



UDVC Newsletter

Winter 2008

Issue 4

Awards Luncheon

Inside this issue:

Message From the Chair	2
The DOVE Center Avon's Hello Tomorrow	
Wishing Wall	4
Message From	5
Executive Director	
Women of Color and	3
Ally Caucus	
Shelter Wish List	8
Available Community Resources	6
PSA Announcement	10

UDVC held its Annual Family Violence Prevention Awards on Monday, October 20, 2008, at the Gathering Place in Gardner Village. Without the aid of our community and fellow citizens, victims of Domestic Violence would remain in the dark and silent. Coming together as a community allows these individuals an outlet, a voice. For this very reason the Utah Domestic Violence Council gathers together with exemplary members of the community to recognize the outstanding efforts of everyday people working to do the extraordinary, giving victims a voice.

This year Utah Domestic Violence Council presented two Family Violence Prevention Awards. One was given to an individual for the outstanding efforts and the other was given to an organization. The individual award was given to Detective Steve O'Camb and the organization award was given to the Salt Lake City Police Departments DV Unit.

Detective Steve O'Camb

Steve O'Camb works as a detective for West Valley City in the Special Victims Unit. Detective O'Camb often goes above and beyond his duties and it is not unusual for him to

spend hours on one case to ensure the safety of the victim.

There are two cases which showcase the dedication to his job. The first case happened on December 7, 2007 in which the victim was chained to an engine block in her house. Immediately after her rescue, she was relocated to a safe place, Detective O'Camb and his partner drove over 100 miles to interview the victim to get the information they needed surrounding the case and were also able to identify more of her needs. They made it possible to ensure that she received

(Continued on page 3)

ECONOMY TAKES TOLL ON DOMESTIC VIOLENCE VICTIMS



The ripple effect of an economic crisis touches each and every American. This is particularly true for victims of domestic violence who are seeking help to rebuild lives that have been shattered by an abuser. At a time when more and more victims are reaching out for support and services, domestic violence programs through-

out the country are struggling to meet the increasing requests for help.

During stressful economic times, domestic violence programs across the country experience a significant upswing in requests for services by victims. This includes increased crisis calls to hotlines, and requests for shelter, counseling, legal services, transitional housing and services for children.

A bad economy does not cause

domestic violence. But women throughout the nation, women who have already experienced abuse, report that their intimate partners' violence against them gets more frequent and more severe during hard financial times. Over 3,200 people in Utah sought a safe place in the 16 domestic violence shelters during the last year. 2,467 calls serving 4,761 people were placed to the Utah Domestic Violence LinkLine. Concerns expressed

(Continued on page 6)

Message From the Chair

Written By Caron Withers

Several years ago, there was a commercial that stated, "You've come a long way, Baby!"

When I think of all the accomplishments the Council members, committees, Judy and her staff have completed this past year, I believe the same could be said of the Council.

When we started this journey of reorganization several years ago, our goal was to become the credible authority on issues of domestic violence. Many had doubts that we would be able to accomplish our goal; however, due to all of your hard work, this goal is in sight! Other agencies are seeking our advice on difficult issues.

We have all worked very hard to make this happen. Problems that would have been stumbling blocks in the past have been resolved as we have come together as a Council to work on solutions.

A few years ago, at the Annual Meeting, we decided that data collection had to be a Council priority in order to present the need for additional funding to the Legislature. Different committees have been working on this since then and in November an Ad Hoc Committee was formed by the Council to address this problem. Today, more than ever before, we realize the importance of having credible

numbers of services provided for victims.

The economic forecast for the next few years looks pretty grim. There are many issues, (i.e., funding) that are daunting not only for shelters, but treatment providers and all referral agencies. As we continue to work together, we will be able to create the best outcome possible.

My hope for the new year is that we will all work together to help both victims and ourselves learn to live without fear.

"This is a time when many of us find comfort in our warm, peaceful homes. As we celebrate the holidays, we are in safe, joyful environments with family and friends. However, for some, their homes are battlegrounds which do not stop or respect a truce."

