

SAFV Voices

Sitkans Against Family Violence

December 2014

What Domestic Violence Survivors Need to Know About Affordable Health Coverage

November 13, 2014

This is an article by Future Without Violence's guest blogger Lena O'Rourke, Founder and Principal of O'Rourke Health Policy Strategies, which is committed to developing and implementing good public policy on health care issues, with an eye toward making our nation's health care system work.

Open enrollment for health insurance is right around the corner! I'm pleased to announce that starting November 15th, 2014, survivors of domestic violence have the opportunity to enroll in affordable, high-quality health insurance. But it's important to act now—this open enrollment period only lasts from November 15, 2014 through February 15, 2015 for health insurance coverage that begins in 2015. Don't delay!

This coverage is made possible through the Affordable Care Act (ACA), a piece of legislation that makes health insurance coverage affordable and provides a guaranteed and expanded set of benefits that women and their families need. Women who have a pre-existing condition cannot be turned away from coverage—this includes prohibiting insurance discrimination against victims of domestic violence. For women who have stayed in unhealthy relationships for fear of losing their health insurance, the ACA offers options to access affordable health care not tied to their partner. In other words, affordable and comprehensive coverage is within reach for all women.



Here's what survivors of domestic abuse should know:

- Significant financial help is available to make coverage affordable. It's available on a sliding scale based on family income. Some married survivors who don't live with their spouse are eligible for financial help on their own salary.
- Plans are required to cover a comprehensive set of benefits including medical and behavioral health services.
- Health plans must cover screening and counseling for lifetime exposure to domestic and interpersonal violence.
- Pregnant women now have guaranteed maternity benefits as part of their insurance package, and their newborns will get the screenings and care they need.

How to get started:

If you know someone who needs health insurance, encourage them to start their application process by going to healthcare.gov. The site will ask what state you live in, and either start the application or links you to your state's Insurance Marketplace.

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SAFV News

New Board Member

SAFV welcomes our new board member, Sarah Brewer. We let her introduce herself in her own words:

Hi there, my name is Sarah Brewer, and I am thrilled to be joining the SAFV Board of Directors!

I just moved to Sitka from Unalaska last year, and saw a poster for a SAFV community training. I thought this would be a great way to get to know a little more about the community, while learning valuable skills and information that I feel is applicable to anyone and everyone.

In Unalaska I served on the Board of Directors with Unalaskans Against Sexual Assault and Family Violence (USAFV) for over five years, ending as their vice chair, and was excited to see an opportunity with a similar organization here in Sitka. I wholeheartedly support any organization that believes in the inherent right for everyone to live free from violence, and in an environment that empowers them to rise to their fullest potential.

I am enjoying Sitka immensely, and spend most of my days chasing around and foraging with

an amazing toddler on the local trails and beaches. I am excited to see how I may fit in and support such a valuable resource in this lovely community.

SAFV launches new website

Sitkans Against Family Violence is proud to announce the launch of our newly redesigned website at safv.org! We have been working on revitalizing it to be a more comprehensive resource that includes the services, programs, and events that SAFV offers. We hope you find the website useful and encourage you to share it among your networks.

On the website, we have added many new sections. Of note, in the **About Us** section, we have included SAFV's updated **core values and philosophy**, as well as a **timeline** of SAFV's history.

Services section highlights all of our **advocacy** and **support services** for shelter residents and community members. Check out our **Prevention** page for an overview of our prevention plan, Pathways to a Safer Sitka, and find out more about our programs, like our work with **men and boys** and **youth leadership**. We are archiving

our **media and art** outreach, and have created a **Resources** section for more information about many topics that we address in our work. Finally, we have created an updated way for people to **get involved** or stay connected with SAFV.

We're excited to use our new website to increase outreach, and hope you will find it a valuable resource. We would love to hear your feedback!



**CHECK
OUR
NEW WEBSITE**

www.safv.org

A comprehensive resource that includes the services, programs, and events SAFV offers

SAFV Prevention News—Boys Run—I Toowú Klatseen

Boys Run: Successful First Season!

Boys Run I Toowú Klatseen: Strengthen Your Spirit program would like to thank everyone who came out for the first-ever Boys Run 5K Fun Run! This was the final celebratory event for our amazing participants, boys in 3rd through 5th grade, who have been learning healthy lifestyle skills, building respect and self-esteem, and training over the past nine weeks. We had so many family members, friends, and community members come out to cheer them on and help them each achieve their 5K goal--Yak'ei áwé!

Boys Run I Toowú Klatseen has been developed in partnership between SAFV, AWARE in Juneau, the Sitka Native Education Program, and the Sitka School District. Boys Run envisions boys and men possessing “strength of spirit.” As one boy said about the program, “I was pretty surprised when they started talking about being respectful...it really made me open to being a nicer kid and making new

friends.”

We're so grateful for all the support we received to make this pilot season a great success. Gunalchéesh to Casey Demmert, Diana Twaddle, and the staff at Keet Gooshi Heen Elementary School for supporting the idea of a Boys Run program, and to the Sitka Native Education Program for being integral in the curriculum development process. The program would not have happened without the positivity and dedication of our amazing coaches--Broderick, Dan, Dianne, Liz, Nick, and Zack. And we greatly appreciate the local sponsors who make this program and Girls on the Run possible with their financial or in-kind donations, including Hames Corporation, Russell's, and the Hames Center.

Boys Run will be offered every fall at Keet Gooshi Heen. For more information, visit safv.org or contact schools@safv.org.



Boys and bystanders alike enjoyed a sunny day that made running even more fun.

