget to get a sense, financially speaking, of just how close your organization's plan is to your organization's reality. Besides being a useful measure in itself, contrasting income statements vs. budgets is critical for planning, grant writing, and deciding what's realistic for changes and growth in programs and events.

Another key document to read is a balance sheet (aka "statement of financial position," but I don't think anybody besides serious geeks call it that). A balance sheet captures a snapshot in time, reporting exactly how much \$\$ you've got, but also how much funders or individuals owe you, how much you have squirreled away for specific purposes, how much \$\$ you owe other people or are holding on behalf of others. Looking at this info over time tell you a lot about the overall course of an organization's history, as well as about nooks and crannies where money lives that are easily forgotten or even unaccounted for.

There are many more topics that would be great to mention, from dissecting functional expenses to restricted vs. unrestricted assets...but I know you might be ready to move on to the rest of the newsletter by now!

Let me end by saying this: if you need assistance with learning these topics please don't hesitate to contact me anytime – no topic is too big or too small. I've done daylong retreats with directors and bookkeepers, 2-hour workshops with program and development staff, and 15-minute phone consults with accountants and board members. The Coalition even has a budget for visits to programs to look over messy and confusing papers and confounding Quickbooks screens in person!

Beyond that, I'll be doing a webinar series in the late summer covering everything from the art of making Quickbooks a tool for communication with other humans to techniques for tracking grant expenses that will help maintain your sanity. I'll also be at our annual conference in Sunriver if you want to schedule a quick consult or join a table talk.

-Brian Frank, Fiscal Coordinator

## Oregon Programs at the National Conference on Health and Domestic Violence

In March, over 1,100 domestic and sexual violence program directors and advocates, healthcare professionals and policy makers gathered at Futures Without Violence's biennial National Conference on Health and Domestic Violence in Washington, DC, to discuss the relationship between domestic violence and health, and to learn about the latest research and best practices. Some of the work shared featured OCADSV member programs.

Vice President Joe Biden was in attendance at the National Conference, and called domestic violence a "public health epidemic," announcing that the White House would seek to look again at the civil rights remedy in VAWA that was struck down in 2000 by the Supreme Court, as well as new funding to process the backlog of tens of thousands of rape kits.

Myste French, MSW, of Battered Persons Advocacy (BPA) of Roseburg, OR, had her poster accepted to be presented at the national conference. It introduced Oregon DOJ's Safer Futures project to attendees and its work to improve the safety and wellbeing of pregnant and newly parenting women by increasing access to advocacy services within public health and local healthcare systems through four pilot sites, including BPA in Roseburg, VOA Home Free in Portland, Tillamook County Women's Resource Center, and HAVEN from Domestic Violence in The Dalles.

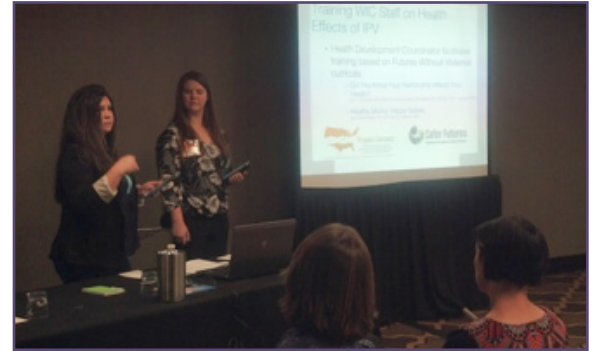


*Vice President Joe Biden*

Laurie Bisby of Bend, Oregon, presented at the Project Connect meeting on Saving Grace's innovative work to have public health nurses come provide services at their shelter. Sarah Keefe of OCADSV presented on policy wins in Oregon, including work on a new bill to improve patient confidentiality in insurance communications.

Mercedes Hill and Courtney Gallant of HAVEN from Domestic Violence

in The Dalles, Oregon, presented a workshop at the conference on “Leveraging the voices of survivors and reshaping county-wide, system-wide, and primary care responses for women and children,” specifically on HAVEN’s partnership with WIC programming in rural Oregon through the Oregon DOJ Safer Futures project. Courtney shared best practice on partnership with providers, and Mercedes shared the challenges and possible solutions for serving survivors in hard to reach areas.



*Mercedes Hill, left, and Courtney Gallant, right, present on partnering with WIC*

Heather Brown of Tillamook County Women’s Resource Center also presented on TCWRC’s ground-breaking work through Safer Futures in their community. Her workshop was presented as a part of “Research, tools and programs to increase safety and well being for pregnant and parenting teens and mothers and children exposed to violence,” and specifically on how to create a holistic health response to IPV. Heather presented on how to bring universal screening tools, create local health care policy change and create a more collaborative community effort to prevent IPV.

Many other Oregon providers and advocates were in attendance at the conference, bringing home connections and resources to help further work at the intersection of health and domestic violence. To look at presentations and other materials from the conference, please visit the National Conference on Health and Domestic Violence website [here](#). Copies of presentations are in some cases uploaded to the website.



*Heather Brown presenting.*

To learn more about Project Connect or Safer Futures projects, or to connect with presenters at the National Conference and learn more about their projects, please contact Sarah Keefe. Some of this work will also be shared at OCADSV’s annual conference, which features a health track of workshops, so make sure to mark your calendar to be in Sunriver, OR on June 22-24 to engage with this exciting work here in Oregon.

-Sarah Keefe, Health Systems Program Coordinator