

# PEACEWATCH

Center for Domestic Peace Newsletter • Fall 2019

## Dear Supporters,

As first reported in our spring newsletter, the domestic violence crime rate in Marin has been decreasing. Fewer individuals are calling law enforcement for help with domestic violence, and Marin's District Attorney is receiving fewer domestic violence referrals from law enforcement. Center for Domestic Peace (C4DP) is about to engage in an assessment to determine why we're seeing this decrease and identify what more can be done to continue this encouraging trend. What we do know from research is that multiple strategies are needed to reduce and prevent the #1 violent crime in Marin. To that end, it will continue to be our priority to offer our community multiple ways to obtain assistance through services, education, and prevention.

In this newsletter, we showcase several strategies we're using to end domestic violence. "Profiles of Courage" on Natalia illustrates our comprehensive services, which continue to help thousands every year. We have expanded our prevention and outreach efforts with teens experiencing dating abuse. And, we're excited to announce we have received a grant to extend our prevention work to focus specifically on men and boys. We also continue to prioritize our work with special populations, including the elderly who may face unique barriers when trying to access support and services.

Building on our tradition of highlighting C4DP's dedicated team members, in this edition you'll meet Marla Hedlund, a key member of our management team. Marla leads our Development and Community Relations Department. We think you'll agree that her enthusiasm, passion, and dedication are absolutely essential to our success!

With October around the corner, we have an opportunity to leverage the National Domestic Violence Awareness Month campaigns into local action. We invite you to participate in the many activities included in this publication or come up with your own ideas on how to keep the momentum going. Together, we will continue to help decrease domestic violence here in Marin.

It takes all of us – across every gender and community, every age group, social class and ethnicity – actively working together as an undivided force to end domestic violence.

We thank you and wish you peace,

*Natasha Singh* *Cynthia Murray*  
Natasha Singh and Cynthia Murray  
Co-Chair Co-Chair



## Profiles of Courage

**M**erriam-Webster's Dictionary defines courage as the mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty.

Courage has lifted many impacted by domestic violence to dig deep for strength to reach out, face fear and danger, and ask for help. For many, mustering the courage to call us is the hardest and scariest action they might take – and it may be years in the making. For those who do, we know they are safer, and their isolated journey comes to an end. Our passionate advocates offer concrete solutions and practical assistance, guiding our participants based on their individual needs and circumstances to navigate next steps in their courageous journey to find freedom from violence.



With thousands of people reaching out to Center for Domestic Peace (C4DP) each year, it is hard to summarize all the ways we support individuals. Perhaps one story can tell it best.

Natalia (not her real name) lived what seemed a typical middle-class life in Marin. However, behind the closed doors of her comfortable home, she endured a physically violent marriage. As the intensity and frequency of this violence escalated, she didn't know where and how to get help. Her

husband threatened to take custody of the children if she left and beat her if she tried.

Natalia was unaware of her options, including the fact that the police could escort the batterer out of the house and provide her with a protection order, rather than her risking loss of her children or her life.

The police were called on multiple occasions, but out of fear of retaliation Natalia declined help. Natalia decided to buy time to figure out how to safely leave with her children. Then one day, her husband was arrested, an Emergency Protective Order was issued, and she was referred to C4DP. With a courageous leap of faith, she took the step to find refuge in our emergency shelter.

**"I was scared, petrified really, and shaking when I dialed your number; it took a lot of courage, but I risked it all because I could not let him continue to hurt me in front of my children."**

Once there, she and her children received emotional support, encouragement, and basic necessities. Day by day, she grew more eager to participate in support groups as her self-confidence and determination for a better life blossomed.

C4DP's Legal Systems Advocacy Program assisted Natalia in obtaining a DVRO (Domestic Violence Restraining Order), accompanying her to meetings with the district attorney and court hearings, and providing guidance on her divorce, property settlement, child custody, and civil restraining orders. The legal process surrounding the dissolution of marriage is complex; without C4DP's assistance, Natalia would have been unaware of her rights. With an advocate by her side, she navigated the process confidently and obtained full custody of her children.

