



Fall 2010

Volume VIII
Issue 3



UDVC Newsletter

October is Domestic Violence Awareness Month

Family Violence Prevention Awards Luncheon

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The UDVC's 15th Annual Family Violence Prevention Awards Luncheon was held on October 18th, 2010, at The Gathering Place, at Gardner Village.

Amidst the many festive Halloween decorations, Annette Macfarlane, Chair of the UDVC's Public Education Committee, led the audience through the program, dedicated to this year's theme, "Healing Heart to Heart"..

UDVC member Carla Roberts, a producer for KUTV 4 Points Media, introduced keynote speaker Chris Jones, a KUTV 2News Reporter and Anchor.

Annette then introduced the three public service announcements for the Domestic Violence LinkLine that the Public Education Committee is currently producing.

Anne Burkholder, UDVC Vice-chair assisted in presenting 2010's Outstanding Individual award to Caron Withers, the Executive Director of New Horizons Crisis Center, and Outstanding Organization award to the Ogden Standard Examiner, which was accepted by Reporter Loretta Park, for editorials and articles addressing domestic violence.

The Advocate Recognition awards were presented to several advocates for their amazing contributions working on behalf of victims: Detective Anita Bench, Jared Eldridge, Barbara Ferrara, Angela French, Kelly Frye Glasser (posthumous), Michael Harman, Kathy Hemminger, Lt. Dwayne Ruth and South Valley Sanctuary's Community Organizing Project.

Congratulations, 2010 award recipients. Thank you for your efforts on behalf of domestic violence victims!



Chris Jones, Keynote Speaker, Annette Macfarlane, Public Education Chair



19th Annual Domestic Violence Conference Review

“From Power and Control to Equality and Peace”

Strong presentations and record attendance made the 19th Annual UDVC Conference a SUCCESS!



Sara Elinoff Acker, LICSW

Sara Elinoff Acker presented on her experiences working with abusers and how she has seen them change. During her presentations, she talked about the key fundamental components of effective batterers intervention programs. She also shared many true stories of abusers with whom she has worked.

Sara believes that in order to change, abusers need to experience accountability, self-awareness and a transformation of beliefs and conscious-

ness. Sara breaks an abuser’s path to change into stages. Beginning with denial and minimization, the path moves to guilt and self loathing and eventually into the stage where the abuser achieves a state of self-awareness and humility. Sara believes it is very important to treat the abuser. She believes that without this work, the abuser is then left to meet someone new, and continue the cycle. She also believes that although not all want to change or do change, there are some who really do want to break the

cycle. They just need the tools to do it. She also talked about abuse specific couple’s intervention that emphasizes safety and accountability. She talked about how in the past, couples abuse counseling was considered inappropriate and potentially dangerous. However she believes that the couple needs a safe environment to work through these issues. If you are interested in learning more about Sara, please check out her book, *Unclenching Our Fists*.

~by Brittany Baker, Adult Case Manager, South Valley Sanctuary

Conference Spotlight

Tonya Lovelace, Women of Color Network



Tonya Lovelace is the inspiration behind Utah’s Women of Color Caucus created two years ago. She began her presentation by reminding the audience that cultural competency is an ongoing, life-long journey of learning – that no one will ever “arrive” at absolute cultural knowledge. Arguably, what makes America American is our diverse population. Culture is not limited to a race or ethnicity. There are multiple facets of cultures that create a more closely defined culture, i.e., professional, military, LGBTQ, elderly cultures, etc.

She stated that most of us have been the target of oppression, and have also experienced privilege. We have the ability to apply power and privilege over each other. She encouraged providers to be open to innovative ways to change therapeutic environments for Women of Color (WOC). Tonya alerted the audience that by being more willing to move beyond traditional mainstream services, people are more apt to be enthusiastic to focus directly on what they are being taught. She spoke of a WOC who did not want to be separated from her children. The woman could not concen-

trate on her therapy until her children were by her side. Her children did not create a distraction for her. However, not knowing where they were kept the women from concentrating on the session.

Tonya asserted that applying these programs should not overshadow the responsibility of mainstream programs. However, she adamantly advised us to acknowledge and support the development of culturally specific services that have been historically missing.

~by Brandy Farmer, UDVC Diversity Workgroup Chair.

Conference Spotlight

Judi Adams, MEd

Thanks to Judi Adams, I discovered I'm Purple – I'm organized, task oriented, like leadership roles and I keep lists and thrive on seeing items get crossed off that list. It's a good thing, because my job as Executive Director at the New Hope Crisis Center for Box Elder County requires those very attributes. Our advocates and case managers, on the other hand, are Blue: They care deeply about what people feel and value those feelings; they want everybody to feel OK and want everybody to be included.

