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During our 40<sup>th</sup> anniversary year, we know we can be proud of a past filled with challenges and triumphs; confident in a present that offers opportunities and openings for real change; and excited about a future where violence is not a way of life for far too many families. Turning 40 means to us that we will continue to have the energy and passion of our mission of being the statewide voice advocating for the elimination and prevention of violence by partnering with communities. To donate to our 40th Anniversary campaign, [click here](#).

### **Below are quotes from some of our programs about our 40th Anniversary.**

"NCEDSV provides a community to turn to for answers, support, and encouragement. It is the backbone of services for survivors of domestic and sexual violence connecting the state from north to south. NCEDSV has changed how victim services are viewed and respected in Nevada." ~Lisa Lee, Director, Advocates to End Domestic Violence

"NCEDSV is a vital resource for not only survivors but for our agency. The work that they have continued to do during the COVID-19 pandemic has bonded our relationship as they have become a strong force of stability in these ever changing times." ~Kathie McKenna, Executive Director, Nevada Outreach Training Organization

"Happy Anniversary NCEDSV! Consolidated Agencies of Human Services is so thankful for the training that we receive throughout the year. We are especially thankful for all of the kind, friendly staff members who are always ready to help, and never think any question is too silly. We know you will be around for many more years to come." ~Carla Hemmer, Executive Director, Consolidated Agencies of Human Services, Mineral County Advocates To End Domestic Violence

"Happy Anniversary NCEDSV! Nevada is very lucky to have a strong coalition providing support to critical organizations dedicated to ending domestic and sexual violence. As an Executive Director, I am grateful for the educational opportunities, technical assistance and thought-partnership provided by the Coalition. Cheers to 40 more with Sue!" ~Paul Bancroft, Sierra Community House

Hi, "The Domestic Violence Resource Center congratulates NCEDSV for 40 years of advocacy and support for programs serving domestic violence survivors. Thank you NCEDSV team for all of the ways you support our work!" Denise Yoxsimer, Domestic Violence Resource Center

"Happy 40<sup>th</sup> Anniversary NCEDSV! Your support, guidance and resources provided is invaluable and greatly appreciated. The staff is extremely accessible and ready to assist programs with any issues that arise. Thank you for your dedication and here's to another forty years of success!" - Julie Proctor, Safe House

**Thank you to our 2020 sponsors! To learn more about becoming a 2020 sponsor, [click here.](#)**



## **A LETTER FROM NCEDSV'S EXECUTIVE DIRECTOR**

Greetings,

Three months ago, we were just beginning to comply with stay at home orders, discussions were just beginning about the need to wear masks and the streets were empty. Today as we start to reopen, we use masks as fashion statements and see the streets filled with young people calling for racial justice - we are entering a new era that calls each of us to do our part to be safe, stay safe and create a more just and inclusive world.

NCEDSV has and is striving to address these issues. We have had to reimagine our work - connecting remotely, training virtually and finding community on zoom. We have always had to leave our offices to do our best work but we have never been without face to face interaction. We have always had to address safety in our work but it was always the threat from outside not the threat of a virus inside. We have always known that ending racism and oppression is part of the work we must do to end domestic and sexual violence but now we must redouble our efforts.

Over the last three months NCEDSV has convened weekly meetings of local service providers to talk about the challenges and the efforts to address COVID-19. We have reached out to funders and policy makers about the need to change how we do our work and to get assurances that our funding will provide that flexibility. We have produced materials and obtained resources to help direct service providers address the needs of

survivors during this pandemic. We have advocated for the need for new funding as we see the disappearance of our base funding source – marriage license revenues. We have struggled to understand our own complicity in the events that caused the death of George Floyd and so many other unarmed black men and women.

Over the next three months we will continue to work from home (we have that privilege), we will implement virtual trainings that include: our regional training *Alphabet Soup 101: Language, Culture & Bias*; our annual conference *Stronger Together- Collaboration for Social Change*; and, our pilot sexual assault advocate training program. We will continue to explore new ways to provide advocacy, education and support while insuring the safety of ourselves and others. We will continue our monthly staff discussions about racism and oppression along with quarterly Board and staff in-service discussions about cultural responsiveness. We will also integrate anti-racism discussions into all levels of our work and build partnerships to address the economic and social conditions that support violence and oppression. At the same time, we must continue to prepare and protect against the invisible virus that threatens us all.

The last three months have taught us to not take anything for granted – the world can change on its axis in a day or in 8 minutes and 46 seconds. We face extraordinary challenges as well as extraordinary opportunities for growth and change – the choice is ours.