Message From Executive Director

Written By Judy Kasten Bell

Peace, Comfort & Joy
This is a time when many of us find comfort in our warm, peaceful homes. As we celebrate the holidays, we are in safe, joyful environments with family and friends. However, for some, their homes are battlegrounds which do not stop or respect a truce. As neighbors and family members, we may be aware or not. We may see and hear the signs, but still feel we should not interfere. Twenty-two people in Utah are dead in 2008 due to domestic violence. Let us all

become better acquainted on how to offer comfort to those who are suffering through painfully unhealthy relationships. At times a listening ear is all that is required. It helps if you can share the information about the many community resources including safe places, victim advocates, and the Domestic Violence LinkLine number (1-800-897-5465). Peace in the world may not come in our lifetimes, however, we can still offer and practice peace in our homes and in all of our relationships.

Then, a measure of comfort and joy can be shared all around.

(Continued from page 1)

the resources she needed to survive. When it came time for her to attend the court proceedings, Detective O’Camb made sure she had transportation to the courthouse.

Another case occurred on March 13, 2008. A call came out as a suicidal party that had threatened the victim with a gun, it was later discovered that the party was a felon and a restricted person. Out of concern for the victim’s safety Detective O’Camb had an advocate come to the office to meet with her and provide needed resources. After meeting with the victims advocate she decided to go to a shelter. Though he had already been on the case for hours, he es-

corted her to the shelter to make sure that she made it there safely. Detective O’Camb worked on this case many hours and was able to get the suspect to turn himself in. He also worked with the Attorney General to file Federal Fire Arms charges on the suspect in order to get him held while the case was pending.

The Salt Lake City Police Department DV Unit

The Salt Lake City Police Department has been a valuable and critical partner of the Salt Lake Area Family Justice Center. In the early stages of collaboration to co-locate various victim-centered domestic violence services in one accessible location, the police department stepped forward with resources to make the

joint vision a reality. They committed their resources to help launch the new project and have continued to support its success. The department, all the way up from Chief Chris Burbank has taken an interest in publicizing the project within the community and in the professional social sphere. Individuals in the Domestic Violence Unit and up the chain of command have reiterated their commitment both personally and professionally to empower victims, ensuring safety and protecting families. Detectives and victim advocates alike have participated daily to support victims with resources and information that helps victims who are in need of their services. Individuals go above and beyond the call of duty to help solve a problem

for a family in a dangerous situation. It is the actions of individuals in the Unit on a weekly and daily basis that have propelled the Salt Lake City Police Department Domestic Violence Unit to become a valuable, exceptional partner and member of the Salt Lake Area Family Justice Center team. This also makes them an outstanding community resource for victims of domestic violence in Salt Lake City.

Women of Color and Allies

The Women of Color and Ally Caucuses is a collaborative project between the Utah Domestic Violence Council and the Utah Coalition against Sexual Assault. The caucus was developed as response to the disparities and challenges facing women of color advocates within the violence against women movement and gives those a safe place to network and build support.

As the Women of Color and Ally Caucus strive to empower women of color professionals we have held two successful workshops in 2008 creating

unity and support by addressing issues that impact the women of color and the allies of all racial backgrounds.

The goal is to strengthen relationships amongst Women of Color and our Allies and a great step toward ensuring that Women of Color in our community feel empowered by their own voice and by the allies that stand alongside them.

If you have any questions or would like to be added to our mailing lists please feel free to contact Hildegard Koenig, the WOC Co-facilitator at diversity@udvc.org.

diversity@udvc.org.

Thank you for your support and the work you do!

The DOVE Center & Avon's Hello Tomorrow Wishing Wall

On Oct. 25 the Avon Beauty Breakthrough Tour brought the "Hello Tomorrow Wishing Wall" to the What Women Want Expo; not only to showcase their products but to show its support for the fight against domestic violence.

The "Hello Tomorrow Wishing Wall," allows an individual to write down their wishes for a better tomorrow. The wall was brought 12 different cities across the nation. To the city

that collects the most wishes, Avon will donate \$20,000 to benefit a local domestic violence agency. St George and the DOVE Center was one of the twelve selected cities.

The DOVE Center had 2,100 wishes, 500 more than the other 11 cities. This is a remarkable feat seeing as among the other 11 cities were Phoenix, Houston and the New York State Fair. Being able to have the most wishes

recorded says a lot about the DOVE Center and the city of St. George.

