

SOUTHEAST

DV/SV RESOURCE GUIDE

SURVIVING ABUSE

PROMOTING WELLNESS

CHANGING HARMFUL BEHAVIORS



If you or someone else needs help with safety:

EMERGENCY CONTACTS:

AIDING WOMEN IN ABUSE AND RAPE EMERGENCIES (AWARE)

Juneau 24-hour Crisis Number:
1-800-478-1090 or (907) 586-1090

SITKANS AGAINST FAMILY VIOLENCE (SAFV)

Sitka 24-hour Crisis Number:
1-800-478-6511 or (907) 747-6511

HELPING OURSELVES PREVENT EMERGENCIES (HOPE)

Prince of Wales Island 24-hour Crisis Number: (907) 401-1611

WOMEN IN SAFE HOMES (WISH)

Ketchikan 24-hour Crisis Number: 1-800-478-9474 or 907-225-9474

LAW ENFORCEMENT:

Police Departments: 911
State Troopers: Contact your local Trooper Post or call your community's VPSO

REGIONAL OCS OFFICES:

Juneau, Angoon, Haines, Hoonah, Skagway, Yakutat: (907) 465-1650
Sitka: 1-800-478-8605 or (907) 747-2802
Petersburg, Kake, Wrangell: (907) 772-3565
Craig, Coffman Cove, Edna Bay, Hollis, Hydaburg, Kasaan, Klawock, Naukiti,
Thorne Bay, Whale Pass: (907) 826-3266
Ketchikan, Metlakatla: (907) 225-6611



CALL 211 OR 1-800-478-2221
FOR ANY SOCIAL SERVICE OR
SAFETY RESOURCE.

More Contact Info: next



PROGRAM DIRECTORY:

Aiding Women in Abuse and Rape Emergencies (AWARE)

24-hour crisis: 1-800-478-1090 or (907) 586-1090
Business: (907) 586-6623
www.awareak.org

Central Council Tlingit and Haida Indian Tribes of Alaska

320 W. Willoughby Ave., Suite 300,
Juneau, AK, 99801
Phone: 1-800-344-1432 or (907) 586-1432
www.ccthita.org

Helping Ourselves Prevent Emergencies (HOPE)

404 Spruce St.
Craig, AK, 99921
24-hour crisis: (907) 401-1611
Advocacy 9am–3pm M-F: (907) 826-HOPE (4673)
Business: (907) 826-2581
hope4pow@aptalaska.net
gdaly@cpdclinic.org
www.hope4pow.org

DEFINITIONS:

For detailed definitions related to domestic violence see PDF titled “**Basic Definitions**”. For additional information on the reporting and response to domestic violence and child abuse, see PDF infographics.

Ketchikan Indian Community (KIC) Domestic Violence Program Social Services

615 Stedman, Ketchikan, AK, 99901
Phone: (907) 228-9365
www.kictribe.org

S.A.F.E. Child Advocacy Center

419 6th St.
Juneau, AK 99801
Phone: (907) 463-6157
www.ccsjuneau.org/51,safechildadvocacycenter

Sitkans Against Family Violence (SAFV)

PO Box 6136, Sitka, AK, 99835
24-hour crisis: 1-800-478-6511 or (907) 747-6511
Business: (907) 747-3370
www.safv.org

Women in Safe Homes (WISH)

PO Box 6552, Ketchikan, AK, 99901
24-hour crisis: 1-800-478-9474 or (907) 225-9474
Business: (907) 228-4099
www.wishak.org



REPORTING: FOR CHILDREN & TEENS

(See PDF called “**Basic Definitions**” and PDF called “**Infographic: What to Do if You Suspect a Child is Being Abused or Neglected**” for more information on Child Advocacy Centers, or CACs.)

The **S.A.F.E. Child Advocacy Center** in Juneau is the Child Advocacy Center for the region. It provides a child-friendly environment for the evaluation of suspected child abuse. A team of multidisciplinary professionals supports the safety, well-being and healing of abused children and their families, and works to hold offenders accountable. Services include:

- **Transportation** (at no cost to the family) to the CAC in Juneau, and lodging when needed
- **Child-friendly, developmentally appropriate interviews** conducted by a trained forensic interviewer
- **Medical examinations** (when necessary) performed by a caring health care provider with special training in child abuse
- **Family advocates** to guide families through the CAC process and support them afterwards
- **Information and support** to help caregivers understand the abuse and how to help the child
- **Mental health counseling** and trauma-focused therapy
- **Referrals** for counseling, legal services and any other needs
- **Accompaniment and support** for the child through the court process
- Advocates have training in cultural competency and use language lines for languages other than English.

