



Summer 2010

Volume VIII
Issue 2

Utah Domestic Violence Council



UDVC Newsletter

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19th Annual UDVC Combined Conference:
"From Power and Control to Peace and Equality"

The Utah Domestic Violence Council is proud to announce the 19th Annual Domestic Violence Conference, "From Power and Control to Peace and Equality", to be held September 14-16, 2010, at the Salt Palace Convention Center.

This year there are five keynote speakers: David Adams, Judi Adams, Tonya Lovelace, Jennifer Rose and Sarah Elinoff-Acker. Conference topics range from general domestic violence issues to shelter/advocacy, treatment provision and diversity. Break-out

sessions may include Multi-disciplinary Collaboration, Custody and Divorce, Risk Factors related to Murder/Suicide, Addressing Personal Bias, Children and DV, Economic Justice, Grassroots Advocacy, Traumatic Brain Injuries and DV, Current Research, Systems work with Perpetrators, Couples Therapy, Cultural Proficiency when working with underserved populations, such as People with Disabilities, LGBTQ community and working with

refugees, among others. We have submitted for approval for a minimum of 16 CEU's.

Registration is now OPEN. You can register online at: <http://www.udvc.org/annconf2010infopage.htm>.

Registration is \$175 and CLOSSES September 1st, so register NOW; don't wait till the last minute.

This year's conference is shaping up to be both educational and exciting.

We look forward to seeing you there!

Keynote Speakers Spotlight

This year's UDVC 19th Annual Domestic Violence Conference, "From Power and Control to Peace and Equality", will feature five keynote speakers. We are very excited about this year's keynote and workshop presentations! We have a great conference lined up for you!

Opening the conference will be Dr. David Adams, who will present his Keynote: "Working with Abusers: Recruitment, Engagement and Accountability

Strategies", and workshop, "Setting a Better Example: Teaching Fathers to Model Respectful Behavior toward Their Children's Mother". Dr. Adams is co-founder and co-Director of Emerge, the first counseling program in the nation for men who abuse women. He is one of the nation's leading experts on men who batter and has conducted trainings of social service and criminal justice

professionals in 42 states and 15 nations.

The afternoon Keynote will be presented by Judi Adams: "Lessons from the Big Girls Club: We Just Can't Do It Alone", along her workshop, "Finding Our Inner Big Girl". Judi Adams is a Licensed Marriage, Family Therapist and an internationally recognized strategic planner and organizational

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coach with over 25 years experience in organizational development, collaboration and planning and is a Mentor Trainer in Techniques of Participation Group Facilitation Methods.

Wednesday's Keynote presenters will be Tonya Lovelace and Jennifer Rose. Tonya will present: "Defining the Spectrum of Cultural Competency", and her workshop, "Introduction to Working with Underserved Populations". Ms. Lovelace is the Project Manager for the Women of Color Network, and has won several awards, including the Flame of Life Award, the 2001 Black Achievers Award and A Call to Men Recognition Award.

In the afternoon, Jennifer

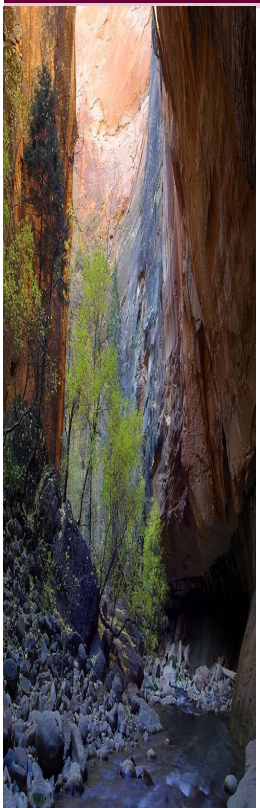
Rose will present her Keynote: "Advocacy Beyond Leaving: Meeting the Complex Needs of Women and Children", along with her workshop, "Shifting our Practice to Meet the Complex Needs of Women and Children". She has been working as an advocate and activist to end violence against women for over 15 years. She opened a supervised visitation center that was part of a national demonstration initiative funded through the Office of Violence Against Women, and is currently working to provide training and technical assistance on issues of violence against women, supervised visitation and safe exchange, engaging men who batter, oppression, community organizing, and

LGBTQ issues.

