

# PEACEWATCH

Center for Domestic Peace Newsletter • Fall 2021

## Dear Supporters,

As we write this newsletter, there is still so much uncertainty about the impact this pandemic has had on all of us both short and long term. We pause to reflect on what has kept C4DP strong and thriving during these challenging times. Your generous support strengthened our ability to respond to the drastically shifting landscape and the impact of COVID, and we are grateful to you for standing beside C4DP.

We had to fast-forward our technical advances, accelerate our training, and focus on technology to respond to our staff, participants, community collaborators, and donors while also being mindful of caring for ourselves and our families. Overnight C4DP's 55-person workforce began pivoting to new ways of working, both remotely and with reduced direct contact with the shelter and transitional housing residents. These changes required coordination with multiple systems and institutions also undergoing their own rapid change process. We paid particular attention to the increased risk and vulnerabilities victims faced being trapped in their homes with their abuser.

These trying times also strengthened C4DP's commitment to stand up to economic and racial injustice, which the pandemic revealed in undeniable terms. C4DP draws strength and clarity from our operating principles in understanding that racial, economic, and gender inequities exist and are foundational in addressing domestic violence. These principles also establish the imperative that we continue to deepen our work as individuals and as an organization to address equity issues and promote inclusion.

These accomplishments coupled with the dedication and expertise of the C4DP staff fueled our ability to successfully deal with a pandemic while responding to the more complex needs of domestic violence victims. Building stronger relationships, program operations, technology capacity, and new systems for communication, sharing, and learning have been blessings in disguise.

It takes courage to manage everything C4DP has faced and all that we have collectively endured over the past 18 months. Innovation, ingenuity, passion, and drive helped fuel our success and organizational well-being. Thank you for standing with us and the needs of survivors as we continue to transform the world, one individual, one family, one community at a time. We sincerely appreciate your ongoing support.



With gratitude,

Cynthia Murray  
Board Chair

## Planning Our Way Forward with Determination and Clarity

The North Star is an amazing anchor situated in the Northern Sky. It is a landmark and marker that helps those who follow it determine direction. Center for Domestic Peace's North Star has always been the vision of a world imbued with "domestic peace."

For 44 years, C4DP's strategic planning efforts have kept us focused and moving in the right direction toward domestic peace. Along the way, strategic planning has challenged us to stay current with survivor needs, question how to best leverage the resources we have, think deeper about how to fully engage our collaborators and the community, and question how we can fully live up to our long-standing commitment to social justice and equity.

Although the planning effort was slightly delayed due to the pandemic, C4DP's Board of Directors has recently approved a new three-year plan along with updated core organizational values (*see the insert included in this the newsletter*).

### Core Pillars of C4DP



**Safety and Empowerment**  
Service Strategies



**Community Responsiveness**  
Partnerships and Community Action



**Social Transformation**  
Awareness and Action



**Organizational Well-Being and Sustainability**

These updated directions combine what we know from more than 44 years of C4DP's theory and practice at work, new research conducted at the national and state level, and local trends and priorities in Marin. Woven throughout the strategic planning process was a commitment to understand how feminism has evolved from the early days of the organization's founding to our understanding of what it means to C4DP today.

C4DP recognizes that gender and sexual orientation are evolving realities that we continue to integrate into our response to domestic violence. We recognize that alternative ways of providing services – such as mobile therapy, out-posting in different locations, and offering services online – are just some of the strategies that increase C4DP's responsiveness to the needs of survivors, their children, and those who abuse. We understand the power of a coordinated community response to domestic violence and move forward with a commitment to expand and deepen our work in this area. And we understand that to transform our culture to end domestic abuse and violence requires more deeply engaging youth, men and boys, and family members.

**Marin is one of the first communities to see domestic violence arrest rates steadily decline over multiple years.**

What holds this work together is C4DP's core understanding of feminism as an all-inclusive framework that promotes liberation for all people. We recognize the complexity and diversity of each individual person as we bring forth our work to create pathways toward freedom from violence. Toward that end, C4DP will increase our capacity to address oppression stemming from racism, sexism, classism, and anti-LGBTQ bias.

