

VOICES

The newsletter of Domestic Violence Solutions for Santa Barbara County



Domestic Violence Solutions for Santa Barbara County works to end the intergenerational cycle of violence by providing prevention and intervention services and by challenging society's attitudes, beliefs, and behaviors to effect social change.

Olivia** left her home and marriage of 18 years bearing “a thousand invisible scars—like paper cuts.” The verbal and emotional abuse in her marriage felt worse than the physical violence, which was far less common than the daily derision, belittling, and harassment she endured at home. By the time he began hitting her, her self-esteem was so low she believed she somehow deserved it. She says, “I used to wish people could see the damage that I held inside—I was damaged material. I was *so* not whole.

Stage—and she greets me cheerfully, walking past my desk to the counseling office. Some of the group are already there. One woman has brought cake and they bring me a piece. As the evening progresses, I hear their laughter through the closed door. Sometimes their therapist will share a printed handout with me from the evening’s meeting. It always seems like such valuable information; information *many* people could benefit from having, not just these women.

Olivia’s Story

“He’d say, ‘I’ll be good; don’t leave,’ and back off temporarily. He finally became like a volcano. I never knew what would set him off, or why I could never please him.

“He’d start in with, ‘The trouble with you is . . .’ and criticize my cooking, my body, my face, how I was with the kids, everything. I was always supposed to be more like him. It was relentless.

“My 18-year old tells me I taught him to be strong, because I withstood a lot from my husband. I had courage even though I had no freedom.

“I was kept; I had no freedom to see friends or spend money. I towed the line. It’s crazy how someone can be so controlled by someone else.

I said to God, ‘If you give me just a day of peace, it will be worth it.’ I have had a year and a half of peace [at DVS], Thank God.”

Olivia is a pretty woman, with salt-and-pepper hair, brown eyes, and an engaging warmth. It’s Monday evening—one of two group counseling evenings at Second

Like many of the residents, Olivia offers her own brand of optimism, gentleness, and good humor to the peer counseling groups, a valuable support network that helps re-orient the residents towards lives free from the cycle of violence. She also serves as a reminder that domestic violence victims are not limited to young women with toddlers. However, women at many stages of life are vulnerable to ongoing traumatization by domestic violence, because it is more difficult to leave a violent relationship when a woman has small children to care for, if she is past prime employment years (and perhaps on a fixed income from social security or a pension), or if she has health or medical issues that make her dependent on a partner’s insurance coverage.

Like the rest of the Monday night counseling group members, Olivia came to Second Stage from DVS’ emergency shelter, where she stayed for a month to *continued on page 7*

*“Olivia” is a fictional composite of many past clients of DVS’ Second Stage program.



A year of challenges and successes

It has been an especially challenging year for Domestic Violence Solutions, due mainly to funding shortfalls of almost \$400,000. We are fortunate to have the skills of our new executive director, **Richard Kravetz**, to lead us during this difficult time of finding ways to make our five-shelter operation run as leanly as possible. With his experience as a lawyer, businessman, and licensed therapist, Richard is making creative decisions. However, our financial gap cannot be bridged only by making cuts.

The bright spots this year have come from you, our volunteers and donors. Last October, during Domestic Violence Awareness Month, we held our first High Esteem Tea event at the Biltmore, chaired by **Joye Lytel** and **Diane Pannkuk**. It was such a success that we scheduled the 2009 tea right away. That event, chaired by **Terre Lapman** and **Kathy Borgers**, will be at the Biltmore on October 4.

Santa Maria's champion of DVS, **Peggy Blough**, hosted *Girls' Night Out*. That fund-raiser was so popular, she's planning it again this fall. It will be held on October 22, at the Santa Maria Country Club. Thank you to all who came out to support DVS, and to our celebrity waiters who made the evening *such* fun.

In February we initiated the Leadership Circle, comprised of major donors, at a special reception hosted by **Stan Roden** and **Phyllis de Picciotto**. We will continue to hold educational events for this growing group. We value your support and feedback, knowing our work and mission is as important to you as it is to us.

This year's *Springtime* event was the most successful in our history! The ongoing committee, led this year by **Lauren Katz**

and **Tracy Kanowsky**, created a beautiful afternoon at **Alice Willfong's** neoclassical estate, Arcady.

