

## Fall Newsletter 2022



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## A LETTER FROM NCEDSV'S EXECUTIVE DIRECTOR

Fall has arrived, and while we are not gathering our crops, we are pulling together our resources and building new partnerships. October brings us Domestic Violence Awareness Month (DVAM). It is a time for communities to come together, mourn those individuals that were lost to domestic violence, cherish and support those individuals who have survived, and educate individuals and communities to end the cycle of violence.

Domestic violence cases increased by over 9% from 2020 to 2021. In the 30,422 cases reported to law enforcement, there were 15,888 children present. While October is dedicated to bringing awareness to domestic violence, the fact is that awareness is not enough, we need to be doing more for individuals across the state.

To increase our work as the statewide Coalition, we hire individuals to support all areas of the state. While the population is largest in Clark County, the number of communities and programs serving victim-survivors is primarily in northern Nevada. To best serve our state, we have expanded our Training Team. Judy Henderson, based in our Henderson office, is currently in her 18<sup>th</sup> year with the Coalition and has been promoted to our Senior Training Coordinator. Sarah Sloan, Program Specialist-Training, started with us on September 19<sup>th</sup>, 2022 and is based in our Reno office. With statewide training support, the Coalition is now

able to help build capacity at the community level on both prevention and intervention best practices.

Our outreach to Nevada Tribal Communities continues by working closely with individual reservations and partnering with the Inter-Tribal Council of Nevada. We have also hired Loralee Rae as our Technical Assistance Coordinator; she is based in our Reno office. Loralee works hands-on with Nevada direct service providers to assist them in developing and providing trauma-informed services for victim-survivors in their communities. This is not always easy when resources are hard to come by in our Rural and Frontier areas of Nevada. Amber Batchelor, our Program Director, will support both our training and technical assistance staff and is based in Henderson. Strategic hiring of staff by location allows the Coalition to best support Nevada based programs.

November brings us all a chance to make changes at the State and Federal level. It is your VOICE that can make a difference by using the power of voting. The right to vote is a precious opportunity that should never be taken for granted. For more information about the 2022 election, reference our <u>Civic Engagement Toolkit</u>.

December brings a variety of challenges and opportunities. Individuals may feel the financial strains of the holidays or the mental health pressures of being with family. The Coalition supports advocates and victim-survivors by providing tools and resources to support them. The Coalition supports victim-survivors working with our program members through our LIFE Microloan Program. This program offers victim-survivors a no interest loan of up to \$500. We are bringing national trainers in to provide virtual webinars on working with survivors with substance abuse, vicarious trauma, and we have our on-demand trainings that can be accessed anytime free of charge HERE.

As we begin the final quarter of 2022, we ask you to reaffirm your commitment to preventing and eliminating violence in Nevada by joining the Coalition as a <u>Member</u>, or donating to our <u>DVAM campaign</u>. Your support of the Coalition will allow us to work on much needed policy changes in 2023, continue to provide support to programs and victim-survivors, and build capacity at a statewide and community level to ensure that Nevada does not continue the cycle of violence. Demonstrate your commitment; we need you to continue this movement.