A representative from the Avon company will be visiting the DOVE center at the end of January to deliver the funds.

Our congratulations and well wishes go out to you. Congrats, DOVE Center and the wonderful citizens of St. George and Washington County.

Your Local Coalition

Your local coalitions work hard on specific dv issues and raising awareness in your community. Your help and input at your local coalitions goes along way. If you are interested in attending your local coalitions please contact the chair to find out the meeting details.

Your local coalition:

- Salt Lake County, Brook St. John (801) 412-3662
- Tooele County, Nicolle Nicholas (435) 228-8913
- Beaver County, Jessie Roberts (435) 438-6494
- Garfield County, Garry Holbrook (435) 644-4536
- Iron County, Anne Yero (435) 867-9411

- Kane County, Sandy Kerr (435) 644-4989
- Sanpete County, Marti Bown (435) 835-0780
- Tri-County Area, Valerie Johnson (435) 896-1264
- Washington County, Matt Eschler (435) 688-1111
- Juab County, Jeremy Barney (435) 623-7207
- Millard County, Patty Solt (435) 864-3869
- Utah County, Jessica Richins (801) 763-7775
- Wasatch/Summit County, Cognie Wilde (435) 615-3850
- Box Elder County, Jill Scharrenberg (435) 730-2832
- Cache/Rich County, Kathryn Monson (435) 753-2500
- Davis County, Dwight Hurst Dwight.hurst@datc.edu
- Weber County, Les Townsend (801) 778-6610
- Carbon County, Shirley Coyne (435) 650-6506
- Emery County, Kathy Anderson (435) 381-4743
- Grand County, Cindy Cowan (435) 259-2229
- Uintah/Duchesne/Daggett County, Deb McKee (435) 789-6317
- San Juan County, Julie Sampson (435) 459-1819

Events In Your Community

January

- 1st Happy New Year!!
- 15th UDVC Professional Education Meeting; Sanderson Center
- 19th Martin Luther King Day
- 20th UDVC Community Meeting; DHS Building 120 North 200 West
- 26th Utah State Legislature Begins

February

- 3rd UDVC Board Meeting
- 2nd-6th Teen Dating Violence Awareness Week
- Nonprofits Day at the Legislature (UNA)
- Attend your local DV Coalition Meeting.

