

NETWORK NEWS

A PUBLICATION OF THE NEVADA NETWORK AGAINST DOMESTIC VIOLENCE

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NNADV.ORG

Teen Dating Violence: Know it, Name It, Address It



In 2009, a national survey shows nearly 10 percent of U.S. teens victimized by dating violence

February is National Teen Dating Violence Prevention and Awareness Month. Organizations and communities across the country are rising to the occasion by offering a variety of resources and tools to help teens recognize abusive patterns that may emerge in dating relationships and take the proper steps to prevent or stop the abuse. Violence can take many forms, and encompasses emotional and physical abuse, as well as trauma experienced through social media channels.

Awareness activities are particularly important, considering the prevalence of violence among the teenage population. In fact, current statistics are unsettling. For example, according to [The National Youth](http://TheNationalYouth)

Ten Common Warning Signs of Abuse Courtesy of www.lovisrespect.org

- Checking your cell phone or email account without permission
- Constantly putting you down
- Acting extremely jealous or insecure
- Having an explosive temper
- Constantly demanding to know where you are and who you are with
- Isolating you from family or friends
- Undergoing large mood swings
- Physically hurting you in any way
- Being possessive
- Telling you what to do

Note: The National Teen Dating Abuse Hotline is 866.331.9474.

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[Risk Behavior survey](#) by the Centers for Disease Control conducted in 2009, 9.8 percent of teens were hit, slapped, or physically hurt on purpose by their girlfriend or boyfriend during the 12 months before the survey. In Nevada, that figure jumped to 11.4 percent. The survey notes that teens reported higher rates of dating violence in larger cities across the nation.

"These statistics clearly indicate that teen dating violence is an issue that Nevada and communities across the country must address, from a number of different perspectives," says Sue Meuschke, Executive Director of the NNADV.

Continued on page 4



30th Anniversary Celebrations Spotlight the Diversity and Collaborative Spirit of Programs and Individuals

During 2010, the NNADV celebrated its 30-year anniversary by honoring 30 individuals statewide who deliver critical services in the domestic violence arena. Their dedication ultimately empowers communities across Nevada to address and hopefully eliminate domestic violence.

“These celebrations were all about connecting with our local programs,” says Sue Meuschke, Executive Director of the Network. “That’s where we started over 30 years ago and that’s where we need to be today—making connections and recognizing those in our local communities who are doing extraordinary work along side our programs.”

Meuschke is quick to point out that domestic violence advocacy is a grassroots movement that does not exist in a vacuum. She believes that it takes a community to fuel a movement and accomplish the necessary work which ultimately assists victims.

“We can’t exist without the support of our programs, volunteers, and local communities,” she explains. “Over the next thirty years we hope to see the same energy, passion, and commitment to this movement that has been demonstrated so far, which will drive us forward for the next three decades.”

Since 1980, the NNADV has continued to develop and extend its reach across Nevada. What began as a handful of individuals, many strictly volunteer, have become communities of supporters, advocates and service providers. Today there are 15 programs providing services exclusively for victims of domestic violence, many more programs that have incorporated domestic violence services within their larger mission, and even more indi-



viduals that recognize, respond and refer victims of domestic violence.

“There is a huge diversity of individuals involved in the domestic violence movement in Nevada,” Meuschke explains. “We recognized individuals on a variety of paths—from attorneys and legislators to long-time volunteers who may be retired.” She notes further that there are literally thousands more across the state working tirelessly to eradicate domestic violence and its devastating effects on victims and families. During 2010, volunteers poured over 100,000 hours of work into the movement providing victims a range of services from legal assistance/advocacy and counseling to support groups, shelter, and crisis hotlines, among others.

Looking toward the future, Meuschke anticipates honoring many more individuals who will spur the movement on, describing them as “human beings caring for one another in their own areas who are the lifeblood of those communities.” She urges those interested in making a positive difference in the lives of domestic violence victims to contact the [Network](#) or one of its local [programs](#). Additionally, legislative issues related to domestic violence advocacy are another key area addressed by the NNADV, which urges interested Nevadans to contact their legislative representatives with concerns and comments on issues that directly impact survivors. *(See article on page 4.)*



Advocates Corner: Assisting Survivors with Civil Protection Orders

MARIA KIES – PROGRAM SPECIALIST, TRAINING AND TECHNICAL ASSISTANCE

“Going to court [as a domestic abuse survivor] is like a rape, and without a legal advocate, it’s like a rape with a weapon.”ⁱ

Advocates who assist survivors with civil legal issues, prepare paperwork for a protection order, and accompany survivors to hearings and other court proceedings have likely heard similar, heartbreaking comments.

