



WINTER NEWSLETTER

Spotlight on Sexual Assault Victim Services

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Project Sanctuary is one of over two dozen “dual” centers in California that provide services to both domestic violence and sexual assault survivors. Some services we provide to survivors of sexual assault include individual and group counseling, and accompaniment to the emergency room for a sexual assault evidence collection exam, sometimes referred to as SART exam, where evidence is collected by a certified medical practitioner and put into a Rape Kit, which is then given to law enforcement. Some survivors understandably do not want to pursue a law enforcement response to their assault, nor do they want to go through an evidence collection exam. We support their decision either way.

Most survivors that we assist are actually seeking help to process a past sexual assault. Some survivors are coping well for years and then something triggers a memory or negative feeling from a prior assault and they want to talk to an advocate about it. Some need help navigating their Post-Traumatic Stress Disorder (PTSD). Others seek the comfort of group counseling through our “Adults Molested as Children” (AMAC) groups. There are also survivors who initially seek help with their domestic violence crisis, only to disclose that they have a sexual assault trauma in their past.

We are also pleased to partner with law enforcement agencies throughout the county as part of their emergency response to sexual assault. What that means is that

when they respond to a sexual assault, they call for an advocate from Project Sanctuary to provide comfort and support, and to let the victim know about additional services available.

If a call from a survivor comes through our crisis line, we are required by law to respond within 20 minutes. After hours, our amazing volunteer peer counselors take those calls. Each of them has gone through a special, state mandated 80 hour training to become certified peer counselors. It’s a big commitment and we couldn’t be more grateful for their help.

Something to look out for in 2019 is the start up of licensed, therapist-led evening group sessions for sexual assault survivors. We are excited to make this opportunity available to folks who work during the day and cannot make our mid-day group sessions.

The best response to sexual assault is to prevent it in the first place. Our prevention team goes around the county to provide information and education to children and adults in order to prevent future harm. We recently established a Bilingual Community Outreach program and our coordinator is working diligently to develop relationships with Spanish speaking communities throughout the county in order to provide the vital information needed on these sensitive topics.



WITH GRATITUDE

Project Sanctuary is supported by grants, many individual donors, and private foundations. Major supporters in 2018 include; The Real-Tepper Family Trust, The Allan Heath Foundation, Mendocino Coast Children’s Fund, Linda Kalman, The Love Harder Project, George and Ruth Bradford Foundation, Soroptimists International of Fort Bragg, Ukiah Sons of Italy, Holy Trinity Episcopal Church, The Beatrice F Kriesche Foundation, Friends of Mendocino Recreation and Parks

District, The Mabel Albertson Fund, The Community Foundation of Mendocino County, First Baptist Church of Ukiah, The Mendocino Coast Child Abuse Prevention Council, Grace Lutheran Church, Joan Gulick, Shanachie Pub, Katrina Ressen, Mary Waters, Sport Chrysler Jeep Dodge, John and Laura Reber, the Mary Sue McNeil Trust, Ukiah Co -Op, and Philip Onori.

Thank you so, so much for all the support. You truly are the wind beneath our wings!

WINTER NEWSLETTER

This & That—4th Quarter News and A Look Ahead

Both the coast & the inland counseling staff participated in recent **holiday parades** on behalf of PS. We might not have the fanciest of floats, but we are so happy to join in on these fun community events.

This past October, we continued our **Purple Lights Nights** program during Domestic Violence Awareness Month. We partnered with businesses and organizations around the County to “shine a light on domestic violence” where our purple lit signs were displayed in windows. We hope to expand our partner list next year so give us a call if you’re interested.

PS We Love YOU!, our annual fundraiser, was moved to Oct. this year & into the barn at Nelsons Family Vineyards. After a yummy harvest dinner catered by Black Dog Farm, Spencer Brewer and Wendy DeWitt brought down the house with a very fun, energy-filled piano concert. Sheriff Allman led the way for the live auction & even auctioned off a few quilts made by his mom! All in all it was a lovely evening and we raised over \$20,000 for PS! Thanks to everyone who came out (detailed thank you’s on page 4).