Stay well,

Amanda Bullard Interim Executive Director

### **AWARENESS**

#### **OCTOBER**

- October 1-31: Domestic Violence Awareness Month
- October 1-31: <u>Domestic Violence Intervention, Purple Ribbon Campaign, (VC,</u> <u>Dayton, Fernley, and Yerington)</u>
- October 1-31: <u>#LoveShouldBeSweet: Safe Embrace is partnering with Yelp and</u> <u>local hospitality establishments to paint the town purple through food and</u> <u>drink items to raise awareness of DVAM.</u>
- October 1: Lander County Committee Against Domestic Violence, Scavenger Hunt/ 5K Run and Walk
- October 3: Advocates to End Domestic Violence, Papering the Town Purple
- October 10-15: <u>Domestic Violence Intervention distributing "thank you"</u> <u>treats to law enforcement, first responder, and judicial office partners.</u>
- October 7: <u>Roundtable with Gov. Sisolak and Service Providers</u>
- October 10: World Mental Health Day
- October 13: Domestic Violence Resource Center, Purple Gala
- October 13: S.A.F.E. House, DV Memorial Vigil
- October 14: Winnemucca Domestic Violence Services, Mayors Ball
- October 15: <u>Advocates to End Domestic Violence, Light after Dark Walk/Run</u>
- October 15: Lovelock Domestic Violence Intervention, Soup & Salad Supper <u>Fundraiser</u>
- October 17–23: <u>NNEDV Week of Action 2022</u>
- October 18: <u>Make Every Door the Right Door</u>
- October 18: <u>Crisis Services of Nevada, 6th Annual Compassion Through Crisis</u> <u>Gala</u>
- October 19: <u>LGBT Center Awareness Day</u>
- October 20th: <u>Safe Embrace partners with the Grand Sierra Resort to turn</u> <u>their diamonds purple in honor of DVAM, purple food/drink items available</u> <u>throughout that day at the resort.</u>
- October 21: <u>H.E.A.R.T. Award</u>
- October 21: The Shade Tree, Purple Thursday Candlelight Vigil
- October 22: Safe Nest 4th Annual Run for Hope
- October 24-27: <u>Domestic Violence Intervention partners with Churchill County</u> <u>schools for "Hands Are Not For Hitting"</u>
- October 26: <u>Domestic Violence Intervention</u>, Fernley Information Table
- October 26: Intersex Awareness Day
- October 27: <u>S.A.F.E. House, Halloween Carnival</u>
- October 27: <u>University of Nevada, Las Vegas DVAM Lunch and Learn</u>
- October 23-29: <u>Asexual Awareness Week</u>
- October 29: <u>Domestic Violence Intervention concludes "Hands Are Not For</u> <u>Hitting" with Halloween Event from 3 pm-7 pm</u>

#### **NOVEMBER**

- November 3: The Shade Tree: Once Upon a Gala
- November 6: Sierra Community House: Gather in Gratitude
- November 10: Vicarious Trauma with Dr. Rebecca Campbell
- November 18: <u>Annual Member Meeting</u>
- November 20: Transgender Day of Remembrance
- November 25: International Day for the Elimination of Violence against Women
- November 25-December 10: 16 Days of Activism

#### DECEMBER

- **December 1:** World AIDS Day (UN)
- December 2: International Day for the Abolition of Slavery
- December 3: International Day of Persons with Disabilities (UN)
- **December 10:** Human Rights Day (UN)

#### **LEADERSHIP VOICES INTERVIEW WITH DR. REBECCA CAMPBELL, PHD** Vicarious Trauma Training

Psychology Professor at Michigan State University



Dr. Rebecca Campbell is a Professor of Psychology at Michigan State University. She holds a Ph.D. in community psychology with a concentration in statistics. For the past 25 years, she has been conducting community-based research on violence against women and children, with an emphasis on sexual assault. Dr. Campbell's research examines how contact with the legal and medical systems affects adult, adolescent, and pediatric victims' psychological and physical health.

We are thrilled to have Dr. Campbell joining us for a training session, <u>Vicarious Trauma (VT)</u>, <u>on November 10, 2022</u>. This training will focus on the causes of vicarious trauma, the stigma surrounding VT, symptoms, prevention, healing options, and more.

## 1. What is vicarious trauma in service providers, and how do the signs of that mimic or differ from burnout or compassion fatigue? Are they related?

Vicarious trauma is the emotional & bodily response to sustained exposure to the trauma and suffering of other people. VT is the cumulative exposure and empathic engagement that causes changes in providers' thoughts, feelings, and behaviors. In this training session, we will talk about how VT is different from burnout, but how they often co-occur, which makes it difficult for service providers to thrive.

#### 2. What are some causes of vicarious trauma? Is prevention possible?

Ongoing sustained contact with others who are experiencing trauma and/or chronic suffering. VT is common if you are working with victims of crime, working in disaster response, or working in war/conflict zones. VT is a normal response to the suffering of others, and it is common to experience. It is possible to prevent some of the hardest symptoms of VT and to protect your health and wellbeing.

## 3. Do you feel the field has sufficiently normalized vicarious trauma, or is there still shame & stigma attached to it?

Not yet. There is still tremendous stigma about this issue, which is unfortunate because it is extremely common and normal. In this training, we will be breaking down the stereotypes and myths about VT and talking about normalizing self-care in this work.

#### 4. We in the field talk often about self-care for protecting from vicarious trauma, but don't often talk about healing once it's occurred. What do you recommend a service provider do if they suspect they're experiencing vicarious trauma and self-care isn't enough?

