



# Dove Tales

SUMMER 2015



## Thoughts & Thanks from Saralyn!

**"Be the Reason  
Someone Smiles  
Today!"**

~Anonymous

### INSIDE THIS ISSUE:

AWARE's Fall 2015  
Advocacy Training 2

AWARE's HEART is  
Open 2

Social Norms  
Campaign 2

I Toowú Klatseen  
Recruiting Coaches 3

Become a GOTR  
Solemate 3

Love Your Pet? So  
do Domestic  
Violence Victims! 4

Someone I Know is  
Being Abused-  
Should I Call the  
Police? 5

Children & Security 6

Peer-Education  
Theatre Program 6

Farwell to Lindsey 6

Shelter Wish List 7

This past quarter, I spent a significant amount of time with my parents in Pittsburgh. I was particularly wanting to be near my mother, a remarkable treasure with a huge and golden heart, who'd been recently diagnosed with glioblastoma. Her last weeks were better than you might imagine. She had a hearty appetite and was served three kosher meals, often delicious, a day. She didn't have to cook or clean up afterwards. Her sisters and other relatives travelled considerable distances to visit with her, and a multitude of friends, many young enough to be her children, grandchildren, and great grandchildren, came to see her regularly. My father moved into the care facility where my mother was staying to be near her, and the timing overlapped with their 64<sup>th</sup> wedding anniversary.



**Saralyn with her mom,  
Gladys Tabachnick**

My mother welcomed visitors to what she called, "the honeymoon suite." On May 27, I was with my mother when she passed away, joining many who passed before her, including her son, my brother, who she missed terribly.

During the in between time when I was back at AWARE, it was a gift to have things to focus on, familiar work, particular projects, deadlines, and to be in the company of wonderful co-workers. We had scheduled the grand opening and dedication of Kaasei, AWARE's supportive transitional housing program, and there was much to do. Much has been done, as usual, with and without me. We are on our way to providing 10,000 nights of emergency safe shelter in a single fiscal year, far surpassing last year's record 8,451. Our prevention program devel-

oped a social norms campaign, and we are considering ways to best serve men in our community.

I have little doubt I'm still in a bit of a shock regarding my mom's death. And I have tremendous gratitude for every moment I was able to spend with her. Thank you for the outpouring of blessings and support from both AWARE's Board of Directors and AWARE's hard working staff, including AWARE's Acting Director during my time away, Mandy Cole. There was no question about where I was when or why; rather there was need, understanding and compassion. Thank you to the AWARE board and staff, who provided me the gift and experience of being on the receiving end of AWARE's philosophy and values. It's our whole-heartedness and it is life. It is this whole-hearted atmosphere and culture of AWARE that uplifts and upholds our board, our staff, our participants and the community we serve, and very recently, me.

## AWARE Recognized by FBI

*\*From the Juneau Empire  
<http://juneauempire.com/local/2015-05-13/aware-recognized-fbi-extraordinary-award> for the full article. Written by Melissa Griffiths.*

Locally, the importance of Juneau's women and children's emergency shelter is easily recognized, but AWARE Inc., has received accolades at the national

level by the Federal Bureau of Investigation with the Director's Community Leadership Award.

AWARE Executive Director Saralyn Tabachnick joined 57 others from across the country in Washington, D.C., earlier this month to accept awards for making extraordinary contributions to educa-

tion and the prevention of crime and violence.

"I think it's a great accomplishment," Tabachnick said.

She's been with Aiding Women in Abuse and Rape Emergencies for 28 years and has held the top position for 13.

**Continued on Page 7.**

## AWARE's Fall 2015 Advocacy Training

Fall Advocacy Training will begin on Thursday, September 17th at 5:30 pm at AWARE. Advocacy Training is an opportunity for volunteers, SART members, staff, and community partners to increase understanding of domestic violence and sexual assault, increase knowledge of how to support survivors, and learn the how to be a part of the solution. Please contact Alli at 586-6623 or by emailing her at [allih@awareak.org](mailto:allih@awareak.org) for more information and to register.



### AWARE's HEART is Open!

The HEART (Hospital Emergency Advocate Response Team) is a team of trained advocates who respond 24/7 to Bartlett Regional Emergency Room domestic violence and sexual assault victims.

