

Calendar of Events

Walk A Mile In Their Shoes

Thursday, April 28th, 11:30 am
(CUMC Thrift Store)

Come join the fun and support survivors of sexual assault at the 5th annual walk. Men, wear your fanciest women's shoes, and women, wear the cutest, snuggest children's shoes. Bring your own shoes or some will be on loan for the event (thanks to the CUMC Thrift Store!). Special awards for the Worst Toe Cruncher, the Highest Heel, and the Most Colorful. Take a quick, refreshing walk with us and enjoy FREE lunch afterward at Loaves & Fishes.



Some Like it HOT!

Thursday, June 2nd, 2011, 5:30 pm (The Phoenix Room at the Springs Resort)

Our annual fundraiser with food, cash bar, silent auction for "hot stuff" and Mary McKeehan and Dee McPeek to entertain you.



Pagosa Duathlon "Do-the-Du"

Saturday, July 9th, 2011

Du-er's beware! A new course is here! Run courses are the same, but the bike courses now have much more

track than road. A bikers dream! Three races are offered: the Full-Du (6-mile run, 12 mile bike); the Half-Du (3 mile run, 7 mile bike); and the Mini-Du for our rising youth athletes (1/2-mile run, 1 mile bike). Individual and Team Divisions. Visit www.ACVAP.org for registration forms, maps and event details. Or register online at www.Active.com.

W.J.S.E. Women Support Group

2nd & 4th Thursdays every month, 6-7:30 pm

Women In Support of Each Other meets twice per month to learn how to have healthy, caring relationships; improve self-esteem; learn new communication skills; and provide and receive support from other WISE women. Group facilitated by Codie Wilson, LPC. FREE dinner provided by Loaves & Fishes. Call ACVAP at 264-9075 for location.

Expressions Children's Group

Meets at same time as WISE Women

Lots of fun with crafts, games, and activities! Group facilitated by Debra Ewing, Child Specialist. FREE dinner provided by Loaves & Fishes.

Teen Support Group

Thursdays, 5:30-8:30 pm (Pagosa Headstart Bldg., 475 S. 8th St.)

Teens of all ages welcome. Open discussion format; however, healthy relationship skills will be reinforced throughout. Through May, groups are in coordination with Nurturing Parent classes. Location TBD starting January 2011. Group facilitated by Liz Parker. Dinner included.

See It! Stop It! Pagosa Spring Parent Leadership

1st and 3rd Wednesday, noon-2 pm (Pagosa Recovery Center, 473 Lewis St.)

A group of area professionals and committed parents meet for community organizing around how to help each other create safe, healthy communities free from abuse and violence. Call ACVAP at 264-9075 or visit www.seeitstopit.pagosaview.com for more information.

Check out our website to learn more about activities, programs and events!

www.acvap.org

Community Partner



Prevention Education
Coordinator
Beth Rivas
Victim Advocate

ACVAP Staff

Carmen Hubbs
Executive Director

Karen Hatfield
Assistant Director

Nancy F-eyer
Court Advocate

Liz Parker

Coordinator

Beth Rivas

Victim Advocate

Alicia Brodner and Susan Thorpe
enjoying the silent auction goodies!



Join in the fun at our "Some Like it HOT!" fundraiser on Thursday, June 2, 2011, 5:30 pm at the Springs Resort. Bring your friends for a girls evening of great food, cash bar, enticing auction items and the antics of Mary McKeehan and her trusty assistant Dee "Vanna" McPeek.

A warm thank you to those who donated food and specialty items for our clients. Special recognition goes to Beth Ingham and the ladies of A Time For You Hair & Nail Salon, as well as the Church of Jesus Christ of Latter Day Saints for their thoughtful donations. Thank you all! Our clients very much appreciate it!

ACVAP
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Pagosa Springs, CO 81147



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Archuleta County Victims Assistance Program

970.264.9075
www.acvap.org

the advocate

Working to eliminate domestic and sexual violence

Winter, 2010
2010 ~
An Active Year

2010 was an active year for the Archuleta County Victim Assistance Program, not only in providing vital services to keep victims and their children safe, but to work to prevent interpersonal violence from continuing generation after generation. We provided our youth with practical tools to use in bullying situations, or in a controlling dating relationship. We trained other responders, from cops, to child protection workers, to health care providers to respond proactively and in a manner that can empower victims and motivate abusers to change. **A total of 392 victims were provided victim assistance services in 2010, with 2,074 contacts made and 1,157 advocacy hours were logged for the year.** The following are excerpts from our 2010 Annual Report:

On-Scene Crisis Intervention

Advocates respond 24-hours on-scene to assist victims immediately to help with safety planning, emergency housing, and transportation. In 2010, 117 victims were provided crisis intervention services, including twelve nights of shelter for 9 victims and their children.