Judi was both a Keynote Speaker and Workshop Presenter at the September Conference. She co-authored *The Big Girls Club: Little Girl Rules for the Big Girls Workplace*. She brought with her more than 25 years of experience in organizational development, collaboration and planning. And a barrel-full of energy, humor and fun.

In her Keynote Address, Judi reminded us that we need to avoid a "hoarding mentality". We need to be less concerned about what we do than what we can do together – how we can help and support each other. She also reminded us to remain true to the vision of what our work consists of by being aware

that what we do now within our community lays the groundwork for what that community will look like in fifty or a hundred years.

The breakout workshop was an exercise in discovering both what attributes we bring to our work as well as how to best communicate with co-workers based on their attributes. I'm Purple, the organizer; victim services staff is Blue, those who care deeply about others. However, as I look at myself and my staff, I see elements of all the four colors in each of us. I certainly see the spontaneity, creativity, and social gifts associated with Red with some, but not a great amount, of Green's attributes like data-driven, cautious, and seeking precision and isolation.

Understanding personality types is an important key to an effective organization. It's also important that we recognize that each "color" (personality type) brings its own set of skills and talents. Each organization needs the planners and the list makers, but it's absolutely necessary that a shelter has victim service staff who are mostly blue – empathetic, and reds – creative.

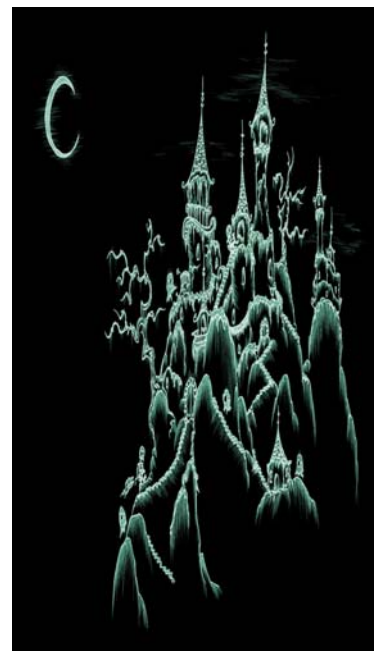
How will I use the skills Judi taught me? First, when I'm looking for new staff, I'm going to pay more attention to the attributes the potential

employee has instead of relying overmuch on education and experience. Secondly, when problems in staff arise, understanding their core attributes will give me an edge in finding the best way to discuss and resolve the issue. Third, as board positions open, I'm going to try to have all the colors represented. I need some more Greens.

Judi's presentation gave me and the other attendees a creative and easy method to simplify the most complex dynamic in our lives: relationships and communication.

And yes, I've ordered the book for the shelter.

~by Annette Macfarlane, Executive Director, New Hope Crisis Center



Message from UDVC Chair: Kathryn Monson

This morning, I had the opportunity to take a walk in a nature preserve near my home. The air was crisp, the sun was shining and the birds were flying freely through this protected area. I was reminded why October is my favorite time of year—full of beauty, harvest and anticipation. I savored these few moments of peace and serenity and felt my soul filled with the beauty of nature.

October is also Domestic Violence Awareness Month. Since 1987, when the first Domestic Violence Awareness Month was observed, advocates and other concerned citizens have gathered for candlelight vigils to honor those whose lives have been lost to domestic abuse, worn purple ribbons to raise awareness of violence in our homes, walked for the empowerment of abuse survivors and participated in numerous events

and activities in support of those whose lives have been impacted by violence in their own homes.

The mission of the Utah Domestic Violence Council is to “create a state where domestic violence is intolerable.” This is a lofty endeavor, but can we truly aim for anything less? This past year, 27 women, men and children in our state lost their lives as a result of domestic violence. Thousands more in our homes in Utah have been traumatized during this same time due to the violence that is far too common taking place in our homes. As Utah Attorney General, Mark Shurtleff, once said, “If home is where the heart is, then our hearts should be broken.”

As our world “grows smaller,” we have also become increasingly aware of violence towards women worldwide. Stories of abuse and oppression of women

are being heard from around the world. Efforts are taking place to address these atrocities on an international level. The International Violence Against Women Act (I-VAWA) is an unprecedented effort by the United States to address violence against women globally.

I would like to share some words written by a musician, Denean, that express my hopes for a world free of violence.