HEART Advocates participate in Advocacy Training and a HEART Workshop, along with monthly trainings and debriefings. Team members sign up

for on-call shifts of seven days, from 4 pm – 8 am on weekdays and around the clock on weekends. (AWARE staff members are available for on a call during office hours).

Currently AWARE has a team of seven primary responders and we are inviting new trainees. Each HEART Advocate is sched-

uled for one week at a time. HEART Advocates are paid for being on call, and for responding at the hospital. If you have an interest in serving as a member of AWARE's HEART, please contact Swarupa at 907-586-6623 or at [swarupat@awareak.org](mailto:swarupat@awareak.org) for more information.

### The Social Norms Campaign

The social norms campaign was designed within the framework of the social norms approach, which is a theory-driven method of prevention designed to “alter individuals’ perceptions about which attitudes and behaviors are typical or desirable in their community” and

to promote healthy, protective behaviors.” (Paluck & Ball, 2010). This is accomplished by first identifying what the *actual* norm is (i.e. people’s self-reported beliefs, attitudes, and behaviors) and what the *perceived* norm is (people’s perceptions of others’ beliefs, attitudes, and behaviors) through survey research, and then by utilizing marketing materials, such as posters and videos, to promote the *actual*, healthy, norms reported

by the population.

This year, AWARE’s prevention team developed a comprehensive survey looking at norms underlying violence against women (as well as norms underlying racism, heteronormativity, and other forms of oppression) and distributed it to two local high schools – Juneau Douglas and Yaakoosgé Daakahidi. The results of the survey were utilized to develop marketing materials (videos, graphic prints, etc.) that highlight the identified actual, healthy norms

among teens. We are now in the process of distributing the materials.

Some results of the study are included here, but if you are interested in looking over the full results of the survey, please contact AWARE’s prevention

director at 907-586-4902 to receive an electronic or hard-copy version.

Additionally, if you are interested in seeing the videos and graphics we produced for this campaign, please go online to our Juneau’s Pathways to Prevention YouTube Page.



## Strengthen Your Spirit: I Toowú Klatseen Recruiting Coaches

In the months following its pilot season in 2014, Boys Run: I Toowú Klatseen curriculum has been finalized and a full season will be implemented this fall! The program focuses on Southeast Alaska Native Values, healthy relationships, and youth empowerment through running. Boys Run: I Toowú Klatseen was created due to the high demand for a running program similar to Girls on the Run, and is specifically tailored to young boys in Southeast.



At I Toowú Klatseen, we teach healthy communication, self-reflection, positive living and community building by utilizing Southeast Alaska Native Values. For ten weeks, boys

are engaged in activities and games which build self-awareness and understanding around what it means to be a healthy man and a helpful community member. At the end of the season, there is a 5K fun run (or walk) to highlight lessons learned and to foster a sense of accomplishment for participants.

We are currently recruiting volunteers from our community to become coaches for our upcoming 10-week long fall season. Coaches will work in small groups to deliver the program curriculum, listen, encourage, and help prepare a team of elementary-aged boys to walk/run a 5K. Coaches must be positive role models who believe in living a healthy life-

style and support the mission of Boys Run: I Toowú Klatseen. We are asking volunteer coaches to commit to 10 weeks of coaching for 1.5 hours during one to two afternoons each week. Coaches need not be runners, but must have an interest in playing, learning, exercise, and Southeast Alaska Native Values!



Volunteer coach applications are **due on August 14<sup>th</sup>**, with a mandatory coach training scheduled for **August 29<sup>th</sup>** from 9am-5pm. Lunch will be provided for participants. Please contact cecelia Westman at 586-4902 or by emailing her at [ceceliaw@awareak.org](mailto:ceceliaw@awareak.org) for application information or to learn more about the Strengthen Your Spirit Boys Run: I Toowú Klatseen program.

## Make your miles count as a SoleMate!

Girls on the Run is an empowerment program for girls in the 3<sup>rd</sup>-8<sup>th</sup> grade that teaches life lessons through a curriculum that creatively integrates running. Our Girls on the Run council recently changed its name to Girls on the Run of Greater Alaska and expanded its territory to include all of Alaska, with the exception of Anchorage and the Mat-Su area. With our larger service area comes a greater need for funding, and one creative way we raise funds is through our SoleMates program.

support the program by training for and completing an athletic event of their choice (running, biking, swimming, 5k, marathon, triathlon, and more!) while raising money for GOTR. If you're currently training for an athletic event, you can become a SoleMate and double-up your efforts by making your miles count for Girls on the Run! Even if you've never done an athletic event, we encourage you to set a goal for yourself and become a SoleMate. SoleMates receive a personalized fundraising webpage, incentives for reaching fundraising milestones, and personalized fundraising and training support from GOTR

staff throughout the entire process.