With a DVRO in place, Natalia moved into C4DP's transitional housing program with her children. With stable, affordable housing, she began rebuilding her life. Alongside personal counseling and support groups, she took advantage of C4DP's career center hub. Additionally, she received help with budgeting, credit repair, childcare, and went back to school to complete her training as a nurse.

Natalie also joined C4DP's *In This Together* therapy program for children who have witnessed domestic violence and their non-abusing parent. Together, the family healed their relationships. Eventually Natalie's children no longer experienced outbursts at school. By the end of her 18-month stay, she secured affordable, permanent housing.

Today, Natalia and her children are thriving. She is only one profile of courage but represents the thousands we have helped over 42 years.

We recognize that leaving a violent relationship is a process over time whereby the victim and perpetrator often intersect with various agencies, schools, and law enforcement systems along the way. Natalia's and others' desire to find freedom from violence continues to propel C4DP to catalyze the community effort to end domestic violence by working collaboratively with other organizations, systems, and individuals. As a supporter of C4DP, we thank you for being a part of that village!



Our Community Supporting Us ~ Thank You!

Center for Domestic Peace honors the hundreds who invest in the work we do. We acknowledge our partners who contributed more than \$5,000 from July 1, 2018 to June 30, 2019. For a complete list of donors, please download our Annual Report online after December 31, 2019.

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William and Sylvia Jacob  
Office on Violence Against Women  
Dixie Ruud

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CA Dept. of Housing and Community Development  
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Mobilizing Young Men and Boys as Allies for Change

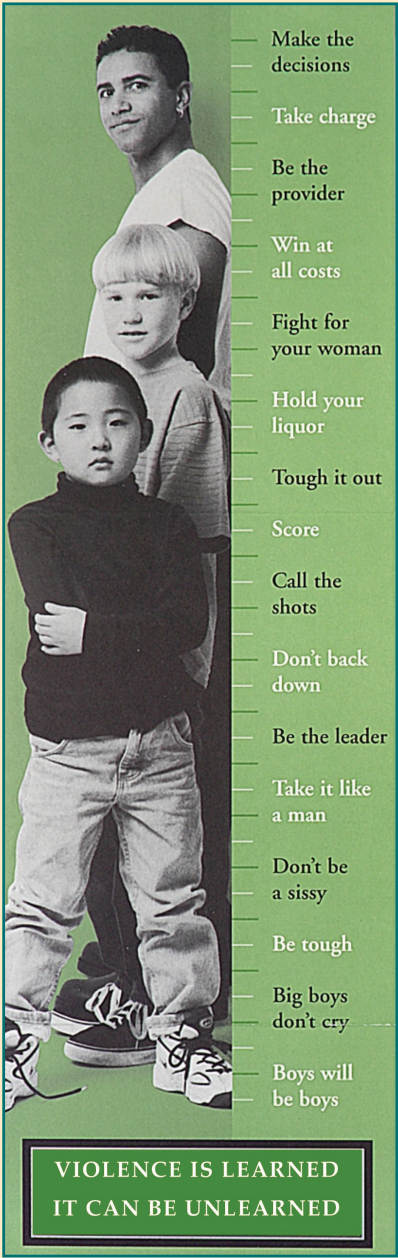
As part of our work to advance a community-wide prevention agenda, C4DP has recently launched a new initiative to more deeply engage men and boys as allies. Thanks to new state funding, over the next 2 years, C4DP will more fully engage young men and boys in dating violence prevention, integrating them front and center in project design and implementation. The project centers a marginalized population (Hispanic/Latino young men and boys) by providing leadership opportunities for modeling healthy masculinity and lifting up positive attributes of Latino culture as motivators for change. The project also institutionalizes domestic violence and teen dating violence prevention on high school campuses via domestic violence response policies. Ultimately, we seek to promote a shift in social norms and community response to dating and domestic violence in Marin.

