

CHOICES



Summer 2009
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TRI-VALLEY HAVEN

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(925) 449-5845 – Business line
(925) 449-5842 – Crisis line
www.trivalleyhaven.org

KEEPING UP WITH THE TIMES

American teens sent and received an average of 2,272 text messages, almost 80 per day, each month in the last quarter of 2008, the Nielsen Company reported in May.

One in three teens said that they received up to 30 text messages per hour from current or former romantic partners checking up on what they were doing, where, and with whom, according to a 2007 “Tech Abuse in Teen Relationships Study” sponsored by Liz Claiborne, Inc. Sixty-seven percent of their parents were unaware that their teen was being harassed in this way. (And I wonder how many parents of the senders were aware of what their teen was doing?)

Undoubtedly, you’ve heard of “sexting,” young people sending nude photos of themselves via text or e-mail. This has frequently led to photos being circulated throughout the sender’s school and beyond if the recipient wants to boast, or because he or she thinks it’s funny or wants to humiliate the sender. In some states, it has resulted in senders being charged with circulating child pornography.

New technologies open up opportunities for making and maintaining friendships and romantic relationships, but they can also provide means of abuse in the approximately 30% of relationships, teen and adult, gay or straight, in which one partner is abusive toward the other. According to the Liz Claiborne study, about half of the teen respondents believe that cell phones and computers make abuse more likely to occur and make it easier to conceal that abuse from their parents.

Perhaps, like me, some of you remember a time when the only telephone in our family was a corded phone installed in our parents’ living room or kitchen. Only a privileged few had an extension

phone in their bedroom. Fewer still had a private line of their own. This meant that our parents could, and generally did, set limits on our access to the family telephone. Also, they would usually know if we were upset by a call we had received, or if we, ourselves, were using the telephone to harass someone, and they would be likely to intervene.

Do you also remember the intensity of those early relationships and infatuations? It was a volatile and exciting time as we explored new experiences and endeavored to make adult decisions by ourselves. Sometimes our judgment was influenced by the influx of adolescent hormones, but the realities of that low-tech era often forced us to stop and reconsider our impulses.

The normal teen desire to know everything about one’s partner or crush, and to wonder what he or she was doing every minute and whether the object of our affections felt the same way, was tempered by the fact that we knew that neither set of parents was likely to tolerate dozens of phone calls a day. We may have been tempted to check up on whether someone was home or whether they were telling the truth when they said they were going to the movies with a group of same-sex friends, but when we thought about actually walking or driving or persuading someone to take us to the person’s house or the cinema, more often than not, we didn’t do it. We couldn’t obsess over someone’s Facebook page, or Google them to find information and photos, and there were no cell phones for repeated calls or texts. The structure of our culture enforced the boundaries that we did not set for ourselves.

Sending a nude photograph would have entailed clandestine effort to take and develop the photo, and then having the courage to hand it to the recipient personally. If the recipient was then so callous as to pass it around to friends, at least those friends wouldn’t have had unlimited copies of their own to pass on to ever-widening circles. Furthermore, the image would not have lingered in cyberspace to unexpectedly humiliate us again years later when we applied for a responsible job, entered an athletic tournament, or ran for political office.

So how can we help today’s teens develop healthy relationships in our high-tech culture? A colleague shared information she had received



at a recent workshop about primary prevention—in other words, stopping abuse before it begins. The agency presenting the workshop, WestEd Health and Development, identified the environmental factors that protect young people at risk from becoming involved in abusive relationships either as victims or perpetrators. They are:

- Having a caring relationship with at least one adult
- High expectations
- Opportunities for meaningful participation in family, school, and community life

In other words, reach out to the young people in your life. Invite conversations about the challenges of being a young adult today. Offer support and let them know that you are confident that they can meet those challenges. Provide opportunities to help them develop their interests and abilities, build connections to the world around them, increase their self confidence, and develop outlets for self expression. The gift of your time and empathy could make a lifetime of difference to your young relative or friend.