As with most advocacy efforts, legal advocacy is never straight forward or simple. It is a challenging triage that has to be thoughtfully built from scratch with each survivor. Yet, the need for this advocacy is great; without a strong advocate, survivors are left to navigate the complex system alone and sometimes end up re-victimized by it, not to mention lacking the protection they sought for.

In an effort to build capacity across the range of professionals within the civil legal system, the National Council of Juvenile and Family Court Judges published *Civil Protection Orders: A Guide for Improving Practice*,ⁱⁱ providing a quick and easy way for advocates to refresh their knowledge, use as a reference guide, or learn for the first time about the reme-

dies protection orders can provide to survivors. It is based on an idea that if each professional working within the legal system commits to certain common values, then the system as a whole would be better able to protect and promote the safety and well-being of survivors and their children. Below are excerpts from the guide’s *At a Glance* section for advocates:ⁱⁱⁱ

Engage with the victim.

- Approach conversations with each victim with an open mind. Listen to the type of assistance she wants, which may not include a protection order.
- Inform the victim about the benefits and challenges of the protection order process.
- Help each victim gather the necessary information that may help her as she proceeds.

Conduct safety planning.

- Assist the victim in developing a flexible, practical, and evolving safety plan that accounts for her changing life circumstances.
- Develop safety strategies that are specific to the individual victim, her children, and pets both before and after service of the protection order.
- Brainstorm with the victim a list of potential allies in the community who are willing to help the victim stay safe.

Assist the victim through the issuance process.

- Advocate for comprehensive and tailored relief that includes economic and custody provisions when appropriate.
- Work with the court to ensure that the terms of the protection order are clear and work with the victim to help ensure she understands the terms.

Support effective service and enforcement.

- Provide safety planning around issues raised by service.
- Know your community’s enforcement mechanisms.

You may order a copy of *Civil Protection Orders: A Guide for Improving Practice* by calling NCJFCJ at 800.527.3223 or download it at: http://www.ncjfcj.org/images/stories/dept/fvd/pdf/cpo_guide.pdf.



References:

ⁱ Rachel Callanan, *My Lips Are Sealed: The need for a Testimonial Privilege and Confidentiality for Victim Advocates*, 18 Hamline J. Pub. L. & Pol’y 226, 226 (1996)

ⁱⁱ National Council for Juvenile and Family Court Judges (NCJFCJ), *Civil Protection Orders: A Guide for Improving Practice*, (2010), http://www.ncjfcj.org/images/stories/dept/fvd/pdf/cpo_guide.pdf

ⁱⁱⁱ Ibid, At a Glance: Advocates.



Proposed Budget Cuts Require Community Action

As the Executive Director of the NNADV, I am deeply concerned by the human impacts that will result from the 10, 15 or 25 percent budget cuts currently being discussed by the Nevada Department of Health and Human Services and other state agencies. The ripple effect of this budget crisis touches each and every Nevadan. This is particularly true for victims of domestic violence who are seeking help to rebuild lives shattered by violence.

For the first time ever, programs and shelters are considering closing their doors as they grapple with possible federal and state

funding cuts, and decreased private donations, while the demand for services escalates. In fact, nearly 40,000 Nevadans sought help in 2009 for domestic violence, an eight percent increase from 2007. This assistance often requires crisis line intervention, and may eventually encompass support groups, legal advocacy, and assistance with food, clothing, transportation and shelter.

Victims may now be even more inclined to stay in abusive homes because of decreasing access to assistance. For example, Temporary Assistance for Needy Families, a federal program adminis-

tered by the state, has historically contracted with Nevada's domestic violence shelters to provide services such as shelter beds, job training, child care, and child support enforcement services. Current proposed budget cuts would reduce these contracts by half.

[Contact](#) our governor and legislators and let them know these cuts place families in danger. My deepest hope is that our politicians will carefully consider the real, long-term implications, as well as the ultimate cost, of budget cuts. With short-term solutions, everyone will pay the price later, some possibly with their lives.

Sue Meuschke

Teen Dating Violence, continued from page 1

"We need to not only model good behavior for our teens, but provide them resources to respond to dating violence and cultivate healthy relationships." Examples of activities that will occur in Nevada this month:

- **Tahoe Women's Services** is facilitating an awareness event with local high school students to release balloons in the hallway signifying those who have been or are currently in unhealthy relationships. Banners will also be hung featuring statistics and the [National Dating Awareness hotline](#) and [web-site](#). A member of the Teen Speaker's Bureau also will write an article to local papers about

teen dating violence and its long-term effects.