If you're interested in learning more please contact Rachel Wintz at [rachelw@awareak.org](mailto:rachelw@awareak.org), (907) 586-4902, or check out [gotrgreateralaska.org](http://gotrgreateralaska.org).

### Upcoming dates:

Girls on the Run coach training - **August 22<sup>nd</sup>** 9am-5pm. Contact Julie for more information at 586-4902 or by email at [juliew@awareak.org](mailto:juliew@awareak.org).



We invite any Girls on the Run supporter to become a SoleMate! SoleMates help to sup-

**AWARE wants to help women and children live healthy lifestyles—including eating a healthy diet. We are currently looking for donations of fish, berries, and locally sourced food for our residents. Please call AWARE at 586-6623 with questions or if you would like more information.**





**If you are interested, in more information, please contact Britta Tonnessen, AWARE's Community Services Manager, at 586-6623 or via email at [brittat@awareak.org](mailto:brittat@awareak.org).**

## Love Your Pet? So do Domestic Violence Victims!

*40 Dogs on a Log* was a fundraiser headed by a dog walking company in British Columbia, Canada to raise awareness to the challenge pet owners face during times of domestic violence and transitions. Participants of AWARE also face this challenge. For health and safety reasons AWARE cannot allow animals into the office or shelter. Gastineau Humane Society (GHS) requires \$25 per day for boarding, which can lead to enormous bills for either GHS or the animals' owners, depending on ability to pay. Together, AWARE and GHS, are collaborating to help keep these animals safe and healthy for their guardians during times of distress and **we are asking for your help.**

### Statistics:

In Juneau 47% of women have experienced Intimate Partner Violence (IPV). Not all women are displaced due to IPV. Not all displaced women have pets. But for those who are displaced and do have pets, the reality can be very unsettling.

Nationally, 71% of pet-owning women entering

women's shelters reported that their batterer had injured, maimed, killed, or threatened family pets for revenge or to psychologically control victims; 32% reported their children had hurt or killed animals;\*

68% of battered women reported violence towards their animals. 87% of these incidents occurred in the presence of women, and 75% in the presence of the children, to psychologically control and coerce them;\*

Between 25%-40% of battered women are unable to escape abusive situations because they worry about what will happen to their pets or livestock when they leave;\*

Pets may suffer unexplained injuries, health problems, permanent disabilities at the hands of abusers, or disappear from home;\*

**For many battered women, pets are sources of comfort providing strong emotional support: 98% of Americans consider pets to be companions or members of the family.\***

Are you a pet lover interested and available in provid-

ing pet fostering for women experiencing domestic violence and/or vulnerability due to temporary displacement?

Are you able to volunteer to champion this cause and organize pet fostering volunteers? Pet fostering for AWARE's program participants will likely be a spontaneous occurrence allowing for little time to prepare. Pets in transition can misbehave, and some have experienced trauma themselves. The foster duration will depend on the individual in need and their ability to find stable, pet-friendly alternative housing. It could be a few nights to a few months.

AWARE pet foster qualities: patience, compassion, flexibility, and deep respect for and understanding of AWARE's confidentiality policies. AWARE and GHS are working hard to make sure that families, pets included, are safe and cared for. We appreciate any support you can provide.

**\*American Humane Association. *Facts About Animal Abuse & Domestic Violence: In association with the National Coalition Against Domestic Violence* Web. 15 June 2015 <http://www.americanhumane.org/interaction/support-the-bond/fact-sheets/animal-abuse-domestic-violence.html?referrer=https://www.google.com/>**



Photo courtesy of CBC News, April 16, 2015

## Someone I know is Being Abused-Should I Call the Police?

Here at The Hotline, we have conversations with family members, friends, coworkers and caring neighbors about what to do when someone they know is being abused. Knowing that someone in your life is being hurt is really difficult, and it's normal to feel unsure about how to best approach this challenging situation. Many people feel like calling the police can be a way to help. In a moment of a crisis, it's natural to want to reach out for support from local law enforcement; however, you may be surprised to hear that it's not always the best response for an individual in an abusive relationship. Let's examine several perspectives to figure out what the safest course of action could be to help support a person that you're concerned about.

