



A SAFE PLACE

Fall 2002 Newsletter

A Safe Place Walkathon Highlights Domestic Violence Awareness Month

October is Domestic Violence Awareness Month. During this time, local, state and national organizations will be conducting activities to mourn those who have died as a result of domestic violence, celebrate those who have survived, and connect those who work to end the violence. Here in Oakland, A Safe Place is holding our 1st Annual Walk Against Domestic Violence.

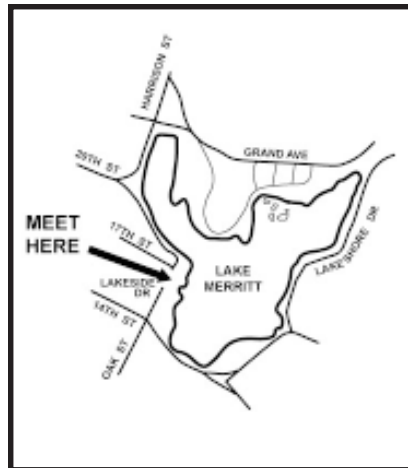
The Walkathon will focus attention on this serious issue, and give members of our community a chance to show that domestic violence will not be tolerated. It will also raise money to help A Safe Place to continue work to fulfill its mission of breaking the cycle of domestic violence. It will support A Safe Place's ongoing efforts: providing emergency and transitional support services to battered women and their children and increasing self esteem and self sufficiency. The Walkathon will also be a celebration of all the positive work that A Safe Place and our community is doing to work to end violence.

The Walkathon will take place OCTOBER 19th at 10:30 a.m., at Lake Merritt. Walkers should pre-register

**1st Annual
Walk Against Domestic
Violence**
Saturday, October 19, 2002
10:30 a.m. Rain or Shine.
Lake Merritt, Oakland

using the form included with this newsletter, and available on our website. There is no fee to join the walk, but if you raise at least \$25 in sponsorships and send in your registration form and the checks by October 15, you will receive a free T-shirt at the event. *No money will be collected at the event.*

Fantastic prizes will be awarded to the walkers who raise the most money in sponsorships, and to the walker under age 12 who raises the most for A Safe Place.



The Walkathon will circle Lake Merritt, a distance of 2.7 to 3.1 miles (depending on the path taken). Water and refreshments will be provided along the route. We will have speakers, music and information at the start/finish of the Walk. Sign-in begins at 9:00 a.m. — Lakeside & 17th Street.

Help reach our goal of \$50,000

Ways to Help A Safe Place

- Participate in the Walk Against Domestic Violence on October 19th
- Join "Friends of A Safe Place"
- Make a financial donation
- Volunteer your time
- Take the 40-hour domestic violence training (next offered beginning in October)
- Consider a bequest to A Safe Place
- Choose A Safe Place as your workplace donor option
- Invite a speaker from A Safe Place for a presentation to your church, workplace, or organization
- Host a house meeting for friends and neighbors
- Donate items on A Safe Place's wish list (p. 5)
- Assist with our next newsletter
- Help out at our administrative offices

We will be joined at the Walkathon by the Barbara Lee Team. Representative Barbara Lee has been a long time supporter of A Safe Place, and active against domestic violence. Those who walk with the Barbara Lee Team will receive a free Team t-shirt.

For more information or registration forms, call (510) 986-8600, or visit www.asafepplacedvs.org

All proceeds to benefit **A Safe Place**. Contributions are tax deductible.

Visit our website at: www.asafepplacedvs.org

Letter from the Board President

Since its founding 24 years ago A Safe Place has provided emergency shelter, crisis intervention, advocacy, counseling and support to thousands of victims of domestic violence. The staff of A Safe Place are a dedicated team, who work hard to fulfill our mission of breaking the cycle of domestic violence. We have continued to broaden our efforts in the area of domestic violence prevention - working with middle and high school teens, and expanding our community outreach and education programs. A Safe Place is still the only comprehensive provider of domestic violence services in Northern Alameda County.

Unfortunately, the need is still enormous for A Safe Place's services. Domestic violence still threatens the health and safety of women and children in our community. And as is the case with many non-profit organizations, A Safe Place is feeling the impacts of these changing economic times. We are actively seeking to broaden our funding base so that we can continue to provide the range of services that are so desperately needed. Now, more than ever, we are looking to you – who have supported us so generously in the past – to help.

