



# Oregon Coalition

Against Domestic & Sexual Violence

VOLUME 3 ISSUE 1

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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!

OCADSV  
1737 NE Alberta St., Suite 205  
Portland, OR 97211  
Office: 503-230-1951  
Fax: 503-230-1973  
www.ocadsv.org

### Staff

Vanessa Timmons  
Executive Director  
vanessa@ocadsv.org

Keri Moran-Kuhn  
Director of Programs  
kerimk@ocadsv.org

Caroline Bartlett, MSW  
Development Coordinator  
caroline@ocadsv.org

Diana Camarillo  
Sexual Violence Program  
Coordinator  
diana@ocadsv.org

Chloe Massarello, MA  
Research and Publications  
Coordinator  
chloe@ocadsv.org

## January Is Stalking Awareness Month

Let's get back to basics, again. Discussions about stalking are often missed during safety planning. With the popularity of social media, the margins of privacy are growing thinner and thinner, and although this article isn't just about cyber stalking, it's important to recognize the intersections of technology and safety.

We have come a long ways from the old, standby ideas of what safety means. While social media, GPS, apps, and other technologies are a common enemy of stalking victims, we must remember the basics as well. You may ask a survivor:

- Do you live in an area that is isolated? If so, is there someone closer to town you may be able to stay with?
- Does [the abuser] have access to a car? How does he get around?
- Do you think [the abuser] would back off if you filed a restraining order? (This question is pivotal because it grounds his behavior and explores the abuser's level of persistence.)

As we know, domestic violence encompasses all angles of the power and control wheel. It is up to advocates to broach and extend talks on the subject of stalking. (I know! It's maddening to hold so much expertise!) As we discussed in the November newsletter, being aware of compassion fatigue and tiredness is important. Sometimes I only remembered to discuss stalking if the survivor brought it up. Then I would



say, "yeah, let's talk more about what you need to be safe if you know you are being stalked."

Visit [www.ocadsv.org/stalking](http://www.ocadsv.org/stalking) to learn more about the issues and follow the Coalition on **Facebook** and **Twitter** throughout the month for more resources and awareness-raising materials. Finally, be on the lookout next week for the latest installment in our **technology safety webinar series**, which will highlight the prevalence of cyberstalking and response strategies for advocates!

A **2004 study** in the *Journal of Traumatic Stress* reminds us that "partner stalking overlaps with a history of partner physical and sexual violence and coercive control. Several studies have identified a significant association between partner stalking and sexual assault. 74 percent of those stalked by a former intimate partner reported violence or coercive control during the relationship,

## Staff cont.

Jonathan Gates  
Social Media and Events Coordinator  
jonathan@ocadsv.org

Sarah Keefe  
Health Systems Program Coordinator  
sarah@ocadsv.org

Brian Frank  
Fiscal Coordinator  
fiscal@ocadsv.org

Choya Adkison-Stevens  
Equity and Inclusion Coordinator  
choya@ocadsv.org

## Board of Directors

**President**  
Lea Sevey  
Executive Director  
Oasis Shelter Home  
lea.s@oasisshelterhome.org

**Vice President**  
Kathleen Marvin  
Executive Director  
Tillamook County Women's  
Resource Center  
kathleen@tcwrc.net

**Secretary**  
Marsha Landrith  
Executive Director  
Lake County Crisis Center  
lccrisiscenter@gmail.com

**Treasurer**  
Rhonda Fabreth  
Retired  
Henderson House  
rfabreth@comcast.net

**Region 1 Representative**  
Julie Soderberg  
Executive Director  
Clatsop County Women's Resource  
Center  
juliewrc@qwestoffice.net

**Region 2 Representative**  
Deborah Steinkopf  
Executive Director  
Bradley Angle  
deborahs@bradleyangle.org

whereas 26 percent did not. 81 percent of women stalked by a former or current partner were also physically assaulted by that partner."

Please visit [www.stalkingawarenessmonth.org](http://www.stalkingawarenessmonth.org) for more information, or contact us at the Coalition. Continue to be the awesome advocates that you are, and thank you for your services and for choosing to work with individuals affected every day by this form of oppression and violence.