REPORTING: FOR ADULTS

(See PDF called “**Basic Definitions**” and PDF called “**Infographic: what are your options as an adult victim of DV and/or SV**” for more information about the option of reporting and about Sexual Assault Response Teams or SARTs.)

Adults (ages 18 and older) are not required to make a report if they are abused by a partner or sexually assaulted by anyone, but if they choose to, here is what’s in place:

- If a victim (female or male) of sexual assault in **Juneau or the surrounding area** contacts local law enforcement or Aiding Women in Abuse and Rape Emergencies (AWARE), they can receive transportation (at no cost to them) to a confidential, secure facility in Juneau for the SART process
- If a victim of sexual assault in **Sitka or the surrounding area** contacts local law enforcement or Sitkans Against Family Violence (SAFV), they can receive transportation (at no cost to them) to a confidential, secure facility in Sitka for the SART process
- If a victim of sexual assault in any of the 12 **communities on Prince of Wales Island** contacts local law enforcement or Helping Ourselves Prevent Emergencies (HOPE), they can receive transportation (at no cost to them) to a confidential, secure facility on the island for the SART process
- If a victim of sexual assault in **Ketchikan or the surrounding area** contacts local law enforcement or Women in Need of Safe Homes (WISH), they can receive transportation (at no cost to them) to a confidential, secure facility in Ketchikan for the SART process
- In the SART process, the victim can meet with a law enforcement officer, receive support from an advocate, and complete a forensic exam done by a trained medical professional
- Partner physical violence can be reported to local law enforcement or health care providers. With the victim’s permission, they can contact victim advocates to assist with safety planning.
- Victims and concerned loved ones may also contact one of the advocacy organizations listed in this guide to get help making a police report and/or to get information about the reporting process

If a victim chooses not to report to Law Enforcement, they are still highly encouraged to get a medical exam for their own personal health (e.g. antibiotics and Plan B to prevent STDs and pregnancy) and to address any other medical conditions as a result of being assaulted (e.g. strangulation).

Additionally, if a victim chooses to not report or have a medical exam, they are still encouraged to speak with an advocate, who can help them talk about their experience, safety plan etc.



SHELTER

For victims of abuse and their children needing immediate safety, the following options are available:

Juneau:

Aiding Women in Abuse and Rape Emergencies (AWARE):

32-bed shelter with 16 overflow beds for adult women and their children. Male children allowed up to age 17

In **emergency circumstances**, teens may be admitted to the shelter alone with permission of their parent or guardian or by the authority of OCS, and emancipated minors will be admitted.

Male victims can receive emergency housing assistance on a case-by-case basis in a hotel or through other community resources.

Transportation to shelter for victims and their children is provided at no cost to the victim.

Childcare and play areas for children of shelter residents

In-shelter support groups, including arts-based healing and educational groups for children, and individual counseling

Space is provided to support Alaska Native traditions and values such as for food preparation and storage as well as opportunities to participate in and learn about Alaska Native traditions and practices (e.g. drumming and dance).

In Juneau-area villages (Elfin Cove, Gustavus, Haines, Hoonah, Klukwan, Pelican, Skagway, Tenakee Springs, and Yakutat):

Aiding Women in Abuse and Rape Emergencies (AWARE):

AWARE supports volunteers to provide **safehomes** for short-term stays.

AWARE also provides **transportation** to Juneau for shelter.

Sitka:

Sitkans Against Family Violence (SAFV)

A shelter for women and their children (male children up to age 17) with **capacity for up to 25 people**

In **emergency circumstances**, teens may be admitted to the shelter alone with permission of their parent or guardian or by the authority of OCS, and emancipated minors will be admitted.

Adult **male victims** can receive housing through referral to alternate shelter (e.g. hotel room, churches).

Length of stay is based on the goals and needs of each woman.

In-shelter support groups

Transportation to shelter for victims and their children is provided at no cost to the victim.

Trauma-informed therapy free of cost if needed

Beading, canning, berry-picking, drum-making, Tlingit language instruction, and subsistence foods provided through a partnership with the tribes



SHELTER (CONT.)

For victims of abuse and their children needing immediate safety, the following options are available:

In Sitka-area villages (Angoon, Kake, and Port Alexander):

Sitkans Against Family Violence (SAFV)

SAFV supports **safehomes** in the villages of Kake and Angoon for short-term stays.

SAFV also provides **transportation** to Sitka for shelter.

Ketchikan:

Women in Safe Homes (WISH)

A **32-bed shelter** for adult women and their children. Male children allowed up to age 17

Male victims can receive emergency housing in hotels

Transportation to shelter for victims and their children is provided at no cost to the victim from Ketchikan-area villages (Metlakatla, Petersburg, Saxman, Thorne Bay, Wrangell, and all communities on Prince of Wales Island).

