With the first six months of gender inclusive shelter in practice, I’ve been reflecting on the change and growth I’ve seen at AWARE since I became Executive Director. To be clear, all of these changes are the result of teamwork and partnerships, meetings with stakeholders—people with different strategies working toward the same goal—increased safety and well-being for the people and community we serve. In 2002, AWARE was an intervention agency providing about 5000 nights of emergency safe shelter for women and children. A few years later we started our men’s program, the Juneau Choice & Accountability Program, now called Men At Work. Shortly after that, our prevention program took root, the Juneau Violence Prevention Coalition grew community wide, and we now have a prevention staff of 9. Fast forward to 2015 and Kaaesi, our transitional housing program, 12 units of new construction for individuals and families leaving our emergency safe shelter. Our advocacy services are significantly different than they were ten years ago, or even five years ago. For the past four years, we have provided over 10,000 nights of emergency safe shelter for survivors of domestic and sexual violence, adults and children. I am proud of AWARE’s sustainable programming that changes to meet the needs of the people we serve and of our community, of our fiscal management that allows for maximizing efficiencies and overall stability, of our partnerships with other community agencies and stakeholders, and of the heart we bring to the services we provide for people who have been victimized and marginalized, and who are on a healing path. We could not do it without you! Thank you for your role in supporting AWARE’s work!

EXECUTIVE DIRECTOR
SARALYN TABACHNICK

A HUGE THANK YOU TO OUR GARDENERS!
The flower gardens around AWARE have been maintained and developed by an extraordinary volunteer, Shirley Carlson. They bloom consistently. She donates her time, expertise and care, surrounding the shelter with beauty. It is a gift that is felt daily. This year, we are fortunate to have a Children’s Garden created by another volunteer. Monica Ritter worked with her family and the kids in shelter to plan, build, plant and maintain a green oasis in the play yard. There are snow peas, carrots, kale, chard, nasturtiums and other nutritious veggies. Working in the dirt can be a form a therapy. The gardens offer a space for reflection and joy, and now provide fresh, homegrown food to participants in our programs. Gardens reveal the latent possibilities in the earth, the reward of digging in, and remind us to slow down. THANK YOU SHIRLEY CARLSON & MONICA RITTER. Thank you for demonstrating the depth of what flourishes when individuals from the community share their talents.
Fall Advocacy and Volunteer Training

This October, you are invited to learn more about AWARE, our services, how you can get involved, and how our programs impact the community. It is a 40 hour training over the course of 2 weeks. Registration is required. There will be more information on the website www.awareak.org as well as notice posted around town. The training is a requirement for new staff and serves as an introduction to domestic violence, sexual assault, adult and childhood trauma, trauma informed services, substance abuse and LGBTQIA+ impacts, historical trauma, prevention programming, community coordinated response and much more! Contact owenh@awareak.org or call 586-6623 and ask for Owen.

Photos clockwise from top left:

- REOUND youth outdoor training, partnership with SAIL
- Nasturtiums in the children’s vegetable garden
- Maintenance person Joe Thomas wears Bear Clan regalia from Angoon for Celebration 2018. His uncle Frank Jim carved the hat and claws. Joe is a skilled dancer and keeps our buildings and grounds in tip-top shape. Thank you Joe!
Self-Care After Trauma

Tips from RAINN

Self Care is about taking steps to feel healthy and comfortable. Whether a trauma happened recently or years ago, self-care can help you cope with the short and long-term effects of sexual assault or other trauma.

Physical self-care

After a trauma, it’s important to keep your body healthy and strong. You may be healing from injuries or feeling emotionally drained. Good physical health can support you through this time. Think about a time when you felt physically healthy, and consider asking yourself the following questions:

- How were you sleeping? Did you have a sleep ritual or nap pattern that helped you feel more rested?
- What types of food were you eating? What meals made you feel healthy and strong?
- What types of exercise did you enjoy? Were there any particular activities that made you feel more energized or relaxed?
- Did you perform certain routines? Were there activities you did to start the day off right or wind down at the end of the day?

Emotional self-care

Emotional self-care means different things to different people. The key to emotional self-care is being in tune with yourself. Think about a time when you felt balanced and grounded, and consider asking yourself:

- What fun or leisure activities did you enjoy? Were there events or outings that you looked forward to?
- Did you write down your thoughts in a journal or personal notebook?
- Were meditation or relaxation activities a part of your regular schedule?
- What inspirational words were you reading? Did you have a particular author or favorite website, to go to for inspiration?
- Who did you spend time with? Was there someone, or a group of people, that you felt safe and supported around?
- Where did you spend your time? Was there a special place, maybe outdoors or at a friend’s house, where you felt comfortable and grounded?

If you or someone you know has been affected by sexual violence, it’s not your fault. You are not alone. Help is available 24/7 through the AWARE crisis line. 907-586-6623.
Interested in mentoring 3rd-5th grade boys or girls?