Keep safe,

Sue

## AWARENESS

### NCEDSV PRIDE MONTH RECAP

While many Pride events were canceled this year due to COVID-19, it did not stop us from celebrating and advocating for individuals identifying as LGBTQIA+. Our annual regional training providing assistance for LGBTQIA+ victims/survivors of domestic and sexual violence, led by Holly Reese, will continue through August 5, 2020. These weekly trainings provide education on LGBTQIA+ language, culture, and discussions on internal bias so that we may all provide better support for LGBTQIA+ individuals.

According to Pew Research Center, Americans are becoming more accepting in their views of individuals identifying as LGBTQIA+. As the number of people who identify as LGBTQIA+ increases, now more than ever, we need to continue our work! Intimate partner violence in the LGBTQIA+ community often gets overlooked, despite the similar, sometimes even higher rates experienced by folks that identify as LGBTQIA+. Rates of intimate partner violence also tend to be even higher for survivors who identify as gender-diverse (i.e. transgender, non-binary, gender fluid, etc.).

The acceptance of LGBTQIA+ individuals has transcended to the Supreme Court in the upholding of protections for LGBTQIA+ workers under Title VII of the Civil Rights Act of 1964.

The Supreme Court confirmed that an employer who fires or discriminates against an individual for their gender identity or sexual orientation is discriminating on the basis of sex and violating Title VII.

NCEDSV stands with the courageous individuals who fought for equality and employee protections for the LGBTQIA+ community.

This decision helps protect LGBTQIA+ survivors of domestic violence and particularly victims of financial abuse.

If you would like to continue education by participating in the regional trainings led by Holly Reese, register here: <https://ncedsv.coalitionmanager.org/.../traininge.../details/273>.

Month Recap

## LEADERSHIP VOICES

### 40th ANNIVERSARY CELEBRATION HONOREE HOLLY REESE

Holly Reese, the Director of Communication and Advocacy at The Center in Las Vegas, will be honored on September 17, 2020 at our 40th Anniversary Virtual Celebration.



#### More Information

**Q: Please highlight the program and the services that you are involved in at The Center**

A: I came into The Center already being an advocate and trained in advocacy. I started off developing transgender and senior programs and developed the Center Advocacy Network program. Our mission is "together we can" and it "takes a community". There have been 150 graduates through the CAN program, and it is the only program that has national certification in the U.S. Starting off, my job was to make phone calls to help people find services for DV and SV, and at the time there weren't any groups created for Trans people. I wanted to figure out how we could help victims and families seeking out places and beds while building their trust with The Center. The Center has about 50-70k walk-ins every year and has been helping individuals for the last 27 years. The majority of the people we help and advocate for are LGBTQ, homeless, low income, local low income, and tourists. We have established trainings for advocates, government, law enforcement and cities with the goal of bridging the gaps among DV and SV situations. We want to break down barriers because people are people. To learn how to have these tough conversations, we have developed a program to train advocates - before it was too much for one person. Now, we have at least 2 advocates always on staff at The Center. Another program we have been able to start is PIVOT, a SF curriculum-based family acceptance project based off of the research. It focuses on children that identify as LGBTQIA+ and how they recognize themselves at a young age. This 6-week program include groups where therapists talk to families and children with the goal of keeping families together. Out of the 93 children we have worked with, only 1 no longer communicates with their family.

**Q: Where do you see this movement going in the future years? Any future goals for this movement?**

A: In the coming years, we want this movement to continue to allow people to be authentic. Who people are is important and the acceptance of what is labeled as "okay" needs to be broadened because nature and people are diverse and that should be celebrated. Our goal is to stop the discrimination within bias and see people for who they are. If we are able to love, honor, and support one another as human beings,

real change can happen. Acceptance is where advocacy starts. Hopefully, everybody that needs services will get the help, support, the respect they deserve.

**Q: What are some challenges you face working as a manager within the program?**

A: Due to the pandemic in 2020, we are exploring how we can continue to offer our services. Because of the new restrictions, we don't have as much one-on-one contact and cannot directly read people's reactions. Making connections online is difficult but this is why we are trying to find new ways to come together. While we haven't been able to find a way to pivot online yet, we have been adapting and learning to make our services more accessible. We want to come out on the other side in a better place. Another challenge we face is trying to have these conversations within community while remaining culturally sensitive in order to convince our communities to trust our programs and services and respond in a respectful way. Marriage is still new to us and something more to explore in the future, we don't have role models yet to look up to for guidance and we're all learning together.

## EDUCATION AND TRAINING

### UPCOMING TRAININGS:

Visit our training and events [calendar here](#).



In order to end domestic and sexual violence we need to dismantle the systems of oppression and inequity that perpetuate and allow gender-based violence to thrive. We need to come together across the state, and across generations, to share ideas, support one another, and work toward a mutual worldview free of domestic and sexual violence. As the statewide coalition to end domestic and sexual violence, we are excited for the opportunity to bring together advocates, community organizations, and survivors at our annual conference. It is critical that we form connections and work collaboratively in our efforts to prevent gender-based violence.