There is a dream in my heart.

A vision I do see.

It is you soaring higher.

It is me.

We are free.

Hearts open wide.

It is time to decide.

To live in the light.

In love to abide.

As we participate in the events to raise awareness in our communities this month, let us remember that each

survivor of domestic abuse deserves support in finding a life free of abuse. The children who witness violence in their homes deserve to have peace and security instead. And, those who commit abuse deserve to have help in learning to live lives that do not include hurting those they love. The Utah Domestic Violence Council is actively addressing domestic abuse on all these fronts in our effort to fulfill our mission. You are invited to be a part of this effort as members of your local coalitions, through the services you provide in your individual organizations, by your concern and support as community members and by attending public meetings and events sponsored by the Council. By working together, we can focus on the very important task of changing attitudes that will lead to safe homes and healthy relationships.



Message from UDVC Executive Director: Judy Kasten Bell

Many of us are participating in the Domestic Violence Awareness Month activities taking place across the state in October. I never tire of hearing the stories of survivors and of the actions of those who respond in difficult and terrible circumstances. However, hearing of deaths due to domestic violence always takes something out of me. We are in the business of deterring and trying to end domestic violence. We have not discovered the answers yet.

Why do people harm the family members and dating partners they profess to care about and love? There are many blurred lines in all of the facets of family violence including child abuse, child fatalities, dating violence, elder abuse, and domestic violence. People get hurt physically and emotionally – they die from domestic violence.

We need to keep searching for the remedies and the ways to end domestic violence and make it intolerable

in our communities and our way of life. The words of Susan Schechter (respected advocate 1947-2004) shared by a colleague recently come to mind: “Despite the large odds against the battered women’s movement, its achievements have been highly significant. Whatever its shortcomings, the battered women’s movement has fought to save women’s lives in a way that attempts to respect the dignity and strength of all involved. Activists and battered women

have shown their courage, persistence and ingenuity in multiple ways, and as a result they have changed many lives alterably, including my own. I am deeply grateful to the women in this struggle.”

It is hopeful and gratifying to include men as partners in the struggle to end domestic violence. May we all take the opportunity to thank an advocate, a law enforcement officer, and all others who respond daily to those with domestic violence in their lives.

Producing Public Service Announcements

Public Awareness & Education Committee

Since 2009, the Public Education Committee has been working on a Public Service Announcement (PSA) campaign to raise awareness about the Utah Domestic Violence Council's LinkLine and resources available to victims of domestic violence across the state of Utah. Our committee is well on its way to launching this campaign and introducing these messages to the public.

Gary Dixon, president of the Foundation for a Better Life, has been a volunteer consultant to our campaign since its inception. With 30 years experience directing PSA and community awareness campaigns, Mr. Dixon guided the committee in creating the following campaign objectives:

What is the overall objective of our PSAs?

- *Build a link between*

domestic violence and hope.

What do we want the audience watching or listening to our PSAs to feel?

- *There is hope.*

What do we want the audience to think about?

- *There are resources available to use when you're ready.*

What do we want the audience to do?

- *Call the Utah Domestic Violence Council LINKLine.*

Mr. Dixon recruited nationally recognized, award-winning writer, Curt Dahl, to create three dynamic scripts. To set the stage, the Public Education Committee provided a

comprehensive background report describing the dynamics of domestic violence for Mr. Dahl. The resulting scripts are hard-hitting and cut directly to the heart of domestic violence. Through instantly recognizable dialogue, our essential message is powerfully distilled: **THERE IS HOPE!**

Phil Mueller, General Manager of KCYN-PM and KCPX-AM in Moab, volunteered to produce the PSAs. Mr. Mueller has over 40 years broadcasting experience with expertise in everything from radio management and engineering to sales and production. As narrator and anchor, Mr. Mueller has also recruited volunteers to provide different "voices" for each script. Once production is completed in MP3 format, Mr. Dixon will assist in producing and

distributing electronic audio files and compact discs to radio stations throughout Utah.

The Public Education Committee is extremely grateful to Gary Dixon, Curt Dahl, and Phil Mueller for generously donating their time, talents, and resources to this important work. We are excited that the PSAs have been approved by the UDVC Board for production, and will soon be broadcast on airwaves throughout the state. Most of all, we look forward to the increased awareness and hope they will bring to victims of domestic violence in Utah.

