



SAFV Voices

Sitkans Against Family Violence

July 2018

YES, Domestic Violence Exists in Sitka

Is there domestic violence in Sitka? For an agency that has worked for decades in this field, the notion that domestic or interpersonal violence do not exist in our beautiful Sitka is absurd.

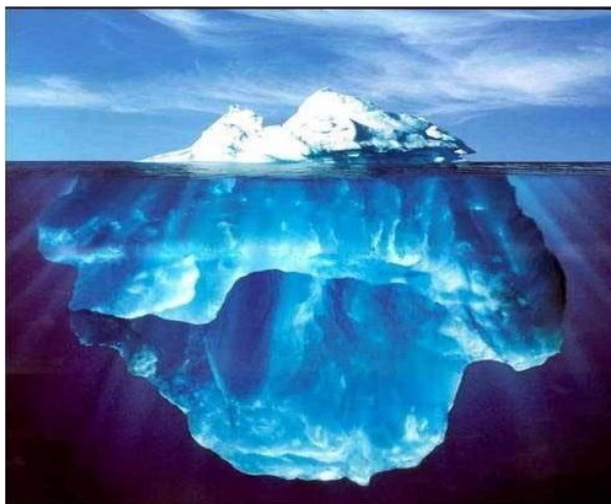
Still, a survey conducted and carefully evaluated by SAFV's prevention staff among male local citizens revealed that most men have heard about this kind of violence, but don't think it is an issue in Sitka. How come?

The results of this survey revealed that Sitka men, on a scale between completely unaware and being an activist, rank on the second from bottom segment called Resistance and Denial.

In order to set the record straight SAFV staff spent the 6 months analyzing what is right in front of our eyes, publicly available to everyone, published daily in the Sitka Sentinel. We checked every entry under Police Blotter, where every incoming call to the police station is documented, and Sitka Police, where enforcement consequences following any of the calls are recorded. We marked and tallied up all incidents of violence between intimate partners or persons living or having lived together at some time.

The result: between January 1 and June 30, 2018, Sitkans reported 45 cases of domestic violence, 4 stalking incidents, 3 cases of child abuse, and 1 cyber stalking to the Sitka Police Department.

In the same time frame, officers took action in 35 cases of domestic violence, arresting and charging perpetrators for committing a crime. There was a significant difference in monthly numbers, between 15 DV calls and 13 charges in January and 3 calls and 3 arrests or charges in June.



Only 10 percent on an iceberg is visible, while the vast majority of its mass is hidden under water. It is the same with interpersonal violence: only a very small part is seen or perceived by the public. That does not mean it doesn't exist.

It is important to mention that we did not only look at situations where one intimate partner physically assaulted another, but included other forms of interpersonal violence like emotional, verbal, and economic abuse. According to what SAFV program participants over the years reported, these forms of violence often hurt much more deeply than physical injuries, and often don't heal at all.

Knowing that approximately one of two women in Sitka experienced domestic or sexual violence, according to a survey conducted in 2012, we are sure a lot more cases of interpersonal violence occurred in Sitka in the first half of 2018. It is like the tip of the iceberg we see.

So, this is our message to all Sitkans: domestic violence exists, and if you read the Police Blotter, you will find it there on a regular basis. If you have any questions on this or would like more information, please don't hesitate to call Martina at 747-3370. We will continue our analysis, and will present more results in six months.

SAFV News

Our Very Own Shero

Amanda Capitulo recently finished her second AmeriCorps Vista year in SAFV's Prevention Department. She built capacity for Male Engagement, Parent Engagement and Communications and also took leadership in developing our communications plan.



We will miss her greatly.

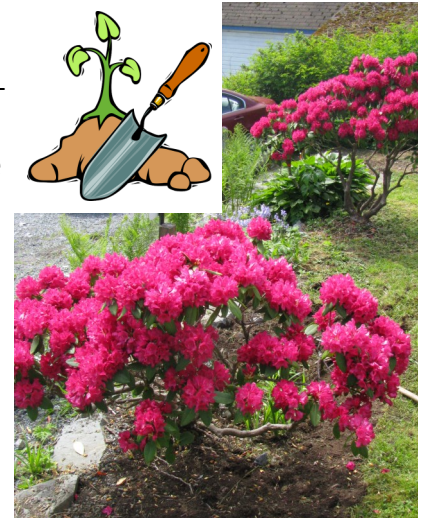
But, we are very fortunate as she will only be away from us for one year! She was accepted into the prestigious Bloomberg Fellowship Program at Johns Hopkins School of Public Health to earn her Masters in Public Health. This is a huge accomplishment! This program is designed for public health professionals to get a fully funded MPH in 11 months, then return back to the community they were working in to share their knowledge and expertise. This means we are lucky enough to have Amanda back in a year and continue to learn from

her. She will continue her work with streamlining communications for our agency. We are so very proud of our "Flandy"!

Rhododendrons and Roses to Give Away

By September, two red-blooming rhododendron bushes and several wild roses will have to be moved in order to create space for the planned shelter expansion.