Celebrating 40 years of hard work, this year's conference looks at our successes; the important work that continues, and the intergenerational collaborations we need to build. Sharing the wisdom we have gained, exploring new ideas, and building a world where collectively we all can thrive.

Visit our conference [webpage](#) for more information.

*This conference is supported by the Administration for Children and Families, Family Violence Prevention and Services, Grant No. 1901NVSDVC. Its contents are solely the responsibility of the presenters and do not necessarily represent the official views of the Family Violence Prevention and Services Act.*

## UPDATED RESOURCES FOR EDUCATORS:

### NATIONAL ORGANIZATIONS OFFERING RESOURCES FOR EDUCATORS

This list of resources includes information about national organizations that produce educational materials and curricula and offer technical assistance to service providers.

This list is not meant to be fully comprehensive and is not an endorsement of the materials offered. It is a starting point for educators and school administrators, community-based advocates, and other adults working with youth and other populations who are affected by child sexual abuse, adolescent and young adult relationship abuse, sexual assault and their prevention.

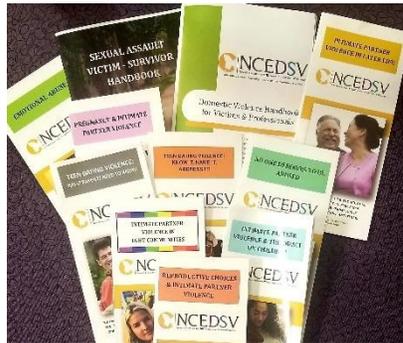
### NATIONAL CURRICULA MATERIALS FOR EDUCATORS

This list of materials is a starting point for educators and community-based advocates who wish to learn more about child sexual abuse, teen and young adult relationship abuse, promoting healthy relationships and their prevention. Materials are organized by Grades/Ages/Audiences, if specified.

Download both here: <https://www.ncedsv.org/education-resources/>

### BROCHURES

Check out our brochures [here](#).



## EVENTS

**40<sup>th</sup> ANNIVERSARY ANNUAL CELEBRATION - September 17, 2020**

**[RSVP TODAY](#)**

**NCEDSV PUBLIC POLICY**

**NNEDV VIRTUAL ADVOCACY DAYS**

Every year in June, the NCEDSV Policy Team usually heads to Washington D.C. to participate in the National Network Against Domestic Violence (NNEDV) Advocacy Days where we meet with the full Nevada congressional delegation and advocate for programs and survivors in Nevada. This year, Advocacy Days looked a little different and we met with our Representative and Senators online. Our team was able to connect with every office and discuss the most urgent needs of our state, including upcoming appropriations and budgets, survivors needs amid the COVID pandemic, and racial bias within our systems that effect victim-survivors.

Below is out team meeting with Representative Dina Titus and her staffers!



## FEDERAL LEGISLATION – CARES ACT, HEROES ACT, JUSTICE IN POLICY ACT

NCEDSV has been working closely with our national partners at the National Network to End Domestic Violence (NNEDV) and the National Alliance to End Sexual Violence (NAESV) to help advocate for necessary federal legislation. Three of the biggest pieces of legislation that we have been following closely and advocating for are the CARES Act, the HEROES Act and the Justice in Policing Act. The CARES Act passed both the House and Senate in April increasing funds for FVPSA, VOCA, and Emergency Service Grants among other things. On May 12<sup>th</sup> the House passed the HEROES act which includes a halt of match requirement for VOCA, a fix to the VOCA deposits and much needed increases for SASP, FVPSA, VAWA and TANF. We are waiting for the Senate to introduce their version of the HEROES Act and working hard advocating for a similar house package. The last piece of legislation that NCEDSV is following and advocating for is the Justice in Policing Act. Introduced in the House, this bill focuses on police accountability. The bill created a national police misconduct registry, a uniform standard to ensure adherence to best practices and community accountability and creates grants for States Attorney Generals to conduct pattern and practice investigation. The bill has not yet been votes on but NCEDSV is following closely. A full summary of the act can be found here: [https://judiciary.house.gov/uploadedfiles/justice\\_in\\_policing\\_act\\_of\\_2020\\_section\\_by\\_section.pdf?utm\\_campaign=2926-519](https://judiciary.house.gov/uploadedfiles/justice_in_policing_act_of_2020_section_by_section.pdf?utm_campaign=2926-519)

## CIVIC ENGAGEMENT TOOLKIT

The Nevada Coalition to End Domestic and Sexual Violence (NCEDSV) has put together a toolkit to provide a comprehensive guide to voting in Nevada. NCEDSV recognizes the importance of diversity,

equity and inclusion, and so wants voting and legislative information to be easily accessible for everyone in our community.

Please access and share the toolkits widely with your staff, colleagues and clients.