The final Keynote, "Unclenching Their Fists: Observations and Lessons Learned from Abusive Men Who've Changed", will be presented Friday morning by Sara Elinoff Acker, along with two workshops, "Stages of Change for Men who are Abusive: A Guide for Abusers, Victims, Practitioners and Activists" and "Abuse-Specific Couple's Intervention that Emphasizes Safety and Accountability".

Sara Elinoff Acker is a psychotherapist who provides individual and couple's therapy for clients specializing in issues of domestic abuse and anger management, integrating feminist, family systems, cognitive-behavioral, and trauma-informed perspectives.

Conference Workshops



With five Keynote speakers, the UDVC 19th Annual Domestic Violence Conference is shaping up to be one of our best yet. Not only do we have great Keynote presenters, we also have a fantastic roster of workshop presenters as well.

Dwight Hurst will present "Alice in Wonder-what-not-to-do-next-Land". This workshop is designed to help professionals help clients to successfully find their way through the mad world of escaping from or seeking to change a pattern of family violence.

Karen Malm will present "The Little Victims: Helping

Children Find Peace". This workshop will explore the long-term effects of exposure to domestic violence in children, including the symptoms of PTSD.

Derrick Tollefson will present "Individual Treatment for DV Offenders". This workshop will explore how to incorporate behavioral therapy with mindfulness training and motivational interviewing.

Nita Smith will be presenting on "Traumatic Brain Injury", including a discussion of how TBI can undermine and impact the supports needed for victims of domestic violence.

Rebecca Hall will present "Domestic Violence, Economic

Justice and Empowerment", including identifying economic justice issues at a policy level and developing strategies for advocacy for low-income clients.

Courtney Henrie will present "Internecine Relationships Risk Factors Related to Murder and Suicide", which will focus on safety concerns in internecine relationships.

Wendy Isom and Asha Parekh will be presenting "Advocacy: Is It All Up to Me?" This workshop is a refresher for shelter staff about the role of advocacy with shelter residents.

The final workshop will be a Round Robin, rotating speakers who will be making half hour

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Treatment Provider Workgroup

When the question is asked, “who comes up with these ideas to improve the treatment of clients involved with domestic violence?” It is not often easy to find an answer. At some point, The Utah Domestic Violence Counsel’s Treatment Workgroup was most likely involved in what ever answer comes next. The workgroup has been influential in many areas of policy and practice in the state of Utah. This is a testament to the collective wisdom and experience of the members of the workgroup and the resources they have available to them.

The Utah Domestic Violence Counsel’s Treatment Workgroup is made up of treatment professionals from various agencies across the state of Utah. The members of this workgroup are often distinguished in their area of expertise by their dedication to the cessation of Domestic Violence and by their commitment to exploring the treatment of those involved with the destruction of this pandemic.

The workgroup meets on the Monday before the second Tuesday of each month in the board room of the Cornerstone Counseling Center location of Volunteers of America. All treatment providers are welcome and conference calling options are available. When the group gets together we enjoy promoting

our common interest in the field of Domestic Violence Therapy and sharing each other’s company.

The focus of our meetings is actualizing the goal of creating effective treatment modalities that are specific enough to meet the needs of the populations we all serve and socially responsible at the same time. We have been focusing a large part of our efforts on the “Risk, Needs, Responsivity Model”. This is a model that we have found to be very promising. The emphasis on assessment of the client’s needs and responding to those specific needs in competent ways is tantamount to creating lasting change in the cycle of abuse.

This year, we are organizing two regional trainings. The first will be in Logan, August 5th, 2010 at the Utah State University. The topic of the keynote presentation will be “Evidence based Practice: The Risk, Needs and Responsivity model”. The second will be in Cedar City and the topic will be the use and administration of the Spousal Assault Risk Assessment. The assessment has been found to be effective at placing offenders in risk categories that could more accurately direct their therapy and thus their outcomes. Another benefit of the assessment is it gives the clinician a tool to be able to validate any statements of the high risk nature of some

offenders and request more attention for that client from the justice system and may be utilized as an early warning device to use when cautioning significant others about the risks of future or more severe victimization. These trainings are provided as a service to the treatment providers in the communities outside the Salt Lake area. It is our intention to create greater accessibility to trainings that will help providers stay current with state DV licensing standards and to help providers across the state have access to the information others have found useful. The more knowledge we share, the sooner we can move forward together. It is our intention to continue holding trainings related to treatment of DV annually and to move the locations each year.