Before calling the police, consider these key points:

If a person experiencing abuse has not created a safety plan with you about when to contact police on their behalf, doing so without the person's consent can limit their opportunities to make choices based on what they personally know to be most beneficial to support their safety and well-being.

The person experiencing abuse may not be in a place to speak honestly with law enforcement about the abuse. If law enforcement does show up, it might be safest for the person being abused to deny or downplay the abuse, particularly if the abusive individual is present.

Having police involved could upset the abusive partner. When the police leave, the abuser might harm their partner more because police were involved.

The police might not believe that abuse is happening. It's common that the abusive partner will lie or manipulate the situation to police to get them to go away.

The abusive partner might have connections to the police department. This can create a very difficult situation for the victim because the abusive partner is in a position of power outside of the relationship.

If the victim is in a LGBTQ relationship, the police might hold the common (though incorrect) belief that abuse isn't possible in these types of relationships.

One thing we always encourage is being mindful and respectful of what the person who is experiencing abuse wants in their situation. In an abusive relationship, the victim rarely (if ever) has their wishes or boundaries respected. Honoring boundaries and being respectful of what the victim wants can be a great way to show them what a healthy and supportive relationship looks like. Also, it's important to keep in mind that it is not your responsibility to rescue someone or "fix" their situation. A person who is in an abusive relationship has the right to decide if/when they leave and how, and there are many reasons why a person might stay in an abusive relationship.

Aside from calling the police, there are many other ways you can help someone who is in an abusive relationship. Below are some alternative ways to help someone experiencing abuse:

If you are a person the victim knows and trusts, talk to the victim about what they want. Try to find a safe time and place to speak with them (away from the abusive partner) and ask how you can best support them. They

may not be ready or able to discuss the abuse with you; if this is the case, just let them know that you are there to support them in any way you can.

Every time you hear abuse happening, keep a journal about the events. Mark the day it happens, the time it happens and what you heard or witnessed. This record can provide evidence if the victim does choose to approach law enforcement.

Help the victim create a safety plan when you're able to find a safe time and place to communicate. You can always contact one of our advocates to help you brainstorm.

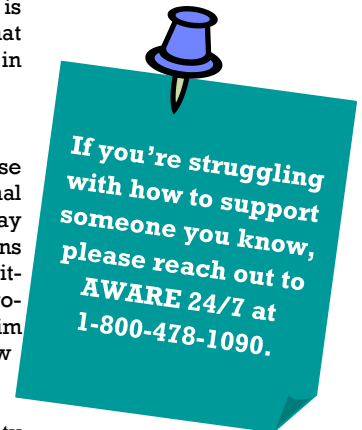
If you live next to the person and hear abuse happening, you could knock on the door and ask to borrow an item as a way to interrupt what's happening.

Reach out to a local or state domestic violence agency. Learn more about what abuse can look like, understand what the victim is going through and get more information on how you can offer support.

If you live in a community with communal areas, like a mail room or laundry room, posting a flyer from The Hotline with contact information could be a way to help a person experiencing abuse reach out for support.

While we know that calling the police may not always be the safest option for a victim, there could be circumstances in which it might be necessary, for example, if the victim is in imminent physical danger. Keep in mind that if at any point you personally feel in danger or unsafe, you have every right to contact police for yourself. Your personal safety and well-being is very important as well.

*\*This article was originally printed in The National Domestic Violence Hotline Website.*



## Children & Security



What do children really need? We know they need a home, clothes, food, safety and love. Those are the basics, and as a culture, we have systems in place to make most of those things reasonably accessible. We try to provide them at AWARE, and are, in some ways, quite successful. Children here have a measure of safety that they may not have anywhere else.