A Safe Place is a local agency. Every donation to A Safe Place is used to enable us to serve the Northern Alameda County community. Each donation helps us to make a real difference – to be there for someone who needs help in getting herself and her children out of a violent situation – to spread the message that No One Deserves to be Hit. Whatever you can contribute - \$20, \$50, \$100 or any other amount - will help, and will be appreciated.

Thank you,
Gail Donaldson

LOVE is the Answer

"The only thing you can give somebody that is really worth anything is inspiration"
Bob Dylan

The LOVE program (*Learning to Overcome Violence through Education*) is a primary prevention effort that aspires to inform, empower and inspire Oakland youth to create healthy, fulfilling relationships. Through presentations and workshops, we talk to young people about dating and domestic violence. We share poems and testimonies of young survivors of abuse, explain the cycle of violence, and define various kinds of abuse. Teens learn about the warning signs of abusive personalities and how to differentiate appropriate behavior from manipulation and abuse. They are also provided with a packet of information that includes an extensive list of local resources available for youth.

In workshop series, we use more dynamic activities like role-plays, open discussion, poem analysis and journaling to explore the components of healthy and unhealthy relationships. Workshops present opportunities to explore the impact of media on our self-image, boundary issues and personal rights, and effective ways to communicate and problem-solve. The extended workshops, especially in girls-only groups, can be extremely empowering to young women.

The LOVE program is free and available for local public middle and high schools, youth groups, and non-profit youth advocacy organizations. Private institutions or organizations are charged a small fee. The program is flexible and can be tailored to meet a particular organization or community's needs.

Ultimately, through education, the LOVE program is trying to cultivate a sensitivity and understanding toward domestic violence among teens, and to decrease the level of violence in dating relationships. We want to ensure that

young people are aware of their rights, legally and personally, and we want to offer them a safe and supportive place to talk about their experiences and concerns relating to intimate relationships.

If you are interested in initiating a presentation or workshop in your school or organization, contact Vicky Galbert at (510) 986-8600.

Friends of A Safe Place

Friends of A Safe Place is a wonderful and energetic auxiliary group of women who have come together to support A Safe Place. Friends was formed specifically as a fundraising group. They have exciting plans for a variety of funding efforts, including corporate sponsorships, community outreach activities, and even a thrift store. Among the first of their projects is the Walkathon – soliciting donors and financial support, organizing publicity and logistics, and recruiting volunteers for the day of the event. Friends is looking forward to celebrating A Safe Place's 25th Anniversary next year with a number of great events and activities.

A Safe Place is grateful to have Friends. If you would like to participate in Friends, call Carolyn Russell at (510) 985-8600.



What is Domestic Violence Counseling Anyway?

by Erica Britton Psy.D.

Often people have many questions about counseling. People wonder, "What is it?", "Do I have to pay?" or "Is it the same as therapy?" As a result, many folks are hesitant to come and seek counseling because it seems like a mysterious and intimidating undertaking. So, we thought it high time to address those questions. Below are the answers to frequently asked questions that will, hopefully, demystify domestic violence counseling.

1. What is counseling?

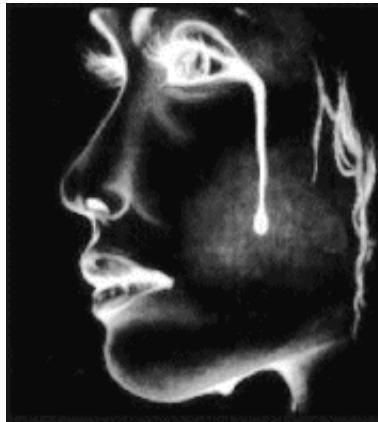
The word "counsel" is derived from the Latin word "consulere" which means to consult. A more modern, but similar, definition is "to advise." So when someone is getting counseling, ideally they are consulting with and being advised by a professional or someone with the proper training and experience in a particular area of concern.

2. How is domestic violence counseling different from other forms of counseling?

In domestic violence counseling the client has the opportunity to consult with a person who has specific training and experience in the area of domestic violence. The state of California requires, minimally, that the certified domestic violence counselor be trained in the following areas: history of domestic violence, civil and criminal law as it relates to domestic violence, societal attitudes towards domestic violence, peer counseling techniques, housing, public assistance and other financial resources available to meet the needs of domestic violence victims, and referral services available to domestic violence victims. Specific training is required so that clients are able to receive accurate information and advice from a knowledgeable source.

