

Trauma-Informed Care Guides Service Delivery

When Liz fled her home and her abusive husband, she came to SafeHouse Denver seeking safe shelter. She arrived with only the clothes on her back and the change in her pocket. Like many residents, though she had few material things, she carried a tremendous emotional weight — a history of ongoing abuse at the hands of someone who had promised to love and respect her. Understandably, this history of trauma shaped who she was when she arrived at our door.

Trauma-Informed Care is an evidence-based approach that teaches service providers and their organizations about the triggers and vulnerabilities of trauma survivors.

Domestic violence is traumatic. Being abused by someone you love and perhaps consider family, has a serious impact on how victims of domestic violence think, feel and behave. Someone who has experienced prolonged abuse, for example, may appear forgetful, act distracted or have a hard time building trusting relationships. These characteristics, and others spurred by domestic violence, are not the victim's fault, but rather, a common effect of trauma.

According to Natalie Hicks, Director of Shelter Services, *"Residents often arrive with nothing but so much at the same time... their history. Though not tangible, their story is profound and impacts their actions, their ability to form relationships, and their capacity to trust and to heal."*

In response to the unique needs of each resident, SafeHouse Denver Advocates and leadership staff implement Trauma-Informed Care (TIC) at both the Emergency Shelter facility and non-residential Counseling and Advocacy Center. Identified as a best practice for work with victims of domestic violence and their children, Trauma-Informed Care

is *"an evidence-based approach that teaches service providers and their organizations about the triggers and vulnerabilities of trauma survivors. TIC helps providers to deliver care to trauma survivors more effectively, and focuses on the prevention of re-traumatization (Homelessness Resource Center)."*

What does Trauma-Informed Care look like? At our shelter facility, practicing Trauma-Informed Care includes talking with survivors about their trauma and normalizing, but not minimizing, their



experience. We provide survivors the space to make mistakes and define their own successes without imposing excessive rules or punitive methods that might echo an abuser's rules. Advocates and leadership staff consistently encourage dialogue and open communication between residents to settle the inevitable challenges that arise in a communal living situation. *"Healing happens through relationships and trust,"* notes Hicks, *"so we work on building trust with people as a top priority."*

There is an environmental component to Trauma-Informed Care as well. Maintaining a shelter facility that is both physically safe and comfortable is critical. Currently, shelter staff are looking for ways to create more private space for residents, something that is important for all of us but challenging to find in a communal living situation. *"It's about dignity,"* emphasizes Hicks.



Victoria McVicker greets Vice President Joe Biden at our Administrative Offices

Vice President Biden Visits SafeHouse

On September 19, 2014, SafeHouse Denver had the distinct honor of hosting Vice President Joe Biden at our offices for a roundtable discussion on domestic violence. The invitation to host was extended by Mayor Michael B. Hancock. Vice President Biden and Mayor Hancock were joined by SafeHouse Denver CEO, Victoria McVicker, Denver District Attorney Mitch Morrissey and local service providers and survivors of domestic violence. The Vice President's visit came on the heels of the 20th anniversary of the Violence Against Women Act, legislation drafted by then Senator Biden, which has changed the way our country responds to domestic violence and sexual assault. ■

A leader in implementing TIC, SafeHouse Denver staff members have presented on the model to various partner agencies. Additionally, a SafeHouse Denver staff member sits on the Colorado Coalition Against Domestic Violence's Trauma Informed Care Workgroup, a group charged with translating TIC concepts into concrete applications for domestic violence programs.

Though complex, the Trauma-Informed Care model is powerful. Our advocates are committed to incorporating these best practices into our programs. From this foundation of respect, Shelter residents such as Liz have a safe place to begin the healing process and reclaim their right to a life free from domestic violence. ■

Message from Our CEO

Dear Friends,

I hope the arrival of our Summer/Fall edition of the SafeHouse Denver Journal finds you well! As we transition from the busy, hot days of summer to the cooler fall temperatures, we find ourselves at the beginning of October – Domestic Violence Awareness Month (DVAM).

A national recognition month to raise awareness around the issue of domestic violence and build momentum to put an end to abuse, DVAM is an opportune time to further your involvement with SafeHouse Denver.