If you have space for these beautiful bushes in your yard, please let us know. They are free, but you have to dig them out or coordinate with us when we remove some other trees and shrubs. Call 747-3370.



First Ever SAFV Pride Day BBQ



Thank you to SAFV advocate Peg Blumer, second from right, for coordinating SAFV's first Pride Day barbeque on the lawn of the Pioneers' Home on June 28.

Other SAFV staff present were, from left to right, Tina Bachmeier, Alaire Hughey, Becca Foster, and Kelsie Barbour. SAFV is very grateful to the Pioneers' Home Administration for allowing us to be on their beautiful lawn, and to Braveheart Volunteers for use of the Manager's House.

And lots of thanks to those who attended and brought food and treats. This was fun.



SAFV's "Explore More" Summer Camp

This June, SAFV's Children's Program sponsored the first week of Explore More Summer Camp, a full-day camp designed to provide a safe space for children, strengthen protective factors to help them cope with stress and trauma, and connect them with people and organizations in the community.



Ten children ages 5 through 12 and two SAFV staff gathered each day for healing art activities, field trips, team building games and personal reflection time. Field trips included a trip to the Raptor Center, mindfulness walks through Sitka National Historical Park and beach, a visit to Sitka Sound Science Center, an afternoon with the Tlingit Sheet'ka Kwan Naa Kahidi dancers, and a day at the Halibut Point Recreation Center.

Pictured below, children mindfully walked on

the beach at low tide after spending the morning discovering how connecting to the land and the natural world can help us when we are upset. They combed the beach to find things to put into their Calm Box. This is a box created by participants with things that could remind them of this healing connection to the land and natural world, and hopefully help them find calm when they are feeling overwhelmed, stressed or upset.



With the support of community organizations and a generous grant from Sitka Alaska Permanent Charitable Trust, we were able to provide this camp free of cost to all families. This included providing full breakfast, lunch and snacks for participants. SAFV's Children's Program is looking forward to week two in July.



Joy and Empowerment - Girls on the Run Final



On May 12th, Girls on the Run celebrated its 10th anniversary of local implementation with a wonderfully successful 5k community fun run and celebration.



Photo courtesy of James Poulson, Daily Sitka Sentinel

It was powerful to be a part of the growth and celebration of such an incredible girls empowerment program. It's wild to think that only 10 years ago, when SAFV first brought this program to Sitka, our run was operated out of a race tent with a team of 14 girls. This year, the run was a massive celebration with tons of community support and 200 people in attendance.

We have so many people to thank! SAFV received in-kind donations from Chocolate Moose, North Sister, Back Door Café, Highliner, the Science Center, Fish Eye Coffee, SeaMart, Ben Franklin, Janet Evans, Randy Hughey, Harrigan Centennial Hall, Our Town Catering, and AC Lakeside.

We had over 15 community volunteers, including five youth from Raven's Way. The 5k run was planned with the support of a group of volunteers (the 5k Planning Committee) including Justine Webb, Kristina Tirman, Sydney Carter, Kat Richards,

and Sue Conrad.

Throughout the season, Sitka School District supplied space and behavioral and logistical support, 21st Century Growing & Learning Opportunities (GLO) provided snacks, 2 coaches, behavioral support, and bus transportation. Youth Advocates of Sitka sent us one coach, Raven Radio aired our weekly PSAs, and Sitka Sentinel printed our lesson summaries.

What's more, we had 8 coaches give more than 10 hours a week mentoring girls throughout the 10-week program. Special thanks to all of them: Tina Bachmeier, Caitlin Way, Abigail Bliss, Brittany Rich-



ardson, Sydney Carter, Kristina Tirman, Eleya Rosenthal, and Sue Conrad. Thank you!!

And none of this would be possible without families and support systems for our girls. We thank them for raising such great kids, and for letting us support them as they teach them the social-emotional skills they will need to become healthy women.

Capital Campaign to Renovate and Expand SAFV's 60-Year-Old Building

Our capital campaign to raise \$150,000 from friends and supporters is close to reaching its goal. So far, we raised \$131,785.

Thank you to everyone who pitched in. If you haven't donated yet, please don't hesitate and do so now. You may send a check to SAFV, PO Box 6136, Sitka AK 99835 or donate online through our website www.safv.org.

By the time you receive this newsletter, the bidding process will be completed and we will be ready to select a contractor. By then we will also know if we need to increase our fundraising goal if the new estimate is higher than anticipated. We'll keep you posted.

Again, *Thank You and Gunal'cheesh* for all of your support. Please see below who our benefactors are.

\$10,000 and more

Larry Calvin
Margaret Cargil Foundation
Mary Kay Foundation
Rob Allen & Robin Sherman
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Up to \$99

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Misty Warren
Patricia Welsh
Paula and Dave Hardy
Rachel Roy
Randy Hughey
Rebecca Himschoot
Sheila Finkenbinder
Simon Gabriel Gorbaty
Sitka Public Library
Sylas Degner

We also received various cash donations at grocery stores, the downtown post office, Baranof Island Brewery, and SAFV events.