3. Who can obtain domestic violence counseling?

Domestic violence counseling is for anyone who needs information and advice about abusive relationships.. That includes victims, friends, family members and other concerned individuals. Although, like A Safe Place, many domestic violence agencies do not offer services to batterers, they generally can refer a person who is concerned about his or her abusive behaviors to agencies that offer domestic violence prevention and treatment programs.



4. Is domestic violence counseling different from psychotherapy?

Yes. In a very general way counseling seeks to advise through information and support, whereas psychotherapy seeks to heal or cure through diagnosis and treatment of mental disorders. For example, if a woman suspects she is in an abusive relationship, she can seek counseling to explore her options. Alternatively, if a woman has left an abusive relationship but is finding it hard to sleep at night or establish healthy intimate connections she should seek psychotherapeutic intervention. Although counseling may be a part of psychotherapy, they are not the same.

5. What exactly happens in domestic violence counseling?

At A Safe Place the domestic violence counselor provides support and education to women who are in, or have been in abusive relationships. The counselor provides a safe place to talk and helps the client assess the lethality of her situation and her general needs. If the client is prepared to exit the abusive relationship, the counselor offers support and facilitates the process by developing a safety plan, offering links to community resources, and maintaining a supportive and empowering counseling role to assist the client through this dramatic shift.

In addition to assisting victims of domestic violence in leaving relationships, counseling often reduces the shame, powerlessness and isolation experienced by many abused women.

(Continued on page 4)

In the Year 2001, A Safe Place

- Responded to 1,921 calls on the 24-hour crisis line
- Provided 8-week emergency residential shelter services to 42 women and 61 children
- Provided immediate sheltering services (motel) for 183 women and their children
- Reached 337 youth in Oakland Public Schools and youth organizations through our Teen Violence Prevention Program
- Provided emergency food and clothing to 300 women and their children

And provided support groups and individual counseling, community outreach, education, technical training and assistance, and other services and activities to end domestic violence.

Counseling

(cont. from page 3)

The educative form of counseling increases awareness about the manifestation of violence in family structures so victims of domestic violence can identify and understand the nature of the cycle of violence. Ultimately, the fundamental goal of domestic violence counseling is to assist victims of domestic violence in creating safe living situations.

6. *What is the role of "support groups" at A Safe Place and how can women participate in a group?*

The role of support groups is to provide

women the opportunity to form connections with other women who have experienced domestic violence. Additionally, group members feel less isolated and more empowered when they have a safe and nonjudgmental place to give voice to their concerns. In order to participate in the support group, a woman must meet with the domestic violence counselor at least once before attending a group meeting.

7. *Do I have to pay?*

At A Safe Place, counseling is available for free. Other places may charge a fee.

8. *How will counseling help me?*

You will be more informed and aware of the complex issue of domestic violence. As a result, you will be able to make informed choices for the safety of yourself and your family.

So, that's it. Hopefully some of the mystery has been taken out of the domestic violence counseling process. If you still have questions about domestic violence counseling and the services we offer at A Safe Place, don't hesitate to contact Erica Britton, Domestic Violence Counselor (510) 986-8600.

In Memoriam

TATIA ODEN FRENCH - Volunteer

Tatia was extremely interested in the effects of physical battery on African American women. Her dissertation, titled "Insult Denied, Traumatic Brain Injury in Battered African-American Women" was awarded the Richard Alan Smith Scholars Award from the Wright Institute. She developed a formal study project with specific focus on Domestic Violence in the African American Community. The commitment to increase her knowledge base in this area reflects her values and interest in an area where little research has been conducted. Through A Safe Place, she was able to connect with African American women who have suffered abuse. Tatia touched the lives of many at A Safe Place. She was inspiring to the many women who work to better understand and support our sisters who have suffered abuse in their lives.

Carolyn Russell MSW
Executive Director/A Safe Place

A woman with confidence, style and integrity. A woman who had the willingness to change the world. Tatia's ability to make a difference led her to earn a Doctorate in Clinical Psychology at the Wright Institute in

Berkeley. She also completed a semester in preparation for medical school. She aspired to heal the mind, body and soul of a person.

