

Hope Runs In The Family

Advocates support survivors and children as they navigate changes

What happens between the first call to the Crisis Line and a family exiting services into safe, permanent housing? At SafeHouse Denver, Advocates adapt to evolving needs and help families create a stronger bond by learning and healing together.

Emergency Shelter

Emerging from the height of the pandemic has given survivors a new awareness of resources. "What we're noticing is an uptick in the way that families are accessing us," Cymone Williams, Chief Program Officer, said. "We've had a lot of calls from schools, where especially teens are reaching out to their counselors." In 2022, SafeHouse Denver saw more families entering services, especially with older children. Within that demographic, advocacy-based counseling and group sessions often involve discussions around digital abuse and technology safety. Advocates are trained about which apps can be exploited.

Youth experience these tactics differently, but they are equally harmful. Popular apps like Snapchat and BeReal may be utilized by the abusive parent to manipulate the child's feelings or try to divide them from the survivor parent and/or siblings. Explaining abusive dynamics in age-appropriate terms starts with "getting a gauge on what the parent is

aware of as far as connections to the abuser through devices," Williams explained. Occasionally, children may not want to be at the Shelter and prefer to stay with the other parent, which requires safety planning so there's no accidental disclosure of the confidential location.

Another area of concern for families is how to address complex, real-world topics. When survivors identified a need for discussions about boundaries and body image, a SafeHouse Denver Advocate developed and facilitated a new support group curriculum.

By covering issues like sexuality, pronouns and gender identities in a shared setting, it becomes easier for survivors to confidently discuss these topics with their kids when the time comes. Equipping survivors to bring it up without feeling judged or uncomfortable, especially in healthcare situations, gives "a safe space to say 'I don't know' and to have someone walk alongside [the survivor] to get that information," Williams said.



Shelter Advocates move between individual and group work with family members, whether it's an open dialogue or an art project, to help these survivors communicate better. "How do we rebuild those family systems and create safety again? Maybe you can share things with Mom in a way that you haven't shared them before," Williams summarized. "That's our goal: how do we show up for this family and meet them where they are?"

Continued on next page



The "4 Ws" Of Planned Giving

Planned giving isn't only wills or bequests. It just means you've planned ahead - using the "Four Ws" - to make the most impact with your gift!

- **What to give:** Cash or non-cash assets (i.e. stocks or bonds)
- **When to give:** During life or after death
- **Who will receive the gift:** Selection of the charity
- **Ways to give:** Direct gift (online or via check) or planned giving (i.e. bunching, IRA gifts, stock donations, bequests or trusts)

Ready to learn more? RSVP for a virtual session on **April 13** at 12 p.m. Email sboltz@safehouse-denver.org today to save your spot!

A Letter From Our CEO



Dear Friend,

As I write this, it has been 9 months since I started as the new CEO at SafeHouse Denver. What an exciting nine months it has been! I've had the pleasure of meeting many of you – at the Hope Gala last year, during a coffee meeting, through a virtual visit, or at the Brunch & Learn. Every single person I have met has one thing in common: they are committed to supporting survivors

of domestic violence. That thread that ties us all together is a strong one, and we couldn't do this work without you!

After settling in to my new role and my new city, I've worked with the staff to identify a few specific goals for the coming year:

- **Expanding our Community Education Program:** We now offer four education sessions that increase awareness and encourage prevention of domestic violence.
- **Strengthening our Youth Healthy Relationships Program:** Recognizing that the highest rate of relationship violence occurs in young women ages 16-24, our specialized staff is working to share healthy dating curriculum, group support, and engage more with young folks in the community.
- **Deepening Partnerships:** Working toward the same goals with agencies like the Rose Arom Center, Housing Connection, The Center and others, we hope to identify and support many more survivors in the coming year – particularly those who identify as LGBTQ+, male survivors, and other underserved populations.
- **Increasing our Visibility in the Community:** Domestic violence affects everyone, so I think we should be everywhere. We hope to see you at community health fairs, large gatherings, and third-party fundraising events!