But many of us who work in shelter want more for the children in our lives. A recent study published by the Dept. of Justice noted that children who have experienced domestic violence do best when the perpetrator leaves the home, less well when the perpetrator stays in the home, and the least well when non-offending

parent and child have to leave the home (ie. go to shelter). This study hurt a bit to read, but it provides some important insights into what we know about shelter. I recognize the limitations of this research- for example, the children in the study had a home to leave from, while many of our children are repeatedly or chronically homeless. The questions remains- what isn't working for children in shelter? Over the months, I've come to see the missing element as security. Security for a child in shelter is knowing where you are going to sleep at night, and who will be in your bedroom when you go to sleep. It is having a space to do homework after school that doesn't change every day. It's feeling like you belong in a specific space,

and you know what to expect of that place. Security is a lot like predictability, but safe predictability. And while we are fairly good at providing a safe environment, predictability is a big challenge. In the coming months, thanks to funding from the Juneau Community Foundation Hope Endowment, we are dedicating resources to strengthening families experiencing abuse. My goal is to increase the predictability factor for children at AWARE. I look forward to working with families to establish routines, decrease stress about what happens next, and not let "this is how we've always done it" be a barrier to helping children feel at peace.

~Mandy O'Neal Cole, Deputy Director at AWARE.



**Students in the company need no previous experience. A mix of students are sought with individual qualities, talents, and life experiences to share and/or offer as peer educators to make up the company of performers.**

**Audition days and times will be announced. For more information please contact Dawn Kolden at [dawnk@awareak.org](mailto:dawnk@awareak.org) or by calling 586-6623.**

## Peer-Education Theatre Program

AWARE's Children's Program is creating a Peer Education Theatre Program to begin Fall 2015. A group of 12-16 local high school students will tour two different plays to perform for elementary and middle school students. This program will be in collaboration with the Minneapolis Illusion Theater. AWARE will purchase the rights to perform the following plays: **What Goes Around** (for middle schoolers) and **Touch** (3<sup>rd</sup>-5<sup>th</sup> Graders). Some of the topics discussed will be on harassment, violence prevention, stereotypes, conflict resolution, eating disorders, dating violence, diversity and respect, as well as the continu-

um of touches from safe to confusing to unsafe, bullying, internet safety, exposing, and sexual abuse.

Illusion's theater-based Peer Education Program was the first of its kind in the country. It began as a collaboration between Illusion Theater and the Minnesota Department of Human Services and has since become an ongoing, important part of Illusion's Education Model. Through a play development and youth peer educator training process, Illusion takes tested and crafted messages about important issues and blends them with each Peer Education site group's experiences to cre-

ate a unique and impactful performance, tailored to address the specific needs of each community.

AWARE Children's Program will hold auditions/interviews to choose a company as well as four adult leader mentors to tour and/or perform with the groups. Dawn Kolden, Education Specialist Coordinator at AWARE, will act as director. A professional staff member of Illusion Theater will work with the group to help educate students within the company regarding the issues they will be dealing with and how to be not only a performer, but a peer educator as well.



## Farewell & Thank You to Lindsey

It is with great sadness that AWARE says farewell to Lindsey Hennekam, our Social Norms Campaign Coordinator. During the six months that she has been with us, Lindsey has done incredible work in moving forward a long-time vision of the Juneau Violence Preven-

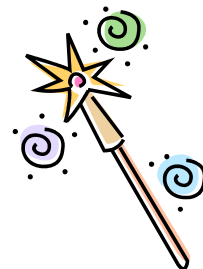
tion Coalition through her leadership in the development of our Social Norms campaign. Lindsey's background and skill in research and writing brought so much to her work, and it was her attention to detail, creativity, thoughtfulness, deep care for our work, and kindness

toward both colleagues and community members/partners that really set her apart. We are so grateful for the meaningful contributions she has made. She will be greatly missed around our office. We wish you all the best, Lindsey!

## Shelter Wish List

AWARE is in constant need of certain items listed below. Your donations help us cut our operating costs and are tax deductible to the extent allowed by law. We appreciate your generosity.

- |                            |  |                                      |
|----------------------------|--|--------------------------------------|
| New pillows                | Flashlights                                | Full-sized toiletries                |
| Art Supplies               | Towels                                     | Diapers & Wipes                      |
| Bus tokens                 | Twin Sheets & Blankets                     | Toilet paper                         |
| Trash bags                 | Forks, silverware                          | Kitchen utensils                     |
| Copy Paper                 | Your time as a volunteer                   | 3 - 5 quart saucepans                |
| Tri-fold paper towels      | Clipboards                                 | Office Supplies                      |
| New garbage cans           | Paper cups (hot and cold)                  | Stamps-for residents to mail letters |
| Cleaning supplies          | Movie, swim, skate rink, & climbing passes |                                      |
| New sweat suits, underwear |  | New Pillows                          |



## AWARE Recognized by FBI Cont...

Tabachnick said AWARE works with many partners in the community to keep women and children safe and to prevent violence.