-Diana Camarillo, Sexual  
Violence Program Coordinator



## Anti-Oppression Train the Trainer Workshop

Join us on February 5th and 6th in Portland to become certified by the Coalition to teach oppression theory as it applies to DV/SA work.

First priority registration goes to Coalition member programs and staff from other state coalitions. Registration can be accessed by clicking [here](#) or through the events page on the Coalition [calendar](#).

If there is room we will extend space to other partner organizations (a sliding scale fee will apply). Please save the date and contact Choya at [choya@ocadsv.org](mailto:choya@ocadsv.org) if you fit into this category. We will let you know if and when registration opens more broadly.

## Organizational Self-Care: Responding to Trauma in Activism and the Media

Many of us work in organizations where we're dealing with trauma every day. Whether we're on the front lines providing direct service or acting in a supportive or administrative role to those who are, our work connects to and affects people who are experiencing trauma. We have our mission defined: it's about hope and safety, and it's about all people (especially women) living lives free from violence.

So what happens when the load increases? How do we make space for processing and healing, for ourselves and our participants, when the news brings the terrors of the world to our emotional doorstep and doesn't wait for an invitation before barging inside? What does care look like within our organizations?

For the sake of grounding this conversation I'm going to use an example, but I want you to apply these concepts in the ways most relevant to your organization and adapt them through time to suit your needs.

I'm guessing that in the last month you've seen or heard the phrase "Black Lives Matter" more than once. You may not know that the hashtag #BlackLivesMatter was created by three queer Black women as a courageous call to action for racial justice after Trayvon Martin's murder in 2012. But you're likely aware that, on August 9, 2014, a white police officer in Ferguson, Missouri shot and killed an unarmed young

## Board cont.

### Region 4 Representative

Peggy Whalen  
Executive Director  
Womenspace, Inc.  
peggyw@womenspaceinc.org

### Region 5 Representative

Wanda Powless  
Executive Director  
Klamath Crisis Center  
wandapowless@aol.com

### Region 6 Representative

Tara Koch  
Executive Director  
HAVEN from Domestic Violence  
haved@gorge.net

### Region 7 Representative

Milli Joseph  
Executive Director  
MayDay, Inc.  
milli@maydayinc.org

### Region 3 Representative

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.

Black man named Michael Brown, that the people and community of Ferguson have been protesting and mobilizing for over 100 days since his murder, and that communities across the country have joined in their call for justice. You know that Michael Brown is but one Black person among thousands who have been killed by police in the last handful of years. The November 24th grand jury failure to indict Darren Wilson, the white officer who killed Michael Brown, is but one tipping point in a massive racial justice movement that has ignited actions across the United States and indeed the world.

What do we do at work when our media feeds (and our thoughts and emotions) may be flooded with these images and words? Why would we, as DV/SA providers, be particularly concerned about racist police violence? Because all forms of violence and oppression are connected. (See the list of recommended reading at the end of this article.)

There are plenty of reasons *not* to talk about it. Perhaps you have partnerships with law enforcement that have become strained as you navigate the delicate dance of potentially differing perspectives. Perhaps you're concerned about discussing "politics" in the workplace. Maybe you're feeling raw, or numb, because of personal experiences. These barriers are understandable; however.

If for no other reason, we must find ways to respond organizationally, because our advocates and participants are affected. We're hearing from many of you that, with the increase in media coverage of racist police violence, community trauma, and powerful activism, you're hurting. You're confused about how to integrate your particular day-to-day anti-violence work with what's happening in the broader world of anti-violence movements. You're scared for your own safety, or the safety of loved ones or participants. You're concerned for the young Black and brown people you know and love; will they be safe as they go about their lives?

The world demonstrates oppression daily. Many of us are unsurprised by the violence reaching through the wires demanding space in our psyches. Brains and emotions are mysterious, and we don't know what will hit us strongly, or when. But we all need safety and support in order to process what comes at us in the media and how it makes us feel. Often we find ways to do this at home with family, partners, or friends. But when our need to process relates to our anti-violence work, there are times when it is most effective to make space within our organizations, within the workday, for conversations to occur. Otherwise we're leaking productivity and well-being. Secondary trauma saps us of strength and resilience when it doesn't get the care it requires.