Personal Advocacy

Holistic approaches are imperative to a client's success. Rarely do victims need one resource or one response to solve the complex myriad of issues they face. Comprehensive support services ensure a multitude of resources are made available including human services advocacy; education; housing and employment advocacy; individual counseling; and referral to other supportive services. Personal advocacy included 1,102 contacts for 267 victims.

Court Advocacy

The Court Advocacy Program helps to assure that victims are informed, competent and effective participants in the legal system and are thereby able to safely achieve the remedies they seek. Court advocacy was provided for 186 victims.

WISE Support Groups

Support groups for women, children and teens provide education and support for women victims; a safe haven for children to process their fears; and, initiated this year, an opportunity for teens to discuss their feelings regarding domestic violence in their homes, or exploration of their own significant relationships to

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ensure values of healthy communication and respect. Support groups are proven effective in aiding victims in their recovery from many forms of trauma or detrimental personal issues. Fourteen women, 21 children, and 11 teens received such support.

Outreach & Education Programs

In addition to direct victim services, ACVAP works to reduce the incidents of violence in the community through prevention education and promotion of social change. Our *Youth Violence Prevention Education Project* provided over 200 youth, parents, and youth workers with 92 opportunities to participate in a variety of educational workshops and series, art projects, and public displays. These include: *The Diamond Standard* to better equip teens and emerging adults through the often turbulent and un-stable transitions each face during teen and young adulthood, *A Window Between Worlds* art expression and creative writing, as well as the inaugural *Operation Cinderella Prom Dress Giveaway* where teen girls shop for their prom dress while receiving information on healthy relationships and teen dating violence.

Lastly, ACVAP works to educate and promote public awareness to Archuleta County residents through media campaigns, professional presentations, consultation and educational seminars. The *ACVAP Community Outreach Program* actively pursues opportunities to inform and educate local community groups and individuals, from general awareness building to specialized training workshops. A total of 33 presentations were conducted last year.

None of this would be possible without the outpouring of support we receive from our allies throughout the community. Thank you for all you do for us and our continued efforts towards peace in our homes and community.

Director's Notes

As I gather our statistics every year, I am always reminded of where we've been. What started as one woman's aspiration, quietly, yet steadily grew to the strong, steady organization ACVAP is today. The growth and transitions over the last 14 years has at times felt like a whirlwind of change, yet looking back, the change was strategic and acutely responsive to the needs our clients.

With the path laid, we have the future to continue to move towards. After a full-day staff retreat last year, with victims as our internal guides, we were allowed to dream. What would ACVAP look like in 5 years? 10 years? The sky was the limit and ambitious visions were formed. From advancing the

criminal justice system to aggressive accountability of offenders without depending on victim testimony; to more family-oriented approaches to our advocacy with victims as well as our violence prevention programs, including the shared vision of a family resource center. From creating a transitional housing program to better equip victims towards self-reliance, to creating an undeniable community connection to ACVAP's mission and purpose. No small feat. Yet, in the 9-months since the retreat, we've worked on every single one of those endeavors. And we will continue forward.

*Onward and upward,
Carmen Hubbs*

Advocate Corner



Volunteering is one of those things we do because we believe in a cause, want to help our communities and be

involved in something that is heartfelt. The benefits to the organization of volunteer time and passion are immeasurable. ACVAP received over five thousand hours of donated time in 2010- making it possible to provide 24 hour a day crisis response and support. Obviously, our volunteer's rock! When we are helping other people by volunteering, we must also realize that we are in an exchange. It is important to step back and see what stands in our way of fulfilling our most important contributions.

Here are some signs that you may be standing in your own way and that it is time to extend the same encouragement to ourselves that we so naturally offer to others.

You have forgotten what you really wanted to do with your time. It is important to spend time on what you really value and with people who appreciate your services.