C4DP has stayed steady in moving the agenda to end domestic violence because we continue to be informed by the experience of survivors. Day by day, it is survivors who inform us if corrective course is needed and how to best respond. Survivors' experience of domestic violence and their urgency that it end is what keeps C4DP moving forward with clarity and determination. As such, listening to their voices is key to our success.

With the right combination of public will, financial resources, and the clarity of C4DP's continued strategic efforts, **Marin is one of the first communities to see domestic violence arrest rates steadily decline over multiple years.** Toward that end, we are grateful to all our supporters who continue to invest in C4DP's strategic business plan to "put ourselves out of business for all the right reasons," as Executive Director Donna Garske often says.



## Our Community Supporting Us ~ Thank You!

Investing in the work of Center for Domestic Peace benefits all of us. We could not accomplish our goals without the support, involvement, and enthusiasm of our most generous supporters. A special thank you to our donors, listed below, who gave \$5,000 or more between July 1, 2020 to June 30, 2021. A complete list of donors will be published in our annual report.

### \$100,000+

Administration for Children and Families  
Blue Shield of California Foundation  
Buck Family Fund of MCF  
CA Governor’s Office of Emergency Services  
County of Marin  
Dept of Housing and Urban Development  
Office on Violence Against Women  
Ronald Jorgensen Estate

### \$50,000 - \$99,999

Anonymous  
Ginnie and Peter E. Haas Jr. Fund  
Justine Miner

### \$20,000 - \$49,999

COVID-19 Fund of Marin Community Foundation  
Kaiser Permanente  
Little Flower Fund  
Tracy McLaughlin

### \$10,000 - \$19,999

Dandelion Foundation  
Davis/Dauray Family Fund  
Dominican Sisters of San Rafael  
Stephanie Evans  
State Farm  
Beverly Tarbell Estate  
The Isabel Allende Foundation  
The Paul and Mason Gudelsky Fund for  
Peace and the Arts  
Michael Whipple  
Women’s Foundation of California

### \$5,000 - \$9,999

Anonymous (3)  
Bay Area Bluestone  
Barstow Foundation  
Bewley-Motluk Charitable Foundation  
Steve Benting and Margaret Warton  
Ghilotti Construction Inc.  
High Tide Foundation  
Harrison Miller and Clare McCamy Giving Fund  
Helen Pass  
Sahar and Homma Fund  
Sing for America Foundation  
Sunshine Lady Foundation, Inc.  
Sunshine Polka-Dot Foundation  
The Alice Shaver Foundation  
Tracy Richards  
Nancy Warfield, Nightingale Fund

## By Marla Hedlund, Development and Community Relations Office

I’ve had the pleasure of working in my role for more than 13 years, and while I have watched the community’s generosity flow towards C4DP in many a tough year, I can’t go without acknowledging and holding up the extreme and heartfelt giving during COVID. I was often moved to tears with responses to “what inspired me to give today” in online donation forms.

*“You deserve my stimulus check more than I do.”*  
*“Knowing that I’m safe and others aren’t.”*  
*“For helping me out when I needed someone to talk to.”*

Thank you for all who give to us, no matter the amount. You are investing in a future of safety, peace, and equality.

## Shining a Light on the Link Between Domestic Violence and Animal Abuse

Animal abuse is often the first visible sign of a family in trouble. C4DP is partnering with Marin Humane to directly address this issue. This past April, C4DP and Marin Humane hosted a 90-minute, online webinar on the link between animal abuse and domestic violence. Phil Arkow, Coordinator with National Link Coalition, led a presentation to more than 140 attendees from across the nation interested in learning about the issue, our partnership, and what practical steps community members can take to help people and animals in need.



In a domestic violence situation, abusers may manipulate and control their human victims through threatened or actual violence against family pets. Batterers attempt to control their victims by threatening, torturing, or killing the victim’s animals. Sadly, children are usually witness to this behavior as well.

Up to 71% of domestic violence survivors with companion animals report that their abusers threatened, injured, or killed their pets. In fact, in one study, 48% of domestic violence survivors with companion animals surveyed stayed in an abusive situation because they had nowhere to take their pets; in 75% of these cases, the abuse happened in the presence of children.

To many survivors, pets are part of the family, and it is imperative that there are safe options for these animals as well as for survivors.