“We share that responsibility with the community,” she said. “Of course we can’t do it alone.”

AWARE was selected by the FBI field office in Anchorage, headed by Special Agent in Charge Deirdre Fike. The Anchorage field office selected AWARE because of the organization’s advocacy for women and children who have been subject to domestic or sexual violence, and for “work(ing) with FBI agents in Juneau to obtain DNA evidence from victims for case evidence and (providing) legal advice, assistance, and counseling to victims of violent crimes and sex trafficking.”

The FBI has presented these awards for more than two decades “to ordinary citizens and organizations striving to build stronger, safer, and more cohesive communities, and this latest group of honorees con-

tinues to set the bar exceedingly high.”

FBI Director James Comey said the awards acknowledge the aspect of the bureau’s work protecting communities through building partnerships, and to recognize individuals and organizations as role models for “what being a citizen really looks like, what being part of a community really looks like.”

Tabachnick felt it was “kind of a surprise” to be selected for the honor. Swarupa Toth, a legal advocate with AWARE, attended a ceremony in Anchorage, receiving an FBI challenge coin, but Tabachnick didn’t realize they would receive the national award, taking her to D.C.

“It felt great, I felt really special,” she said.

The FBI paid for plane fare and two nights in a hotel, and held a reception for recipients and guests following the ceremony.

“It was a real honor for AWARE and for Juneau,” Tabachnick said.

She said AWARE is full of

leaders, staff who are passionate, responsible, energetic and who desire to make change.

AWARE holds its intervention and prevention work to high standards, she said, and works closely with other community stakeholders to provide services in Juneau and for neighboring communities.

Tabachnick was proud to accept the award for all that AWARE has done since it was founded in 1977, and is inspired to continue the organization’s work.

AWARE expects to see construction completed in a month to six weeks of transitional housing for women and families who are ready to move on from the emergency safe shelter.

Tabachnick said she doesn’t have any new plans on the horizon just yet.

“When you start something new, you want to make that strong before you move onto the next thing,” she said, adding that only then will they make the next move: “What else? Where are the gaps? How can we support filling them?”



**AWARE, Inc.**  
**P.O. Box 20809**  
**Juneau, AK 99802**

**AWARE would like to conserve resources & email our newsletter to you. Please send your email address to [mandij@awareak.org](mailto:mandij@awareak.org). Thanks very much!**

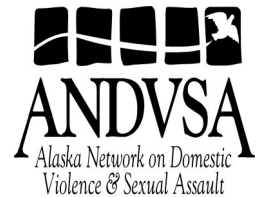
**NON-PROFIT**  
**US POSTAGE PAID**  
**JUNEAU, AK 99801**  
**PERMIT # 159**

**Return Service Requested**



**Dove Cottage**  
**A Place of Peace**

**[www.awareak.org](http://www.awareak.org)**



### **AWARE Staff**

#### **Executive Director—Saralyn Tabachnick**

Deputy Director	Mandy O'Neal-Cole
Business Director	Chris Bauman
Interim Prevention Director	Melissa Johnson
Community Services Manager	Britta Tonnessen
Children's Program Manager	Rachel Brown
Legal & SART Manager	Swarupa Toth
Children's Counselor	Cara Peters
Administrative Coordinator	Mandi Johnson
Volunteer Coordinator	Alli Hourigan
Personal Safety Education Coordinator	Dawn Kolden
Lead Advocate	Kimberly Lucas
Shelter Advocate II	Meryl Chew
Shelter Advocates	Brenna Musser
	Carrie Guthrie
Children's Advocate	Lela Stevenson
Community Engagement Coordinator	Cecelia Westman
GOTR Coordinators	Julie Walker
	Rachel Wintz
JCAP Coordinator II	Aria Chipley
AmeriCorps Volunteer	Jodi Weber
Jesuit Volunteer	Ben Wills
VISTA Volunteer	Esther Smith

**Please include the AWARE  
Action Fund of the Juneau  
Community Foundation in  
your will!**

#### **Board of Directors**

Cheryl Eldemar, Co-Chair  
Michele Masuda, Co-Chair  
Martha Moore, Secretary  
Maren Haavig, Treasurer  
Phil Campbell  
Jeffrey Irwin  
Mary A. Schlosser  
Jessica Srader  
Patricia Watt  
Kerri Willoughby