All families have been adopted for this year’s “**Adopt a Family**” program. Thanks to all the wonderful individuals and businesses who adopted a PS family in crisis. Your generosity brings so much light to the youngest victims of abuse during this time special of year.

Our annual **volunteer training** is set to start up in the new year. With successful completion of the training, you will become a certified domestic violence and sexual assault peer counselor and can then take crisis calls on our help line. Make no bones about it, it’s a big commitment for a community volunteer gig. The training takes about 80 hours and we ask for a one year commitment. Typically, volunteers are on duty one evening a month. But it is super rewarding work and a vital piece of the emergency crisis response required in each community by the State. We have some volunteers who’ve been supporting us for decades! If you’re interested or have questions, call Mary in Ukiah at 462-9196, or Vicki on the coast at 961-1507.

Comings and Goings

With the passing of each year, we say goodbye to old friends, and welcome in the new. After many years with PS, long time board member and crisis line volunteer **Steve Conway** stepped down. Good luck Steve and Julia with your new adventure in the desert! Steve was our one representative from the coast and was replaced by **Eggy Preuss**, but we could use another member from the coast and/or Booneville. Email Dina at dina@projectsanctuary.org if interested. We did add a few new inland board members in 2018 including **Taylor Morrison** and **Ashley Burrell**.

Welcome to Eggy, Taylor, and Ashley!

South coast client advocate, **Susan Moon**, said her goodbyes in January, and we welcomed **Lydia Lopez** to our staff this Fall as our new Bilingual Community Outreach Coordinator. Sheee’s baaack! We convinced former Legal

Advocate **Porter Dinehart** to come out of retirement & join us again, this time to help out at the shelter. Thx Porter!

Elise Umansky is helping out on the coast as a Prevention Presenter. Welcome Elise!

WINTER NEWSLETTER

The Importance of Transitional Housing

The time a victim leaves his or her abuser is the most dangerous time for themselves and their families. Statistically, this time period is when most domestic violence fatalities occur. It can be a very scary and anxiety inducing experience. Not only are you dealing with a violent person, but leaving an abuser can also represent the loss of basic needs like a roof over your head and food in your cupboards. Coming into the emergency shelter means you are leaving your permanent housing behind you, for a completely unknown way forward. You are leaving your private space, for a group living setting with a shared bathrooms and kitchen.

For some survivors, it can bring about so much anxiety that they return to their abusers who've promised to change. Statistically, abusers rarely do change and so we may see the same client attempt to leave several times. The average survivor makes 8 attempts before leaving for good. There is no wrong or right way to go about this and we are here for them when and where we are needed.

But for those who can make their way—one moment, one day, one week, one month at a time—to the other side, it's time to get down to business. It's a time of transition from a life of violence to a time of peace. It's a time when the heightened fear and anxiety of crisis starts to subside and the mind can take the time to plan out the next steps. These are the clients that have made their way to our subsidized, transitional housing program.

With their case manager by their side, new transitional housing clients start developing "the plan".

They set out developing a plan to stand on their own two feet financially. Although most of our transitional housing clients have jobs, if their work history is lacking, often because their abuser held such a tight grip on them that they weren't allowed to work, the transitional housing program gives them the time needed to get some job train-

ing or re-education towards a new career path.

They begin the challenge of finding permanent housing in communities that have 1-2% occupancy. Because of the recent fire trauma our communities have endured, it has made the competition for housing down right grueling in our area, especially if you don't have a rental history of your own. Part of our transitional housing program allows our clients to be tenants to establish a rental history.

They are often thrust into single parenting so on top of everything else they have to sort, they still need to feed and bathe the kids, get them to school and help with homework, all on their own.

The one thing they do not have to worry about though, through any of these challenges, is the temporary roof over their head. Transitional housing provides the space and the place to get their plans, and their paths, sorted.