Together we build a world without violence.

*Vicki Thompson
Associate Director*

FRIENDS OF THE HAVEN

THANK YOU, *MONOLOGUES* FANS!

A huge “thank you!” to everyone who attended this year’s production of *The Vagina Monologues*, and to our cast members and director Eleisa Cambra for the many hours of rehearsals that went into this professional-caliber performance. Almost 1,500 people saw the three performances which featured a cast of 22 Haven staff, volunteers, and supporters and which netted more than \$35,000 to support our domestic violence and sexual assault programs.

Over three years, the Haven production of Eve Ensler’s *The Vagina Monologues* has grown from a single performance at the Livermore Veterans Memorial Hall that was seen by about 200 people to a widely-anticipated community event at the Bankhead Theater. In addition to raising much-needed funds for the Haven, the play stimulates awareness and dialogue about women’s experiences, both positive and negative, and thus furthers our mission to build a world without violence. Watch this space and the Haven website for information about the 2010 production of *The Vagina Monologues*.



FAITH ALPHER ONE-WOMAN SHOW BENEFITS THE HAVEN

KKIQ radio personality Faith Alpher is also a popular event MC and *Vagina Monologues* cast member. She has been performing on stage and screen since grammar school when she was one of the original Jell-O Pudding Kids with Bill Cosby.

Faith, in collaboration with director Eleisa Cambra, has written an autobiographical one-woman show, “Through the Eyes of Faith,” which had its debut on Friday May 29 at Livermore’s Bankhead Theater. This production was a fundraiser for the Haven which netted over \$5,000 to benefit our programs for survivors of abuse and homelessness. We thank Faith and Lisa for their commitment and support.

SEE OUR NEW VIDEO!

Many, many thanks to Jason Ryder and his colleagues for giving us a wonderful new way to introduce the Haven to the community. Jason’s professional crew donated their time and considerable talents to produce a 17-minute video about the Haven’s services and the challenges we face. Check it out online at www.youtube.com/watch?v=LWvxxmxQdMcs

(or visit www.youtube.com and enter “Tri-Valley Haven” in the search box).

Tri-Valley Haven Promotional Video



PACE FOR PEACE AND BLOCK PARTY!

This year we will be combining two of our favorite fall events for optimal community participation: Our annual Pace for Peace walk/run and Panama Red Block Party will take place on Saturday October 3 in downtown Livermore at First and K Streets.

The Pace for Peace will start the day with registration beginning at 9 a.m. and the 5K walk/run at 9:30. The route is being revised to begin and end at Panama Red Coffee House. The block party will expand upon our traditional Family Fair with live music, children’s activities, information booths, and vendors. Pace for Peace registration forms will be available beginning August 1 at the Haven Community Building, at Panama Red Coffee House, and on our website, www.trivalleyhaven.org.

SHELTERS CLEAN AND GREEN, THANKS TO SHAKLEE

Thanks to Pleasanton-based Shaklee Corporation for their donation of environmentally-friendly cleaning supplies for our two shelters.

PLEASANTON WEEKLY AND TRI-VALLEY COMMUNITY FOUNDATION HOLIDAY FUND

Our heartfelt thanks to *The Pleasanton Weekly* and to the Tri-Valley Community Foundation for their donation of \$19,245. *Pleasanton Weekly* readers made donations to the paper's Holiday Fund,

which were then matched by the Tri-Valley Community Foundation. The money raised was divided among eight Tri-Valley nonprofit agencies. This contribution is especially appreciated in this very difficult year when funds are scarce.

BEHIND THE SCENES

PROPOSED CUTS ENDANGER SURVIVORS AND SERVICES

By the time you read this newsletter, the state legislature may have enacted budget cuts proposed by the governor that would reduce services for survivors of domestic violence and eliminate the CalWORKS public assistance program. Funds from the California Department of Public Health support 94 California domestic violence agencies in providing shelter, crisis line support, and counseling to survivors of domestic violence and their children. These funds make up approximately 25% of our agency's domestic violence budget. The governor has proposed eliminating all CDPH funding for domestic violence programs. If these cuts are enacted, we will be forced to reduce the number of beds in our domestic violence shelter for the first time in our history at a time when the demand for shelter is higher than it has ever been.