There are countless others who make a difference every day . . . **Barbara Sanchez** scours thrift stores looking for bargains to keep our shelter furnished; **Laurie Tilson** and her team of Special Sisters give personal support to the families at Second Stage (our transitional shelter in Santa Barbara); **Dick** and **Judy Cousineau** help outfit new client apartments, in addition to rallying their neighborhood for kitchenware donations throughout the year. **Dale Webdale**, **Pam Vestal**, and **Judi Brooks** organized a Sew-A-Thon to make new curtains for our Santa Barbara Shelter; and **Marian Shapiro's** exercise class donated dozens of single sheet sets and towels.

I want to thank outgoing board members **Neil Kreisel**, **Jennifer Mansbach**, **Craig Smith** and **Paula Waldman** for their excellent service, especially pertaining to finance. Welcome to incoming members **Karyn Fish**, **Lupe Luna-Martinez**, **Aaron Steed**, **Vicki Johnson**, and **Linda Wachold**.

The incoming Board President is **Erin Neil**, who, with her husband **Jeff**, owns Pacific Wealth Strategies Group. Erin is a creative, practical problem solver with a deep commitment to our mission.

Thank you to all members of our excellent staff and to you, our volunteers and donors, for your support this year.

Sincerely,


Sally Hamilton



Executive Director
Richard Kravetz

Board of Directors
2008-2009

Cozetta Blow
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Sally Hamilton, President
Neil Kreisel, Treasurer
Jennifer Mansbach
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Administrative Center

PO Box 1536,
Santa Barbara, CA 93102
(805) 963-4458
Fax: (805) 963-1169

Teen Services

Santa Barbara: (805) 564-4488
Santa Maria: (805) 347-9994 x 3#

Clinical Counseling Programs

Mail: PO Box 1536, Santa Barbara, CA 93102
621 W. Micheltorena Street, Suite A
Santa Barbara, CA 93101
(805) 564-3300

Santa Maria Outreach Office

PO Box 314, Santa Maria, CA 93456
(805) 347-9994

Lompoc Shelter Office

(805) 736-6100

24-Hr. Crisis Lines:

Santa Barbara (805) 964-5245
Santa Maria: (805) 925-2160
Lompoc: (805) 736-0965

www.dvsolutions.org

United Way
of Santa Barbara County





Weathering the storm

As many of you know, I joined DVS at the beginning of April this year. It has been nothing less than inspirational for me to observe, first hand, the competence and commitment of our staff, and the real impacts of their work as they provide the broad spectrum of support that DVS offers to the families we serve. I am grateful for the opportunity to be a part of this important work.

It has been, however, a challenging time for me to assume the duties of Executive Director. As the economic crisis deepened over the first half of 2009, shelters throughout California braced for an increase in the need for services. The increase first appeared in crisis hotline calls and Domestic Violence Emergency Response Team (DVERT) activities (in which our advocates accompany law enforcement to domestic violence 911 calls). Within the last month or so, the need for residential services has skyrocketed: our shelters are full, and we have been forced to refer women to other shelters. Unfortunately, we expect this trend to continue in step with the ongoing economic crisis.

That crisis has had specific impacts on DVS. In October 2008, the California Emergency Management Agency reduced its funding for DVERT providers, eliminating its support for about three-quarters of the DVERT programs funded in California. DVS had received this funding (about \$180,000 annually) for the past six years. In view of the California budget crisis, Gov. Schwarzenegger has now proposed eliminating the entire (\$21 million) DV program funded by California's Department of Public Health (CDPH). DVS thus stands to lose an additional \$210,000 in annual funding.

CDPH had previously (prior to 2005) eliminated about \$100,000 in funding for SHARe, our teen outreach program. Our scaled-down program faces the end of two private foundation grants in October, totaling about \$70,000. Another foundation that has funded a portion (\$40,000) of our Children's Counseling Program has suspended its grant program for six months. Yet another local foundation has suspended its program entirely for this year.

The economic crisis has also affected our private donors: our 2008 year-end direct mail appeal brought in about half the amount we received in prior years.

In view of these dramatic reductions in funding, we are in the process of a comprehensive review of our operations and alternatives to respond to this crisis. We are expanding our search for new and additional funding sources. In the face of increasing demand, we are bending every effort to continue to provide services on a sustainable basis.