- **The Winnemucca Domestic Violence Shelter, Inc., (WDVS)** has created a dating violence bulletin and will discuss the issue at Great Basin College for the month of February. They will also host a dating violence awareness/outreach booth at the annual Youth Reaching Higher Health & Safety Fair Feb. 26 from 11 a.m. to 4 p.m. WDVS will also provide a Teen Dating Violence Power Point Presentation in both Spanish and English for parents and teens and display *Love is Respect* posters at local schools.
- **Safe Embrace** in Reno, Nev.

will begin a Teen Dating Violence Support Group in February at Reno's McGee Center.

[The National Resource Center for Teen Dating Violence Awareness](#) has suggestions for anyone to raise awareness of this issue. These include writing op-ed pieces for your local newspaper, taking action through social forums including Twitter and Facebook, distributing already-created materials, and hosting local events such as candlelight vigils or poetry readings. You can also host a local themed event about healthy relationships or simply post a flyer at your local drug store or supermarket. Supporting materials are available online for downloading.



**National Network to End Domestic Violence
2010 Survey Presents Snapshot
of DV Statistics Nationwide and in Nevada**

These statistics reflect activity over one 24-hour period during September of 2010 just in Nevada:

- 448 victims of domestic violence and their children across Nevada received life-saving services from local domestic violence service providers.
- Domestic violence advocates in Nevada answered 120 emergency hotline calls.
- At the same time, 12 requests for services went unmet, largely due to lack of funding.
- 152 domestic violence victims found refuge in emergency shelters or transitional housing provided by local domestic violence programs.
- 296 adults and children received non-residential assistance and services, including individual counseling, legal advocacy, and children’s support groups.
- 40 individuals in communities across Nevada attended four training sessions provided by local domestic violence programs, gaining much needed information on domestic violence prevention and early intervention.
- 12 requests for services such as transportation, child care, language translation, mental health and substance abuse counseling, and legal representation were unmet. This included five requests for emergency shelter or transitional housing, mostly for lack of funding.
- In Nevada, 11 out of 15 (73 percent) of identified domestic violence programs participated in the 2010 National Census of Domestic Violence Services.

These statistics reflect activity over one 24-hour period during September 2010 nationwide:

- More than 929 crisis hotline telephone calls were answered hourly.
- More than 9,500 requests for services went unmet, mostly due to funding shortfalls.
- 3 women were murdered by their intimate partners.
- 36 babies were born to mothers living in domestic violence shelters.
- 391 survivors started new jobs.



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Nevada Network Against Domestic Violence is a grass-roots organization funded by its members, grants, and private donations. Cash or in-kind donations are accepted throughout the year and are tax deductible to the extent allowed by law. We welcome new members and volunteers, as well as monetary donations!

I WOULD LIKE TO BECOME A MEMBER, RENEW MY MEMBERSHIP, OR SPONSOR A NEW MEMBER!

- \$35.00 Individual Membership fee
- \$10.00 Student/Retired/Limited Income Individual Membership fee
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Please specify and fill in below:

- New Member Membership Renewal
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Name: _____

Mailing Address: _____

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I WOULD LIKE TO CONTRIBUTE:

- To the [Jan Evans Direct Assistance Fund](#); check enclosed
- One time cash gift; check enclosed
- Supplies (copy paper, postage stamps, etc.)
- Equipment or services: _____

Annual pledge, payment as specified:

- Monthly Quarterly Semi-annually

I WOULD LIKE TO VOLUNTEER!

Name: _____

Email: _____

Telephone: () _____

Best hours/days to call: _____

Please mail this donation/membership/volunteer coupon and, if applicable, check (payable to Nevada Network Against Domestic Violence) to:

**NEVADA NETWORK AGAINST DOMESTIC VIOLENCE
220 S. ROCK BLVD. SUITE 7
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THANK YOU!

GET INVOLVED!

GET INVOLVED!

GET INVOLVED!

GET INVOLVED!

GET INVOLVED!

Speakers Address Abuse, Trauma & Mental Health

NORMA RESTIVO – PROGRAM SPECIALIST, EDUCATION & OUTREACH

When victims endure domestic violence (DV), they and their children suffer not only physical repercussions, but impacts on their mental health. Consequently, service providers must work collaboratively to address the often complex needs of victims. Last November in Minden, Nev., experts led a forum to do just that—empower providers to better identify and address the effects of abuse and trauma and deliver more effective services.

“Ultimately, our goal was to initiate discussion among a broad range of providers and advocates who work with domestic violence victims,” says Sue Meuschke, Executive Director of the Nevada Network Against Domestic Violence. “Participants had a unique opportunity to discuss service delivery from their own unique perspective—whether that’s as a counselor, advocate, attorney, or therapist—and also hear from top experts in the field.”