Project Sanctuary has a stand alone transition house that was donated to us almost four decades ago. It's a duplex on the smallish side, but it can house a couple families or a family and some single survivors. Fortunately, a few years ago we were

awarded a multi-year transitional housing grant through CalOES, which is the state version of FEMA, and through this opportunity we now have an additional 15 families in the transitional housing program! Some are in independent rentals owned by some wonderful landlords we've partnered with, while some are living in a very large, rented group home with a unique design that allows for a lot more privacy than a regular group home.

The transitional housing program, almost over any other, is the most success in terms of recidivism. Almost 100% of our transitional housing clients never return to their abusers...they are truly on their way, for themselves and their children, in every sense of the word. They have managed to "break the cycle of violence" and are some of the most courageous people we know.



Project Sanctuary

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PS We Love YOU! - 2018

We moved our annual fundraiser, PS We Love YOU!, from the Summer to the Fall, and from a redwood grove to a barn, but you stayed with us and we're so grateful! HUGE thanks to **Greg and Missy Nelson, Spencer Brewer, Sheriff Allman, Wendy DeWitt**, and all our volunteers and board members especially event chair **Iris Padgett**. All the time and energy paid off and we left with over **\$20K** in our coffers!!! As an agency that is not 100% grant funded, we can't say enough how important events like this are and we thank all of those who came out and supported our efforts. Thank you to all the businesses and individuals who donated items for the auction (complete list on our webpage), and the following underwriters who made 'PS We Love YOU!' possible. **Nelson Family Vineyards, Care for Her, Fowler Auto Center, Assemblymember Jim Wood, Adventist Health Ukiah Valley, Paul Conrado, Community First Credit Union, Sergio Fuentes, Savings Bank of Mendocino County, Kathleen Bingham & James Lohr, Ukiah School of Music, KWNE, Mathew Alaniz & W/E Flowers.**

PS.
we ♥
YOU

Interested in volunteering as a crisis line responder? You're in luck! We have trainings coming up on the coast and inland. For more info call Vicki on the coast at 961-1507 or Mary in Ukiah at 462-9196.

Rather get our newsletter electronically?
Let us know at
info@projectsanctuary.org

PS is on twitter at
[p_sanctuary](https://twitter.com/p_sanctuary)



Project Sanctuary offers...

24 HOUR CRISIS LINE

Immediate, supportive information and services to victim, families and concerned friends. (707) 463-HELP & (707) 964-HELP

SAFE SHELTER

Project Sanctuary offers survivors and their children a safe and supportive environment to leave an abusive relationship and a starting place to restructure their lives. A staffed residence in a confidential location offers sanctuary for survivors and their children who are at risk of domestic violence. Shelter residents get help from staff to find housing, employment, education or legal and social services. Counselors and in-shelter support groups are provided.

COUNSELING

Project Sanctuary provides no cost, one-to-one counseling for anyone who has experienced sexual abuse or violence in their lives no matter how long ago the assault occurred.

SUPPORT GROUPS

Project Sanctuary offers group counseling for those who would like the support of others in a safe and positive environment. Groups include: "Empowerment," "Anger Management," and "Adults Molested as Children."

LEGAL SERVICES

Project Sanctuary's legal advocates provide assistance with domestic violence restraining orders and sexual harassment, as well as advocacy and support in court for victims of domestic violence and sexual assault.

PREVENTION EDUCATION

Project Sanctuary offers a sensitive, age-appropriate curriculum designed for students from pre-kindergarten through college. The program addresses safety, healthy dating relationships, and who to ask for help and how.

COMMUNITY EDUCATION

Project Sanctuary staff provide information and presentations about domestic violence and sexual abuse for community members and organizations.

TRANSITIONAL HOUSING

Transitional housing is available for a limited number of clients. This program provides support to victims who are transitioning to a life free of violence, allowing the time and shelter to work towards being independent.