The support you can offer DVS has never been more crucial to our mission, and we hope you will consider a substantial contribution at this critical time. We need your help to weather this storm, and to make sure DVS continues to be there for families who need a safe haven, and the services we are uniquely situated to provide, for years to come.

With deep gratitude for your continued support,

Richard Kravetz

Is this you?

Domestic Violence Solutions is pleased to announce the formation of a new group of supporters: the **Leadership Circle**. This group is comprised of community individuals, leaders, corporations and other organizations who wish to make a significant difference in the lives of battered women and children through an annual unrestricted gift to DVS of \$2,500 or more.

Leadership Circle members enjoy special privileges including complimentary admission to private cocktail receptions where guests enjoy wine and hors d'oeuvres as well as a fascinating short program on topics related to domestic violence. Leaders are also recognized in our newsletters and annual report. Plus, each level of membership will enjoy additional unique experiences and an increased awareness of DVS' plans.

For more information on the Leadership Circle, please call Melinda Johansson at (805) 963-4458 x17 or email melindaj@dvsolutions.org.





At left: Board President Sally Hamilton, *right*, and Elaine Duffens. Top: High Esteem Tea committee co-chairs Diane Pannkuk *left*, and Joye Lytel.

Girls' Night Out!

BENEFITTING DVS' SANTA MARIA PROGRAMS

The Santa Maria Country Club was the site last October for **Girls' Night Out**, a cocktail party by and for local women, waited on by local male "celebrity" waiters! The waiters grinned from ear to ear as they rushed from the bar to the kitchen to the tables earning tips from the "girls" . . . 100% of which were donated to DVS' Santa Maria shelter and programs (nearly \$12,000 total!)

Waiters included **Mike Gibson, Tim Seifert, Ken White, Jim Rigali, Bob Orach, Dave Wright, Tim Ness, Ed Murray, Eddie Murray, Ed Pipan, Frank Ortiz, Mike Valdez, Gil Palacios, Lupe Alvarez, Steve Lavanigno, Clay Bradfield, Tim Staffel, Bob Friedlein, Jed Beebe, Kevin Harlan and Dale Johnson.**



At right: committee members Shannon Seifert, *left*, and Jeane Ardantz, *right*, with event Chair Peggy Blough.



High Esteem Tea

DOMESTIC VIOLENCE AWARENESS MONTH KICKOFF EVENT

On Sunday, October 5, 2008, over 250 guests and their daughters came together for the 1st Annual High Esteem Tea at the Four Seasons Resort in Santa Barbara. Co-Chairs **Joye Lytel** and **Diane Pannkuk** welcomed guests as they enjoyed a marvelous (and beautiful) tea buffet.

Highlights of the program included a testimonial by a former client, which moved everyone to tears, as well as an astonishing unfurling of 320 purple paper dolls that filled the entire ballroom and represented each woman and child served in our shelters last year. Save the date of October 4, 2009 for the next High Esteem Tea (see notice on back page).

Thank you to our 2008 High Esteem Tea sponsors!

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Pekoe Sponsors
Bartlett Pringle & Wolf
Kum Su Kim
Diane Pannkuk

Thank You *to our talented, generous and dedicated* EVENT COMMITTEES

SPRINGTIME COMMITTEE
Tracy Kanowsky, Co-Chair
Lauren Katz, Co-Chair
Jen Holly Anderson
Pam Bigelow
Patty Bryant
Susan Caine
Anne Heller
Inga Hartmann
Melinda Johansson
Donna Melville
Jill Nida
Ann Marie Powers
Susannah Rake
Carol Sysel
Caroline Thompson
Laurie Tilson
Jennifer Williams
Susannah Gray Williams
Leesa Wilson-Goldmuntz

TEA COMMITTEE
Joye Lytel, Co-Chair
Dianne Pannkuk, Co-Chair
Kathy Borgers
Sally Hamilton
Leslie Hovey
Melinda Johansson
Terre Lapman
Marie Larkin
Yvonne Parsons
Judy Stanton
Pamela Vander Heide
Beth Weinberg
JoAnne Young

GIRLS' NIGHT OUT COMMITTEE
Peggy Blough, Chair
Jeanie Ardantz
Donna Densham
Mike Gibson
Melinda Johansson
Lynette Muscio
Patsy Ozzimo
Shannon Seifert
Tim Seifert
John Will

Thank you to our hostess Alice Willfong for so graciously opening her home, to our sponsors whose largesse delighted our guests, to our tireless Springtime committee members who created a flawless event, and to Mother Nature for a sparkling day.