To help move this initiative forward, Jonathan Deras was hired as the Boys and Young Men Educator. Jonathan is a military veteran whose family has benefited from some of C4DP’s many programs. Jonathan believed it was important to give back to an organization that assisted his family in the past. Thus, he began working as a volunteer at C4DP, which led to an internship where he developed a class addressing masculinity’s role in domestic violence. The project now has a curriculum in place which teaches the difference between healthy and unhealthy masculinity, while modeling non-violent strength for young men and boys.

To evaluate its effectiveness, the initiative will look at measures such as number of participants and male allies, instances of dating abuse and domestic violence reported, and prevention activities and policies implemented for schools participating in the program. Additionally, the program will examine its ability to affect culture – looking specifically at changes in knowledge, attitudes, beliefs, and behaviors of students who are engaged. These metrics will allow C4DP to gauge where it should focus next in the efforts to enroll boys and young men in the cause.

Jonathan explains that this work is important because it is necessary, stating that C4DP “believes it is important for more men to get involved. Many times, it is boys and young men in the role of ‘abuser,’ and it comes from a misguided concept of masculinity. This behavior is a cultural trap. It starts to affect all of their relationships, intimate and otherwise.” He understands that prevention relies on having conversations on topics that are relevant to young people. With the new school year beginning, Jonathan’s focus now is on laying the groundwork for the program with a goal of getting as many students and schools allies involved as possible by the end of the upcoming school year.

For more details on C4DP’s mobilizing efforts with young men and boys, visit [www.c4dp.org/men-as-allies](http://www.c4dp.org/men-as-allies).



Staff Profile: Marla Hedlund



Marla first discovered Center for Domestic Peace (C4DP) through a Craigslist ad online. She had just moved to Marin after living in Honolulu and working as Vice President of Events and Promotions for Bank of Hawaii. After many years in corporate America, where she initiated several corporate philanthropy programs, she was ready for a change, and this job opportunity seemed perfect. It combined her lifelong passion for volunteering and philanthropy with her skill-set as an expert marketing, events, and sales professional. In October 2006, she began her tenure with C4DP, helping to launch a newly-formed department in fund development and community relations.

Over the last decade plus, she has been an instrumental leader in driving the department’s goals and initiatives. For 9 years in a row, she led her team to achieve their financial goals, with an increase of 10% year over year, as well as growing the May Luncheon to the successful and sustainable event it is today. She was part of the internal team who led the name change and rebrand from Marin Abused Women’s Services to Center for Domestic Peace, has led 2 website redesigns and launches, initiated C4DP’s social media presence and protocols, and continues to manage volunteer and donor events, large and small. She branded and helped to craft the “House that Love Built” campaign for both rounds of shelter upgrades, and works hand-in-hand with multiple departments to maintain brand integrity and correct messaging on flyers, posters, brochures, this newsletter, and more – much, much more.

But most importantly, she is an interested and compassionate Development Officer, building deep relationships with C4DP donors and partners. She actively seeks out opportunities to meet and thank C4DP supporters, so if you have never met Marla and would like to, please call her to say hello! 415.526.2543.

“I absolutely love my job,” beams Marla. “Every day I get to come do something I care deeply about. With twin 9 year-old daughters, I want them to grow up in a world where they are valued and respected and can look forward to healthy and loving relationships. Working for C4DP, I am doing my small part to make this a reality.”



# Marin Against Youth Abuse Committee Members Speak Out



Holly and Isa, MAYA Committee Members

On a summer afternoon this past July, we sat down with two Marin Against Youth Abuse (MAYA) volunteer committee members to chat about the incredible work they have been doing in their high schools to prevent dating abuse.

Both Isa and Holly were excited to share their thoughts about participating in MAYA. Each has a personal story about how they came to volunteer. But more than anything, both chimed in about what really inspired them to get deeply involved. MAYA offered them a place to learn why young women are harassed for their sexuality, and why being a woman is such a different experience for them than what their male peers experience coming of age. MAYA showed them that the way they were being treated was not normal. What they experienced – cat calling and being followed by cars, for example – are all forms of abuse and intimidation.