Gaslighting — It's Severe Mental Abuse



- Shut you down when you try to confront their behavior.
- Avoid your concerns saying, "Let's talk about that later."
- Ask, "Why can't you just get over it?"
- Accuse you of being too emotional or sensitive.
- Downplay negative experiences saying it "wasn't that bad."

Anyone can gaslight. You can experience gaslighting from parents, bosses, significant others, spouses, friends, and more. That's what makes the behavior so insidious, since these are people that you're supposed to be able to trust, and they're manipulating you.

People pleasers are very likely to succumb to this sort of behavior. A lot of times, a people pleaser goes above and beyond to try and make everyone happy, and it's very easy for a gaslighter to take advantage of that.

Gaslighting has a way of promoting anxiety and depression, and can even trigger nervous breakdowns. The whole point is to make you feel like you're constantly less than to make you fall into line with what the gaslighter wants from you. It can turn you into a shell of your former self.

No matter how you spin it, gaslighting is emotional abuse. As much as you want to believe that your gaslighter wouldn't ever hurt you so deeply, it doesn't change the fact that they are. No one should ever make you feel like you're less than worthy.

How To Combat Gaslighting In Your Life

First, know this first and foremost: you are an awesome and amazing individual, and you are worth so much, even if your gaslighter refuses to see it.

Gaslighting is one of those abuse tactics that loses a

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Gaslighting or gas-lighting is a form of mental abuse in which a victim is manipulated into doubting their own memory, perception, and sanity.

It works much better than you may think. Anyone is susceptible to gaslighting, and it is a common technique of abusers. It is done slowly, so the victim doesn't realize how much they've been brainwashed. For example, in the movie [Gaslight](#) (1944), a man manipulates his wife to the point where she thinks she is losing her mind.

18 things abusers do when they are gaslighting

- Convince you your memory isn't the best.
- Accuse you of having no sense of humor.
- Make hurtful jokes or insensitive, harsh remarks.
- Answer, "That never happened, you're imagining it."
- Call you "ill," "fragile," "paranoid" or "weak."
- Constantly forget the sequence of events that occurred.
- Ask, "Why would you get upset over something so dumb."
- Say, "I didn't say anything, you must be hearing things."
- Claim you aren't remembering things correctly.
- Tell you you're overreacting.
- Dismiss your feelings and concerns as unimportant.
- Pretend they don't understand what you said.
- Reply, "I don't know what you're talking about"

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lot of power once you realize what's happening. Once you do, it's very easy to see the machinations behind why your gaslighter says the things they say, and once that happens, it's easier to let things roll off your back.

Go with your gut. Sometimes, you could very well be overreacting, because nobody is perfect and sometimes that happens, but more often than not, when someone is trying to gaslight you, you'll know what's happening in your gut. There are a few ways your mind might let you know when something's not right, but when you know, you *know*. Trust yourself, because that act on its own gives you a lot of power.

Try to find yourself a good support network that your gaslighter has no power over. Sometimes all you need, much like Ingrid Bergman in the movie *Gaslight*, is someone to remind you that you're not crazy.

As much as letting go of your gaslighter might be hard, that might be a thing you have to do. If they simply won't admit what they're doing, or they just won't stop, you might need to cut ties with that person, no matter who they are. No one person should be worth sacrificing your sanity for.

Sources:

www.domesticshelters.org/domestic-violence-lists/18-things-abusers-do-when-they-re-gaslighting?q=9#list-scroll

**United Way Supports SAFV**

Thank you to United Way for helping us with fundraising. We recently received the last payment of their 2016 campaign. Participating were the City and Borough of Juneau, First National Bank Alaska, GCI, Northrim Bank, Wells Fargo, federal government agencies, and the SHARE campaign.

Best Fundraiser Ever

SAFV is expressing utmost gratitude to Lauren and Dave Allen from Alaska Dream Cruises for hosting a benefit dinner cruise on their vessel, the Chichagof Dream. Thanks also to Rachel Roy of the Greater Sitka



Chamber of Commerce for soliciting participants for this event, and, of course, to all who came, enjoyed fabulous food, and gave very generously to our capital campaign.

At the end, Lauren and Dave generously matched the donation. Thank you and Gunal'cheesh to the Allen Family for caring deeply for SAFV and our mission.

SAFV Capital Campaign Reached \$131,785 of \$150,000



That means \$18,215 to go! Please give to this cause.

Right now, we shelter 10 women and 5 children. These residents lost their homes and nearly all of their belongings.

Our primary goal with SAFV's expansion project is to improve the living quarters of our residents. Rooms will be larger, with 2 in suite bathrooms in family rooms, and 3 bathrooms shared by six bedrooms. Right now, all residents share two and a half bathrooms.

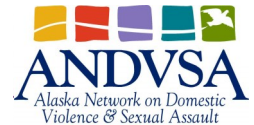
The new building will keep residential and office spaces separate, which means improved privacy for residents. And we will have a space for dogs and other small animals.

If you haven't donated yet, please do so now by going to safv.org or sending your check to SAFV, PO Box 6136, Sitka, AK 99835.

Thank you and Gunal'cheesh!



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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