My personal relationship with Tatia began at Seneca Center where she worked with children as a social worker. She gave an enormous amount of time, energy, and love to clients, staff and friends. Together we organized a celebration of heritage for Black History Month at the Seneca Center. It was important to teach the children about their history and to encourage them to be proud of who they are. During this period Tatia and I spent long hours working together. We laughed together, shared thoughts, ideas, experiences and spirituality. I learned a great deal from Tatia and I knew that she was an incredible person. Tatia's spirituality was evident whenever she entered a room. It was her radiant smile, warmth and unconditional love for people. Her light will always shine in the hearts of those she touched.

Vicky Galbert
Program Director/ A Safe Place

REVEREND WILL HERZFELD - Co-Founder

As A Safe Place approaches its 25th year of existence, we must acknowledge the late Reverend Will Herzfeld, former pastor of Bethlehem Lutheran Church in Oakland, California. Rev. Herzfeld made his church available as the site of A Safe Place's first office. Rev. Herzfeld was a great man before he left Oakland to work all around the world. He continued to grow and serve.

A Safe Place would not exist in Oakland today without the generosity and support of this man. The founders of A Safe Place have spoken of those first years of struggling for funding to begin basic services to battered women in the East Bay. The agency has grown into a comprehensive domestic violence assistance program. We want to take this opportunity as A Safe Place approaches another milestone in its existence to again acknowledge Rev. Herzfeld and to ensure that the community and our supporters are aware of the significant role that he played in the agency's early years. Rev. Herzfeld will always be remembered by A Safe Place.



An Intern's View

by Emily Hedges

I am currently in an enriching internship position at A Safe Place. I have been provided with the great opportunity to work directly with battered women and their children through A Safe Place's Emergency Shelter Program. My internship is a requirement for my Community Studies focus at the University of California at Santa Cruz. My internship at A Safe Place coincides directly with the Community Studies emphasis of social change and community activism.

I have been actively involved in the Children's Program at the shelter, which provides children with the opportunity to engage in creative art projects, outdoor play and individual supervision. I have been trained to answer crisis calls on a daily basis and have also engaged in organizing A Safe Place's first annual Walk-a-thon Against Domestic Violence. I have had supportive and constructive direct supervision at the shelter and with the projects I am involved in. I am genuinely appreciative for the opportunity to intern with an organized and determined agency striving to improve the lives of battered women and their children. I have observed how the services that A Safe Place provides can dramatically change and empower the lives of domestic violence survivors.

Volunteer Corner

A Safe Place recently completed another 40-hour volunteer training. We warmly welcome this new pool of valuable individuals who have chosen A Safe Place to donate their time and energy to. These individuals come from a variety of backgrounds and will fill a number of positions in the Women's and Children's Programs. A Safe Place welcomes graduate and undergraduate interns from various universities around the Bay Area. A Safe Place provides supervision to those with an interest in learning more about Domestic Violence.

The next volunteer training will begin in October 2002. For more information, please call (510) 986-8600.

A Safe Place also needs volunteers to carry out administrative activities including, but not limited to, proposal writing and general office work.

A Safe Place Wish List

(New Items Are Appreciated)

- Alarm Clocks
- Bath Towel Sets
- Bathmats
- Children's Books
- Coffee Pots
- Comforters or Bead Spreads
- Curling Irons
- Diapers
- Dishes
- Fragrances / Lotions
- Gift Certificates for Food
- Irons
- Kitchen Appliances
- Mattress Covers (all sizes)
- Microwaves
- Non-Perishable Food Items
- Office Supplies
- Pillows, Plastic Pillow Covers
- Pillow Cases, Linens
- Plastic Mattress Pads
- Pots and Pans, Household Items, Chairs
- Robes, Slippers, Underwear, Socks
- Sheets
- Shower Curtains
- Toasters
- Toiletries
- Toothbrushes / Toothpaste
- Turkeys, Hams, Canned Goods

A Safe Place would like to thank you for your continued support. To submit donations, please contact Carolyn Russell, Executive Director, at (510) 986-8600. Please be specific as to what you would like to donate. Once approval has been made, an appointment will be made for drop-offs.