Springtime at Arcady

ANNUAL GALA FUND-RAISING EVENT

Platinum Sponsors

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Kum Su Kim
Quatrain
The Roehrig Family Trust

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Brenda Nancarrow Garrison & Dr. Bob Garrison
Katie O'Reilly Rogers
Judith & Jack Stapelmann
Betty Stephens
Wyatt Technology Corporation



Special thanks to . . .

Food—New West Catering
Decor—Cabana Home
Rentals—Classic Party Rentals
Wine—Ste. Michelle Wine Estates
Valet—Signature Parking
Party Favors—Robitailles



In photo at left: Springtime committee co-chairs Lauren Katz, left, and Tracy Kanowsky, right, with Springtime at Arcady hostess, Alice Willfong, center.



Thank you to all our donors who provided auction and raffle items, Fun Things to Do activities, refreshments and supplies for the event, party favors and more.

Alexandra Essex, Ann Marie Powers, Bryant & Son Jewelers, Celebrity Cruises, Coast 2 Coast Vintage Collection, Conditioning Specialists, Country House, David Bronow, David

Goldmuntz, Evolutions Medical Spa, Four Seasons Biltmore, Gaspar Jewelers, Glenn Miller, Hotel Bel-Air, Inga & Patrick Hartmann, Inga Hartmann & Tracy Kanowsky, Joyce Wilson, Julia Franzosa Photography, Julienne and Emma & Justin West, La Superica & Metro Theatres, Las Ventanas Resort, Laurie & John Tilson, Laurie Tilson & Jean Shivley, Los Arroyos-Maria Arroyo, Melville Winery, Michael Goldmuntz, Michelle Carbone & the Goldmuntz family, Montage Beverly Hills, Northern Trust, Ojai Valley Inn, Robin Rotenier, San Ysidro Ranch, Santa Barbara Film Festival, Sarah Brown, Santa Barbara Auto Stereo & Wireless, Santa Barbara Polo & Racquet Club, Thorn Robertson, Tory Burch, Tracy & Eric Kanowsky, Valerie & AJ Rice, Via Maestra 42



Helping Teens Choose Trust, Independence, Openness

BY LISA AHLGREN, TEEN SERVICES COORDINATOR

In the months following the assault by R&B singer, Chris Brown (19) on his girlfriend Rihanna (20), I heard rumors and excuses from teens for the assault ranging from doubts about Rihanna's mental stability to accusations of her infidelity. The focus was always the same: what had *she* done to provoke Brown? The tendency in our society to blame the victim is learned very young; students as young as twelve have asserted that Rihanna deserved to be punched, kicked, choked, and bitten. For many students, despite all the details they could report from news stories, I was the first person to say that there is nothing Rihanna could have done to deserve the beating.

The guarded privacy and general moodiness of most teens make the symptoms and warning signs of dating violence difficult to recognize.

While disheartened by their tacit acceptance of relationship violence, I am encouraged by the shift that is possible with a little conversation. After presentations, students have shared that listing the characteristics of unhealthy and healthy relationships, and through group discussion, coming up with a working definition of "respect," (both of which we do in class) has alerted them to problems in their relationships and helped them decide how they would like future relationships to be. Best of all, the majority of students are able to identify their rights in a relationship as well as key warning signs of an abuser.

The incident with Chris Brown and Rihanna represents a fraction of the images and messages about men, women, and relationships that bombard teens every day; it is easy to see why our youth are confused about what constitutes a healthy relationship. It is essential that we work together to help adolescents interpret their surroundings, and empower them to set their own boundaries. Nothing inspires my optimism more that we can break the cycle of violence than hearing a 14-year old girl declare her right to say "no" at any time, or 16-year old boy choosing trust, independence, and openness as the qualities he values most in a relationship.

What is a healthy relationship?

Ask yourself these questions about your relationship:

- Does each partner respect the other's opinions, even when they are different?
- Does each partner share equally in making decisions about how they will spend their time together and about other issues?
- Does each partner encourage the other to have friends and interests outside the relationship?
- Are both partners willing to talk openly and honestly about problems in the relationship, and willing to work together to resolve conflicts?
- Are both partners willing to accept responsibility for their behavior when something hurtful is said or done?