We invite you to explore and implement any of the following strategies with regard to Black Lives Matter or the murder-suicides that occurred in our state in the past few months, or any other such media event that touches the core of our work and affects our ability to go on.

- Hold an optional conversation (for example, during lunch or another time when most or all folks are likely to be available). Address the reason for the conversation directly, e.g., "thanks for coming together today; we know there has been a lot of media coverage of racist police violence and Black Lives Matter activism, and we want to provide an opportunity to debrief how this is affecting us personally and professionally. This is not a space to debate the facts of cases, but to connect the issues with our work and help address the added stress." Then make space for people to share. Towards the end of the conversation identify

## Congratulations!

OCADSV Development Coordinator Caroline Bartlett has begun maternity leave after having a beautiful baby girl, Asha, on December 11th! Pictures are forthcoming, but in the meantime, congratulations to Caroline and her family!

## OCADSV Is Hiring

We are looking to add a part-time training development specialist to our team! This position will be responsible for the design and coordination of the 40-hour online core training for domestic and sexual violence programs in Oregon.

For more information, visit the Job Openings section of the OCADSV website or click [here](#).

To apply, a resume and cover letter must be submitted to Chloe Massarello at [chloe@ocadsv.org](mailto:chloe@ocadsv.org) by Friday, January 9, 2015.

any action items that may have emerged (another conversation, an opportunity for an op-ed in a local paper or newsletter, a temporary shift of work responsibilities, etc.) and make a plan to address them. Then follow through.

- Create time for the above during a regularly scheduled staff meeting or board meeting, even if it's just 15 minutes. However, if there's limited time, be clear about it up front so no one feels shut down when you move the conversation along.
- If you have an equity or anti-oppression team, consider asking them to host a conversation and/or share readings or research with all staff.
- If you don't have an equity or anti-oppression team, consider creating one!

For more suggestions you're always welcome to contact us at the Coalition. In addition, we'll be hosting a conference call to discuss organizational care and our DV/SA movement's potential alliance with or engagement in the Black Lives Matter movement.

### Please join us:

Friday, January 9, 2015

10:00-11:30AM

Call-in number: 800-944-8766

Participant code: 57945

If you plan to attend, [RSVP here](#).

Please take a moment to read any of these pieces and familiarize yourself with the intersections of our work and the Black Lives Matter movement:

- Jane Doe Inc. (the Massachusetts DV coalition) [connects the dots](#).
- Ms Magazine [writes on race and gender](#) in #BlackLivesMatter.
- A woman of color speaks to white women, making [connections between interpersonal violence and racism](#).
- Feministing names the unaddressed [common denominator of masculinity](#).

Finally, know that we are here to support you! Please email me about how your work is affected by and intersects with racism and state violence, and how you're addressing the added media stimulus. Consider joining the Communities of Color Task Force (meets the third Monday of every month from 2:00-4:00PM), and/or Aspiring White Allies Oregon (meets the second Monday of every month from 2:00-4:00PM) for ongoing conversations on race and oppression related to our DV/SA work. Thank you for all you do to end oppression in all its forms.

-Choya Adkison-Stevens, Equity and Inclusion Coordinator

## Winter Preparedness: It's Self and Organizational Care!

Our beautiful state has experienced its first hard freeze of the season and Portland has had its first winter storm scare (cue the collective eye-rolls from everyone east of the Cascades). Slushy urban histrionics aside, I'd like to remind you all to be prepared as Mother Nature's winter grip tightens.

When I first started writing this article I had outstationed and co-located advocates in mind, primarily because they're often on the road in the course of their work. However, after giving it some thought, I realized that anyone would benefit from taking a few minutes to think



## Upcoming Trainings and Events

Check the OCADSV public **calendar** for more information about these events, trainings, and more:

- A Best Practice Assessment of Your Civil Protection Order System (webinar), January 7th
- Budget Building for Grant Professionals (webinar), January 9th
- Address Confidentiality Program Application Assistant Certification Training, January 13th
- Housing Protections for Survivors of Domestic Violence in Rental Housing (webinar), January 14th
- Uniting Intervention and Primary Prevention, January 15th
- Non-Stranger Sexual Assault Response and Investigation, January 20th and 21st

about their winter weather preparations.