Some interesting discussions have been generated in the workgroup by studying the Risk Needs Responsivity Model. The need for a higher level of care for high risk offenders has been expressed. The desire for an aftercare design is present. Greater collaboration between agencies is required as

well as a focus on the strengths of the system and improving on those strengths.

At this year’s annual conference, the treatment workgroup will be sponsoring a luncheon with a panel discussion about how to create better collaboration with the criminal justice system and other agencies that are of benefit to the clients with whom we work. The desire is to create an understanding that the whole is greater than the sum of its parts and to generate ideas on how to better the system that works with DV offenders and victim/survivors.

It is an honor to be the chairwoman of a group of such diverse and motivated individuals who have a strong desire to see a change in our collective ability to affect the outcomes of domestic violence and to reduce re-victimization. I am proud of each and every member of the workgroup and admire all of them for their ability to be the change they wish to see in the world.

~Martha Burkett Fallis,
LCSW

Chairwoman UDVC Treatment Providers Workgroup



UDVC Live Basic Training

The UDVC Live Basic Trainings are underway, and dates are set for upcoming trainings throughout the state!

Please review the schedule below for the training that works best for you, and make sure to check our website for updates regarding specific locations, dates and times

for these trainings.

Attendees can receive up to 21.5 hours of training for all three days. Together with our four hour Web-Based Training, attendees can easily complete the required 24 hours of pre-service training to become a licensed DV Treatment Provider.

As the time draws near to the specific training dates, online registration will be available for each training.

For more information about training please visit the training page at www.udvc.org.

2010 Training Calendar

Region	Location	Starting Date	Ending Date	Open/Full
Salt Lake	Sanderson Center	2/22/10	2/24/10	Complete
Western	Spanish Fork	3/24/10	3/26/10	Complete
Southwest	St. George	4/14/10	4/16/10	Complete
Salt Lake	West Valley City	5/25/10	5/27/10	Complete
Northern	Syracuse	7/14/10	7/16/10	Complete
Eastern	Fort Duchesne	8/17/10	8/19/10	OPEN
Southwest/Western	Richfield	10/20/10	10/22/10	OPEN
Salt Lake	TBD	11/16/10	11/18/10	*



UDVC Library

Are you interested in learning more about the many facets of domestic violence? The UDVC has an extensive library with many books, videos and DVDs available for in-office review or check-out, focused on diversity, children and domestic violence, sexual assault and other related matters, as well as workbook kits, conference materials and legal resources.

For a list of materials available in the UDVC library, please visit our website at <http://www.udvc.org/library.htm>. The UDVC also has a full print service of news stories covering domestic violence and related matters. For further information, email Mary Batchelor at admin@udvc.org.

Strength in Community: Shelters

South Valley Sanctuary

South Valley Sanctuary began as a grassroots effort in response to the growing needs of our community. A group of professionals, community leaders, and citizens recognized that survivors of domestic violence face tremendous difficulty finding safe and accessible services. South Valley Sanctuary opened on February 10, 1998 with the objective of providing a safe shelter, resource and referral services, and self-sufficiency programs for survivors of domestic violence.

South Valley Sanctuary is a non-profit organization dedicated to providing shelter and resources, 24 hours

a day, 365 days a year, to men, women and children who have been victimized by domestic violence.

As the years have passed by, we have tailored our programs to meet the specific demands of the population we serve. We operate a 24 hour crisis hot-line that provides crisis intervention, domestic violence education and resource and referral services. We provide a variety of basic needs including safe shelter, food, clothing, and personal care items. Our in-house services include: 24 hour advocacy services and referrals, intensive case management for children and adults, support groups, self-esteem

groups, financial literacy and ESL classes, and a 40-hour Children's Learning Center where children are not just at a day care but in a space where they will be able to talk and process the traumatic experiences they have survived.

SVS also has a community outreach program that organizes projects, workshops, trainings, events, and presentations regarding domestic violence education and intervention/prevention information in English and Spanish. This project oversees the only Spanish language domestic violence coalition in the State of Utah, "Unidos por el Lenguaje/United by Language".

SVS has 20 staff members to cover the areas of administration, education, case management, children's center and advocacy services. Ninety-eight percent of our workforce is bilingual, providing on-site services in English, Spanish and sign language. Our shelter offers 13 rooms and 57 beds. Each room has a private bathroom in order to ensure safety and confidentiality among families. At South Valley Sanctuary, our passion is to empower individuals to make a difference in themselves, their lives, and their communities.

