



BLUE RIBBON COMMISSION ON THE ESTABLISHMENT OF A SACRAMENTO COUNTY WOMEN'S COMMISSION



Meeting Agenda

June 17, 2020
6:00 pm - 8:00 pm

Virtual Meeting hosted on Zoom
<https://us02web.zoom.us/j/88250512896>
All Members of the Public are Welcome to Attend

6:00 pm - 6:10 pm	Welcome, Checking In, Hello's
6:10 pm - 6:40 pm	Guest Speakers Jan Scully, Board Chair Sacramento Regional Family Justice Center Faith Whitmore, CEO Sacramento Regional Family Justice Center
6:40 pm - 6:50 pm	Public Comment on May 19, 2020, Meeting Minutes Review and Approval of May 19, 2020, Meeting Minutes
6:50 pm - 7:15 pm	Updates <ul style="list-style-type: none">• Timing and Calendar• Community Survey• Digital and Social Media• Community Support
7:15 pm - 7:45 pm	Committee Reports and Discussions <ul style="list-style-type: none">• Data and Information• Youth• Assessing Needs• Resources• Women's Commission Models
7:45 pm	Public Comment Next Steps and Announcements
8:00 pm	Adjourn



BLUE RIBBON COMMISSION ON THE ESTABLISHMENT OF A SACRAMENTO COUNTY WOMEN'S COMMISSION

BRC MEETING May 19, 2020

Notes

Upcoming BRC Meeting Dates

June 17, 2020, 6:00 pm - 8:00 pm

July 8, 2020, 6:00 pm - 8:00 pm

August 11, 2020, 6:00 pm - 8:00 pm (new date, please add to your calendar)

In Attendance

Commissioners

Haley Ausserer

Bernice Bass de Martinez

Lee Battershell

Dr. Alexis Blount

Vicki Boyd

Lisa Culp

Carol Enns

Shayne Correa-Fernandez

Charmen Goehring

Maya Howard

Marian Johnston

Leslie Levitas

Dr. Toyna D. Lindsey

Marty McKnew

Danielle Metzinger

Dr. Sheree Meyer

Jaelyn Moreno

Molly Nugent

Erin Saberi

Susan Stone

Ali Tucker

Nilda Guanzon Valmores

Jasmine Partida, Special Assistant to the Commission



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Public Attendees

Judy Robinson
Gloria Ibarra-Fisher

Meeting Notes

- I. **WELCOME:** Erin Saberi opened the meeting and welcomed everyone, asking for a quick check in as to how everyone is under the continued stay-at-home conditions.

- II. **GUEST SPEAKERS: Judy Robinson**, Manager of the Sacramento County Census and **Gloria Ibarra-Fisher** of La Familia Counseling Center presented on the importance of the 2020 Census for data and future funding for Sacramento County. Half a billion annually in funds for mental health, including \$40m a year from the state mental services act is reliant upon census data. The census data informs what funds are allocated towards medical professionals, locations of new hospitals, and census data will be used to identify how and where COVID vaccines will be when they become available.

La Familia is actively working on getting out the word on #BeCountedCalifornia and would like volunteers to help with phone banking and outreach. La Familia offers computers for individuals to come and fill out their census online. They have collaborated with Univision to target specific zip codes and reach underserved populations to inform why the census matters. La Familia has also identified radio spots in under-counted areas such as the Delta region which is currently at 26% counted rate. La Familia also has put together a census bag for celebrations and events for older people in the community, including caps and water bottles. In addition, La Familia will be a COVID-19 testing site and will support census outreach there with census banners and educational outreach materials.

Possible Actions BRC and Member Organizations can do to support the Census:

- Fill out the Census yourself if you have not yet done so.
- Take photos and/or videos of yourself filling out the Census and post to your socials to show others how simple it is, while raising awareness of the Census.



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- Sign up with Judy or La Familia for relational phone banking to remind people about the census.
- Sign up for weekly Wednesday blasts from the state that you can forward and copy-paste ready social media content organizations and individuals can share out (Jasmine will forward link coming from Judy)
- Please send Judy ideas that you have for outreach to your networks and communities.
- Please offer to help La Familia post the “Farm Fresh To You” posters, particularly in midtown. Let Jasmine know if you would like to do that and she will connect you with Gloria and Rachel from La Familia.
- Please share information about the “Farm Fresh To You” food distribution La Familia is organizing for the next 6 weeks (info will be sent to you).

III. BRC BUSINESS

- **Review & Approval of April Meeting Notes**

Public comment was asked for on the meeting notes and none was received. Notes from the April meeting were approved with the corrections of adding Bernice Bass de Martinez and Vicki Boyd to the attendance list. Lee Battershell moved to approve with corrections. Ali Lichtenstein seconded. The motion passed unanimously.

- **Commission Member List Update**

Erin has reached out to commission members who have not been attending the BRC monthly meetings. Some of them have said that they are very supportive but cannot attend meetings now due to demands on their time and some especially expressed the pressures of COVID. Erin talked to them and they have agreed to not be members now but to help where they can going forward. We now have an updated member list totaling 39 commissioners. Erin confirmed that those in attendance were ok with their contact information being shared with the group. With no one saying no, Erin said she would share the contact list to the email list of commissioners. **Leslie Levitas asked to make sure that she is on the list.**

- **Update to Monthly Meeting Times**

It was proposed that all monthly BRC meetings be moved to 6:00 - 8:00 pm and a vote was held to confirm the time change. Molly Nugent put forth a motion to



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change the times moving forward, Tonya Lindsey seconded, and the motion passed unanimously. Carol Enns asked for clarity on dates going forward. Erin confirmed the meeting dates will not change, only the time.