Of course, through all of this, we'll continue to offer trauma-informed, survivor-centered support to anyone in need. As the cover article shares, this issue doesn't just affect the survivor. Throughout all of our services, survivors and their children are provided with compassionate support as they reclaim their right to a life free from domestic violence.

It is my sincere hope that you continue on this journey with us. Whether you are hosting one of our community education sessions at your workplace, volunteering at an event, or using the enclosed envelope to support survivors with a financial gift – you are a part of our community and we are so grateful for you!

Thank you for all of the ways you support survivors. I hope to meet many more of you in the coming year!

With gratitude,

A handwritten signature in black ink, appearing to read "Jen Caruso". The signature is fluid and cursive.

Jen Caruso, CEO

P.S. If you're interested in learning more about these opportunities, meeting to discuss the agency's goals, or just saying hi – please feel free to call me at 303-302-6120.

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Providing that space to just be human but also be supported in that process."

Extended Stay Program (ESP)

The ESP also had an impactful year, serving more clients in 2022 than 2020 and 2021. Units are turning over more frequently while getting filled again sooner. "People have been adjusting to the 'new normal,' so it's become a lot more accessible for clients to be able to reach resources," Valeria Rocha, Director of Residential Services, said. "ESP is pretty much a preview for them of independence. It really helps them gain that confidence."

For survivors and children, residing at ESP means shifting from the survival mode of leaving abuse into the security of daily routines. "At Shelter, [a client's] children were very triggered," Rocha stated. "Once they transitioned to ESP and Mom got them on a schedule, where they had more structure and their own space, the children were more emotionally stable."

The case manager works with parents and children to process natural reactions. "I want to make sure that everything's coming from the parent," Rocha emphasized. "Whenever we have children acting out, just letting them know it's OK to be angry." Rocha focuses on helping kids channel negative feelings into going for a walk or playing a game.

She frequently assures parents that validating those emotions is beneficial, even when it may seem difficult to stay positive. "I've had moms come to me and say, 'He's just blaming me for our family separating' or 'She keeps asking for Dad, and she's sad because she wants to go back to the house,'" Rocha said. "I just tell parents 'You're the expert in your child' [...] and empower them to have those hard conversations."

100 percent of ESP clients transitioned to safe housing in 2022: a validation of the program's purpose within SafeHouse Denver's mission. In 2023, the ESP will expand support groups for the growing number of residents. "I like that clients get to create that community," Rocha shared, inspired by how neighbors at ESP know one another by name and frequently provide helpful advice. "They're able to feel like they're not alone in their experience from going through the same things. It gives them that sense of hope and motivation." 🏠

News & Notes

DV Prevention Starts With Education

Does your office or community group want to learn more about the complexities of domestic violence?

SafeHouse Denver's presentations increase awareness, encourage prevention and develop effective responses. Topics range from understanding abusive dynamics and co-parenting with an abuser to providing trauma-informed advocacy.

Presentations can be tailored by knowledge base, schedule and goals. Please request further details at community@safehouse-denver.org.

Read our blog or follow us on social media for all the latest news!



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Marking A Milestone Anniversary

In 2022, SafeHouse Denver celebrated 45 years of supporting survivors. A lot has changed since 1977, but our mission is still the heart of all we do. Thank you for being part of this anniversary! Visit our website under About Us to watch a video about SafeHouse's history and enjoy our playlist of 45 empowering songs.

Hope Gala Returns In October



Save the date for **Saturday, Oct. 7!** The **Hope Gala** is our signature annual event to support survivors, and we're thrilled to be back at The Ritz-Carlton Denver. Join us for a gourmet dinner, exciting auctions and a survivor speaker who reflects our commitment to hope and healing.

Interested in sponsoring this event? Call Shannon at 303-302-6116.

Warren Miller Rides Again



Special thanks to Brenda & Chris Volgenau and new partner Chris Ogden for reviving the **Warren Miller** film screening at Stoney's Bar & Grill in January after a three-year hiatus. This comeback raised \$13,965 for survivors: a new record for the event!

