

June 1, 2018

Newsletter



dovehousejc.org

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Local Donors Make A Difference For Victims of Domestic Violence, Sexual Assault, and General Crime

Current

- Dove House Shelter kitchen remodel completed—see photos inside
- Review of 9th grade prevention classes
- Sexual Assault Awareness Month & Open House photos

During this fiscal year (ending June 30th), Dove House has received more than \$38,000 in financial contributions from local individuals and groups. In addition, we received more than 500 separate in-kind donations. These resources are making a meaningful difference for our neighbors who are struggling to rebuild safe and stable lives and are seeking to regain trust and hope. Here's why your generosity makes a difference:

- Your donations at any level show that you care, and that is the most meaningful of all. You inspire survivors to regain trust and hope that life can be good.
- Your contribution of \$5-25 helps one or more individuals to obtain a copy of their birth certificate which enables them to apply for a housing subsidy.
- \$100-300 supports a mom in our shelter to keep her job because childcare costs were covered for another day or more.
- With \$150-250 a mom and her children who left a dangerous home life can spend a night or two in a hotel room allowing them safety and time to make plans.
- \$250-500 funds therapy for victims of domestic violence.

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Everyday Life Is A Success Story

People often ask us how we define success. Our clients tell us what success means to them. When you have left behind your home, neighborhood, school, friends, family, hopes and dreams, and many of your belongings, it is often the "little" things that truly make a difference. Our Emergency Shelter is not just a place to stay; it's a homey, community-like environment where families and individuals offer one another support, build new skills, and plan for

their safety and futures. "Just being able to take a hot shower whenever you want," and "always having toilet paper" contribute to feeling respected and valued. When you "don't have to worry about who is in your room," have a "safe place to lay your head," and feel "confident that when I put my child down on the floor, she is not in danger," it is easier to find the calm and spaciousness to envision a better life. Recently the mother of one of our

Shelter guests told us: "My daughter, who has been staying in the Shelter, has never received such quality support from any agency with whom she ever worked in the past." Success is when a family moves from fear and hopelessness to rekindled trust, hope, strength, and wonder. In a former Shelter guest's own words, "At Dove House we were given more than shelter, we were given tools for a future, tools for healing and hope."



Thanks to our neighbors
and community partners,
Sexual Assault Awareness
Month engaged us all
in dialogue about consent
and believing survivors



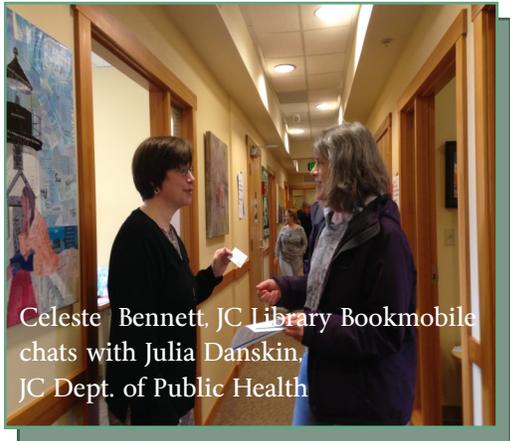
April 7th Open House
A wonderful opportunity to meet with
partners and supporters



Making buttons with positive
messages of consent.



Elizabeth Clapp, JHC Women's Clinic,
admires Art for Consent



Celeste Bennett, JC Library Bookmobile
chats with Julia Danskin,
JC Dept. of Public Health

Dove House Prevention Classes

Walking out of the classroom we feel energized and hopeful. We've just left a 9th grade health class. Today we discussed ways of breaking up that feel healthy and respectful. Students moved toward signs in the room labeled "Agree" and "Disagree" in response to some break up conundrums: "Is it okay to *ghost** someone if you've only been dating a few months?" - "Is it a good idea to stay friends with your ex after you break up?" Students scattered across the room along the spectrum from "Agree" to "Disagree." The discussion was lively, with a lot of insight from students.

We then transitioned to talking about feelings. Since breaking up is usually hard and full of lots of emotions, we often feel sad, angry, relieved, happy or jealous. We asked the students: "If these feelings were a color, what would they be?" And, we invited them to use coloring pencils on a human silhouette to identify where they experience these emotions in their bodies. Next, we came up with a list of strategies that work to calm us down when we are upset.

As presenters, we are consistently impressed with the emotional intelligence of the youth we are working with. Driving away from the school, we reflect on what we were like in high school and what we knew back then. Eek! It makes us hopeful that this generation has better tools and awareness than we had.

Dove House's direct services for clients are crucial. But what if we could prevent violence before it happened? What if we intervened by presenting youth with relationship skill development while they are figuring things out? What if we shifted cultural norms towards gender equity and equity for all? This is what we are trying to do with our Dating Violence Prevention Program.

**Ghosting* is breaking off a relationship (often an intimate relationship) by ceasing all communication and contact with the former partner without any apparent warning or justification, as well as avoiding or ignoring and refusing to respond to the former partner's attempts to reach out or communicate.