~by Rebecca Dixon and Lou Mueller

Family Violence Prevention Awards Luncheon, October 18, 2010



Caron Withers, Outstanding Individual



Ogden Standard Examiner, Outstanding Organization



Advocate Recognition Award Recipients

UDVC Live Basic Training

The UDVC Live Basic Trainings are available throughout the state at different times of the year. The remaining training for 2010 will be in Salt Lake City in November from the 16th-18th.

Registration is open for the Salt Lake training, and closes a week before the training begins, so make sure to register now to

secure your spot!

The schedule below may give you an idea of how soon a training may be coming to your area next year, but next year's schedule is still in the planning stages.

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.

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	Co
Western	Spanish Fork	3/24/10	3/26/10	
Southwest	St. George	4/14/10	4/16/10	
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	Complete
Southwest/Western	Richfield	10/20/10	10/22/10	Complete
Salt Lake	West Valley City	11/16/10	11/18/10	Open



The UDVC would like to thank all of our Live Basic Trainers for the countless hours spent during the year volunteering their time and talents to help us provide these trainings in several regions throughout the state.

Strength in Community: Shelters

The Center for Women and Children in Crisis

The mission of our organization is to provide a caring, advocating, safe, and educationally-based environment for survivors of domestic violence and sexual assault. We pride ourselves on our strong relationships with community organizations and a commitment to a client-centered approach. We understand that each survivor has unique needs and feelings which must be respected and addressed. CWCIC tries to meet as many critical needs as possible through our multiple facets: our Shelter, Aftercare Program, Transitional Housing, Rape Crisis Team, and Community Outreach.

The Center for Women and Children is the only domestic violence shelter in Utah County. Last year, we were able to house 127 women and 141 children in the Shelter. Our Shelter staff, including one bilingual (Spanish) employee, do the best we can to accommodate as many survivors as possible. We are usually completely full and have many callers who check back daily waiting for an open space. Between July 2008 and June 2009, we had to turn away families 224 times. We make sure to re-



Center for Women and Children in Crisis

fer these survivors to other shelters or services while we are speaking with them. Trained staff and volunteers operate our crisis hotline 24 hours a day.

At the Shelter, we work hard to maintain a home-like atmosphere for displaced families. Our spacious, comfortable living room, wooden furniture, and friendly decorating help the environment feel more like a big, warm house than a cold institution. The Shelter can house 25 people at a time in eight rooms and two stories. After checking

in, the survivor soon meets with a caseworker to learn about appropriate community resources and begin the healing process. We have a weekly Domestic Violence Therapy Group, with an accompanying Children's Therapy Group, weekly parenting classes, safety planning, seasonal children's activities, and weekly cooking classes during which time the residents and staff get together to bond over lunch. Our goal is that a woman arrives feeling safe and leaves feeling empowered and supported.

We also have eight Transitional Housing apartments located next to the Shelter for families affected by domestic violence who have no other alternatives or are awaiting housing. To those who do not move into Transitional Housing, we offer an Aftercare Program, which is optional for women who have completed their stay at the Shelter. Aftercare provides continued support to survivors through case management, home visits, court accompaniment, advocacy, weekly check-in calls, and access to our therapy groups.



Center for Women and Children in Crisis

(Continued on page 8)

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!!!



(Continued from page 7)

CWCIC also provides community outreach education classes at our Outreach Office in Orem: a Sexual Assault Education class, a Domestic Violence Education class, and a closed Rape Therapy Group for survivors of rape or sexual assault. As part of our Outreach program, CWCIC employs Education Specialists who offer educational presentations to organizations, schools, or other companies and groups in the community. Our Rape Crisis Team, based out of our Outreach Office, is available 24 hours a day for in-person assistance at hospitals and police stations, crisis counseling, and support to victims and their families.

We may not be able to rid Utah of Domestic Violence and Sexual Assault, but by offering a wide range of services and assistance, CWCIC strives to educate the community and to give hope to those who continue to be affected.

~by Emily Decker, Aftercare/Transitional Housing Coordinator, CWCIC

Center for Women and Children in Crisis

CWCIC Domestic Violence Hotline (801) 377-5500
CWCIC Sexual Assault Hotline (801) 356-2511



Announcing the recipients of the
2010 Family Violence Prevention Awards

"Healing

Heart to

Heart"

Outstanding Individual: Caron Withers

Outstanding Organization: Ogden Standard
Examiner

Advocate Recognition Awards:

Detective Anita Bench

Jared Eldridge

Barbara Ferrara

Angela French

Kelly Frye Glasser (posthumous)

Michael Harman

Kathy Hemminger

Lt. Dwayne Ruth

South Valley Sanctuary



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