*~Karla Arroyo,
Executive Director
South Valley Sanctuary*



South Valley Sanctuary Intake Room



South Valley Sanctuary

Volunteers Needed

Volunteers needed to help answer the UDVC 24 hour DV LinkLine. It is helpful if volunteers have previous DV and/or crises intervention training and who can speak Spanish. If you are interested in volunteering please call (801) 521-5544 or email admin@udvc.org.



36th Annual NOVA Conference

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*“Victim to Victorious!...
The Journey Continues”*

August 22-26, 2010
Hilton SLC Center
Salt Lake City, Utah

Keynote Speakers:
Dana Lynn Hee: An Olympic Gold Medalist, film and television actress and a top



stuntwoman. Her story proves that the will to succeed and a conviction to never give up is what creates success.

Yvette Rodier: The victim of a random shooting and the murder of her friend, Yvette’s story is one of physical and emotional survival. Now an attorney and victims advocate, she has another story of inspiration and hope.

Kirk Torgensen: As Chief Deputy in the Utah Attorney General’s Office, Kirk has developed an expertise in prosecuting cases involving victimization and abuses within the polygamous culture.

Workshop presenters include the UDVC’s Training Coordinator, **Katie Sutton**, “The Risks, Benefits and Solutions of Technology within Family Violence”, and Diversity Coordinator, **Hildegard Koenig**, “Working with Immigrant Victims”, and other workshops include sexting,

creating a DV fatality review, and working with immigrant victims.

Register Online: <https://sectrans.trynova.org/confreg10/>.

FVP Awards Luncheon

Nominations are now being accepted for the 2010 Family Violence Prevention Awards, “Healing Heart to Heart”, which will be presented during the Annual Awards and Recognition luncheon scheduled for Monday, October 18th, 2010 at 12:30 pm, at The Gathering Place, 1100 West 7800 South, West Jordan, Utah.

Please send your nominations to Mary Batchelor by September 10. You may fax submissions to (801) 521-5548, or email to admin@udvc.org.

Events In Your Community

August

- August 5, Treatment Providers Regional Training: Logan, Utah State University
- August 13, Public Education Committee
- August 17-19, Live Basic Training Eastern Region — Fort Duchesne
- August 22-26, NOVA Conference in SLC
- August 26, Diversity Workgroup

September

- Sept. 14-16, 19th Annual Domestic Violence Council Combined Conference: “From Power and Control to Peace and Equality”
- Sept. 17, Public Education Committee
- Sept. 20, ICDV Workgroup
- Sept. 23, Diversity Workgroup

October Awareness Month Calendar

Now is the time to send your domestic violence awareness event information, including date, time and location, to Mary Batchelor for the October Awareness Calendar, at admin@udvc.org.

Strength in Community: Shelters

Three Decades of Victim Services at CAPSA

Community support, collaboration, and partnerships make CAPSA possible

The Beginning

In 1976 Jimmy Carter was elected president, Donnie and Marie Osmond topped the Billboard charts, the average family made \$12,600 a year and you could buy a first-class postage stamp for 13 cents. Closer to home in 1976, two women were the victims of brutal date rapes on the campus of Utah State University. One of the victims' friends called a Utah State University employee and suggested starting a rape crisis hotline to help victims. Thus began the Cache Valley Rape Crisis Team (CVRCT) with a hotline at the USU Women's Center.

By 1979 the organization had changed its name from the CVRCT to Citizens Against Physical & Sexual Abuse (CAPSA). CAPSA was able to get its own hot-

line and set up safe houses in people's private homes throughout Cache Valley for victims in need of shelter.

Prior to working with CAPSA, when officers responded to a domestic violence call, the officer would take the man out of the house, but within a short time he would be released and free to return to his home. Now officers could give victims the opportunity to go to a safe place.

Through the dedication of several community members, enough grant funding was obtained to purchase the first shelter in 1984. However, CAPSA had no continual funding to run the shelter, except the \$5 per day per client coming from the state. So a board member organized the thrift store Somebody's Attic to provide a source of funding for the

organization.

Later that year CAPSA was officially incorporated as a non-profit and hired its first five staff members to work at the shelter when it opened on Valentine's Day in 1985.

Moving Forward

In 1996 CAPSA began expanding grant programs to meet the growing demand for services, and CAPSA changed its acronym to Community Abuse Prevention Services Agency as the organization put more emphasis on prevention efforts.