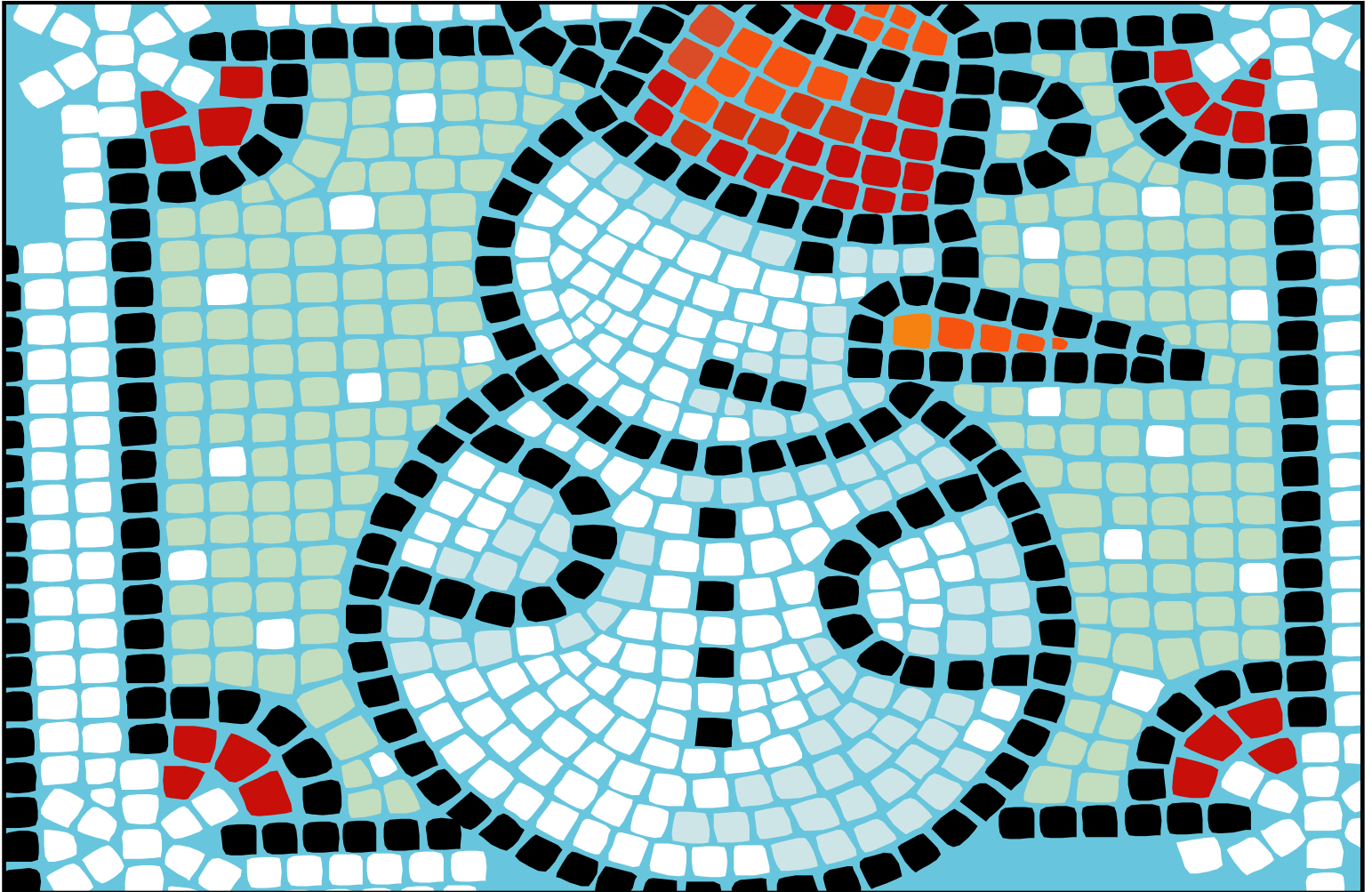
March

- 17th UDVC Community Meeting; DHS Building 120 North 200 West
- Attend your local DV Coalition Meeting.

Wishing you a very Happy Holiday Season
and a Wonderful New Year! May the
coming year bring peace and joy into
your lives.

Warmly,

The Utah Domestic Violence Council Staff



(Continued from page 1)

by domestic violence shelter directors emphasized increased length of time in shelters due to lack of affordable housing, an increase of time for housing waiting lists, increased calls for resources and services out of shelter, closure of long-time companies in rural areas creating a loss of job opportunities and an impact on ability to pay child support, as well as the high cost of basic needs.

Domestic violence programs and shelters play a critical role in helping victims find safety and refuge from violence in the home. They are a safe haven for millions of families who have no other place to go when their lives are in danger. But the current reality of our nation's economy has severely affected domestic violence programs and shelters—forcing draconian cuts in services and staff lay-offs at a time when more victims are coming forward for assistance. For the first time in decades, many shelters may have to close their doors by year's end.

Domestic violence programs and shelters are being affected by a trio of economic factors – cuts in federal funding, increased demands for services and decreased private donations as so many Americans lose their jobs or see a downturn in their personal finances. As all Americans share in the effects of the recent crash of the housing market and total meltdown of Wall Street, times of economic downturn disproportionately affect battered women and the programs they turn to for help.

In 2007, the National Network to End Domestic Violence conducted its second annual 24-hour census of domestic violence shelters and programs across the nation. The Census report found that in *one day*, more than 53,000 women, men and children received services from local domestic violence programs. Over 25,000 of those individuals, of which more than 50% were children, found refuge in emergency shelters or transitional housing.

Yet tragically, on that same day more than 7,700 victims that sought services from their local domestic violence programs were not served because the programs didn't have enough funding and resources. And this was the situation in communities throughout the country *before* the current economic crisis.