And, MAYA gave them a mission – a way they could make an impact and help their peers deal with these challenging issues. It taught them how to use language to strengthen equality and how to communicate warning signs for unhealthy relationships. As soon as they were professionally trained as peer advocates through C4DP’s 40 Hour Domestic Violence Advocate Training, others in their schools started to reach out to them for help. As they quickly learned, the issue was much bigger than they thought, or anyone thinks. And, therein lies the problem that the MAYA youth face.

Dating abuse awareness is not prioritized in schools or recognized as an issue, so they often get, “Why do you care?” – or pushback that “girls abuse boys, too” – both from fellow students as well as adults. Isa’s and Holly’s experience has led them to believe that because dating abuse is not visible to the administration and staff, finding adult allies in the system is difficult.

“We need support: that is the challenge. We want more adults and boys to advocate for the issues that harm all genders,” emphasizes Holly.

Isa chimes in that starting in 8th grade or earlier, there should be mandatory curriculum not just about sex-ed and consent, but about gender equality; the emotional side of relationships; how important it is to have resources; and education on campuses that students can access.

They both emphasized a great place to start would be with strong leadership among coaches who have conversations about more than drinking and drugs to include respect, intervention, and healthy role modeling behavior. More about this point is in the *PeaceWatch* article, “Mobilizing Young Men and Boys as Allies for Change.”

When asked what their favorite part has been about being a part of MAYA, both had a similar answer – they are not only making a direct impact on their peers, but they both have also had an opportunity to explore their own interests that likely will influence their future career choices.

“I don’t ever want to leave this work – it has made me who I am today,” affirms Isa.

We thank Isa and Holly, and all the students who have participated in MAYA, for their leadership in our Marin schools. If you know a young person who might be interested in joining, please contact Laurel Freeman, Prevention Specialist, at 415.526.2557 direct line/ text hotline.

Below is a newspaper ad published in the *Marin Independant Journal* in June to celebrate the depth and breadth of MAYA’s work.

## MAYA Tool

### RELATIONSHIP QUIZ

Below are a few questions from a popular tool the Marin Against Youth Abuse committee members use to help students access the health of their relationships.

#### How are you treating your partner?

- ☐ During disagreements with your partner, are you able to discuss problems calmly and resolve them together?
- ☐ Do you sometimes check your partner’s phone, texts, or social media without them knowing?
- ☐ Do you want your partner all to yourself?
- ☐ Do you make most of the decisions?
- ☐ Do you often feel consumed with worry that your partner might be cheating on you?
- ☐ Do you give or withhold affection from your partner to get them to do what you want them to do?
- ☐ Have you ever tried to get back at your partner after they have hurt you or made you mad?
- ☐ Have you ever tried to convince your partner to be more sexual with you?
- ☐ Do you ever find yourself drinking or using to cope with your relationship?

#### How is your partner treating you?

- ☐ When you disagree with your partner, does your partner listen to you and try to understand your point of view?
- ☐ Has your partner ever gotten into your texts/social media to check up on you?
- ☐ Does your partner get upset or jealous when you want to spend time with your family or friends?
- ☐ Does your partner ever tell you to change clothes because they don’t like what you’re wearing?
- ☐ Does your partner ever act hot and cold, at moments really sweet, then suddenly cold and distant with you?
- ☐ Does your partner accuse you of cheating on them or constantly question who you’ve been around or spoken to?
- ☐ Has your partner ever gotten mad or made you feel bad for not wanting to do something sexual that they want to do?
- ☐ Has your partner ever scared you when they drink or use drugs?

### SCORING:

#### How are you treating your partner?

For the first question, give yourself one point if you answered “NO.” For the remainder, give yourself one point for each “YES.”

#### How is your partner treating you?

For the first question, give yourself one point if you answered “NO.” For the remainder, give yourself one point for each “YES.”