We are fortunate to partner with Marin Humane, which will board survivors’ companion animals free of charge until they are able to find a new home that is safe for them and their beloved pet. At C4DP’s emergency shelter, we accommodate companion animals, however, we are limited as to how many can be in the shelter at one time. We are fortunate that if more space is needed, the Marin Humane will assist us!

*It’s important to note that children who hurt animals may be acting out of their own experience, i.e. what they observe or what they undergo themselves at home – a warning sign for possible abuse and indicator of future abuse. A 2013 study found that 43% of those who commit school massacres also committed acts of cruelty to animals.*

You can help stop the pattern of violence by recognizing that animal abuse is an indicator of serious problems. Reporting animal abuse can help authorities stop other types of violence and vice versa. You can also call our English/Spanish 24-7 hotline for help with safety planning for you and your pets.

A recording of the webinar is live on our website: [c4dp.org/animal-abuse/](https://c4dp.org/animal-abuse/)



## STAFF PROFILE: Christina Schiffner Santschi, Grant Specialist & Data Manager

Christina first discovered Center for Domestic Peace (C4DP) through a Craigslist ad online. She had just finished coursework at the University of California, Berkeley, pursuing a Ph.D. in Music History with a specialization in nineteenth-century Italian opera. Christina wanted to find a job that used her writing and research skills, and she was moved by C4DP’s mission, having experienced relationship abuse while in college. In July 2004, she began her tenure at C4DP. She left for several years to work in development for another domestic violence nonprofit in the East Bay, where she lived at the time. In 2009, she was excited to return to C4DP to focus on grant writing, which coincided with her move to Marin.

Over the last decade plus, Christina’s role as Grants Specialist and Data Manager has grown increasingly complex. She now manages all C4DP’s reporting and proposal submissions to government and foundation sources. Christina has found it stimulating to work with leadership and program staff in developing detailed proposals for new programs, including Marin Against Youth Abuse (MAYA) – a youth leadership program – and In This Together – group therapy for children and their non-abusing parents. Securing funding for both initiatives enabled C4DP to create a new service area for youth and young adults. Christina also tracks and compiles more than 500 deliverables a year for multiple funders – she feels at home navigating large Excel spreadsheets and pulling reports in C4DP’s Salesforce participant database.

Christina is proudest of the work she has done overseeing Salesforce, including a complete overhaul and rebuild of the database in 2019. Every quarter you’ll find Christina and her data team crunching numbers, analyzing data, and writing reports on the life-saving work C4DP does, with thousands of individuals helped each year.

“Give me a complicated Excel formula to solve or a new deliverable to build out in Salesforce, and my brain hums away,” Christina relates. “I love puzzling out challenges, and my favorite time of the year is when I see the annual Executive Director Report – an 80-page data-filled summary of C4DP’s accomplishments through charts and graphs – in print and in the hands of the board of directors.”

In her free time, Christina trains for triathlons – swimming, biking, and running more than 9,000 miles since the start of 2020. She has competed in six IRONMAN full-distance triathlons (140.6 miles) and dozens of shorter races. She is perpetually trying to convince her husband David to join her for another bike ride or run – wind in her hair and data on her mind!



# Partners Extraordinaire: Dominican University and the Beloved Dominican Sisters of San Rafael Work with C4DP Toward a World of Domestic Peace

“We reverence and affirm the inherent dignity of each person. We will work for transformation of attitudes and systems that deprive any person of dignity.”

These words sit at the heart of the longstanding relationship between Dominican University (DU), the Dominican Sisters of San Rafael, and Center for Domestic Peace (C4DP), a relationship that has flourished over more than three decades. Our partnership speaks to a mutual commitment to social justice and transformation. From their substantial financial support, to program partnerships, to student life and academic opportunities, we deeply value this relationship and are honored to highlight some of our key projects.

**Financially**, the Dominican Sisters of San Rafael have been a generous and enduring supporter. Most substantially was their \$325,000 grant toward The House that Love Built: Saving Lives One Room at a Time, Phase Two in 2016.

Built around 1930 and in need of significant repair, our shelter received a capital development loan in 2012 to renovate, upgrade, and bring our existing 16-bed shelter to code and into ADA compliance. Phase Two converted existing office space into three more bedrooms and added a studio for the hotline and advocate staff. Phase Two brought a 50% increase in bed space overall. This significant grant was providential and a true blessing.