Executive Director Carole Warshaw M.D., and Adult Trauma Specialist Terry Pease Ph.D., of the [National Center on Domestic Violence, Trauma & Mental Health](#), led the workshop. Entitled *Building Collaboration & Enhancing Services in Our Community: Domestic Violence, Trauma, & Mental Health*, the event brought together 54 individuals

representing a range of disciplines—from social workers and substance abuse counselors to attorneys and child welfare trainers. Forum goals included the following:

- Overview the current research on the intersection of domestic violence, trauma, and mental health.
- Address DV in the context of other lifetime trauma.

During the training, Drs. Warshaw and Pease laid out the ways in which domestic violence and mental health issues are inextricably intertwined. For example, [research shows](#) that DV increases a woman’s risk for depression, post-traumatic stress disorder, and suicide. Additionally, her risk for substance abuse also escalates in an abusive atmosphere.

“If somebody has mental health issues they’re more vulnerable to abuse,” according to Dr. Warshaw. “And, batterers sometimes use a partner’s mental health issues to control that person.” This can include controlling their medication dosage, and undermining their credibility in areas such as parenting, which re-traumatizes the victim.

The challenge is to address this trauma effectively by using the Trauma-Informed (TI) approach. This requires collaboration among community providers to ensure they can offer the additional resources women and children may need to address both DV and trauma/mental health concerns. This includes a tar-

geted approach to victim needs, including strategies such as gender-based substance programs, according to Dr. Pease.

The TI approach allows providers to help victims make sense of their experience by ensuring their privacy and emotional and physical safety, using professional translators (if needed) and discussing the limits of confidentiality. Responses should always be supportive and respectful, focusing on the specific problems presented by the client. Ultimately, the TI approach is one of empowerment, skill building, and helping the victim focus on her strengths and special needs.

Participant Valerie Cooney, Executive Director of Volunteer Attorneys for Rural Nevadans, came away from the training with a better understanding of the effects of trauma on the mental and physical wellbeing of her clients.

“Sadly, there are few services locally to refer survivors needing professional assistance dealing with the multiple effects of trauma,” says Cooney. “This topic should be mandatory for all who work with survivors.”

Join us on March 31st in Fallon for *Collaborating for Safety: Coordinating the Military & Civilian Response to Intimate Partner Violence*. Go to www.nnadv.org for a flyer and registration form.



THANK YOU! ...TO OUR MEMBERS AND DONORS AS OF DEC. 31, 2010

THANKS TO THOSE WHO GAVE TO OUR JAN EVANS DIRECT ASSISTANCE FUND

Attendees ALIVE Party—Yerington
 Attendees CADV Party—Elko
 Attendees NNADV Party—Las Vegas
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 Joyce Hankin
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THANK YOU FOR YOUR RESPONSE TO OUR HOLIDAY APPEAL

Leon Aberasturi	Doris Phelps
Karen Carey	Julie Proctor
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Katy Hanson	Dr. Roger & Leslie Simon
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Sue McIntosh	Teri Weathers
Robert Meuschke	Joan Winkler

THANK YOU TO OUR NEW AND RENEWING ORGANIZATIONAL MEMBERS*

Committee to Aid Abused Women
 Fallon Police Department
 Nevada Attorney General's Office

***Please note: Now, up to 10 individuals from each organizational member can receive NNADV membership benefits, including discounted rates at our sponsored events!**

Thank you to the **National Network to End Domestic Violence (NNEDV)** and the **Verizon Foundation**, who provided NNADV with a supply of \$100 gift cards to Target, which were distributed to each domestic violence program in the state.

THANK YOU TO OUR VOLUNTEERS

Michaela Barry	Lindsay Lutsch
Arlette Carl	Linda Reeves
Mark Henderson	Holly Wood

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The NNADV printed 1,000 telephone magnets in Spanish, which includes a Braille translation. Please contact us at 775.828.1115 to order this free item.



Jacksons Stores, NNADV partner to fight domestic violence

Nevada raises \$11,840 with matching funds

Domestic violence victims across Nevada benefitted this recent holiday season from the generosity of Jacksons Food Stores and its customers.

Jacksons Food Stores and the NNADV launched their 2nd annual “Give the Gift of Peace” Campaign last November to raise money for the Jan Evans Fund, a direct assistance fund providing acute financial support for victims of domestic abuse. With customers purchasing paper doves for one dollar and Jacksons CEO John Jackson matching contributions dollar for dollar, the total contribution came to \$11,840. Employees at the Jacksons Food Store, located at 500 S. Meadows Parkway in Reno, Nevada, sold the most Doves at over 700.