CAPSA had moved from the original shelter to a new shelter in 1989, and eight years later was badly in need of a larger facility. Offices were on the stairs, filing cabinets filled the living room, and the Fire Marshall was ready to shut the place down. When Jill Anderson was hired as director in 1997 she knew it was time to build a much larger shelter.

Such an ambitious facility required five years of planning and fundraising, and CAPSA received a generous outpouring of support from the community. The new victim advocacy center opened in 2002.

For the next two years fundraising continued to complete the shelter. The previous shelter could house a maximum of 20 people, but CAPSA's new facility opened in 2004 with eight separate

rooms and beds for 32 people, two large family/living rooms and two kitchens.

CAPSA's programs currently include a 24-hour hotline, emergency shelter, and mobile crisis response team, educational support groups, a diversity program, rape crisis program, rape prevention education team, transitional housing program, children's program, and a very strong volunteer program.

Looking to the Future

We are now in the process of expanding the transitional housing program to include CAPSA-owned housing units, which will provide housing for families in the program, and the money paid in rent can be put back into the program with the eventual goal of it being self-sustaining, thus not relying too heavily on federal or local grant funding to provide this safe housing for families. We are excited to announce the completion this month of the first two homes. The next seven houses should be completed by 2012, with 10 or more units scheduled for completion in Hyrum in 2016.

On Thursday, June 3rd, 2010, Community Abuse Prevention Services Agency showcased two of

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presentations to the audience. These presentations will be: “Working with People with Disabilities” by Marilyn Hammond, “Challenges to Seeking Help with Domestic Violence for Lesbian, Gay, Bisexual, Transgender or Questioning Individuals” by Jenny Arm and “Cultural Competency when Working with Refugees” by Amelia Self.



Salt Palace Convention Center

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its proposed nine homes of the Transitional Housing Program with a ribbon cutting ceremony at Independence Place Neighborhood located in Logan, Utah. Many community supporters and donors, CAPSA board members and staff, and elected officials turned out for the event.

Independence Place Neighborhood will enable victims of abuse the opportunity to leave the vicious cycle of violence and poverty in their past and forge onward to a new and better life. “We’re able to show them there are resources out there. There’s a path for you to do this,” said Jill Anderson, Executive Director of CAPSA. “Knowing their housing is taken care of and they can move beyond surviving day-to-day is an incredible opportunity for them and it’s really exciting for us to watch them fly and succeed.”

The Transitional Housing Program is not only designed to provide a roof over head, but is also committed to helping victims strive to become financially stable, more self-sufficient, and goal oriented. “For all of us, a basic necessity is a safe place to go to so we can succeed and progress in life,” said Jill Anderson. “We will advocate; we will support; we will walk them through, step by step.” The entire design was planned to create community among those families living in these homes. They are beautiful and welcoming and send the message that these families are valuable and that we care.

Jenny Erazo, a former client of CAPSA, said she has the Transitional Housing Program to thank for her success and the safety of her family. “I was able to graduate from Utah State University in May, and will be starting a Master’s program in the

Summer in Utah Executive Director’s Message

Summer. It is a time of remembering pioneers, picnics and parades. Did you ever think about the relationships in pioneer families? We know from journals and histories that what we now call domestic violence affected families then.

Here we are in 2010 still trying to figure it out with many programs, crisis lines and training. It seems so basic – treat and respect one another the way you want to be treated. However, the layers in relationships often disguise the truth. Some call it critical thinking errors,

others call it aggression. I still return to power and control as a driving force behind unhealthy and unsafe relationships.

What is the position of the heart?

Because we are still searching for the answers to end violence in families, there will be programs, training and crisis lines.

*~ Judy Kasten Bell
Executive Director,
Utah Domestic
Violence Council*

UCAPSA Transitional Housing



fall,” said Jenny. “Three years ago, I never would have been able to do that.”

CAPSA continues to grow, adapt, and change according to the needs of our clients. The dedication of the staff and the generosity of community members also grows with the need for services. In the words of early CAPSA volunteer Jenny Box, “I can only conclude that this organization exists because it needs to exist, because it was meant to be. When the need is greatest, someone in our community always steps forward and saves the day.”

So we extend a warm thanks to those who have, over the years, through their service, help, support, and caring, stepped forward to save the day for CAPSA as an organization, and thereby helped save many families from the terrible tragedy of living with violence.