The Sisters also give generously through their Vision Fund and most recently gifted \$10,000 toward *In This Together*, parent-child group therapy. In a recent interview with Sister Patty, C4DP’s Champion Sister and

regular at our *In Celebration of Mothers* luncheon, she stated why this program resonated with her: “This program really touched my heart when I read about its purpose: to help the mom regain her authority in the family and help her to reestablish the important bond between her and her child. Oh, this is so important to break the cycle of abuse.”



The Sisters have also been instrumental in bringing C4DP on campus for events: making C4DP the beneficiary of their first Vagina Monologues, supporting C4DP in hosting a panel and showing *The Mask You Live In*, and joining in the 30th Anniversary March and the One Billion Rising campaign, among others.

**On campus**, C4DP continues to thrive in a growing partnership with the institution. Starting with our academic partnership, C4DP has been invited to present and

cofacilitate many classes on bystander intervention, domestic violence 101, the impact of domestic violence on children, gender role training, and consent, to name a few.

Most recently, Meghan Kehoe, CYCPD Program Director, was invited to cofacilitate a class on global public health and social justice.

C4DP also works in collaboration with the athletic department to provide student athletes with domestic violence and sexual assault info. Through a peer-based education model, Marin Against Youth Abuse (MAYA) advocates co-facilitate these trainings. MAYA is made up of student interns from various majors including nursing, public health, and psychology. They also hold campus-wide education campaigns throughout the year.



Another area C4DP is active in is student life, leading new student orientations covering campus culture, healthy relationships, consent, and available resources. Resident Assistants (RA)

are also trained in how to respond to domestic violence and sexual assault, what Title IX means, and their role in upholding it. (*Title IX is a federal civil rights law that prohibits discrimination on the basis of sex in any education program that receives federal funding. Under Title IX said schools have a legal obligation to protect students from gender-based violence and harassment – including sexual assault.*)

Just this past year, C4DP hosted a showing of *The Mask You Live In*, and as a result, was asked to expand the RA trainings to include information on how to be in a leadership role as a man, address the power and equity dynamic, and be a male ally to survivors of assault and abuse.

**C4DP is the established confidential resource** for domestic violence and sexual assault on campus. Whether contacted directly by a student or referred from the student life office, C4DP offers support as needed and acts as the advocate for them with the Title IX office on campus.



Trainings are also done regularly for professors, coaching staff, the mental health department, and other adult allies on how to recognize warning signs of abuse or assault, how to respond when disclosures occur, and how to connect students to C4DP.

And most recently, C4DP received a multi-year national demonstration grant from the Administration for Children and Families to evaluate the success of *In This Together* (ITT), a cutting-edge, group-therapy model for parents and children. In collaboration with DU’s Global Public Health Department, DU and C4DP are researching and developing evaluation protocols and producing a white paper to be published in an academic journal on ITT’s success and outcomes.

Dominican University and the Dominican Sisters exemplify the power, beauty, and reach of an evolving community partnership based on the strength of shared values and vision. **C4DP is grateful to all who have contributed to this enduring relationship as we move closer to a world of domestic peace.**

## 2021 Best of Marin and Readers’ Choice Award go to C4DP!

A huge round of applause for Center for Domestic Peace, as we were voted by the readers of two local papers as a top nonprofit in Marin:

*Pacific Sun* Newspaper - Best Nonprofit in Marin.

*Marin Independent Journal* Readers’ Choice Award – Honor Award as one of the top 5 best nonprofits in Marin.

What this says is that our community knows who we are and recognizes the great work of this organization!! The readers of these publications voted for us, unsolicited, above a thousand other nonprofits in Marin!!

Congratulations C4DP!



**24-Hour English/Spanish Hotline: 415-924-6616**

**Other support can be found by calling:  
Monday - Friday 9 am - 5 pm:**

**ManKind Program . . . . . 415-457-6760**

**Marin Youth Services Text Line . . . 415-526-2557**

**Therapy and Support Groups . . . . 415-526-2553**



# Meet Brett – ManKind Facilitator

If you asked Brett before 2014 if he was a violent man, he would have said, “No way.” Two marriage counselors never mentioned any violence, yet as his marriage was deteriorating, he knew he needed help. His relationship was not healthy, and he didn’t know how to save it. As a child, he learned how to “fly under the radar” with his 4 older siblings – a commonly used phrase in our ManKind program, which means knowing how to be cruel or abusive without getting caught. He learned to stay quiet within the large family dynamics, not say much, and express negative feelings indirectly and through manipulation. He also witnessed his own father’s violence, but as he grew up, he never really understood how all of this affected his partnerships until he came to our ManKind program.