- **Update on Community Projects**

Erin opened up the floor to hear if anyone or their organizations had areas of need for support and/or volunteers.

- **Maya Howard** said the youth committee is working with IQSquad, putting on a listening session for youth within the county. The event will include a survey for participants, so she is hoping to have some data for us from that event. **Anyone with suggestions about youth that may benefit please send them to Maya.** Youth was defined as up through college students.
- **Vicki Boyd brought up school supplies for low-income parents who are homeschooling** and distance learning. Vicki will look for information about the organization asking for supplies and will let the group know.
- **Charmen Goehring is collecting donations for WEAVE and My Sister's House such as shampoo, hand sanitizers, toilet paper, as well as masks.** If you have donations to be included you can drop them off Charmen's house to help lower the number of donation visits WEAVE and My Sister's House receive.
- **Elderly women through NCJW and Alpha Kappa Alpha:** Leslie Levitas will follow up with information regarding how commissioners and their networks can support the NCJW initiative to reach out to women by phone. Bernice Bass de Martinez said that her organization, Alpha Kappa Alpha, is going through their list of members of all ages for wellness checks, as many women tend to live alone and could use help. Leslie and Bernice will connect about this offline.

- **Digital and Social Media Strategy**

The website is almost live, social media channels are up and running and we now have a monthly Mailchimp newsletter. If there is information you would like shared on social media or the website please send to Jasmine and Erin.



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IV. Ad Hoc Advisory Committee Updates

- **Assessing needs**

Tonya has updated the cover letter and survey w/ the letterhead, and the team has started sending out the survey. The survey will be sent to all the commissioners so that everyone can share widely. We will be expanding out the survey to all the commissioners,

- **Resources**

The spreadsheet is ready to be shared with the group, so best contact of each listed organization can be added.

- **Women's Commission Models**

The models' commission is looking at various models, including one concept model of 15 total commissioners, with two appointed by each county supervisor, three additional appointed by the other commissioners, and then possibly two youth. The models' committee is also discussing a model where partnerships with organizations are included, as a way of helping with fundraising and outreach. They are looking at how a formal Sacramento County Commission can have more teeth in the long run, and not just a once a year report. Marty developed a draft of an application for people who may want to apply to be a commissioner, and Susan reached out to the county to research the bylaws and rules of other Sacramento County commissions. The next models meeting is on June 2nd.

They will bring multiple options/models to present to BRC - they have identified best practices from other commissions, Tonya asked to clarify, and would like to have anything that we put out be connected to examples of working models. Carol, we have reviewed websites for over 20 commissions. Erin clarified that not all of it would go into the report, but would be used through the discussion part. Alexis seconded that she would like to see reference to what model we are getting that information from.

- **Data and Information**

Work on the survey, continuing the theme of "How Are The Women and Girls of Sacramento County?" two surveys—Jasmine asked if she could share the community survey out on socials, and others could then share out to their networks. Susan asked when we would like the surveys back. Vicki said we are asking for June 15th and asked for the survey to go in the next Mailchimp newsletter/update.



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- **Youth**

Maya announced that Alana Ramsay is the new co-chair of the ad hoc committee on youth. They are collaborating w/ IQSquad working w/ young women of color in the Sacramento region, social calls, also working on a listening session focused on distance learning and mental health. Their goal was to get out to 50 people and that was reached in a few hours. Also trying to compile a list of youth resources, both generally available and COVID-19 specific. Maya will send an email out to co-chairs to see if anyone would like to join that call on Thursday. Maya could ask how the current youth committee would feel about two youth commissioners, it would be 3 years for commissioners, and 2 years for youth commissioners, Maya will discuss further with Danielle and Susan of the Models committee.

V. Announcements

Vicki would like to say that the ladies on the ad hoc committee on assessing needs really pushed out the survey.

Erin asked if Shayne could identify other organizations that we would like to reach out to, and have the commissioners hear from.

Erin said Jasmine and the group would like to conduct short interviews for social media. Alexis and Shayne would be interested.

Alexis said it would be great if those coming to speak would address what they see as the biggest needs in the community, along with how a women's commission can support their work.

We had set up a site-visit for April 10th with the Regional Family Justice Center as part of our pre-COVID-19 plan to tour organizations in the county that support women and girls. Since we cannot conduct site visits now, all agreed that we should ask the Regional Justice Center to present to us via Zoom. My Sister's House is also lined up to share their work and we have a list of others whom we would like to ask such as MaryHouse and women from other women's commissions.

VI. Summary of Action Items

1. General BRC Business

- Send out BRC meeting dates to commissioners



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- Erin asked that commissioners send ideas for presentations from relevant organizations to present at future BRC meetings. Shayne Correia-Fernandez will send a list of organizations identified by the Assessing Need ad-hoc committee..
- Leslie Levitas would like to sign up for an ad hoc committee and will follow up with Jasmine and Erin to finalize which committee.
- Per Vicki's request, Jasmine and Erin will make sure the website will include video pieces highlighting short interviews of Commissioners.