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A Special Thank You to Peninsula Credit Union members & staff and Goodman Sanitation for their raffle fundraiser that provided \$500 worth of gift cards to Dove House clients for purchasing food and other necessities at QFC.

Completed: Shelter Kitchen Remodel



**Dove House Services FY 2017-2018
(as of May 15)**

- Domestic violence shelter guests (Adults and children) - 47
 - # of bednights—3,181
 - Unmet requests for shelter—239
- Community clients (across all services) - 544
 - 3,009 hours of services
- Crisis line calls—504
- Served in support groups and classes—118
- Served in High School prevention classes—195

The shelter is not just a place to stay. Guests experience a sense of safety and stability while their basic needs are being met. It is a homey and community-like environment where families and individuals build new skills, plan for their futures, and regain hope and trust.



**Dove House
Fundraising Events
Coming Up**

BINGO at Hilltop Tavern 7-9 p.m. on both August 8th and August 15th. Have FUN, win prizes AND support Dove House.

Benefit Golf Tournament hosted by Boeing Bluebills @ Port Ludlow Golf Course Friday August 17th. Opportunities to sponsor, advertise, and play in the tournament.



Volunteer Spotlights

Valerie McIlroy is a therapist and social worker who has made an immense impact on Dove House. She has volunteered her time to provide therapy to clients, and is providing clinical supervision to our Therapist, Teresa Shiraishi. “Valerie’s generosity of time and sharing of knowledge has been a wonderful opportunity for me, and crucial to my development as a therapist. I am extremely grateful for everything I have learned from her,” says Teresa.

Barbara Berthiaume has been supporting Dove House’s services for many years in a variety of ways, including co-leading the group of Boeing Bluebills who host the annual Benefit Golf Tournament. Currently, she is mentoring our Sexual Assault Therapist, Teresa Shiraishi. In Teresa’s own words: “Barbara has been a great mentor. While meeting with her, I have received guidance on doing EMDR therapy and learned greatly from the wisdom she has shared with me. I am grateful that she generously shares her time and knowledge to help newer therapists grow.”



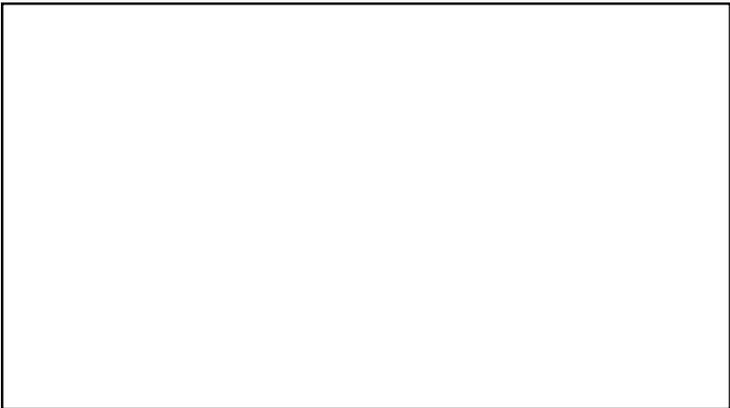
Stamp

1045 10th Street
Port Townsend, WA 98368

24/7 Crisis Line
360-385-5291

dovehousejc.org

Office: 360-385-5292



*In the words of someone whose life was enhanced with the support of our generous Jefferson County community,
"When we came to Dove House we were given more than shelter. We were given tools for a future, support for healing and hope."*



**Dove House
Board of Directors**

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Cheryl Weinstein

Vice Chair
Molly Pearson

Secretary
Mary Evans

Treasurer
Brian Richie

Members
Jill Hamilton

Dave Stanko

Pat Tisher

Dove House Wish List

- Laundry detergent
- Pull ups 2T-4T
- New women's and children's undergarments and socks
- Gift cards for QFC, Safeway, Food Coop
- Oral hygiene supplies - all ages: toothbrushes (1 or 2 / package), toothpaste, floss
- Full-size bottles of hair conditioner & shampoo. New, unused only.
- A juicer for the Shelter
- New unopened razors and shaving cream for women
- Unopened packaged/non-perishable foods, including child-friendly snacks
- Women's hair accessories and make up (new, unused)
- Gift certificates for personal care services (haircuts, etc.)

If you or your group can donate any of these items, please drop by M-F 9-12 & 1-4 or contact Alan at our front desk 360-385-5292.

Prevention Classes Continued from Pg. 2

Dove House provides a multi-session Healthy Relationship course in the co-ed 9th grade classes in Quilcene, Chimacum and Port Townsend High Schools. Through activities, videos and discussion we support students in learning how to have healthy relationships. We start out with defining core values and their relationship goals and standards. We move into deconstructing unhealthy gender norms; learning ways to identify red flags of dating abuse; and where to get help. We spend the rest of the sessions building skills like assertive communication, boundaries, consent and emotional regulation.

Students actively engage with the content, the presenters and each other. As each round of sessions comes to an end, it seems that we are taking one more step on the slow but sure journey to end domestic and sexual violence in our communities.