In this training, we will talk about 'warning signs', that their current coping skills are taxed out, and they are taking in more trauma than they can hold. We will talk about how and where to seek help, which I liken to getting physical therapy. If you had a shoulder injury from your work, most people wouldn't hesitate to seek physical therapy to heal the injury. We will talk about how short-term counseling and support is like physical therapy for the mind.

#### 5. What healing modalities/options do you recommend for vicarious trauma?

There are so many options! It's important that people find balance between their work and their health. I encourage people to identify what brings them joy and to schedule those activities much as they would their work tasks.

## 6. How can agencies & supervisors support staff and protect them from vicarious trauma? What are tools/actions that are tangible?

In this training, we will talk about how leaders can provide help and support for their teams. To be clear, the solution here isn't to make all managers part-time therapists. The solution is to create a work environment that normalizes getting physical therapy for the mind. The solution is to look at how tasks are organized and scheduled so that staff have opportunities to rotate through stressful assignments.

## 7. What education & resources do you provide that agencies can benefit from? How do they reach out to you?

There is a wonderful online resource created by the Office for Victims of Crime, "<u>The Vicarious</u> <u>Trauma Toolkit</u>." This is an incredible resource for practitioners across multiple disciplines.

## 8. If you could share one message to providers experiencing vicarious trauma, what would it be?

Take care of yourself so you can help take care of others.

### **EDUCATION AND TRAINING** UPCOMING TRAININGS

Visit our training and events calendar here.

#### **PAST TRAININGS**

Visit our training and events webpage to view recorded trainings.

### **EVENTS**



#### H.E.A.R.T. AWARD CELEBRATION

NCEDSV is thrilled to announce that Sylvia Gonzalez is the H.E.A.R.T. Award recipient in honor of Domestic Violence Awareness Month! Sylvia is the Director of Client Services at the Domestic Violence Resource Center (formerly the Committee to Aid Abused Women/CAAW) in Reno. She has been in her position for 20 years and epitomizes the very essence of the H.E.A.R.T. Award. Those considered for the award must demonstrate Humanity, Ethics, Altruism, and Righteousness for the cause and be someone who is Transformative in this movement.

In her nominations for the award, Ms. Gonzalez was said to be, "generous and tireless in her efforts to empower, educate and mentor DVRC clients and staff." In another nomination, it was explained that she has, "dedicated her career to serving her community and making DVRC a welcoming space for victim-survivors." That nomination also noted the incredible burnout that advocates experience in this field, yet, Sylvia continues to show up with enthusiasm and excitement about the impact she can make.

NCEDSV will honor Sylvia on Friday, October 21, from 11-noon. We will host it in a hybrid format to ensure advocates, stakeholders, friends, and family from all over can celebrate this amazing accomplishment and ally in the movement. Congratulations, Sylvia, you have earned this distinction!

For more events, check out our **CALENDAR**.

**Register For NCEDSV H.E.A.R.T. Award Celebration Registration HERE.** 



### **SUPPORTERS**

We cordially thank our 2022 conference attendees for their enthusiasm, engagement, and attendance! We have gotten great feedback from our presenters about your participation, questions, and follow-up. NCEDSV staff send their warmest regards. We all agree that we miss hosting real conferences and seeing you in person. Thank you for bearing with us as we continue to navigate challenging times.

Finally, thank you to our wonderful sponsors for making this year's conference possible.





Interested in becoming a corporate sponsor? Contact Amanda Bullard, Administrative Director, at <u>accounting@ncedsv.org</u> or return this <u>FORM</u>.





NCEDSV graciously thanks the Silver Dollar Court for their generous donation this summer. Your support ensures that we continue to reach more, do more and help more people across Nevada experiencing the nearly 10% increase in domestic violence.

This support allows us to offer housing assistance funds grants available to get survivors back up on their feet, it also helps us bring nationally known trainers to our member agencies, and it ensures we are able to continue reaching out to long-underserved populations such as the LGBTQIA+, Indigenous communities and many more.