2. Ad-Hoc Advisory Committees

Assessing Needs Committee

- The Assessing Needs Committee would like all Commissioners to send out the "Community Survey" to their contacts throughout the county. The survey and an accompanying letter will be sent to all BRC commissioners. Please distribute it widely. The deadline for the survey to be filled out is June 15th.
- Susan Stone asked if the survey could be highlighted in the next MailChimp email to go out, Jasmine and Erin will include the survey link along with the June 15th completion deadline in the next Mailchimp newsletter.

Resources Committee

- Jasmine will send a direct link to the Resource Committee's spreadsheet to the Resource Committee so they can further populate the spreadsheet
- The spreadsheet will then be sent to the BRC asking everyone to help fill in the blanks.

No Action Items for the Other Committees (Models, Data, Youth)

No Public Comment.

Meeting Adjourned

Next Meeting: June 17, 2020, 6:00pm - 8:00pm



BLUE RIBBON COMMISSION ON THE ESTABLISHMENT OF A SACRAMENTO COUNTY WOMEN'S COMMISSION

May 29, 2020

Dear Community Member,

The Blue Ribbon Commission on the Establishment of a Sacramento County Women's Commission (BRC) needs your voice. We are an interim commission with a mandate to report to the Sacramento County Board of Supervisors on the need for establishing a permanent commission for women and girls in Sacramento County.

To fulfill this mandate, the BRC is working to better understand the lived experiences and needs of women and girls in Sacramento County. We have created a survey so that we can hear and learn from you about how women and girls are being served in the community.

We invite you to complete the survey by clicking on the link: [How Are The Women and Girls of Sacramento County Survey](#). Your input by June 30, 2020 will help us to better understand how women and girls are doing in Sacramento County and will directly inform our report to the Board of Supervisors.

As we hope to hear from as many women as possible, please feel free to share this survey with other women associated with your work, as well as friends and fellow community members.

Please don't hesitate to contact me if you have questions about the survey and/or would like to be involved in the work of the BRC. Thank you for taking the time to share your voice with us.

Sincerely,

Ad Hoc Committee on Assessing Needs,
Blue Ribbon Commission on the Establishment of a
Sacramento County Women's Commission

Every minute
in the US, 20 people are
physically abused by an
intimate partner.

**That's more than 10 million
people every year.**

It needs to stop.

**SACRAMENTO REGIONAL
FAMILY JUSTICE CENTER**
Hope Thrives Here



CEO Faith Whitmore with
Buddy—the FJC’s comfort dog.
PHOTO BY BOBBI HINSCH

The Epidemic of Violence

Sacramento Regional Family Justice Center provides wraparound services to domestic violence survivors

by Faith Whitmore

Domestic violence is not an aberration — it’s an epidemic. Domestic violence is exceedingly more complicated than making poor relationship choices. It affects extended families — especially children — and entire communities.

More than 50% of homeless women and children are on the streets because of domestic violence. The statistics are staggering.

More than 1 in 3 women and more than 1 in 7 men have experienced rape, physical violence, and/or stalking by an intimate partner.

Every day, more than 20,000 phone calls are placed to domestic violence hotlines nationwide. That’s almost 15 calls per minute.

72% of all murder-suicides involved an intimate partner — 94% of the victims of these crimes are females.

About five million children are exposed to domestic violence every year. These children are more likely to attempt suicide, abuse drugs and alcohol, run away from home, get ensnared in teenage prostitution or commit sexual assault crimes.

Domestic violence is a public safety issue. According to the FBI, 14% of all police officer deaths are the result of domestic violence calls. Recently, Sacramento City police officer Tara O’Sullivan was killed when responding to such a call. Her killer already had a long history of domestic violence.

Domestic violence lurks in the background of many mass shooters. For instance, Adam Lanza began his killing spree at home by shooting his mother before he massacred 20 children and 6 staff members at Sandy Hook Elementary School.

Dylann Roof witnessed years of abuse by his father to his stepmother. If someone had intervened earlier in his life, perhaps it would have saved the nine people he shot at the Emanuel African Methodist Episcopal Church in Charleston, South Carolina.

Domestic violence also has an enormous economic impact.

Domestic violence victims lose nearly 8 million days of paid work — equivalent to more than 32,000 full-time jobs. The cost of domestic violence exceeds \$5.8 billion each year, including \$4.1 billion for direct medical and mental health services.

About 50% of employed women who are abused are also harassed at work by their abusive partners. 64% of domestic violence victims indicated their ability to work was affected by the violence.

73% of domestic violence victims stay with their abusive partner because of economic reasons.

This must stop. The Sacramento Regional Family Justice Center stands ready to help. We hope this publication provides awareness, education and resources to stem the tide of domestic violence.

Contact us. We are here for you.

“The Sacramento Regional Family Justice Center stands ready to help.”