- Does each partner respect the limits and boundaries set by the other?

These are just a few aspects of a healthy relationship: respect, trust, support, communication, and equality. Healthy relationships are a partnership between two people. Most importantly, there is no fear of violence.

How can I tell if my relationship is abusive?

- Are you frightened by your partner's temper?
- Does your partner call you names, put you down, and generally make you feel bad about yourself?
- Does your partner try to control you by telling you where you can and can't go, who you can and can't talk to, what you can and can't wear, etc.?

- Has your partner grabbed, slapped, pushed, hit, kicked or thrown objects at you?
- Has your partner threatened you?
- Does your partner blame you after hurting you?
- Does your partner deny or minimize abuse by saying "you're too sensitive," or acting as if nothing ever happened?
- Does your partner make promises to change, yet continue to hurt you?

These are signs of abuse. They can quickly become dangerous. Look carefully at your relationship and learn about abuse. You deserve a healthy relationship!

Avon Foundation Grant Helps DVS Educate Teens How to Avoid Abuse

Last November the Avon Foundation awarded DVS' teen program a \$50,000 grant dedicated to empowering young women and preventing the cycle of dating abuse and partner violence. The award is being used to teach teens how to respect and defend themselves, as well as how to recognize and avoid abusive relationships through DVS teen program. The program includes in-school workshops, access to counseling, and peer-to-peer education.

Teens today are becoming involved with dating and intimate partner abuse at younger and younger ages. Surveillance data consistently indicate that 16- to 24-year-old women are the most highly victimized group. Engaging teens in their own education about healthy relationships helps them make better choices in their relationships, as well as hold higher standards for their relating with others, standards that can have a positive impact throughout their lifetimes.

DVS thanks Avon Foundation for this significant, one-time grant, as well as Volentine Family Foundation, Towbes Foundation, Pat Brown Charitable Trust, Edwin & Jeanne Woods Family Foundation, and Wood-Claeysens Foundation for significant and ongoing contributions to our teen program.

Olivia's Story (continued)

get her bearings and make a new plan for herself. The women in the group are all residents of Second Stage, DVS' transitional shelter program in Santa Barbara, which gives women and their children up to 18 months of shelter, counseling, case management, referrals to local law enforcement and service agencies, and assistance navigating the judicial system. While living here, they pay 30% of their income in rent, and work towards their goals for self-sufficiency with the support of counselors and case managers. The structure of the program, combined with the women's own determination and commitment, leads to an 85-90% success rate in achieving their self-set goals. Most move on to steady employment and stable housing of their own within that period.

Attendance on Monday nights is part of their agreement to attend group and individual counseling while in the program. After the first few meetings, the group becomes strong support for their transition.

They arrive from work and picking up children from day care to share what has been transpiring

in their lives. They participate in conversations and lessons on such topics as personal boundaries, dealing with conflict, and seeking and creating safety in their relationships. The women's group is a place to check in, learn, and talk with others who understand and share the trauma of domestic violence. There is a refreshing lack of pretense and guardedness within the group. In its place is comfort to be as one is, and freedom to laugh or cry, to admit one doesn't know, and to show up wearing no makeup.

Through counseling, Olivia has learned to recognize the cycle of violence, and also to know that the abuse wasn't a matter of never pleasing her husband. She also knows that abuse is about maintaining control, and that no amount of compromise or self-improvement is enough to make it stop.

Olivia says, "I'm so glad these women walked out when they did. I tolerated all he dished out for years. It was abuse and I didn't see it for what it was."

For information on the cycle of violence, and other resources, go to www.dvsolutions.org.

DID YOU KNOW?

- DVS is the **only full-service domestic violence prevention agency** in Santa Barbara County.
- DVS' **three emergency shelters**—in Santa Maria, Lompoc and Santa Barbara—provide the only 24-hour domestic violence shelter services for women and their children in Santa Barbara County.
- We also offer the area's **only transitional shelter program**, providing survivors of domestic violence with up to 18 months of safe support to develop the financial, practical and emotional resources necessary to establish and maintain their own independent, violence-free households.
- DVS also operates four **24-hour crisis hotlines**, responds alongside local law enforcement on **9-1-1 domestic violence calls**, and **works with teens** in public high schools in Santa Barbara County, as well as in the continuation schools, juvenile hall, and other venues.
- DVS provides **comprehensive clinical counseling** to men, women and children affected by family violence.