Thanks to Our Donors

Individuals

Charlotte Lichterman
 Sam Shafer
 Lorene S. Lamb
 Albert Dytch
 Barbara Cook
 Cathy J. Johnson
 Greg Bobrowicz
 Heather Leah Hamrick
 Richard E. Carter & Mary Ann Walsh
 Stefen Highsmith
 Alameda County Public works in
 memory of Dorothy Winston
 Gail Donaldson
 Dwayne & Usana Pulliam
 Dorothy M. Simpson
 Laura Stern
 Julia S. Ellis
 Deborah Goldsmith
 Karen M. Evjen
 Zalka Anna Ancely
 Lisa M. Starr
 Amanda Swinney
 Jianne Gimian
 Sarah Acerman
 Alden & Barbara Mcelath on behalf of
 Lisa & Toby Childs
 Marjorie Batement on behalf of Steven
 & Julie Harris
 Clyde & Marie Heasley
 Leslie J. Kary
 Ruth & Paul Tay
 Diane Patropulos
 Louise Abbott & David Earp
 Roger & Monique Mendelson
 Janet Snipper
 Steven Yedlin & Patte J. Bishop
 Mr. & Mrs. John J. Ahern
 John Hall McCallum
 Morgan Pike & Lori Perregrew
 Catherine Ficcardi
 Sandra Reed
 Linda & Stanley Wulf
 Timothy O. Caulfield
 Leslie Ann Hardy
 Katheryn Jean McElrath
 Steven Weistein via Just Give
 Angela L. Morgan
 Lorene S. Lam
 Jo-Ann Baker
 Charles Andrew Miller
 E. Williger
 Ariel Grossman Wright/Laurie
 Grossman
 Laurie Wright Grossman & David G.
 Wright
 Stan Yogi
 Earlita Chenault
 Carol A. Castagnozzi
 David & Irena Smith
 Susan M. Burnett
 Jill Cozen-Harel
 Thomas & Judith Clark
 Karen E. Ivy & James T. Ringland
 James Scott Thomas
 Marlene E. Johnson
 Patricia Russell
 Katherine Hashmall Grazy
 Margaret Rossoff
 Doris E. Anderson
 John & Elizabeth Delahaye
 Pamela Joan Carr
 Bruce Miller
 Suzanne Anita Gallo
 Mitchell & Elizabeth Karam
 Mitchell Thomas Karam (8 yrs old)
 James & Jeanette Mebane
 Sandra J. Reed
 Cleve Oppenheimer
 Clyde & Margaret Stone
 George & Beverly McCalla
 Hazel W. & W. James Logan
 Olaitan V. Callender-Scott
 George W. Conklin
 Galen & Elaine El-Askari
 Maria Goode Costen
 Frances Harriman
 Margaret Kiss & Caryn Dickson
 Amanda Bloom
 Richard & Mary Eber
 Kerstin Arusha & Arthur Krantz
 Stepan Highsmith
 Alma En Paz
 Margaret J. Robinson
 Doris J. Bryant
 Carol Reba Rose
 Wilford & Jewell Terrell
 Paula Shober Miller
 Katherine Gavzy
 Elizabeth C. Dameron
 Gordon M. Minds
 Gordon & Jutta Frankie
 Paul Kivel & Mary Luckey
 Jianne Gimian
 Linda O'Brien
 Phyllis Calechman
 Cynthia Norman
 John & Lili Samaras
 Terri L. Rafter
 Margaret Schadler, Ph.D.
 Anna D. Van Syckle
 Barbara Ann Marshall
 Pete & Judy Bank
 Maxine Gerber
 April Hopkins
 Elizabeth A. Johnson
 Mary Lamson & Rebecca Hesla
 AD & Sandra Burghardt
 Sally Randel
 Marjorie K. Christensen
 Victor & Carolyn Catanzaro
 Amy & Wendy Franklin-Willis
 Penny A. Peak
 Pamela Joan Carr
 Phyllis Broadnax
 Michael D. McPherson
 Adam D. Blum
 Bettina Fernandez & Peter Towner
 Ragna Boynton, MD
 Vicki & Shelby Solomon
 Tracey Woodruff & Andre Madeira
 Ilse Wasserman Ttee
 Sharon Frede
 Freank Rosch
 D. Lyons
 Carol Beth
 Liza Hecht & Mark T. Grody
 Ira Phillips & Elizabeth M. Johnson
 Harold Borkowski & Janice Grau
 Howard D. Daniel, MD
 Gregory & Linda Shay
 Linda Korwin
 Charlotte J. Herzfeld
 Betty & Donald Stone
 David & Joan Schulman
 Octave V. Baker & Susan Almozol
 Sam & Joanna Shafer
 Jean M. Peck
 Carol A. Balfe
 On behalf of the Harris Family

Mary-Lynn Poirier
Michelle D. Thomas
Debra L. Littlefield
Ken Scott
Allison Ruggles