Faith Whitmore
CEO, Sacramento Regional Family Justice Center



Voice of the Vice Mayor

Eric Guerra
Sacramento City Council, Family Justice Center Board Member

“Our police department in Sacramento has gone through more training to identify situations of domestic violence and helping to assist with that. We still need to put more resources into helping the survivors of domestic violence get the help they need. If cities don’t get ahead of this early to support organizations like the Family Justice

Center and sponsor youth programs, we’ll only be responding in the aftermath with our police departments. Also, if we’re going to make a difference, we have to make sure we’re providing support for those programs that provide the wraparound services so we can make it seamless.”



The Ties That Bind

Escaping domestic violence hurts less in the long run than staying

by Howard Hardee

“People always ask me, ‘Why did you stay for so long?’ Once you get into it, it’s so hard to walk out,” she said. “I never thought it would be me in that type of situation.”

As a young woman, Pat met someone she thought was perfect. He was from a small town in the South, like her, and they shared many of the same interests. They got married and moved to the Bay Area, thousands of miles away from most of her family in Florida.

“In the beginning, it was romantic; we spent a lot of time together,” she said. In retrospect, however, the honeymoon stage fooled her into thinking her husband was somebody he wasn’t.

It began with unkindness. He would say demeaning things that chipped away at her self esteem and caused her embarrassment — “You can’t do anything right,” or “You don’t look good in that dress.” Instead of interpreting the emotional abuse as a red flag, Pat said, she internalized the negativity and “tried to do better.”

About five years after they got married, money was tight and their two young sons occupied most of Pat’s attention. Her husband, frustrated with the situation, stepped up his verbal attacks — and then got physical. Pat

called the police after her husband struck her for the first time, and was told to leave her home. “They said they could do nothing to keep me safe,” she said.

She left in the middle of the night, driving her boys to stay with her sister in Fairfield. However, based on the advice of church elders who urged her to save the marriage, she went back to her husband. “I love the church, and I know they were telling me to do what they thought was right,” she said.

However, the abuse continued for another 15 years.

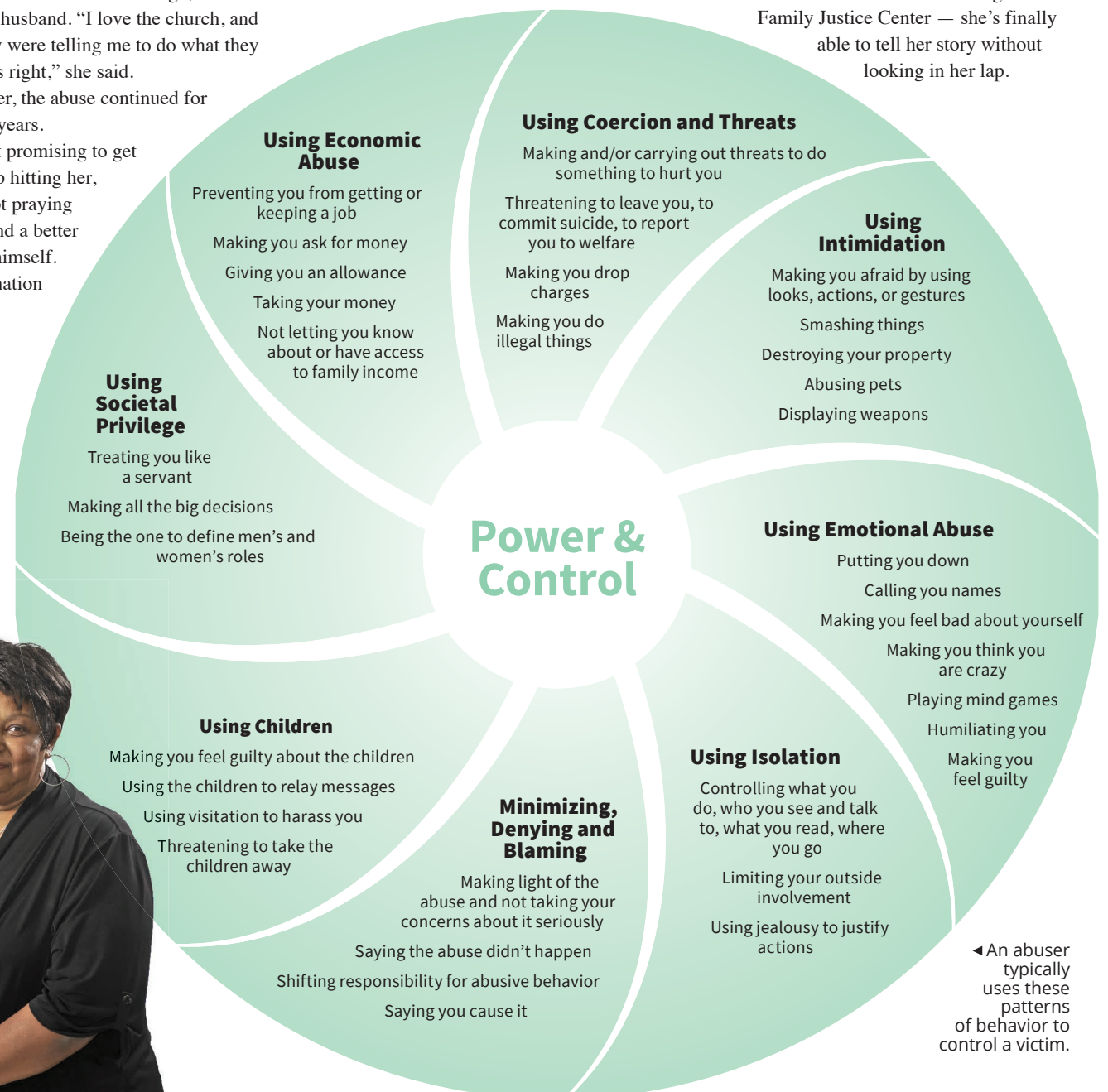
He kept promising to get help, to stop hitting her, and she kept praying that he’d find a better version of himself. The combination of isolation and deep,

overwhelming shame kept her silent. She just didn’t talk about it — not with family, not with friends. “I kept secrets,” she said, “and secrets will destroy you.”