During this month, and always, we provide compassionate, sometimes life-saving programs and services to victims of domestic violence and their children. In the first seven months of 2014, 153 women and children fleeing domestic violence made our emergency shelter their home. 675 adults, children and youth, received vital counseling and advocacy support at our non-residential Counseling and Advocacy Center. Our dedicated staff and trained volunteers fielded over 9,000 calls to our 24-Hour Crisis and Information Line. Callers reached out to access safe shelter and counseling and, often for the first time, to talk to someone who believed the horrors they were experiencing and knew how to help.

Fundamental to our service-delivery approach is standing alongside survivors of domestic violence on their journey to a safe future for themselves and their children. Already our partners in this support system, we encourage you to consider some additional ways to get involved:

- **Attend the 2014 Hope Gala:** A festive evening celebrating our successes and looking to the future, with all proceeds benefitting our programs and services.
- **Stay Connected:** Follow us on Facebook and Twitter to stay up-to-date on events, program updates, and interesting content. Share our updates and keep the conversation going!
- **Spread the Word:** Share this newsletter with someone who isn't familiar with our work. Tell them why you care and how they can help. Display our brochures (available in English and Spanish) at your school, workplace or faith community.
- **Donate Today:** A donation of \$73 provides the equivalent of one night of safe shelter and support services to one woman. A gift of any amount truly makes a difference.

These efforts, and the additional ways to get involved listed in the News & Notes section and the back page of this newsletter, all help us meet our mission of *assisting adults, children and youth in reclaiming their right to a life free from domestic violence.*

On behalf of our Board of Directors, Staff and the individuals we serve, thank you for your involvement in this important work. It means so much to have you by our side.

With gratitude,

Victoria A. McVicker
Chief Executive Officer



In Memory of...

We fondly remember and gratefully acknowledge **Phil Lucero**, longtime SafeHouse Denver volunteer and supporter, who passed away in August. Since 2008, Phil donated his time and talents on a number of communications-related projects and regularly took photos for print materials and at our annual Gala. Phil was a kind, committed and dedicated member of the SafeHouse Denver family and he will be deeply missed. We extend our deepest sympathy to his wife **Vera**, also a dear friend to SafeHouse Denver. ■



Support SafeHouse - Protect Your Future with a Planned Gift

We're pleased to share that, with the support of grant funding from the Community First Foundation, we're formalizing a planned giving program to help ensure the future stability and growth of our programs and services for survivors of domestic violence.

Although no one knows what the future holds, people still make significant gifts to charity each year. It's wonderful that philanthropy seems to be part of our basic, human, compassionate spirit. With a charitable bequest, you can make a significant gift to SafeHouse without currently sacrificing any assets. By making your gift through a Will or Living Trust, you retain complete control over your assets during your life. Nothing changes until your estate is settled.

A charitable bequest protects a person's financial future. If a need arises, the assets are in place. If not, an important gift will one day come to SafeHouse.

To create a bequest, simply contact your estate planning attorney. If you already have a Will in place, an update is easy and inexpensive. And please let us know. We would love to welcome you as a member of our Legacy of Hope Society.

To learn more about other ways that you can make a charitable gift that benefits you, your family and SafeHouse Denver, please call Valerie Chilewski at 303-302-6116 today. ■

News & Notes

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Newsletter

Ashley Golder & Valerie Chilewski,
Editors
Steve Cruz, Graphic Design

2014 Hope Gala



Join us on Saturday, October 18, 2014 at the Ritz-Carlton, Denver for our annual fundraising event, the SafeHouse Denver Hope Gala. Guests will enjoy cocktails, live and silent auctions, a delicious dinner, presentation of two community awards and lively entertainment — all in support of our programs and services for survivors of domestic violence.

Individual Seats: \$175

Young Professional Seat: \$100
(for guests 35 and younger)

Sponsorship opportunities are still available!

Thank you to our current Gold Sponsors:
The Mueller Foundation
Carol and Paul Rose

Visit our website or call 303-302-6126 for more information and to purchase your Individual Seat today!
www.safehouse-denver.org/upcoming-events

Follow Us on Twitter

We're now active on  Twitter and encourage you to follow us to stay up to date on our news and noteworthy articles and information about the issue of domestic violence. Remember to like SafeHouse Denver on Facebook as well!

Annual Report

Our Annual Report for fiscal year 2013–2014 is now available online. Special thanks to our friends at **Welch Creative Group** for generously

designing the piece pro bono for us again this year!