Brett doesn’t remember how he first heard about ManKind but vividly remembers the first meeting he attended. As he listened to the other men talk about their own relationships and violence, he was surprised to realize that just because he had never physically hit his wife didn’t mean he wasn’t violent.



Many who come to the 52-week program feel like Brett: they don’t see themselves as violent. It’s not until they learn and understand the program’s teachings that they realize there are many forms of violence, including emotional, that can show up in many ways – for example, holding grudges, withdrawing, and through passive aggressive communication. These forms of abuse which he displayed can be just as destructive to a relationship as physical violence, sometimes even more so.

ManKind’s foundational teaching is that abusive and violent behavior is learned and can be unlearned. Men and boys are taught what we call the “male-role belief system,” which reinforces men to use their power over another to control them and get what they want. This belief is deeply ingrained in our society and our diverse cultures and is reinforced in traditional patriarchal family systems where “I am king of my castle,” “she is mine,” and “boys don’t cry.” The program requires men to be accountable for their behavior, recognize their unhealthy belief systems, and learn new ways to relate to their partners. Men meet weekly with other men and build a community of support for the process of unlearning these behaviors and violence and discovering their authentic self. The process can be painful, frustrating, and it doesn’t hap-

pen quickly. But, on the other side waits freedom from gender role belief systems, peace, and healthy relating.

After completing the first year of the program, Brett felt he was not done in his process and signed up for another year. Although the marriage did not last, he kept up the work, and after a third year and tremendous self-work he realized he wanted to do more and learn to be an advocate for men like himself. Brett started volunteering for the program in 2017 as a co-facilitator. With the transition to classes via Zoom last year during the pandemic, Brett is now facilitating 4 classes a week.



One man who attended online classes via Zoom sincerely thinks the program saved his relationship during the toughest days under the shelter-in-place order. He was able to check in weekly, collect input and advice from the group, and stay healthy with his partner. They are now stronger than ever as a couple!

When asked about his hopes for ManKind, Brett says he wants to expand it to include more young men and boys, as he sees them as the future. “Gender role training starts early, so that is where we should start with tips and tools on how to have healthy relationships,” he said. As the father of a 15-year-old boy, he is most proud of his role in teaching his son how to be healthy, honest, and to communicate authentically and peacefully. None of this would have been possible before he found ManKind.

So, what can other men do who are struggling in their relationships and worrying that their behavior is hurting their loved ones? Brett says, “Call me. I want to talk to you. You are not alone, and you don’t have to hurt the ones you love.”



To learn more about ManKind, please call (415) 457-6760 or visit our website at [c4dp.org/programs-to-stop-abuse](http://c4dp.org/programs-to-stop-abuse).

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Working Together to End Domestic Violence

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Domestic  
Violence  
AWARENESS MONTH

## October Domestic Violence Awareness Month Activities

October is Domestic Violence Awareness Month, and we invite you to participate in our activities.

### Domestic Peace Rocks

You and your family are invited to join us outside in our parking lot on October 9, from 10 am – 2 pm, at our A Street location, to paint small rocks with creative artwork and messages. We will have local artist help, all the materials you need, and refreshments! Take the painted rocks home, place around your community, and post to our social media platforms to raise awareness of our issue and the resources we provide!



Join C4DP staff, friends, and families in an interactive, creative space and learn how domestic violence impacts our community and what you can do to end it. Show our community how much domestic peace rocks!

**Join us Friday, October 29th from 12-1 pm for our virtual Dia de los Muertos**, Day of the Dead, hosted by C4DP and Voces de Cambio (Voices of Change) – a volunteer activist group of former service users. Our annual event will be held online and include a special memorial and reading of the names of those in the Bay Area killed by domestic violence.

For more information or to RSVP email [mhedlund@c4dp.org](mailto:mhedlund@c4dp.org)  
[www.c4dp.org/dvam](http://www.c4dp.org/dvam)