In addition to outside pressure to stay in the relationship and her own fear of change, she didn’t want her sons to grow up without

a father. “That was truly a mistake,” she says. She left for good after her husband hit one of her sons.

Pat is a proud grandmother now. She still feels ashamed about enduring so many years of emotional and physical abuse, but as a member of the VOICES committee — a support group associated with the Sacramento Regional Family Justice Center — she’s finally able to tell her story without looking in her lap.



“People always ask me, ‘Why did you stay for so long?’ Once you get into it, it’s so hard to walk out.”

Pat
VOICES Member

PHOTO BY
ANNE STOKES

When It's Time to Leave

The Danger Assessment tool gives victims a way to measure their risk level

In order to survive, physically and psychologically, many victims normalize their situation.

This abbreviated Danger Assessment, first developed by Jacquelyn Campbell, RN and PhD., notes 21 indicators to identify the level of potential violence faced by a victim.

The more yes answers, the greater the danger in which you are living. This tool not only helps victims, but assists those who love and care for them.



Mark **Yes** or **No** for each of the following.

*(The questions refer to your experience with your husband/wife, your partner, your ex-husband/wife, your ex-partner, or whoever is currently physically hurting you.)**

<input type="radio"/> Yes	<input type="radio"/> No	Has the physical violence increased in severity or frequency over the past year?	<input type="radio"/> Yes	<input type="radio"/> No	Do they ever try to choke/strangle you or cut off your breathing? <i>(If yes, have they done it more than once, or did it make you pass out, black out or dizzy?)</i>	<input type="radio"/> Yes	<input type="radio"/> No	Have you ever been beaten by them while you were pregnant? <i>(If you have never been pregnant by them, skip this question.)</i>
<input type="radio"/>	<input type="radio"/>	Do they own a gun?	<input type="radio"/>	<input type="radio"/>	Do they use illegal drugs? (Such as "uppers" or amphetamines, "meth", speed, angel dust, cocaine, "crack", street drugs or mixtures.)	<input type="radio"/>	<input type="radio"/>	Have they ever threatened or tried to commit suicide?
<input type="radio"/>	<input type="radio"/>	Have you left them after living together during the past year? <i>(If you never lived with them skip this question)</i>	<input type="radio"/>	<input type="radio"/>	Are they an alcoholic or problem drinker?	<input type="radio"/>	<input type="radio"/>	Do they threaten to harm your children?
<input type="radio"/>	<input type="radio"/>	Are they unemployed?	<input type="radio"/>	<input type="radio"/>	Do they control, or attempt to control, most or all of your daily activities? <i>(For instance: do they tell you who you can be friends with, when you can see your family, how much money you can use, or when you can take the car?)</i>	<input type="radio"/>	<input type="radio"/>	Do you believe they are capable of killing you?
<input type="radio"/>	<input type="radio"/>	Have they ever used a weapon against you or threatened you with a lethal weapon?	<input type="radio"/>	<input type="radio"/>	Are they violent and constantly jealous of you? <i>(For instance, do they say, "If I can't have you, no one can.")</i>	<input type="radio"/>	<input type="radio"/>	Do they follow or spy on you, leave you threatening notes or messages, destroy your property, or call you when you don't want them to?
<input type="radio"/>	<input type="radio"/>	<i>If yes to the former question, was the weapon a gun?</i>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	Have you ever threatened or tried to commit suicide?
<input type="radio"/>	<input type="radio"/>	Do they threaten to kill you?						
<input type="radio"/>	<input type="radio"/>	Have they avoided being arrested for domestic violence?						
<input type="radio"/>	<input type="radio"/>	Do you have children that are not theirs?						
<input type="radio"/>	<input type="radio"/>	Have they ever forced you to have sex when you did not want to do so?						

After completing this assessment, if you are concerned, please contact the Family Justice Center. Our case managers are ready to help. **916-875-HOPE**

**We also have assessments for male victims and same sex couples.*

I See You. You are Not Alone

Paula (a pseudonym) is a career professional who works and lives in Sacramento County. She is the mother of a small child, and a recent survivor of physical, verbal and emotional abuse by her now ex-husband.

By Paula

Dear Friend,

You might not know what's going on, but I do. I've been there. Your partner was wonderful at the beginning. Everyone marveled about what a great couple you were. Your story might be different than mine, but I can tell you what will happen if you don't leave. He'll get worse. You know it. I know it. Here's what I did to prepare to leave. You can, too. I love you.