SAFV Prevention News

Sitka Youth Leaders at LeadOn! Conference



Leaders in the Sitka Youth Leadership Committee presented at LeadOn!, the annual youth leadership conference in Anchorage. Debbie Yearwood (SHS), left, and Jeffrey Moore (MEHS) piloted our video shorts toolkit in our Teen Talk workshop with great success.

SYLC will make this resource available to other teen groups across Alaska and teach youth facilitators how to use the videos effectively. This educational toolkit will help encourage widespread conversations on respect, peer support, and undoing oppression.

For more information about SYLC or to acquire the toolkit, please contact sylcintern@gmail.com.

Youth Intern with SAFV

Justice Lysons, left, Sitka High student, is the



new intern with the Sitka Youth Leadership Committee (SYLC).

Justice will be the main contact for SYLC and will be doing all the “behind the scenes” work. She says she is looking forward to building new relationships with her peers this year and is excited to help SYLC and its members reach their goals.

Become a SAFV Member



If you received a membership letter in the mail recently, please consider supporting SAFV with your contribution. You can pick the amount you want to give, and any amount is welcome and helps us maintain our services to survivors of interpersonal violence. Be a part of an organization that is essential in our community and delivers cutting-edge programs for violence prevention.

If you want to learn about our mission, values and philosophy, please visit our website at www.safv.org. There, you can also find Our Story, a detailed timeline of SAFV starting in the mid 1970s.

CDVSA Met in Sitka

The Council on Domestic Violence and Sexual Assault had their quarterly meeting in Sitka on November 20 and 21, 2014. They visited SAFV and heard a presentation by Sitka's Pathways Prevention partners. This partnership is led and facilitated by our prevention team around Julia Smith, Elena Gustafson, and Anne Brice.

The Council's mission is to provide safety for Alaskans victimized or impacted by domestic violence and sexual assault. It is responsible for making sure Alaska has a system of statewide crisis intervention services (such as SAFV), perpetrator accountability programs (such as their approved batterer's intervention programs) and prevention services.



Commission members who visited Sitka are from left to right: Gary Folger, Commissioner of Public Safety, Laaree Morton, Executive Director, Rachel Gernat, public member, Richard Irwin, Chair, Donna Erickson and Susan Cushing, public members



All smiles are Vicki D'Amico, SAFV Executive Director, Gretchen Clarke, Consultant, Katie TePas, Senior Policy Advisor, Office of the Governor, Sean Parnell, and Amy Zanuzoski, Executive Director, Sitka Counseling, one of SAFV partner agencies.

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Every state has a network of free in-person “assisters” who are trained to help people through the application process. There are special rules to help some victims of domestic violence during the application process; these assisters will understand how to help navigate the enrollment process.

For a full list of assisters near you, go to localhelp.healthcare.gov. Look at the list, talk to local health centers or hospitals, or talk to other providers. Build a relationship with an assister.

Remember, open enrollment ends in February. There are only limited opportunities to get cover-

age outside this window, so encourage anyone who needs coverage (or who needs to renew their plan) to visit healthcare.gov!

Source: <http://www.futureswithoutviolence.org/blog/>

If you need help with enrolling in a health care plan, please contact Andrea Thomas at SEARHC, andreat@searhc.org.

SAFV Events and Fundraisers—Please Mark Your Calendars

Honoring Women 2015

The 18th Annual Honoring Women Celebration is scheduled for

April 11, 2015, 6 pm at Harrigan Centennial Hall.

We will have a catered dinner and silent auction, entertainment, slide show and honoring ceremony. Honoring Women is our favorite event because we are able to uphold women who are so deserving of acknowledgement.

We will recognize four women who have worked to enrich our community, either as volunteers or professionals. Please take some time and reflect who deserves to be acknowledged for her service. We particularly encourage you to nominate young women or those who have a minority background.

If you want to nominate someone please write a few paragraphs describing why you believe this woman eighteen years or older should be honored for the difference she made. Please include her mailing address, email and phone number. You can find a list of women who were honored in the past on our website, www.safv.org.

Please email your nomination to info@safv.org, or send it to PO Box 6136, Sitka, AK 99835. You can also drop it off at the shelter. Call 747-3370 for directions.

Family Fiesta

Those who enjoy fun with their family and friends, like live music and home-cooked food, or have a sweet tooth are invited to attend our Family Fiesta with fish, beef, or vegetarian tacos, and an auction of fabulous desserts. It will be held on

February 21, 5:30 pm at the ANB Founders Hall.

If you are a baker or dessert maker, please consider donating to the auction. Follow your passion and help support SAFV and our services. You can drop off your dessert after 2 pm at the hall, or make a pick-up appointment at 747-3370 or info@safv.org.



Thank You and Gunalcheesh!

At the End of the Year

Thank you to all our members, donors, volunteers and benefactors for your unlimited support.

We appreciate your continuous funding, care and encouragement from the depth of our hearts. Without you, we could not do the work that benefits victims and survivors as well as the entire community. You are a big reason for our success.

We wish all of you peace and safety wherever you are, in your homes, while traveling, on the job, and out in the elements. Best wishes for the New Year!

Your SAFV Staff and Board

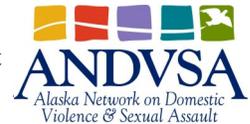
Pick.Click.Give. To SAFV



1. SAFV supporters can now donate through the PFD Pick.Click.Give Program.
2. When you go online to apply for your dividend, you will see Pick.Click.Give options. Click and follow the instructions to make your donation.
3. 100 percent of every gift goes to SAFV.



United Way Member Agency
Member of the Alaska Network on Domestic Violence and Sexual Assault



Sitkans Against Family Violence
P.O. Box 6136
Sitka, AK 99835
Phone: 907-747-3370
Crisis Line: 1-800-478-6511

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