### For everyone

At a minimum, I recommend keeping the following in your backpack or purse:

- Small flashlight. Have you ever been in a windowless bathroom or basement when the power goes out? I have. It isn't fun.
- Nonperishable snacks. Because food, glorious food.
- A few days' supply of any medication you regularly take.
- Emergency contact numbers written on a card. Nearly all of us have cellphones, perhaps even smartphones! But if you're out of signal reception, injured, and/or your batteries die, remembering the number of who you need to call might prove difficult.

### Office space

In addition to the stuff listed above, I recommend keeping the following items wherever you spend most of your working hours:

- Some extra warm clothing.
- A few days of nonperishable food. This can be very important if you get snowed in or otherwise stranded at your office. I keep some canned tuna, canned beans, and multigrain crackers next to my desk.
- Drinking water (at least one gallon). If your office has a water cooler and gets those five gallon bottles delivered regularly, you might be able to skip this. Otherwise, save an old gallon milk jug, fill it with water, add two drops of chlorine bleach, and leave it in your office. (For more information about water purification with chlorine bleach, click [here](#).)

### Got wheels?

In addition to the stuff listed above, I'd recommend keeping the following in your car's trunk:

- Small bag of cat litter. Useful for more than absorbing kitty byproducts, litter can give your tires extra traction in case you get stuck and provides some slip resistance on icy walkways.
- Road flares.
- Warm blankets. Because cold.
- Drinking water (at least one gallon; see above).
- Spare tire, jack, and lug wrench. Don't laugh; make sure you have these in your car, even if you have AAA. Also make sure your spare tire is properly inflated (they slowly lose pressure over time).
- Snow chains.

I'm a big believer in Murphy's Law. Snowed-in happens. Power outages happen. Black ice happens. And it will happen at the least opportune time. When survivors might rely upon your ability to adapt and overcome, taking a little time to be prepared can go a long way.

-Jonathan Gates, Social Media and Events Coordinator

## The Lifeline Program

As you know, the ability of your clients to contact those they need to, whether an employer, school, babysitter, or company who might have their name on a bill, is critical. To this end I am excited to share information about the Lifeline program with you. Lifeline reduces a recipient's monthly telephone bill by \$12.75 each month. To participate in the program, the individual must either have an income that is at or below 135% of the federal poverty line or participate in one of the following

## VAWA Anniversary Celebration

Thank you to all who attended the VAWA anniversary celebration at the Capitol last month! The event quickly became standing-room-only as advocates, legislators, community partners, and media representatives gathered to hear speakers including Governor John Kithaber inspire us with reflections on the work that has been done, and the work that still needs to be done, to end domestic and sexual violence.



assistance programs:

- Medicaid
- Supplemental Nutrition Assistance Program (Food Stamps or SNAP)
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (Section 8)
- Low-Income Home Energy Assistance Program (LIHEAP)
- Temporary Assistance to Needy Families (TANF)
- National School Lunch Program's Free Lunch Program
- Bureau of Indian Affairs General Assistance
- Tribally-Administered Temporary Assistance for Needy Families (TTANF)
- Food Distribution Program on Indian Reservations (FDPIR)
- Head Start (if income eligibility criteria are met)
- State assistance programs (if applicable)

For more information visit the Lifeline website at [www.fcc.gov/lifeline](http://www.fcc.gov/lifeline).

Several cellphone companies have chosen to participate in the Lifeline program. Each company has different incentives and bonuses for customers to choose from. **Cricket**, the largest company in the Portland area that participates in the program, does not offer bonuses beyond the Lifeline discount, but it has the largest coverage system. **Assurance Wireless** and **Safelink Wireless** offer a free cellphone to eligible customers. Other companies include **Access Wireless**, **Budget Mobile**, and **Reachout Wireless**.

We hope this information is helpful to you and your clients!

-Florence Wood, former OCADSV Intern