#### Thank you, Silver Dollar Court, for your support!

### THANK YOU TO OUR SPONSORS





## **NCEDSV PUBLIC POLICY** FEDERAL POLICY UPDATE

#### Fiscal Year 2023 Federal Appropriations

Federal Appropriations for Fiscal Year 2023 (FY23) are underway in both the House and Senate. In July, the House voted and passed H.R. 8294, which includes a package of six federal funding bills for FY23, including transportation, housing, and urban development. Also in July, Senator Pat Leahy (D-VT), Chairman of the Appropriations Committee, released the chairman's mark of the 12 Senate FY23 appropriations bills; however, no subcommittees have held official markups of these spending measures. Neither the House nor Senate has taken further action on FY23 appropriations since July. Our national partners at the National Network to End Domestic Violence (NNEDV) and the National Alliance to End Sexual Violence (NASEV) anticipate that Congress will pass a continuing resolution sometime in September to keep the government operating at FY22 funding levels through December.

NCEDSV will release updates as we receive them.

FY23 Resources: FY23 Appropriations Chart Senate and House FY23 Senate Appropriations Update

### **STATE POLICY UPDATE**

#### <u>Clark County School District Board of Trustees Considers Pursuing Opt-Out Sex</u> <u>Education Policies</u>

On August 25th, the Clark County School District (CCSD) Board of Trustees met to discuss their policy priorities for the upcoming 2023 Legislative Session. CCSD Board of Trustees considered 12 potential policy priorities and voted on which two to carry as their final Bill Draft Requests (BDR). Of the 12 possible priorities, sex education was up for discussion. They considered pursuing policies to change sex education statutes for instruction to be opt-out rather than opt-in. Currently, under <u>Nevada Revised Statute 300.036</u>, sex education is opt-in, meaning that a parental notification slip goes home, and parents or guardians must sign/approve their child's participation in sex education. If the parental notification slip is not signed, that student does not participate and goes without sex education. Nevada is currently one of only four states (the others being Utah, North Carolina, and Mississippi) that have opt-in policies for sex education.<sup>1</sup>

Opt-in policies create unnecessary hurdles that prevent students from accessing the sex education they have a right to receive. Opt-out policies, on the other hand, automatically enroll every student in the sex education course, and then parents or guardians who do not want their child to participate must opt them out. This way reaches more students because some parents and guardians are uninvolved in their child's school life. Sex education plays a crucial role in power-based violence prevention, so NCEDSV made sure that the CCSD Board of Trustees knew how important this issue was.

At the CCSD meeting, NCEDSV joined our amazing partners from Signs of Hope, the Cupcake Girls, and Nevada NOW to offer public comment in support of addressing our current failure of children by using opt-in sex education policies. Many others also wrote in their support. While the vote to move sex education forward as a BDR failed by one vote, NCEDSV recognizes how impactful this hearing was. Historically in Nevada, sex education has been a taboo topic that no one wants to talk about, and there has been no progress in addressing our outdated policies and practices.

As the fifth largest school district in the country, we urge CCSD, and every other school district in Nevada, to consider sex education laws as the most important safety effort they can undertake for their students and communities. One in four girls and one in thirteen boys in the U.S. experience child sexual abuse.<sup>2</sup> These victims cannot identify for themselves that this is abusive if we do not give them the tools to do so. This is especially true for children whose parents and caretakers are abusing them. Abusive adults are not also telling their targets that abuse is not okay. Teens who experience sexual coercion in their dating lives will not know what they are experiencing is not typical or their fault if someone does not explain it. If school districts are considering BDRs, please, consider one demanding opt-out for sex-ed.

In the meantime, NCEDSV will continue to fight for opt-out, comprehensive sex education along with our passionate community partners, students, and families, because this is what is best for Nevada students.

#### State of Nevada Board of Examiners: Sexual Assault Kit Tracking Technology Contract Link to recorded video

#### **NCEDSV Civic Engagement Toolkit**

NCEDSV values social change, recognizes the importance of diversity, equity, and inclusion, and believes that voting and legislative information should be easily accessible for everyone in our communities; therefore, we created a toolkit to serve as a comprehensive guide for voting in Nevada.

The toolkit includes information on:

- Voter Registration
  - Voting Registration Requirements
  - Registering to Vote
  - Changes to Current Voter Registration
- Nevada Confidential Address Program and Registering to Vote
- Important 2022 Dates
  - Voter Registration Deadlines
  - Election Dates
- Voting by Mail
- Voting in Person
- Voter Checklist
- Nevada Voter's Bill of Rights

The full toolkit can be accessed here: Civic Engagement Toolkit

## **ADVOCATES CORNER**

#### JAN EVANS EMERGENCY FUND

NCEDSV named Jan Evan's Emergency Assistance Fund after the beloved Nevada legislator who worked to pass landmark legislation in 1981, which implemented funding for domestic violence service providers with a marriage license fee. Assemblywoman Evans continued to protect that legislation for seven terms and it still stands today. We decided to honor the legacy of Ms. Evans in 2005 by creating this fund so that victim-survivors could apply for up to \$500 in emergency financial assistance grants.