**Score: 0 Points** It sounds like your relationship is on a healthy track. Maintaining healthy relationships takes some work – keep it up!

**Score: 1-2 Points** Noticing things in your relationship that are unhealthy? It doesn’t necessarily mean they are warning signs. It’s still a good idea to keep an eye out and make sure there isn’t an unhealthy pattern developing.

**Score: 3-4 Points** It sounds like you might be seeing some warning signs of an abusive relationship. Don’t ignore these red flags. Something that starts small can grow much worse over time. No relationship is perfect – it takes work!

**Score: 5 or More Points** You are seeing warning signs and may be in an abusive relationship. Remember the most important thing is your safety – consider making a safety plan.

You don’t have to deal with this alone. Contact Marin Youth Services at 415-526-2557 or [myservices@c4dp.org](mailto:myservices@c4dp.org).



## 24-HOUR HOTLINES

English	415.924.6616
Spanish	415.924.3456
ManKind	415.924.1070
Marin Youth Services	415.526.2557
M-F, 9 AM-5 PM	(TEXT)

## EDUCATION + ACTION = CHANGE



Center for Domestic Peace applauds our youth activists, known as Marin Against Youth Abuse (MAYA), who have dedicated themselves to ending youth dating abuse. Over the past 4 years...

118 HIGH SCHOOL STUDENTS HAVE...  
DONATED 4,046 HOURS AS MAYA YOUTH ADVOCATES WHO...  
ENGAGED WITH 40,187 OF THEIR PEERS!

MARIN YOUTH ARE MOVING THE NEEDLE TO END YOUTH DATING ABUSE. NOW THAT’S SOMETHING TO TOSS YOUR HAT IN THE AIR ABOUT!!!

HELP KEEP THE FIRE OF YOUTH ACTIVISM ALIVE. DONATE BY JUNE 30!  
[WWW.C4DP.ORG/DONATE](http://WWW.C4DP.ORG/DONATE) • 415-526-2543 • 734 A STREET, SAN RAFAEL, CA 94901



Center for Domestic Peace mobilizes individuals and communities to transform our world so domestic violence no longer exists, creating greater safety, justice, and equality. [www.C4DP.org](http://www.C4DP.org)



# Domestic Violence Doesn’t Notice Age, and Neither Do We.

Abuse happening between partners and spouses spans gender, ethnicity, class, and age. With nearly 57,000 people in Marin over the age of 65, Center for Domestic Peace is keenly aware that domestic violence, sexual assault, and elder abuse happens here.

Abuse in later life is the willful abuse, neglect, or financial exploitation of an older adult that is perpetrated by someone in an ongoing relationship with them (e.g., spouse, partner, family member, or caregiver). It’s difficult to know how prevalent elder abuse is because it frequently goes unreported. The World Health

Organization says anywhere between 1 and 10 percent of seniors are affected.

Many of the dynamics present in older adult relationships are not unique to elders. Generally, abusers use a pattern of coercive tactics – such as isolation, threats, intimidation, manipulation, and violence – to gain and maintain power over victims. They often tell their victims where they can go, whom they can see, and how they can spend money – in other words, control their decisions. Some abusers use their role and power to financially exploit their victims. Others feel that they are entitled to control because they are “head of the household,” or because they are younger and physically stronger than their victims. They may also control all their communications or transportation, further isolating them.

Just like other kinds of abuse, elder abuse can take many different forms:

- **Physical:** Inflicting pain or injury through such actions as slapping, hitting, bruising, or restraining. Physical abuse can also be inflicted through medication tampering – giving too much or withholding medication.
- **Sexual:** Any nonconsensual sexual contact, whether comprehended or not.
- **Emotional:** Inflicting mental anguish or distress through verbal or nonverbal acts, such as threatening, intimidating, or humiliating.
- **Neglect:** Failure to provide food, clothing, shelter, healthcare, or protection.
- **Financial:** Illegal use, misuse, or concealment of funds, property, assets, or benefits for someone else’s gain.
- **Abandonment:** Desertion of a vulnerable adult.