[CIVIC ENGAGEMENT TOOLKIT](#) - English

[HERRAMIENTAS PARA LA PARTICIPACION CIVICA](#) - Spanish

## ADVOCATES CORNER

### NEW THOUGHTS ON SELF CARE

*By Lisa Lynn Chapman, Technical Assistance Coordinator*

At the most basic, the definition of self-care is caring for one’s self. (I know, deep, right?) Our work focuses on managing our mental and emotional health due to the trauma we encounter day by day. Advocates also feel the stress of everyday living. That stress affects the body in many ways, including physically, mentally, and behaviorally.

This chart shows the many ways stress can affect us.

<u>Physical</u>	<u>Mental</u>	<u>Behavior [i]</u>
Headache	Anxiety	Eating Disorders
Muscle Tension or Pain	Restlessness	Angry Outburst
Chest pains	Lack of motivation or focus	Drug or alcohol misuse
Fatigue	Feeling Overwhelmed	Tobacco use
Change in sex drive	Irritability or anger	Social Withdrawal
Stomach upset	Sadness or depression	Exercising less often
Sleep problems		

To counter the effects of stress in our lives, we focus on self-care techniques like eating well, getting physical activity, making time for hobbies, and, on occasion, bubble baths. But how many of us have thought about managing our finances as self-care? I know. I know. Most of you are thinking, “Really, Lisa Lynn?! My finances are a source of stress and **not** a place of self-care. It’s causing me sleep problems, intrusive thoughts, and anxiety.”

And you are not alone. According to the American Psychological Association, “almost three-quarters of American adults feel stressed about money at least some of the time, and nearly one-quarter say they experience extreme stress about money.” [\[ii\]](#)

So, if finances are one of the stressors that affect most adults, why aren’t we talking about it? Many cultural issues influence our ability to talk about money. If your family members never talked about money, then you learn you don’t talk about it. If you grew up in an influential family, then shame can be an issue if you are having financial problems. If you grew up in a lower-income family, you could feel that you are burdening others who have their own financial issues.

But it isn’t too late to include financial management into your self-care and re-write your financial story. First, take a hard look at your finances. Yes, this means looking at your credit card bills and understanding what you owe and what you are paying every month. I recommend creating a spreadsheet that you can update monthly. If you don’t use excel, a budget can be as simple as listing your paycheck amounts and bills on a piece of paper. Separate everything by which pay check you paying the expense. By spending an hour or two a month, you can see your progress and where your money is

going. I know when I did this, Starbucks and Postmates lost a lot of money. I was shocked by how much money I'd been frittering away.

Second, what can you live without? Do you need all of the streaming services? Can you pare down your cable/satellite bill? Is there a more affordable cell phone service to which you can switch?

I don't suggest you have to start austerity measures but think about where you can trim what you're spending.

Third, make your budget. Figure out where each dollar is going. Plan for savings, even if it is \$10 a pay period. This is money you can only touch in an emergency. Financial experts recommend having at least \$1,000 in savings for emergencies. Then plan for your medical deductible, car insurance, and other expenses you know are coming up. (Yes, financial experts also recommend having three to six months of your salary in savings, as well. But let's focus on getting on to a place where you can do that.) Put in the minimum payments for all your credit cards. See what money you have leftover and put that balance on to your debt with the smallest balance. When that is paid off, then put it on the next smallest. Then the next.

Fourth, you might want to think about expanding your income. Yes, I mean, get a second job temporarily. I know that there aren't many jobs right now due to the state shut-down. But, there are small part-time jobs like pizza delivery, etc. This extra money can reduce your debt even faster.

Fifth, if you have a student loan, look at your repayment plan. Is there a way to pay a smaller amount? Do you qualify for the **Public Loan Forgiveness Program**? (Hint: You probably do.)

Finally, if you do have an emergency and needs funds, reach out to me about the NCEDSV LIFE microloan program. It is a confidential loan of up to \$500 and is interest-free. And it is available to advocates.

I know that yoga, bubble baths, and cooking classes are a lot more fun than finances. Ok, way more fun. But, I guarantee that you will feel the difference if you include financial management into your self-care.

[i] <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987> accessed on 5.26.2020

[ii] American Psychological Association, Stress in America: Paying With Our Health, 2014, <https://www.apa.org/news/press/releases/stress/2014/stress-report.pdf> accessed on 5.26.2020

## ORGANIZATIONAL UPDATE

### NEW BOARD MEMBERS

NCEDSV welcomes Jessica Cisneros and Yonette Davison-Wolfe

### BOARD RECRUITMENT

We strongly encourage individuals who have been active members of NCEDSV to consider board membership. NCEDSV is committed to representing all survivors of domestic and sexual violence and strives to have a broad range of representation. Please contact Executive Director Sue Meuschke at [suem@ncedsv.org](mailto:suem@ncedsv.org) to obtain an application packet.