Alpha Chi Inspires Students To Give



We continue to be grateful to **Alpha Chi Omega's** Nu Chapter at CU Boulder for their ongoing dedication to supporting survivors. The sorority's philanthropic focus is domestic violence awareness.

In April, Pie An Alpha Chi found the group hosting a pie-throwing contest. Pies were sold and additional donations were collected, leading to a grand total of \$3,047.

In October, a talent competition between the Greek houses included an interview portion focused on healthy relationship questions. This inspiring event raised \$20,084.

Finally, a November street fair brought out the crowds despite the cold weather, netting another \$4,923.

Are you part of a group that wants to raise funds to support survivors? Your book club, church or kickball league can all have an impact just like this. Call Heather at 303-302-6126 to learn more!

Changes To Available Tax Credit

SafeHouse Denver participates in the new Homelessness Contribution Tax Credit (HCTC), which replaces the Enterprise Zone program to provide extra tax relief for your generous gifts.

You can still request an Enterprise Zone credit for qualifying donations* made in 2022. However, **all requests must be made by Friday, April 14.** Call Stacey at 303-302-6122.

*Qualifying donations are \$100 or more; the donor must reside and file taxes in Colorado; and the donor must file their state tax returns electronically. In order to qualify for this tax credit, donors must provide SafeHouse Denver with the last four digits of their Social Security Number or their Colorado Account Number.

SafeHouse Denver

1649 Downing Street
Denver, CO 80218

Admin: 303-318-9959
Crisis Line: 303-318-9989
www.safehouse-denver.org

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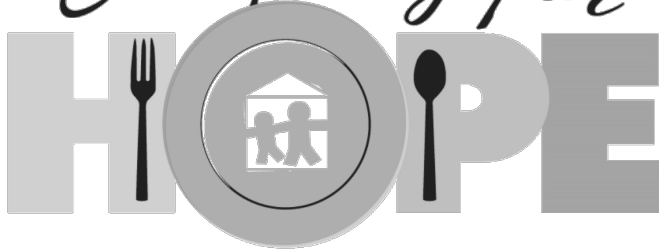
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SAVE THE DATE

For Our Signature Tasting
Event To Support Survivors
Thursday, June 8 • 6:00 p.m.

Sampling for



Mile High Station
2027 W. Colfax Ave.

REGISTRATION
OPENS APRIL 4!

*Enjoy delicious samples from restaurant partners
Bid online for exciting silent auction items
Learn from a brief, mission-focused program*

SafeHouse Denver Programs & Services

We offer comprehensive services in English and Spanish at our Emergency Shelter, non-residential Counseling & Advocacy Center and Extended Stay Program.

SERVICES INCLUDE:

- 24-Hour Crisis & Information Line
- Secure Emergency Housing
- Extended Stay Housing
- Counseling and Advocacy Services
- Support Groups
- Referrals to Community Resources
- Teen Dating Violence Intervention & Prevention
- Family and Children's Services
- Community Education and Outreach

Crisis & Information Line 303-318-9989
 Administration..... 303-318-9959
 Community Education 303-302-6112
 Development Department 303-302-6126

Ways to Support SafeHouse Denver

The generosity of our donors, sponsors, funders and friends is essential to our work. Every gift is important, so please consider making a donation in one of these ways.

- **Make** a financial contribution by mailing a check using the enclosed giving envelope; calling 303-302-6126; or donating online at safehouse-denver.org.
- **Become** a Sustainer of Hope by committing to a monthly gift. Select the option on the enclosed giving envelope or use the online form at safehouse-denver.org.
- **Plan** alternate methods of giving through stocks, IRA disbursements, charitable trusts, wills or estate plans. For more information, please contact Shannon Boltz at 303-302-6116 or sboltz@safehouse-denver.org.
- **Designate** SafeHouse Denver as your charity of choice during your employer's workplace giving campaign. Simply note SafeHouse Denver on the pledge form, or ask your employer to match your contribution.
- **Donate** in-kind goods. Visit our website and click on 'Support' to view our current Wish List.
- **Earn** even greater tax relief on a donation of \$100 or more. Write 'HCTC' on your check or make a note in the comment field of your online donation.