Join AWARE’s violence prevention programming by coaching a team of elementary school students! Our Boys Run I toowú klatseen and Girls on the Run programs use running to teach life lessons to youth, including how to identify values, work as a team, and give back to the community. These programs increase kids’ self-esteem and confidence, as well as many other protective factors that help to stop violence before it starts. Our Boys Run I toowú klatseen program is based on the structure of the Girls on the Run program, and weaves Alaska Native values throughout a 10-week curriculum to teach healthy masculinity. Both Boys Run and Girls on the Run end in a fun, celebratory 5K event that teaches kids that when they set a goal and work toward it, they can achieve anything!

Volunteering with these programs is a superb volunteer experience. We need coaches who are positive role models for 3rd-5th graders, with a passion for empowering children to be their special, unique selves! Coaches need not be runners. Coaches work in small groups to facilitate a set curriculum with 1.5 hour-long lessons 1-2 times per week for 10 weeks, after school. There will be a fun, interactive day of coach training for new coaches on August 25th (Girls on the Run). Boys Run coaches training will be September 15th. We are also thrilled to be working on incorporating place based adaptations this season. This season we will also be taking including a focus on equity within the coach training, and hoping that our coaches strive for allyship.

Interested in getting involved? Learn more at GOTRGreaterAlaska.org or contact Austin Tagaban: austint@awareak.org or (907)586-4902.

Upcoming dates

Girls on the Run coach training-- August 27th
Boys Run I toowú klatseen coach training— September 15th
Boys Run I toowú klatseen and Girls on the Run 5K-- December 8th

Legal Advocacy

As a reminder, or in case folks didn’t know, Vanessa our Legal Advocate is able to help with many Civil Legal issues including: Short and Long Term Protection orders, Divorce, Custody, Child Support & Custody as well as Child Support Modifications. She’s also the person to contact for the monthly Legal Clinic hosted at our Kaasei facility. She can assist with both District and Tribal Court paperwork preparation.
AWARE in partnership with Alaska Legal Services hosts a monthly Legal Clinic at our Kaasei facility. The clinic happens on the final Tuesday of each month, with exceptions around major holidays. At this clinic you can get assistance with many Civil Legal issues. To be able to attend the Legal Clinic you need to have applied at Alaska Legal Service by the Friday before the Clinic is scheduled. Limited child care may be available if you contact AWARE by 4pm the Friday before the clinic and talk with one of the Children’s Advocates. Once you have applied to Alaska Legal Services they will contact you letting you know that you have an invite. Please bring all of your current legal documents and any other supporting documents. Next legal clinic is July 31, followed by one Aug 28. If you have any questions please contact Vanessa at vanessag@awareak.org or call 586-6623.

Men Ending Violence

In 2017 AWARE and the Juneau Violence Prevention Coalition launched the Community Restoration Project (CRP) to encourage healthier gender norms and behaviors. The CRP’s mission is to gather Juneau men of diverse and intersectional identities and backgrounds to work together to address violence against women and girls through education, heightened awareness, accountability, and advocacy. The CRP provides a way for men to learn about disparities created by gender and race-based discrimination. They discuss privilege, oppression, and intersectionality and the effects on men and our community. We believe that an analysis of oppression is critical to ending violence against women and girls. This informs our practice of building accountability among men and is the basis for engaging and mobilizing men as catalysts for change. CRP members participate in ongoing awareness and educational opportunities as a way to transform the messages that they have internalized as a result of patriarchy and colonization. Phase one of the CRP is about learning, listening and being informed by those who are most affected by the prevailing systems of oppression. It is about aspiring to be an ally. Allyship is not an identity, it is a lifelong process of building relationships based on trust, consistency, and accountability. Our work and efforts must be recognized by the people we seek to ally ourselves with. The CRP has met monthly for the past four months and has involved 20 men across the community.

In addition to CRP, AWARE is also hosting on-going Men at Work (MAW) classes, designed by Men Stopping Violence (MSV) a non-profit organization in Decatur, GA. This program uses a community-centered approach to the intervention and prevention of men’s violence against women. AWARE has been implementing MAW since the spring of 2017 as the curriculum for the Juneau Choice & Accountability Program (JCAP). The class is available to men who have perpetrated violence and men who want to learn more about becoming allies and advocates through self reflection and accountability. This year we recruited men from across our community to volunteer in the work of healing from patriarchy and toxic masculinity. MAW meets weekly for 26 weeks.

If you are male identifying aspiring ally, perpetrator of violence or concerned community member interested in joining our efforts please contact Richard Cole, AWARE’s Engaging Boys and Men Coordinator at richardc@awareak.org or 586-4902.
Race and Gender Equity

AWARE and the Juneau Violence Prevention Coalition long for a community that is safe, equitable and inclusive. We know that we are not alone. Many tribal and community organizations and individual allies work tirelessly to create racial and gender equity across our communities. We have been gathering key leaders together to do this work in deeper collaboration, building upon our histories, our current programs and co-creating shared strategies increase our effectiveness as a connected and resilient community. Last month we hosted Wisdom in the Circle where CCTHITA, AWARE, and the Juneau Violence Prevention Coalition convened 30 community stakeholders. The purpose for this gathering was to reflect on ways to collectively address racial and gender-based violence and discrimination across Juneau in more effective ways. Community partners helped map and identify their role in this shared effort. The results of this gathering will guide and inform our work in specific areas:

- Create and implement an equity assessment and guide for organizations.
- Engage the community in ongoing conversations and trainings.
- Work with men to end violence against women.