BolderLife Festival

The 2014 BolderLife Festival will be donating 50% of proceeds from their Women's Programming to SafeHouse Denver. The Festival will raise awareness and support to prevent and put an end to domestic violence on the local, national and international levels. To learn more about the Festival, which runs October 13-19, 2014, visit bolderlifefestival.com.

Thank You

Our sincere thanks to the following individuals and businesses for hosting a third party event or initiative on our behalf since August:
BC Realty; El Chignon Mexican Bistro & DJ Bedz; Kutak Rock LLP – Jeans Day Fundraiser; Sweat Equity on behalf of **Warner Pacific; Sloane's Carpet Secret; Soft Surroundings** at Park Meadows Mall.

Board of Directors Update

Nicole Adolphus of Brownstein Hyatt Farber Schreck LLP was recently elected to our Board of Directors. We'd also like to recognize and thank **Ramonna Robinson** of GroundFloor Media and **Jennifer Hallam** of BKD, LLP for their dedicated service as they leave the Board.

Workplace Giving

If your place of employment participates in a workplace giving campaign, please consider designating payroll deductions to SafeHouse Denver using the following campaign numbers and

instructions:

Caring Connection: 1099

Combined Federal Campaign: 24771

Denver Employees Combined Campaign: write in 'SafeHouse Denver, Inc. Denver, Colorado'

Colorado Combined Campaign: 4060

Mile High United Way: support Mile High United Way directly or designate SafeHouse Denver by writing our name on your pledge form.

Colorado Gives Day



For the fifth year, **Community First Foundation** and **FirstBank** are partnering to present **Colorado Gives Day** on Tuesday, December 9, 2014. Colorado Gives Day is an annual statewide movement to celebrate and increase philanthropy in Colorado through online giving. Mark your calendar for this extraordinary day and 'give where you live' by making a financial contribution online to SafeHouse Denver through ColoradoGives.org!

Third Party Events and Initiatives

Visit the 'events' page of our website to learn more about upcoming events and initiatives benefitting SafeHouse Denver, including **Beauty Brands End Abuse Campaign** and **Wellness Rhythms Chiropractic's** new client special.

To plan your own event or initiative to benefit SafeHouse Denver, call Shannon at 303-302-6126.

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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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: mail a check using the enclosed giving envelope; call 303-302-6126; or donate online at coloradogives.org/safehouse.
- Commit to a monthly gift and become a Sustainer of Hope by selecting the option on the enclosed giving envelope or online coloradogives.org/safehouse.
- Make a planned gift by naming SafeHouse Denver in your will or estate plans.
- Designate SafeHouse Denver as your charity of choice during your employer's workplace giving campaign. Simply note SafeHouse Denver on the pledge form.
- Ask your employer to match your contribution.
- Donate in-kind goods. Visit our website and click on 'Support Us' to view our current Wish List.
- Donate your car or other unwanted motor vehicle through Cars Helping Charities. 1-866-701-CARS or visit carshelpingcharities.org.
- Donate your used cell phone at any Verizon store. The company's recycling program generates grant funds for shelters like SafeHouse Denver.
- Earn even greater tax relief on a donation of \$100 or more. Write 'Enterprise Zone' on your check or make a note in the 'comments' field of your online donation.
- Volunteer! Learn more at safehouse-denver.org/volunteering

SafeHouse Denver Programs & Services

SafeHouse Denver offers comprehensive services, in English and Spanish, at both our Emergency Shelter and our non-residential Counseling and Advocacy Center.

SERVICES INCLUDE:

- 24-Hour Crisis and Information Line 303-318-9989
- Secure Emergency Housing
- Individual Counseling and Advocacy
- Support Groups
- Safety Planning
- Referrals to Community Resources
- Teen Dating Violence Prevention Services
- Specialized Services for Older Adults and the LGBTQ Community
- Children and Youth Services
- Community Education and Outreach

24-Hour Crisis and Information Line	303-318-9989
Administration.....	303-318-9959
Community Education Program	303-302-6125
Development Department.....	303-302-6126
Volunteer Opportunities	303-830-1276 x16
Fax	303-318-9979

Website: www.safehouse-denver.org

Helping women and children overcome domestic violence since 1977
safehouse-denver.org