- **Every time he does something awful, write it down.** Keep it in a safe place. When he starts telling you he didn't do or say what he did, go back and read it. Remind yourself you're not crazy. Read it when he's nice. Don't let yourself block out the bad things he did.
- **Imagine your children doing what he's doing to you.** Imagine them doing it to a partner. I always imagined my son calling his loved one a "f***ing bitch" when he was mad. It gave me the courage to leave.
- **Record the rages.** Text it to me or someone safe and delete it from your phone in case he looks at your phone. Don't upload it to your computer. He might see it. He might not ever hit you and that's okay. You're doing and saying what you need to do to stay safe. But the rages are not okay.
- **Write down the verbal abuse.** You will start to understand a pattern. My abuser said the same thing almost in the same order. It gave me my power back mentally. I began to understand that he was manipulating me. Eventually, every time he said it, it hurt less. And I got more determined to leave.
- **Get copies of your children's birth certificates and records, and keep them at work.** This will reduce your anxiety when he rages. You'll know that, if he gets really bad, you have the paperwork to prove to the police that your children are yours. No police ever asked me to show a birth certificate, but it helped calm me. Do this before he puts a tracking device on your car.
- **If he has a tracking device on your car already, call the Sacramento Family Justice Center and ask them what to do.**
- **Don't go to any of HIS friends or family for help.** They will turn on you once it's clear the custody of the children is involved. Don't underestimate his ability to convince his friends and family that you're crazy. It's very likely he's been telling them for years now that you're unstable. I made that mistake. I didn't understand that people would lie in court so that they could continue to see my child.
- **You will need therapy.** A lot of it. You might not understand for a year or more how this happened. You might have PTSD and anxiety. Take the meds the therapist recommends. You need to regain equilibrium. I'm here to support you.
- **Have you been perfect? Absolutely not.** Have you returned the rage? Very likely. Rage breeds rage. Sometimes you raged just to get him to blow his top, so you could just get it over with. You are not the abuser. See #1.
- **Warning him that you will leave will likely cause him to escalate.** Only you understand how bad he will get if you warn him. You are the expert. Nobody else.
- **When he gets quiet, get very scared. Quiet is not good.** Quiet is frightening. Quiet means it's time to go. Now. Take your children and go.
- **If you need me to call the police, text me "911" and I will call them.** Hide in the closet with your children. The police will come. Do not stay once the police come. Whatever you do, do not stay.

**Love,
Paula**

Escaping Violence

The Family Justice Center can help devise a safe exit strategy

by Zoe Manzanetti

Domestic violence situations are scary and can be extremely complex, but the Sacramento County Regional Family Justice Center (FJC) helps victims navigate through the trauma that can arise from leaving those environments. The FJC provides information, resources and support to people who have experienced sexual assault, human trafficking or other forms of violence. To provide opportunities for escape, staff at the FJC work with each client to draft a case-specific plan.

One client, Cristina, received help from the FJC and eventually escaped her domestic violence relationship. Cristina explains the most significant thing FJC provided her was support: “Because it is such a private matter, I didn’t know where else to find support.” She explains the FJC staff helped her develop a plan. “They continuously asked me, ‘What are you going to do next?’ Because when you’re in these situations, you can’t even think about [the next step].”

Dawn Morris, a case manager with the FJC, agrees that this plan for the victims’ next steps is extremely important. “We talk about what happens during an incident and how to stay safe after the incident, which includes

asking: ‘Where’s a safe place you can go?’” The plan is so important because, as Morris explains, “The most dangerous time in a domestic violence relationship

can be when they leave that relationship.” Morris also understands that each situation is complex and unique: “We have a checklist but the plan has to be different, pertinent to [each victim’s situation].”

Cristina had her own complexities that the FJC staff helped her maneuver. “They kind of prepared me for what was going to possibly

happen with the restraining order and the fact that I have children, and that my husband was living in my house.” Part of Cristina’s plan also included guidance on how to approach this difficult topic with her son which, she says, “was extremely helpful because I was just an emotional mess.”

But the plan of escape doesn’t just end once a victim is safe. “It’s not like you’re here and then you’re gone. We are here,” Morris says, “We just want victims to know they will have that continued support.”

Whether it’s immediate help in getting out of the situation or one of the many longer-term support systems the FJC offers its clients, Cristina advises, “Without a doubt, contact the Family Justice Center and they will walk you through every step of the way.”

“The most dangerous time in a domestic violence relationship can be when they leave that relationship.”

Dawn Morris
Case Manager,
Family Justice Center



Take Me With You!



Domestic Violence Agencies

Family Justice Center:
(916) 875-HOPE
WEAVE: (916) 920-2952
(24-hour support line)
My Sister’s House:
(916) 428-3271
(24-hour multilingual help line)

Law Enforcement

For Emergencies: 9-1-1
Sacramento Sheriff:
(916) 874-5115
Sacramento Police:
(916) 264-5471
Your Local Law Enforcement Number:

Mental Health

Veterans Crisis Line:
1 (800) 273-8255 (Press #1)

WellSpace Suicide Prevention Line:
(916) 368-3111 (24-hour)

Safety Planning List

Items to gather and keep in a safe place when planning to leave an abusive situation:

ID for you and your children

- Photo ID/driver license, passports, birth certificates
- Social Security cards (or numbers)

Important Legal Documents

- Restraining order, custody orders, marriage license, immigration papers, etc.