What is unique to elders and dependent adults is that they, not unlike children, can be in a position of extreme vulnerability and rely on caregivers for basic care and support; they can experience neglect and abandonment. They may also fear leaving their abuser for a variety of complex reasons, which may include memories of a better time, loss of family ties, shame, fear of being institutionalized, and even fear of death.

C4DP’s survivor-centered, trauma-informed approach factors in the intersection between domestic violence and a special population’s unique needs and experiences. For example:

- For some communities of color, abusers may make the older adult survivor feel like they are betraying their race by disclosing abuse.
- For immigrant and refugee communities, abusers of older adult survivors may hide or threaten to take away or destroy important paperwork relating to immigration status, passports, ID cards, and/or healthcare cards.
- For LGBTQ+ communities, abusers may pressure an older adult victim to come out to family, doctors, friends, nursing care staff, etc.
- Across all communities, abusers of older adult victims often withhold information about banking, assets, and investments while misusing the older adult survivor’s money, property, or assets.

Because not all seniors are able to communicate incidents of abuse, it’s important that those close to them watch for warning signs. Here are five to look:

1. Unexplained bruises, marks, broken bones, or abrasions that could be indicative of physical abuse, or any bruises or injuries to the breasts or genitalia.
2. Withdrawal from previously enjoyed activities, sudden change in alertness, or unusual depression.
3. Sudden changes in financial situation.
4. Poor hygiene, bedsores, unusual weight loss, or unattended medical needs.
5. Belittling, threats, or frequent arguments between patient and caregiver.

If you suspect an elderly loved one is being abused, report it to authorities. If the threat is immediate, call 911.

Center for Domestic Peace can help in supporting you or someone you love experiencing domestic violence. Our hotline in English and Spanish is available 24/7. Emergency shelter is available for those in serious danger with no other viable housing options. Our compassionate advocates can help with safety plans and provide information on next steps. We also offer individual therapy, empowerment groups, and legal advocacy services. We assist at any age and any stage.



**If you or someone you know may be in an unhealthy relationship, we are here to help.**  
**24-HOUR HOTLINES:**  
**415-924-6616 English**  
**415-924-3456 Linea de apoyo en español**  
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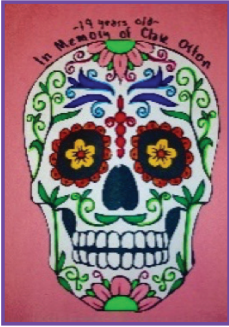
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## October's Domestic Violence Awareness Month Activities

### ALL MONTH: Honoring the Stories that Shape Us

October is Domestic Violence Awareness Month, and we invite you to be a part of a very special campaign this year. Center for Domestic Peace (C4DP) has a long tradition of embracing the Latino celebration, Dia de los Muertos (Day of the Dead), as a way to honor individuals impacted by domestic violence and those who help prevent it. This community event, hosted by the volunteer advocate group Voces de Cambio (Voices of Change), is held the last Friday in October at C4DP’s main office.



This year, we welcome everyone to be a part of this tradition by designing a traditional Sugar Skull to represent and honor the people you know touched by domestic violence. Skulls will be displayed at the final event on October 25, 2019.

By taking the time to draw, color, and reflect on the human side of domestic violence, we can connect on a deep and personal level, honoring the people we know and love, and educating our community along the way.

For all the details, please visit [www.c4dp.org/dvam](http://www.c4dp.org/dvam)

**Save the Date: October 25**, 12-2pm, C4DP, 734 A Street, San Rafael. Join C4DP and Voces de Cambio for our annual **Dia de los Muertos**, Day of the Dead, memorial and reading of the names of those killed by domestic violence.

For more information or to RSVP, please call 415.526.2541 or email [mhedlund@c4dp.org](mailto:mhedlund@c4dp.org)  
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