Even more shocking is the ongoing prevalence of domestic violence in the United States. The number of domestic violence victims is staggering: of all adult victims of domestic violence, 85% are women; 1 in 4 women will be affected in her lifetime; 15.5 million children will witness abuse against a parent every year; 3 women, on average, are murdered each day by their abusers; and the cost to taxpayers is an astounding \$5.8 billion annually. The need for sufficient funding for domestic violence programs and shelters cannot be ignored or overstated, given the dangerous and potentially lethal nature of many of the victims' circumstances.

However, in 2008, the major federal domestic violence program and shelter funding source,

the Family Violence Prevention and Services Act (FVPSA), had its budget slashed by \$2.1 million dollars. As a result, local domestic violence programs and shelters, already running on shoe-string budgets, simply cannot provide life saving services to all victims in need.

In addition, the Victims of Crime Act (VOCA), a federal grant program funded entirely by fines and penalties paid by offenders and does not include any taxpayer dollars, has been capped by Congress. VOCA grants are key funding sources for programs that directly assist victims. Across the country, thousands of community programs rely on VOCA funding to serve more than 4 million victims of domestic violence, sexual assault and other crimes. In the last year, the VOCA cap has been cut by \$35 million; therefore, VOCA assistance grants are \$107 million less than they were two years ago.

In order to provide domestic violence programs with the resources they need to adequately serve all victims of domestic violence, it is vital that both FVPSA and VOCA funding levels are increased. Without higher levels of funding, domestic violence programs across the country will continue to struggle to serve victims in their communities.

As the nation recognizes October as National Domestic Violence Awareness Month, all Americans have a role to play to ensure that adequate funding is available so that domestic violence victims' calls for life-saving help are answered. This is a

crisis that affects each of us—our friends, our neighbors, our families. It is time for us to join together and to take action. Together we can ensure that every victim of domestic violence, in every community in our country, can find a safe refuge, someone to call for help, and the ability to live free of violence and abuse.

October 29, 2008

Sue Else, President

National Network to End Domestic Violence

202.543.5566

UTAH DOMESTIC VIOLENCE LINKLINE
24/7 STATEWIDE DOMESTIC VIOLENCE INFORMATION
AND REFERRAL LINE
1-800-897-LINK (5465)



Available Community Resources

CLOTHING

Assistance League

Website: <http://www.assistanceleague.org/home2.cfm>

Phone: 801-484-3401 (Salt Lake City Chapter) 801-201-4324 (Southern Utah Chapter)

Programs:

-Brighter Tomorrows: provides clothing to adults re-entering the workforce service or leaving abusive situations

-Operation School Bell: new clothing for children

- Thrift Shop

Abuse Survivors Foundation of Utah

Website: <http://abusesurvivorsofutah.org/home>

Phone: 801-542-7060

Purpose: To provide emergency clothing and basic needs assistance for individuals fleeing from domestic violence.

DENTAL

Caring Foundation for Children

Website: www.caringfoundationforchildren.org/contact/

Phone: 801-972-KIDS (5437)

Purpose: Provides dental benefits for uninsured children at no cost to their families.

Family Dental Plan

Website: www.health.utah.gov

Phone: 801-468-0342 (Salt Lake City) 801-969-8243

Purpose: Provide recipients of government assistance programs access to appropriate dental services.

FOOD & GROCERIES

Catholic Community Services of Utah

Website: www.ccsutah.org

Phone: 801-977-9119

Purpose: Respond to human needs through counseling, emergency assistance, and cooperation with community groups.

Salvation Army

Phone: 801-322-1253

Services: Food Pantry, clothing, small household items, congregated meal program, thrift store.

Utah Food Bank

Website: www.utahfoodbank.com

Phone: (801) 908-8660

Purpose: To provide food for those in need.

Welfare Square:

Phone: (801)240-7320

Purpose: To appropriately provide food, clothing, information, counsel and other necessities to those who are transient or homeless.

HOUSING

Habitat for Humanity, Salt Lake Valley

Website: www.habitatsaltlake.com

Phone: (801) 263-0136

Purpose: Provide housing to people who are inadequately housed and who lack the resources to improve their situation through conventional means.

Housing and Urban Development, Department

Website: www.hud.gov

Phone: (801) 524-6070

Purpose: Help to provide a decent, safe, and sanitary home

and suitable living environment.