Miscellaneous

- Address book
- Medications, medical insurance card, cash, credit cards
- Children’s favorite toys and/or blankets

Other: _____

My Personalized Safety Plan

The following steps represent my plan for increasing my safety:

If staying in the home:

- Install a security system if possible
- Teach children how to call 911
- Keep a copy of the restraining order with you
- Plan an escape route in case you need to leave in a hurry
- Create a “code” word for your children and/or friends to use as an alert to seek help or safety
- Install an outside motion light
- If you have an alarm on your car, keep the car keys by your bed at night so you can sound alarm for help
- Call 911 for emergency
- Name of a support person I can call: _____



Camp HOPE America lets kids be kids.

PHOTOS COURTESY OF SACRAMENTO REGIONAL FAMILY JUSTICE CENTER

Breaking the Family Cycle of Abuse

Children are learning all the time

by Zoe Manzanetti and Steve Caruso

In a home wracked with parental violence, children don't stop learning. A cruel cycle of violence is created when children watch one parent physically, emotionally or psychologically abuse the other.

Children are not merely innocent bystanders — they are lifelong victims who can perpetuate more victims.

Boys learn from violent fathers to be violent to women. In fact, a boy who sees his mother being abused is 10 times more likely as an adult to abuse his female partner. Girls learn to expect violence from seeing their mothers abused.

As a direct result of witnessing domestic violence, both boys and girls are more likely to carry deep emotional scars that have

dramatic effects as they grow into adults and beyond. These include depression, aggressive behavior, self-harm, PTSD, obesity, emotional distancing, and verbal, motor and cognitive issues. So, a sad cycle persists.

To help combat such a cycle, the FJC and Camp HOPE America partnered to create a summer camp for children who have witnessed abuse in their home.

Kids from throughout Northern California attend a week-long sleepaway camp that allows them to just be children. "Believe in yourself.

Believe in others. Believe in your dreams" — these are the words that are continually reinforced to the kids who attend Camp HOPE America.

Daniel Iritani, FJC's Development Director, explains that Camp HOPE America is a "camping and mentoring initiative for these children."

When the children are in these abuse situations, Iritani says, "they have to take on additional responsibilities that no six, seven, 10-year-old should or can take on." Camp HOPE America creates an opportunity for the children to shed these responsibilities and simply experience childhood.

"It's a no-contact camp so the parents can't call or check-in," Iritani adds. "Kids are just out there being kids, by themselves with their counselors."

Camp HOPE America aims to break the intergenerational cycle of violence. Building on the idea that children are statistically more likely to become abusers themselves, Camp HOPE America gives these children an opportunity to envision themselves in a different future.

"For many of them, they've never seen a life outside of an abusive household," Iritani says. "Camp HOPE America's goal is to create our own kind of positive cycle."

"[When kids are in abuse situations] they have to take on additional responsibilities that no six, seven, 10-year-old should or can take on."

Daniel Iritani,
Development Director

Get Here and We'll Take Care of the Rest

The Family Justice Center is a one-stop center for victims to receive comprehensive support for their needs all in one place, so they don't have to repeat their stories over and over again.

The Family Justice Center:

- **Connects victims and families with community organizations for long-term support, like:** therapists, WEAVE, My Sister's House, Lao Community Development Center, International Rescue Committee and more.
- **Provides emotional support throughout the process:** There are peer counseling sessions, legal assistance, support groups and court accompaniment.
- **Creates individualized safety plans.**
- **Support and education for non-offending caregivers, family members and friends:** The FJC encourages family and friends to come to the FJC to seek support for themselves and learn about the dynamics of domestic violence and how we can help.
- **Provides transportation.**
- **All services are free and provided on a walk-in basis. No appointments needed.**





Sacramento Regional Family Justice Center

3701 Power Inn Road,
Suite 3100

Sacramento, CA 95826

916-875-HOPE

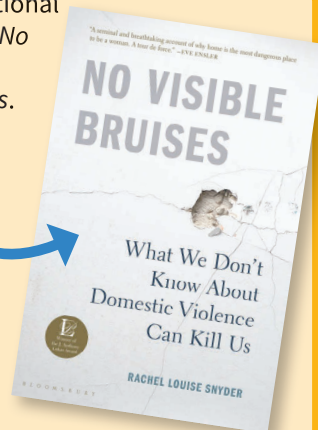
www.HopeThrivesHere.org

Recommended Reading

“If you think domestic violence is a problem for the unlucky few, you don’t know how it intersects with mass shootings, homelessness, poverty, inequality, mental illness, addiction, mass incarceration, and nearly every major social ill this country faces. Oh. It also costs you money. Lots and lots of money.”

Rachel Louise Snyder

To learn more about the epidemic of domestic violence, read this exceptional book, *No Visible Bruises*.



We're Here to Help!



Sacramento Regional Family Justice Center provides comprehensive services to those impacted by domestic violence, elder abuse, human trafficking, sexual assault and child abuse. Services include case management, legal assistance, and individual and group counseling. Sacramento Regional Family Justice Center is dedicated to restoring hope and safety to those who need and deserve it the most.

And we appreciate your support as well.