Additional thanks to . . .

"Showering Women with Pink Love" Open House

The scars of domestic violence are indelibly marked on its victims, both inside and out. While DVS helps victims heal on the inside, a bit of TLC on the outside has been a welcome surprise and treat for women at our Lompoc Shelter. Over the years, local Mary Kay consultants have donated hundreds of skin care and makeup products to victims of domestic violence. Last May, Lompoc Mary Kay beauty consultants and sales directors, led by Beauty Consultants Julie Dzobiaka, Deanna Rogers, and Sales Director Kim Spies, hosted a "Showering Women with Pink Love" Open House, from which 20% of the proceeds were donated to our Lompoc Shelter. Plus, Julie and Kim donated \$4,573 in cosmetics to the shelter!



Julie Dzobiaka, left, and Deanna Rogers

Spreading the Love

Also this year, Mary Kay Sales Director Mary Lou Ardohain donated \$3,000 in Mary Kay skin care products and cosmetics, as did Beauty Consultant Sylvia Hendlin, who donated over \$1,500 in perfumes, lotions, and cosmetics, just in time for Mother's Day.



3rd Annual Addamo Vineyards Texas Hold' Em Tournament

Longtime DVS volunteer and supporter Clyde George connected Domestic Violence Solutions with Liz Addamo, owner of Addamo Vineyards, to be the beneficiary for the winemaker's poker tournament on May 23. The event brought in over 50 players to the Grand Ballroom of Addamo Vineyards, an elegant setting with marble floors and majestic staircases. Tasting Room Manager, Ariane Reynolds, was a cornerstone for the event that featured Addamo wines, beer and soft drinks along with a wonderful buffet set on a hill overlooking the beautiful Orcutt and Santa Maria Valleys.



Liz Addamo, left, and Melinda Johansson (DVS' Director of Development).

Save the dates!

Upcoming Events

For questions about upcoming events or to be added to the invitation list, please visit our web site (www.dvsolutions.org), or contact Melinda Johansson, (805) 963-4458 x 17 or melindaj@dvsolutions.org.

Sunday, October 4, 2:00-4:00 p.m.
Four Seasons Biltmore

2nd Annual High Esteem Tea

Tea to honor Past President
Leesa Wilson-Goldmuntz

The second annual DVS High Esteem Tea has been scheduled for the first week of October; Domestic Violence Awareness month. Chaired by Terre Lapman and Kathy Borgers, the tea will honor Past President Leesa Wilson-Goldmuntz and introduce the book, *Sharing Voices, Sharing Visions: A Collection of Writings about Living Beyond Domestic Violence*.

To make a donation, please visit our web site: www.dvsolutions.org, or mail donations to PO Box 1536, Santa Barbara, CA 93102



Thursday, August 20, 6:00-8:00 p.m.
Montecito Motors Showroom

Men's Cocktail Party at Montecito Motors

DVS men's committee party to underwrite High Esteem Tea

Picture this: classic cars, martinis or your favorite ale, a cigar, perhaps, and a warm August evening downtown, garnering the appreciation of an entire community, and knowing you've done a great thing for a great cause. Men, please join us for a very special gathering to underwrite the DVS High Esteem Tea.



Thursday, October 22, 6:00-8:00 p.m.
Santa Maria Country Club

2nd Annual Girls' Night Out —in Paris!

Evening to benefit DVS' Santa Maria programs

Hold onto your hats! The Girls' Night Out committee is convening once again to plan a fabulous evening of wine and hors d'oeuvres, served by a crew of fun-loving and socially prominent local men. Sign up to be a waiter, or sponsor the event or a table of friends. All proceeds go to the Santa Maria programs of DVS.



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Olivia's Story

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“He'd start in with, ‘The trouble with you is . . .’ and criticize my cooking, my body, my face, how I was with the kids, everything. I was always supposed to be more like him. It was relentless.

“My 18-year old tells me I taught him to be strong, because I withstood a lot from my husband. I had courage even though I had no freedom.

“I was kept; I had no freedom to see friends or spend money. I towed the line. It's crazy how someone can be so controlled by someone else.

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