Financial abuse is one of the most common forms of abuse, in fact, up to <u>99% of victim-survivors</u> have experienced it. This lesser-known form of abuse includes preventing the victim from going to work or school, demanding they quit their job or pursuit of education, interfering with their work or school attendance with repeated calls/texts/visits, or even taking out credit cards or loans in the victim's name and refusing to pay them back. Victims of power-based violence lose a total of eight million days of paid work each year. That is the equivalent of 32,000 jobs. This lost time is due to mental health decline, hospitalization, court hearings and having to flee, among other cited reasons.

As you can see, a monumental issue like economic abuse demands an answer. To that end, our Economic Justice and Housing Coordinator works with our program members to implement this desperately needed opportunity for those fleeing abusive relationships or seeking to re-establish themselves after leaving such situations. Here are a few quotes from service providers about how the Jan Evans Fund has helped their clients:

"The client is a step closer to registering her car that she relies on for work and to take her children to daycare, and soon school."

"Client is set to start school on Aug. 29<sup>th</sup>. She will be taking several classes. Her courses will be through Zoom."

"The funds were used to pay off her storage fees so that she didn't lose all of her and her son's belongings."

If you would like to support the Jan Evans Fund, please donate today.

# WHAT IS THE NEVADA COALITION TO END DOMESTIC AND SEXUAL VIOLENCE AND WHAT DOES IT DO?

The Nevada Coalition to End Domestic and Sexual Violence (NCEDVS), formerly the Nevada Network Against Domestic Violence, was founded in 1980. At that time, there were only five domestic violence programs in Nevada, and they agreed that a network/coalition was necessary to effectively and creatively address the needs of domestic violence victim-survivors across the state.

Fast forward to today – currently, domestic and sexual violence coalitions, or dual coalitions like ours, exist in all 50 states, plus DC and several territories of the United States. And while many of the people with whom we work understand exactly what we do, particularly those that we work with regularly, others are sometimes surprised to learn about our services.



As a dual coalition, we assist direct service providers who work with victim-survivors of sexual and domestic violence, human trafficking and other forms of power-based violence every day. We offer a training series introducing new advocates to the work they will be doing in this field. Other trainings focus on emerging best practices, <u>vicarious-trauma</u>, fundraising, an annual conference and much more. <u>These curated</u> <u>trainings</u> help our members stay abreast of the most current best practices easily and affordably.

Additionally, we offer technical assistance

in the event that our members run into an obstacle that is unique to them. Imagine being confronted with a challenge and feeling like you don't have the time or energy to troubleshoot it because you are inundated with the day-to-day struggles of running an agency, keeping financially afloat and maintaining safety for everyone involved. That is where the Coalition comes in; we are able to tap into national networks of experts to quickly find solutions and offer support.

Our team also seeks out funding opportunities to provide much needed pass-thru monies to our programs who are struggling with an over-stressed safety net and crushing inflation rates. Other NCEDSV staff focus on working with all of our intersecting stakeholders to create statewide messaging and goals on behalf of victim-survivors to make Nevada safer. These other stakeholders include housing, nutrition and medical experts, state department employees, educators, and of course, our policy makers, among others.

We do this because by supporting those who interact with victim-survivors, especially our program members who do so day in and day out, our collaborative effort best serves those

attempting to break the cycle of violence. We do this because we are the statewide voice of victim-survivors.

#### ORGANIZATIONAL UPDATE STAFF UPDATES

Welcome **Sarah Sloan** as our Program Specialist-Training Welcome **Loralee Rae** as our Technical Assistance Coordinator NCEDSV is hiring: **Executive Director** – <u>Apply Here</u>

#### **BOARD UPDATES**

NCEDSV welcomes **Rita Imus** to the Board

#### **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 the Interim Executive Director, Amanda Bullard at <u>admin@ncedsv.org</u> to obtain an application packet.