Volunteers are always welcome. From attorneys who assist with restraining order petitions to those who will greet and comfort our victims to those who love to bake and can provide refreshments, we welcome your gifts of time and talent.



Financial gifts: All of our services are free, but we can only offer this because of the generosity of individuals, businesses, foundations and municipalities who support our work. We're a 501(c)3 nonprofit so gifts are tax-deductible.



Please visit our website at www.HopeThrivesHere.org for more information. If you would like to schedule a tour, please contact our office at **916-875-HOPE**.



SACRAMENTO REGIONAL FAMILY JUSTICE CENTER
YEAR IN REVIEW
JULY 1, 2018 – JUNE 30, 2019

2042 Clients Served

1097 New Clients	945 Returning Clients	
934 Females	161 Males	2 Other
138 Elders Served		

1304 Children

835 under the age of 18	445 under the age of 5	24 Kids attended Camp HOPE
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Legal Services Provided

229 DV Restraining Orders	43 Elder Abuse Restraining Orders	140 Other Legal Counsel
140 Legal Referrals	167 Court Accompaniments	22 Legal Representation

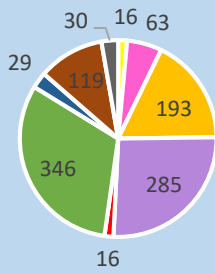
Counseling Services

3214 Crisis Intervention/Safety Planning	346 Individual/Group Counseling	5557 Referrals to other Agencies
194 Transported Clients	186 Interpreter Services	347 Personal Advocacy

Mobile Mental Health Human Sex Trafficking Therapy Services

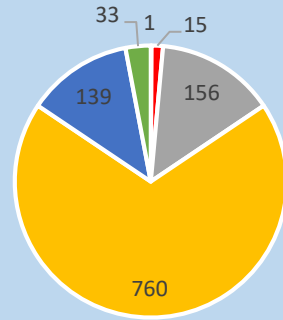
75 New Clients	164 Returning Clients	56 Crisis Intervention Hours	182 Support Groups 435 Group Participants	114 Art Workshops 83 Participants
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Race and Ethnicity



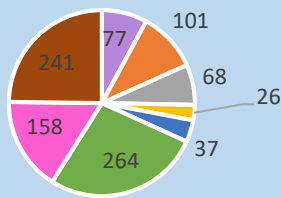
- American Indian
- Asian
- Black/AA
- Hispanic
- Pacific Islander
- White
- Other Race
- Multple Races
- Not Reported

Ages of Clients



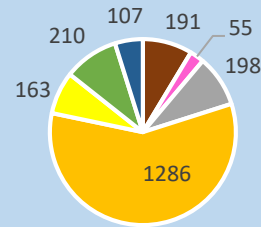
- 0-12
- 13-17
- 18-24
- 25-59
- 60+
- Not Reported

Special Classifications



- Deaf/Hard of Hearing
- Homeless
- Immigrants/Refugees
- LGBTQ
- Veterans
- Victims with Disabilities
- Victims with Limited English
- Drug & Alcohol Abuse

*Victimization Types



- Strangulation
- Sexual Assault
- Child Abuse
- Domestic Violence
- Elder Abuse
- Stalking
- Other Victimization

*Most Victims have more than one victimization type.



Sacramento Regional Family Justice Center
 3701 Power Inn Road, Suite 3100
 Sacramento, CA 95842
 (916) 875-4673
www.hopethriveshere.org

Sacramento Regional Family Justice Center

Stats during the COVID-19

May 23, 2020

Direct Service	March, April, May 2019	March, April, May 2020	% of Increase
# of New Clients	255	380	49.01%
# of Returning Clients	276	401	45.28%
# of Children	289	335	15.91%
# of DV Restraining Orders	52	140	169.23%
Number of Elderly Served	49	58	18.36%
Reported Strangulation Cases	47	94	100%

5 STEPS TO A SHELTER IN PLACE SAFETY PLAN



WHAT TO DO WHEN HOME IS A DANGEROUS PLACE



1 PRACTICE

- Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?
- Stay away from rooms with weapons in them



2 CONNECT WITH YOUR FRIENDS AND FAMILY

- Create a code word with children and friends so they can call for help
- Teach your children how to use the telephone to contact the police, fire department, and 911



3 BE PREPARED TO LEAVE

- If you decide to leave, know where you will go before you leave
- Keep your purse and keys ready in case you need to leave quickly. Don't forget important items i.e. passports, birth certificates, medication, etc.
- Set aside some money in case of emergency



4 TRUST YOUR INSTINCTS

Only YOU knows what is best



5 HELP IS AVAILABLE

The Sacramento Regional Family Justice Center is here to help. Your safety is our priority. All services are FREE

(916)-875-4673

SACRAMENTO REGIONAL FAMILY JUSTICE CENTER

3701 POWER INN RD, SUITE 3100

SACRAMENTO, CA 95826

PH:(916) 875-4673 | WWW.HOPETHRIVESHERE.ORG

A great article on how the pandemic has hurt domestic violence victims in Sacramento.

Stuck at home with abusers: Domestic violence may be spiking in Sacramento amid COVID-19

READ FULL ARTICLE at the SACRAMENTO BEE:

<https://www.sacbee.com/article242583251.html>

BY THERESA CLIFT

JUNE 09, 2020 05:00 AM