Additionally, we trained 20 new community members to host dialogues that address racial and gender equity in schools and local organizations. The “Equity Dialogue Community Conversation Host Training” utilized the First Alaskans Institute ANDORE model. Participants identified dialogues they intend to host such as Healing and Restoration, increasing youth led conversations between students and teachers, allyship, and #metoo and men. If you are interested in receiving an invitation to these dialogues or for more information about these programs and opportunities please contact Ati Nasiah, Prevention and Outreach Director, at atin@awareak.org or 586-4902

Inagural Safe Bars Southeast Training Season

In 2017 multiple community members in Skagway requested consent and sexual violence intervention informational material for their bars; the result has led to something bigger - the initiation of a Safe Bars Southeast program. The Juneau Violence Prevention Coalition brought two trainers from DC. The Hangar graciously donated space and coffee, tea, and ice water. Over the Winter of 2017-18, fifteen people from varying parts of Juneau and one person from Skagway formed a team of trainers. Team members joined as community volunteers or as representatives of agencies or bars. Partners included AWARE, Juneau Public Health, UAS, Amalga Distillery, Louie’s Douglas Inn, McGivney’s, and the Dahl Memorial Clinic in Skagway. The individuals who attended this training then went to six establishments and worked with 109 restaurant, manufacturer, and bar employees who received the 2-hr bystander intervention program training.

(continued on next page)
Safe Bars cannot guarantee that trained establishments will be violence free or that every patron will feel or be safe in their establishments. Safe Bars is a starting point for working together for increased safety, and trained establishments CAN say, “We are trained to have your back.”

Total prevention of sexual assaults will require a societal shift to address predatory behavior norms and patriarchal beliefs. Safe Bars Southeast is a voluntary program available to any establishment within AWARE’s service area. After the training, establishments receive a sign for their window and posters for their restrooms that explain the program in more detail. AWARE and nurses from Juneau Public Health Center work in partnership to bring this program to rural communities.

Snapshot of impact:
- While the training is only required for front of house (FOH) staff, the Skagway Brewing Company trained their entire staff.
- Staff who have experienced sexual assault and harassment themselves within the industry have felt grateful for their businesses for supporting the training and for prioritizing violence prevention values. Other staff with more significant trauma have been linked to advocates and healing resources.
- One FOH staff shared that while he was out on the town outside of work he observed sexual harassment and felt comfortable intervening. He noted that the perpetrator was under police custody by the end of the evening.
- 54% of participants said they would change what they do as a result of the workshop. Some explained that they will intervene earlier, be more aware, be more watchful, be less fearful to intervene, recognize behavior that can escalate, and better listen to the victim.
- Over 98% feel empowered to intervene and step up for someone who may be a victim.

To learn more about Safe Bars Southeast or schedule a training, contact Britta at 586-4902 or email the team at safebarssoutheast@gmail.com. You can also like us on Facebook.
Board of Directors
Martha Moore, Co-Chair
Mary A. Schlosser, Co-Chair
Michele Masuda, Treasurer
Libby Bakalar, Secretary
Amy Dressel
Katie Erickson
Robin Gilchrist
Norton Gregory
Diana Paul
Elizabeth Pisel-Davis

AWARE Staff
Executive Director
Deputy Director
Business Director
Prevention & Outreach Director
Prevention Manager
Community Services Manager
SART Manager
Shelter Office Manager
Trauma-Informed Counselor
Administrative Coordinator
Temporary Administrative Coordinator
Administrative Assistant
Communications & Volunteer Coordinator
Legal Advocate
Advocacy Services & JCAP Manager
Lead Advocate
Shelter Advocates

Lead Children’s Advocate
Children’s Advocate

Equity Coordinator
Engaging Boys and Men Coordinator
GOTR Statewide Coordinator
GOTR Local Coordinator
Maintenance
JCAP Specialist (JV/AmeriCorp)
Youth Engagement Specialist (AmeriCorp)
Youth Advocate Specialist (AmeriCorp)

Saralyn Tabachnick
Mandy O’Neal Cole
Danielle Lindoff
Ati Nasiah
Leah Bennett
Britta Tonnessen
Swarupa Toth
Estela Holst
Ellen Andrews
Mandi Canady
Maggie Watson
Olga Askaoak
Owen Hutchinson
Vanessa George
Emma-Lily Larsen
Kimberly Surnner
Brenna Musser
Alice Smoker
Kaleigh Hohenthaler
Tillia Everett
Lela Stevenson
Tressa Millam

Jessie Morgan
Richard Cole
Natalie Watson
Austin Tagaban
Joe Thomas
Kevin Borah
Morgan Stonecipher
Cady Kuzmich

Looking to make a monetary donation?
Please visit giving.awareak.org/donate.
It’s easy at 1, 2, 3...

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