Corporations & Foundations

The Penny Charitable Fund
Sylan Coleman Foundation
Brobeck, Phleger & Harrison Charitable Foundation
Vanguard Public Foundation Partnership Fund
Community Enrichment Grants
United Way of Bergen County
GAP Inc. Giving Program
GAP Foundation Gift Match Program
Levi Strauss Foundation
BP Foundation, Inc.
Microsoft Giving Campaign
Bay Area Black United Fund
East Bay Community Foundation
The Penny Charitable Fund

Businesses

Claremont Rug Co.
Clorox
Patrick Campbell, Attorney at Law
Rockridge Kids
Fesco Agencies NA, Inc. - in memory of Kristi Howley
Blue Shield of California
Blue Shield of California Health Plan Members
LexisNexis
Garment Recovery Systems/Berlex Biosciences
National Jury Project/West
Names in the News
Peet's Coffee & Tea
Bay Alarm Company - Oakland Branch
The Fund
World Reach Inc./HP Employees Charitable Giving Campaign
Garment Recovery Systems
Port of Oakland

Insured Benefit Brokers
ABC Security Service
Right Away Redy Mix, Inc
CASTROL Employees Matching Gift Program
Pharmaca
Community Thrift Store
Verizon Wireless
Zachary's Pizza

Churches

Lakeside Temple of Practical Christianity
Piedmont Community Church
Mills Grove Christian Church
First Presbyterian Church
First Hebrew Congregation of Oakland
St. John's Presbyterian Church of Berkeley
Saint Alban's Episcopal Church
Mills Grove Christian Benevolent Fund
Greek Orthodox Cathedral of the Ascension
Presbyterian Women First Presbyterian Church
Community Reformed Church
New Spirit Community Church
Lakeshore Avenue Baptist Church, Inc
St. Francis De Sales Cathedral
Community Apostolate
The Church of Jesus of Latter-Day Saints
United Lutheran Church Women
Cellar Christian Ministries Fellowship

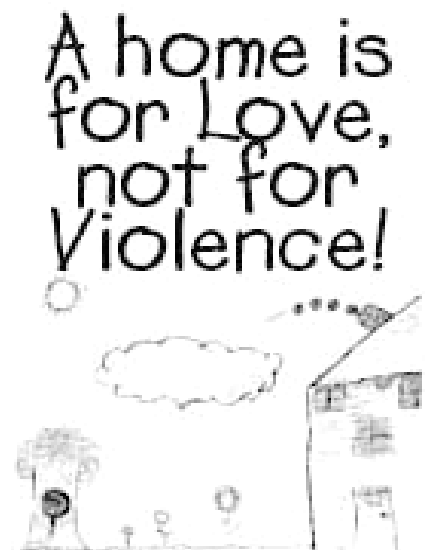
Social Organizations

Roundtable for Women in Food Service, SF Bay Area Chapter
VDAY
Mason Tillman Associates, Limited
Montclair Women's Club
Sequoyah Niners & Sequoyah Country Club
Friends Making a Difference
Oakland Bay Area Doll Club
V-Day Berkeley 2002
Children's Support League
Junior League of Oakland

Employee Giving Campaigns

Throughout the year, employees of various organizations are given the opportunity to pledge or give a donation to an agency of their choice. Many of you have chosen A Safe Place. Your donations are very much appreciated and we sincerely thank you for your on-going generosity. A Safe Place participates in the

*Combined Health Appeal
Federal Combined Campaign
Bay Area Black United Fund
Earthshare of California
International Service Agency*



SUPPORT A SAFE PLACE

I would like to volunteer. Name: _____

I would like to approach my employer, agency, church or synagogue about supporting A Safe Place. Please send more information. Address: _____

City, Zip: _____

I would like to donate: Phone: _____

\$100 \$50 Other amount: _____

\$75 \$25 \$_____ Email: _____

I do not wish to remain on the mailing list.

Please Clip and Mail to: A SAFE PLACE
P.O. BOX 1075
OAKLAND, CA 94604

Questions? Phone (510) 986-8600

Visit our website at: www.asafeplacedvs.org

This program does not permit discrimination because of race, color, sexual preference, sex, creed, age, national origin or physical challenge.

**1st Annual
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Saturday, October 19, 2002
10:30 a.m. Rain or Shine.
Lake Merritt, Oakland**

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