HEALTH

Community Health Center

Phone: (801) 412-6920

Purpose: To provide primary health care to low income and uninsured people on a sliding fee scale.

Services: Health Care, dental care, prenatal care and delivery, case management, baby your baby and health promotions.

Eye Care for Kids Foundation

Website: www.eyecare4kids.org

Phone: (801) 255-8525

Purpose: To serve and administer relief, by providing proper eye care for children and other individuals of our community.

March of Dimes, Teddy Bear Den

Website: www.marchofdimes.com

Phone: (801) 293-3300

Services: Teddy Bear Den-prenatal care incentive program for low-income pregnant women. Women earn points by receiving prenatal care and engaging in other healthy behaviors, they redeem points for new baby items.

Pediatric/Prenatal Services

Website: www.slvhealth.org

Phone: (801) 483-5455

Purpose: Screen and provide perinatal services (pre/post natal) to women who request help in

obtaining prenatal care and pediatric care.

WIC (Women, Infants and Children) Program

Website: www.health.utah.gov/wic/

Phone: (801) 538-6960

Purpose: Provides specific nutritional food supplements to pregnant, postpartum and breastfeeding women and to infant and children up to five years of age who have been determined to be at nutritional risk.

UTILITIES

HEAT (Home Energy Assistance Target) Program

Website: www.dced.utah.gov/community/heat.html

Phone: (801) 538-8644

Purpose: To provide winter utility assistance for low-income households.

UTAP Lifeline or the Utah Telephone Assistance (Lifeline) Program

Website: <http://housing.utah.gov/scal/>



Victims fleeing from their homes and domestic violence situations often only have a few essential items, the clothes on their backs and the necessary important documents. When individuals arrive at the shelters not only does the

task of helping them leave the violence, or seek a temporary reprieve, begin but their immediate basic needs of shelter, food and clothing need to be met. In order to meet these needs shelters rely on donations. If you are interested in

donating items or potential service kits to your local shelter please contact them about their most needed items. On the next page you will find the basic wish list for domestic violence shelters.

Shelter Wish List

For Babies and Children...

- Baby Strollers
- Disposable diapers (all sizes but especially 2,3,4,5,6)
- Booster Seats and High Chairs
- Games and Puzzles
- Art and Craft Supplies
- Baby food (in jars) and formula
- Pacifiers
- Mattress Protectors and Covers
- Pullover bibs
- Crib Sheets
- Pull-ups

For the Shelter...

- Blankets and Comforters (Twin Size only)
- Sheets and Pillowcases (Twin Size only)
- Bath Towels
- Calling Cards
- Food Gift Certificates
- Money for cab fares
- Mattress Pads (Twin Size)
- Simple Planners (2009)
- Journals
- Office Supplies

Laundry/Cleaning Supplies:

- Cleaning Supplies (Bathroom and Kitchen)

- Dryer Sheets
- Laundry Soap
- Fabric Softener
- Bleach

Kitchen Items:

- Cookware
- Dishwashing Soap
- Dishwasher Detergent
- Freezer Storage Bags
- Sandwich Bags
- Paper Products (Plate, Cups, Silverware, Bowls, etc.)
- Paper Towels
- Plastic Food Storage Containers (i.e. Tupperware)
- Garbage Bags

Food Items:

- Canned Sloppy Joe Meat
- Spaghetti Sauce
- Chili
- Hamburger/Tuna Helper
- Rice Dinners
- Pasta
- Syrup
- Muffin Mixes
- Peanut Butter and Jam
- Juice
- Apple Sauce and Canned Fruit

- Sugar and Flour
- Canned Vegetables
- Soups and Stews
- Jell-O
- Canned Meats
- Crackers

Personal Hygiene Items:

- Chapstick
- Dental Floss
- Deodorant
- Hairbrushes/Combs
- Hairspray
- Lotion
- Shampoo and Conditioner
- Toilet Paper
- Tampons
- Paper Towels
- Toothpaste and Toothbrushes

Clothing Needs:

- Women's Shirts and Pants
- Boy's Shirts and Pants
- Girl's Shirts and Pants
- Infant and Toddler Girl Clothing
- Infant and Toddler Boy Clothing
- Winter Coats and Clothing
- Shoes and Boots
- Pajamas for all

Shelter Service Project Ideas

School Kits

Why: Shelters often provide children's groups and child care while parents are using the shelter services. School kits are given to these children at the time they are staying at the shelter. Materials for the kits can be compiled and stored in Ziploc bags, over the shoulder bags, or backpacks.