The campaign proceeds collected in Nevada will benefit the Jan Evans Fund, which will then grant 100 percent of the monies as direct financial support to domestic violence victims as they flee abuse and work to establish new, violence-free lives for themselves and their children. Every dollar directly assists victims, especially those in rural areas, to acquire resources such as transportation, and emergency relocation.

“John Jackson’s support and his willingness to bring the needs of domestic violence victims to the attention of his customers is tremendously important to the NNADV’s efforts to help domestic violence victims throughout our state,” says NNADV Executive Director Sue Meuschke. “It is very



encouraging to see that our community participates to a much needed cause, year after year.”

Jackson also matched dollar for dollar contributions in Oregon, Washington and Idaho, with proceeds going toward coalitions against domestic violence.

Make tax-deductible contributions to the Nevada Network Against Domestic Violence and The Jan Evans Fund online at www.nnadv.org.

THERE ARE OPEN POSITIONS ON THE NNADV BOARD OF DIRECTORS

The NNADV Board of Directors has openings—two program at-large seats (must be affiliated with a member program—staff, volunteer or board member) and at least one community at-large (not directly affiliated with a member program) seat; all are three-year terms that begin with the January 2012 Board meeting. NNADV Board nominees must be current members of NNADV (an individual member or a volunteer or paid staff person of an organization that is currently a member) and committed to NNADV’s mission, philosophy, and goals. Prospective Board members are expected to make a commitment to attend four, full-day Board meetings and one full day planning meeting per year. Members are also asked to participate on two Board committees (two hours per month).

Applications are due by June 15, 2011. We strongly encourage individuals who have been active members of NNADV to consider board membership. NNADV is committed to representing all victims of domestic violence and strives to have a broad range of representation. Please contact Sue Meuschke at suem@nnadv.org to obtain an application packet.



Tree symbolizes strength, tenacity of leadership

To honor 20 years of dedicated service to the Nevada Network Against Domestic Violence, board and staff members presented Executive Director Sue Meuschke with a unique recognition recently. A sequoia tree has been adopted in her honor at the Wilbur D. May Arboretum at Rancho San Rafael Park in Reno. This specific tree was selected by those who know Sue best to signify her strength, resilience, and perse-



verance as she has built the NNADV into a major coalition for domestic violence awareness and advocacy across Nevada. A brass plaque has also been placed at the Park's Visitor Center on a memorial board with Sue's name.

"I am honored and touched by this recognition," says Meuschke. "But I wouldn't have accomplished my goals without the steady support of a wonderful group of staff, board members, and volunteers. Over the years, their dedication to the NNADV has been unwavering."

Resource Center Update

The following resources are available through the NNADV Resource Center.* Please contact Gladys Paulino at gladyp@nnadv.org or Norma Restivo at normar@nnadv.org to check them out. A friendly reminder: Please return your resources on the due date indicated on the form located in the front of the books/manuals and on the back of the videos. All resources are due within 30 days from checkout.

In the Mix—Abusive Relationships. Get Help. Get Out. *Castleworks (2006)*

"Many teens think an abusive relationship is usually a guy hitting a girl and just beating her," observes one of the many perceptive teens in this powerful video program about abuse in adolescent relationships. What this young woman already knows, and what viewers will discover, is that abuse comes in many different forms, and it can be hard to recognize at first. What makes the program very unique are the stories from a male victim as well as siblings and friends. This program raises awareness about the various resources available—teachers, counsel-

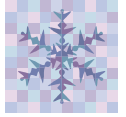
ors, friends, parents—and encourages bystanders to speak out.

Abuse and Violence Information for Teens *Teen Health Series, First Edition (2008)*

This comprehensive, easy-to-read book for teens discusses the most commonly experienced types of abuse and violence. It offers advice about seeking medical care and mental health services and also how to prevent and avoid violence in the first place. Additionally, information about victims' rights is provided, and the book concludes with a resource section featuring statistical data, directories of organizations and agencies able to offer assistance. There are also suggestions for additional reading. Because the physical and emotional scars from abuse can last a lifetime, this resource aims to inform and engage the teen and offer hope.

* Please note: These materials were reviewed by Arlette Carl.

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DOMESTIC VIOLENCE**

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OUR MISSION

In an effort to promote social change and empower women and all persons affected by domestic violence, NNADV is an inclusive network which supports member programs, communities, and individuals to work on the elimination of domestic violence and core issues of societal oppression.

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