

Newsletter



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June 2019

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Recovery Café Jefferson County Update

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Benefit Concerts for Recovery Café at Trinity United Methodist Church, Thursday June 27, 7:00 p.m.; and at Community United Methodist Church, Sunday July 14th, 4:00 p.m.

Our community's support helps us provide the broad range of services that victims of trauma need in order to rebuild their lives:

- ◆ Domestic violence, sexual assault, and crime victim advocacy
- ◆ Legal, medical, child & family advocacy
- ◆ Emergency housing, food, and personal necessities
- ◆ 24-hour crisis intervention including hospital response
- ◆ A homey shelter where survivors of domestic violence open 24/7
- ◆ Support securing long-term affordable housing
- ◆ Therapy for survivors of sexual assault
- ◆ Immigration assistance
- ◆ Prevention classes for 9th graders in all 3 high schools and Blue Heron Middle school

Dove House Prevention Program by Sarah Rogers, Advocate

Our prevention program, provided in all three high schools and Blue Heron Middle School, supports our vision for a violence-free community.

Teaching youth and adolescents what healthy relationships look like is a huge step in reducing family and intimate partner violence for young people emerging into adulthood.

One of my favorite activities in the 7-week series is called "continuums." In the "Stay or Leave" continuum, we read a series of statements such as, "Taylor makes me feel so awesome and needed. Even though Taylor is so popular, I feel like the coolest person in school because I am dating them." Then we pause and ask the students if they would stay or leave the relationship at this point.

We continue to read several different, and slowly escalating, scenarios such as: "Sometimes we have these fights; Taylor throws things at me or slaps me. It never hurts". Again, we pause and ask the students if they would stay or leave? We place a "Stay" sign on one side of the room, and a "Leave" sign on the other, and the students walk to their decision, giving them a visual of the opinions in the room. As the situations represented in the scenarios escalate, some students linger in the middle because they are undecided.

We do our best to create a safe and shame-free environment during our prevention classes. Activities stimulate open discussions about consent and what safe and healthy relationships look like. After attending the series, there is often at least one student who decides to end an unhealthy relationship using new knowledge and skills they gained.

Working with students is challenging, rewarding and always inspiring. I leave every session feeling hopeful for the future and excited to meet the next group!

In 2019, 415 students from Port Townsend, Quilcene, and Chimacum attended prevention classes. Session topics include: Values, Identifying Abuse, Gender Identity, How to Help a Friend, Boundaries, and more.

**8th Annual Benefit Golf Tournament Hosted by the Boeing Bluebills
Friday August 23, 2019. Play or Sponsors—360-385-5292.**

Thank you to everyone who gave during Give Big!

Programs & Services at Dove House



EMERGING MEMBER

Recovery Café

Dove House is moving forward with starting Recovery Café Jefferson County to be located in Port Townsend! At Recovery Café, we will foster a safe and supportive community of mutual respect and accountability where all will experience love, belonging, healing, and the joy of contributing. Together, Members will recover from addiction, mental illness, homelessness, trauma, and other life challenges using a national model that breaks the cycle of despair. We will offer free meals and coffee; support groups - called Recovery Circles; classes in the School for Recovery; social activities; referrals; and a strong dose of the message: "You Matter!" Thank you to those who have contributed already. We need to match a \$10,000 grant from Recovery Café Network by the end of June. Please donate on our new website www.recoverycafejc.org or at our main office 1045 10th Street, Port Townsend, WA 98368. In July, we'd love your help with some remodeling to our building; our goal is to open in August 2019. If you believe that every life matters, there's a place for you at Recovery Café Jefferson County. Contact Program Manager Brian Richardson about opportunities to get involved! 360-385-5292 or brianr@dovehousejc.org. Learn more about the Recovery Café model in this video <https://youtu.be/0x8iu8ZUZIc>.



Thanks to a grant from the Tri-Area Garden Club and two dedicated volunteers, the Dove House Emergency Shelter has a vegetable/flower garden for the 2nd year in a row.