~Kathryn Monson, Program Director, CAPSA

Utah Domestic Violence LinkLine Appeal Letter



**Judy Kasten Bell,
Executive Director**

Dear UDVC
Members and
Friends,

It's the lazy, hazy, windy days of summer and the Domestic Violence LinkLine (DVLL) continues ringing through the hot months and being answered....we want to keep it ringing and answered 24 hours daily. Recently a call came in from someone who needs a plan to escape from an abuser who has financially and psychologically abused her for years. She needed someone to listen to her, assist with major medical needs, offer referrals and then locate someone who could work with her on an ongoing basis. Another caller from out of state wanted information for a family member living in Utah. The family member was frightened and did not know who to call or where to go to be safe from her

abuser. An abuser called and wanted referrals for licensed domestic violence treatment. A healthcare services provider called for information about mandatory reporting requirements. The calls are varied and often involve complex problem-solving.

The Domestic Violence LinkLine is answered by highly trained domestic violence specialists who know the statewide resources, know how to actively listen, and possess good problem-solving skills. Calls come from victims, survivors, family and friends, neighbors, and co-workers. Calls also come from victim advocates, shelter advocates, physicians, and police officers because of this most effective service. We are able to respond to people who do not know where to go for help. The number is toll-free and is widely advertised across the state through pamphlets, word-of-mouth, billboards and at meetings. The DVLL be-

gan 24 hours of daily service in January 2004.

- **Since 1993, 36,041 calls for help and information were answered serving 74,938 people**
- **The DVLL is available 8,760 hours each year**
- **The Domestic Violence Resource Manual is updated quarterly and is regarded as the most up to date resource for domestic violence services in the state (also see www.udvc.org)**
- **Two full-time staff, 3 independent contractors and 4 volunteers respond to the calls. Volunteers provide an estimated 1560 hours of service each year.**

A grant received for the last 19 years was reduced by \$10,000. UDVC is in need of funds to keep this necessary lifeline available to all and has a goal to raise \$10,000 during July to September 2010. You can help by donating \$30.00 which provides 2 hours of quality

DVLL assistance. You may submit your donations (UDVC is a 501 c 3 non-profit organization) online via paypal at this link: https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=5TMNHB8D6SM44, or send a check to:

Utah Domestic Violence Council
ATTN: DVLL
205 North 400 West
Salt Lake City, UT 84103

Many good wishes for your peaceful summer,

Judy Kasten Bell



UTAH DOMESTIC VIOLENCE LINKLINE

24/7 STATEWIDE DOMESTIC VIOLENCE INFORMATION AND REFERRAL LINE

1-800-897-LINK (5465)

The UDVC would like to recognize our dedicated LinkLine and office volunteers who give countless hours every week on behalf of victims of domestic violence. We cannot possibly express the value of their dedication and commitment to the service of victims. The LinkLine provides 24-hour service because of the volunteers and independent contractors who answer the phones round the clock. THANK YOU!!!



205 North 400 West
Salt Lake City, UT 84103
Phone: 801-521-5544
Fax: 801-521-5548

Utah Domestic Violence Council

Our Vision is: Envision a world where everyone lives free from fear.

Our Mission is: to create a state where domestic violence is intolerable.

Please visit us on the web:

www.udvc.org

Dear Friends,

As part of a grassroots movement to make domestic violence intolerable in Utah, the Utah Domestic Violence Council is asking everyone to take part of a statewide Public Service Announcement Campaign to Strengthen Family Relationships. Periodically, we will send out a PSA to read at any meeting that you attend— work, community, book groups, religious gatherings, family reunions, etc. Each one is only 30-seconds long and perfect for sharing during announcements. Healthy relationships are important to all of us, so help us spread this message to everyone! For more information or to download the PSAs, visit us at www.udvc.org.

Sincerely,
Public Education
Committee, UDVC



This is a Public Service Announcement from the Utah Domestic Violence Council:

▶ **Trust** is the key to any healthy relationship. Trust is created by mutual concern, honest and open communication, and shared decision-making and goals.

Trust can be destroyed with jealousy, lies, or hurting your partner physically or emotionally. Trust is not isolating your partner from family and friends, or frequently accusing your partner of infidelity. This is emotional abuse.

If you or someone you know is experiencing an abusive relationship, please call the Domestic Violence LinkLine at 1-800-897-LINK (5465).