Possible Kit Items:

- Notepad
- Pencil and Pencil Sharpener
- Pens
- Crayons/Markers/Colored Pencils
- Construction Paper
- Stencil
- Books

Baby Supply Kit

Why: Babies are expensive and victims need and can use all the assistance they can get.

Possible Kit Items:

- Disposable Diapers
- Baby Wipes
- Blanket
- Bibs
- Socks
- Bottles
- Washcloth

Children's Support Group Kits

Why: Shelters hold children's group to help the child be able to deal with and face the violence they were exposed to and to help them in the transition to a new life.

Possible Kit Items:

- Bubbles

Before donating please contact your local shelter.

YOUR LOCAL SHELTERS

Gentle IronHawk; San Juan County (435) 678-2445

Your Community in Unity; Box Elder County (435) 723-5600

Canyon Creek Women's Crisis Center; Iron County (435) 867-9411

Safe Harbor; Davis County (801) 444-3191

CAPSA; Cache County (435) 753-2500

- Small Pillows (6-10 inches, solid colors to be decorated)
- Empty Film Canisters, Black or White
- Colored Index Cards
- Encouragement Stickers
- Wooden Craft Sticks, Craft Glue/ Glue Sticks and Beads

New Home Kits

Why: Sheltered clients who are leaving the shelter and moving into a new home or apartment need lots of basic household items. Please assemble these items either in boxes or in tote bags.

Possible Kit Items:

- Dish Soap/Dish Towels/Dish Cloths
- Laundry Detergent/Fabric Softener/ Fabric Sheets
- Over the Counter Medicines (i.e. Tylenol or Advil), not close to expiration
- Toilet Paper
- Toothbrushes
- Paper Towels
- Cleaning Products (for Bathroom & Household)
- Twin Sheets/Blankets/Pillows
- Hair Care Products (In large bottles not travel size)
- Diapers and Baby Wipes
- Towels
- Mop/Broom
- Antibacterial Hand Soap

Hygiene Kits

Why: When victims check into shelters they do not have any personal belongings and are in need of basic hygiene products.

Seekhaven; Grand County (435) 259-2229

YCC of Ogden; Weber County (801) 394-9456

Peace House; Summit County (435) 647-9161

Colleen Quigley Women's Center; Carbon County (435) 636-9161

Center for Women and Children in Crisis; Utah County (801)374-9351

Compile into Ziploc bags or small tote bags.

Potential Kits Items:

- Feminine Hygiene Products
- Toothpaste
- Bars of Soap
- Shampoo and Conditioner Bottles (Or 2-in-1 shampoo plus conditioner)
- Razors and Shaving Cream
- Deodorant
- Washcloth
- Bath Toy(s), Bath Bubble, and/or Bath Paint
- Antibacterial Hand Soap and Refills
- Chapstick

Pampering Items

Why: Sometimes clients have hard day and a little something is just right to cheer them up. And a few items that are extra special and if the highest quality do the trick.

Possible Items:

- Gift Bag (Not Birthday or Holiday)
- Fancy Lotion (Bath and Body Works, etc.)
- Fancy Soap/Body Wash
- Journal
- Gift Card (To general stores like Target or Walmart)
- Small Sketching Pad and Colored Pencils or Watercolors
- Lip Gloss
- Small Perfume Vial
- Perfumed Candles

New Horizons Crisis Center;

Sevier County (435)896-9294

YWCA; Salt Lake County (801) 537-8600

D.O.V.E. Center; Washington County (435) 628-1204

Pathways; Tooele County (435) 781-2264

Women's Crisis Shelter; Uintah County (435) 781-2264

South Valley Sanctuary; Salt Lake County (801) 255-1095

Utah Domestic Violence Council



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

Utah Domestic Violence Council

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

Our Vision is: The Utah Domestic Violence Council envisions a world where everyone lives free from fear.

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 about Strengthening Family Relationships. Each month, 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).