Many of our clients in both our domestic violence and homeless programs are parents who rely upon CalWORKS to provide a small amount of financial support while they participate in job search or training programs and look for affordable housing. CalWORKS also provides some funding for our clients for job-readiness classes and to assist them with employment-related expenses like equipment, uniforms, transportation, or fees for professional or business licenses.

Contrary to some stereotypes, life on public assistance, or "welfare," is neither extravagant nor easy. The maximum monthly aid payment for a family of four is \$862. That is not enough to rent even a modest one-bedroom apartment in most cities, and there are long waiting lists for subsidized housing. Food stamps offer some additional assistance, but most recipients must rely upon resources such as the Haven Pantry as well. There is a 60-month lifetime limit on cash aid, and there is no increase in cash aid if additional children are born while someone is in the program. CalWORKS recipients are required to participate in job search or job-training activities as a condition of receiving aid. All new participants must spend the initial four weeks in an intensive job search.

At a time when unemployment is at record levels and the demand for shelter and other supportive services is higher than ever, it will be devastating to victims of domestic violence if these cuts are enacted. With limited access to shelter (some of our sister agencies have already reduced their services) and no safety net to provide minimal income, there are few options. Many battered adults and children will be forced to remain in life-threatening abusive situations.

If you are concerned about the increased danger that victims of domestic violence and their children will face if these cuts are enacted, please contact your elected representatives in the state legislature and make your opinion known. Share this newsletter with other concerned people you know. Electronic copies can be downloaded from our website, www.trivalleyhaven.org, or paper copies may be requested from our community building at (925) 449-5845.



And, please, continue to donate as generously as you can and encourage others to donate to help the Haven continue to provide essential services in our community. Your contribution could save someone's life.

BECOME A HAVEN VOLUNTEER!

Do you want to make a difference in your community? Would you like to help survivors of domestic violence and sexual assault rebuild their lives? Our 65-hour training to become a crisis line counselor, sexual assault advocate, or legal clinic volunteer begins on Tuesday July 21. Our training covers a wide variety of topics and teaches trainees the skills they need to help survivors on the road to recovery. We provide regular in-service training and staff support for our volunteers. The training is free with a one-year volunteer commitment.

Our volunteer application is available on our website, www.trivalleyhaven.org.

Please complete both sides of the 2014 Volunteer Application and mail to us:

Tri-Valley Haven
Attn: Coordinator of Volunteers
P.O. Box 2150
Livermore, CA 94551

VOLUNTEER APPLICATION

(PLEASE PRINT CLEARLY)

Name _____

Street Address _____

City _____

Home Phone _____ State _____ Zip _____

Email _____ Work Phone _____

Emergency Contact Name & Number _____

VOLUNTEER AREA OF INTEREST:

CRISIS LINE _____

ADVOCATE _____

LEGAL CLINIC _____

CHILDCARE _____

FOOD PANTRY _____


SPECIAL EVENTS _____

OFFICE WORK _____

FYI

Call (925) 449-5845	Domestic Violence Group/Sexual Assault and Incest Groups
Call (925) 449-5845	Individual Counseling
Call Flora, (925) 449-7889	Support for Parents of Children Ages 0-5
Call Mike, (925) 449-5845	Legal Clinic Tuesday/Pleasanton, Thursday/Livermore and by appointment
Call Jean, (925) 449-5845	Volunteer Training
Call Darlene, (925) 449-5845	Self-Defense Training / Community Education
Call (925) 449-1664	Food Pantry
(925) 449-2510	Homeless Services
Call (925) 449-5842 or (800) 884-8119	24-Hour Crisis Line / Shelter Information / Sexual Assault Advocacy

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