You allow fear to get in your way. You want to go for it, but you are afraid to fail. Go ahead and try to reach for your biggest dreams. Learn about new opportunities that you might never have allowed yourself to explore.

You feel stuck. You know what you'd like to do, but you feel overwhelmed and can't figure out how to get there from here. Take a chance and make one small step toward your goal.

You worry. You'd like to stay positive, but you catch yourself focusing on all the things that could go wrong and spend all your energy worrying over "what if".

You hold yourself back. You want to be true to yourself but find yourself trying to manage other people's perceptions of you. Believe that you are enough and can impact the lives you touch.

Volunteering will enrich your experience and has been proven to contribute to better overall health. Becoming a crisis volunteer will expand your understanding and offer you the opportunity to serve your community in a meaningful way. Gaining the tools to help families end the violence they are experiencing and assisting at a time when they need support is guaranteed to change your life.

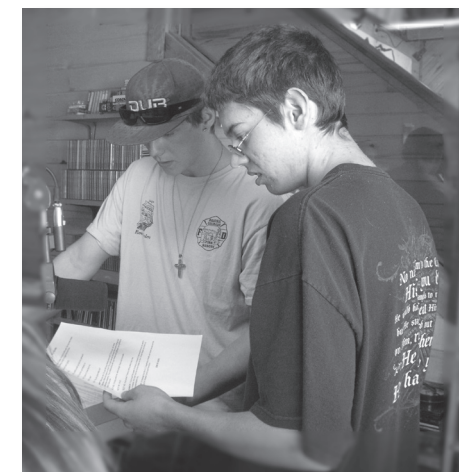
ACVAP will begin training for crisis volunteers April 11th, 2011. Any one who feels they would like to explore how to help in this way, please call Karen 264-9075x2. Training is free and will cover all aspects of being an advocate.

KPASA News

(Kids Preventing Abuse and Sexual Assault)

Classes and projects continue to take place to raise awareness in our community for youth and their parents, and even grandparents. Ongoing classes continue in *Nurturing WISE Teens*, in partnership with San Juan Basin Health Department's Nurturing Parenting Program. An extensive three-hour class, one night a week, provide simultaneous classes for parents in one room, teens in the other. Both get together for dinner and sharing. A new class called *Choose Respect* for parents and their teens has now begun with specific teaching points on how parents can help their teens make healthy choices in relationships.

Special projects in honor of February's Teen Dating Violence Awareness Month included six radio presentations by four teens at KWUF. Podcasts were recorded and may be listened to at any time on our local youth violence prevention webpage: www.lizbook.pagosaview.com. This site provides weekly photos of youth and the teen dating violence prevention activities that they are involved in. Related information regarding relationships such as "emotional abuse" surveys can be downloaded for future use. Artistic creations youth have participated in can be viewed by everyone on the "Healthy Relationships" wall at the Pagosa Springs Youth Center. A free taco dinner and movie at Liberty Theater was well attended by the community. The movie "Reviving Ophelia" helped viewers understand teen dating violence in an informative and sensitive portrayal of two families affected by the many forms of abuse and how they dealt with it. In addition to these events, a poster contest gave teens the opportunity to artistically depict teen relationship violence and how to help. Winners announced at the March school district board meeting.



High School boys, Devon and Tyrell, working on Teen Dating Violence Month PSA's at KWUF studios.

Teen dating violence prevention and responsible use of technology classes have been taught at Pagosa Springs High School's 9th grade health classes. As a continuing effort to raise awareness of healthy relationships, March has two special events. *A Father/Daughter Dessert and Dance* for all kinds of dads on March 18. This is a special time for fathers to engage with those special young ladies they know, and is sponsored by Strong Fathers, Strong Daughters. The following week is ACVAP's 2nd annual *Operation Cinderella* with free gowns for all teen girls attending prom. Gowns will have special relationship messages creatively attached as price tags. Girls will also receive a special free gift with their gown. *Parent Leadership Project (See It. Stop It.)* meetings continue to grow as parents brainstorm and create projects to help end violence in our lives and community.

Youth violence prevention education will continue in April at the Kids' Fair in honor of Week of the Young Child. Children of all ages will have the opportunity to create "Pinwheels for Peace." The success of youth violence prevention through education and awareness classes and activities is a result of collaboration among our partners. Thank you everyone!



Healthy Hearts made by teens depicting what makes their heart healthy.