Lettuce, tomatoes, and garlic (L) and Strawberries (R) enjoying our new drip irrigation system.



What is Advocacy? At Dove House, Advocates help clients to explore options and identify resources in the community and support them in setting their own goals. Advocates walk alongside their clients as long as it takes for them to reach their goals. Some examples include: safety planning, getting a GED or a drivers license or opening a bank account. ==>

Securing affordable housing is very often an important component in the goals of families who have experienced trauma. Since July 2017, Dove House has helped 12 families to obtain safe, affordable local housing. We have been able to accomplish this with the support of our ==>

Sexual Assault Survivors Support Group

This year Dove House started a new support group for survivors of sexual violence. Facilitators have received positive feedback and we plan to continue providing the group in the future.

local donors. It takes \$3,000 for a family of 3 to get into a local rental. Our state grants do not fully cover these costs for all of the families who need it. When basic needs, like housing, are taken care of, families can more easily rebuild their lives.

Dove House has been proud to be supportive of the Warming Shelter by facilitating the donation of computers, stopping by weekly with personal hygiene kits, and developing relationships with guests, volunteers, and Jefferson Interfaith Action Coalition members.

Special Thanks for Recent and Ongoing Financial & In-Kind Donations

For donations and loaned equipment for the What Were You Wearing event: QFC; Petals Flowers, Holly's Flowers; Northwind Art Center; Jefferson Community Foundation; Key City Public Theatre; Fund for Women & Girls, Pane d'Amore; Worlds End; Port Townsend High School; Teri Nomura, City of Port Townsend; PT Police Dept.; PT Pool; Amy Howard; and Nicole Segar.

Feel Good Do Good/Madrona Mindbody, Gina Johnson, and Shauna Artman

SCPUG (Sequim PC Users Group) donated 2 computers for Warming Shelter

Evergreen Fitness partnership creating access to fitness

Tri Area Foodbank for caring customer service

South Bay Community Association Pancake Breakfast fundraiser

Port Townsend Sangha

Wild Sage Tea for ongoing special blends for trauma survivors

SBG Port Townsend for ongoing fundraising

Amy Pacifera/Pacifera Soap Co. for ongoing donations

Hadlock Dental Clinic for all the roses and support for clients throughout the year

River Run Farm for fresh produce for Heathy Meals at our emergency shelter

Poetic Justice Theatre Ensemble complemented the What Were You Wearing? Art Installation with their performance reflecting survivor and bystander experiences.



Volunteer Spotlights

Leianna Kunz, a graduating senior at PT High School, worked with Dove House for her Senior Project. Besides being creative and dependable, Leianna courageously stepped into a variety of tasks during her time with us, notably helping to select and display items for the What Were You Wearing event. We have been delighted to be part of her learning about our advocacy services. Congratulations and best wishes, Leianna!

Maura Walsch recently completed her Bachelor Degree in Counseling/Psychology at Tacoma Falls College. As an Intern at Dove House this year, she is helping to make the Recovery Café a reality and was a major contributor in making the What Were You Wearing event a success. We've been very grateful for the enthusiasm, passion, and eye for aesthetics she brings to our team! Thank you, Maura!

The What Were You Wearing? event was a meaningful opportunity for us to welcome the public into a dialog about the myths and realities of sexual assault.



1045 10th Street
Port Townsend, WA 98368

24/7 Crisis Line

360-385-5291

dovehousejc.org

Office: 360-385-5292



Stamp



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What Were You Wearing?

This event, offered during Sexual Assault Awareness Month, asked participants to understand that it was never about the clothing, and placed this question's answer back on the shoulders of the community, humanizing the survivor in the process.



Dove House's Ongoing Wish List

- Gift cards for grocery stores and gas stations.
- Used smartphones/iphones
- DVD movies and TV series (new/used)
- Women's deodorant—new, unused only
- New women's and children's undergarments and socks
- Oral hygiene supplies - all ages: toothbrushes (1 per package), toothpaste, floss
- Combs and hairbrushes
- New razors for women
- Unopened packaged/non-perishable foods, including child-friendly snacks

If you 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.