Educational children's play area and childcare in-shelter

In-shelter support groups (see section 4 of prevention) and a counselor once every other week

Collaboration with Ketchikan Indian Community (KIC) for advocacy



Supporting children who have been exposed to domestic violence is a priority of family-friendly shelters, such as WISH in Ketchikan (pictured here), which offers childcare and culturally and developmentally-appropriate children's groups and family activities.



The caring advocates at HOPE in Craig (on Prince of Wales Island) are available to listen, provide support, give information, help people through the legal system and other systems, and connect people to resources. They work closely with WISH to arrange shelter.

ADVOCACY, SUPPORT, AND INFORMATION

Trained, compassionate advocates at the following organizations are available to help victims of violence, their family members and loved ones, or others who have questions about abuse:

- Aiding Women in Abuse and Rape Emergencies (AWARE), Juneau**
- Helping Ourselves Prevent Emergencies (HOPE), Craig**
- Ketchikan Indian Community (KIC) Domestic Violence Program, Ketchikan**
- Sitkans Against Family Violence (SAFV), Sitka**
- Women in Safe Homes (WISH), Ketchikan**

(Many of these programs have **rural outreach programs** in which advocates travel to the villages in the area, where they can provide the same services.)

Advocates can provide the following:

- **24-hour hotline** where they provide a listening ear, support, and information to victims of violence, their family members and loved ones, or others who have questions about abuse (AWARE, SAFV, HOPE, WISH)
- **Safety planning**
- **Legal advocacy** (court accompaniment, protective orders, connecting victim to a lawyer at no cost, etc.)
- **Medical advocacy** (supporting victim to get healthcare and accompanying victim to a SART exam)
- **One-on-one support** and information, and group support and education (see section 4 of prevention)
- Help to find housing, food, clothing, job training and other **basic needs**
- **Financial assistance** from Ketchikan Indian Community (for Alaska Native and American Indian women and children) for expenses related to housing and relocation, and other basic needs
- Help to find other needed **resources**, such as counseling or children's programs
- Trauma-informed therapy free of cost if needed (SAFV)
- Trained interpreters and language lines for languages other than English, and some staff who speak other languages
- Resources and training for working with underserved populations (people with disabilities, mental health issues, FASD, those who are experiencing homelessness, etc.) (SAFV)
- Staff trained in and sensitive to working with LGBTQ clients

Advocates at these organizations are often a part of coalitions, along with homelessness and disabilities service providers, and can help connect people to needed resources.



YOUTH MAKE A DIFFERENCE!

Education Opportunities:

In Juneau

Aiding Women in Abuse and Rape Emergencies (AWARE):

Aiding Women in Abuse and Rape Emergencies (AWARE), offers K–12 presentations as requested at the schools. These include topics such as:

- violence prevention
- domestic violence and sexual assault

Juneau middle and high schools teach the “Fourth R” Healthy Relationships curriculum

In Ketchikan and Ketchikan-area villages (Metlakatla, Petersburg, Saxman, Thorne Bay, Wrangell, and all communities on Prince of Wales Island)

Women in Safe Homes (WISH)

Women in Safe Homes (WISH) offers presentations and classes in K – 12 schools and for youth groups on many topics, often using evidence-based curricula such as Second Step or Talking About Touching. Topics include:

- safe and unsafe touch
- bullying
- healthy relationships
- gender stereotypes
- domestic violence and sexual assault
- dating violence
- stalking
- WISH services

Ketchikan middle and high schools teach the “**Fourth R**” Healthy Relationships curriculum

In all 12 communities of Prince of Wales Island

Helping Ourselves Prevent Emergencies (HOPE)
The advocates at **Helping Ourselves Prevent Emergencies (HOPE)** can talk in elementary and secondary classrooms about topics such as:

- Safe Touch, Healthy Touch
- the “Green Dot” approach to bystander intervention

In Sitka and Sitka area villages (Kake, Angoon, and Port Alexander)

Sitkans Against Family Violence (SAFV)

Sitkans Against Family Violence (SAFV) offers K-12 presentations at all schools ranging from a one-time presentation to a 12 week course, tailored to meet the needs of the school. These presentations are on topics such as:

- safe and unsafe touch
- personal safety
- healthy relationships
- personal boundaries
- identity
- dating violence and sexual assault
- gender stereotypes
- healthy masculinity
- media literacy
- bullying prevention
- bystander intervention
- SAFV services

Sitka middle and high schools teach the “**Fourth R**” Healthy Relationships curriculum

Sitka Native Education, in collaboration with SAFV and Pathways to a Safer Sitka, offers a school-based cultural curriculum

WAYS YOUTH CAN GET INVOLVED:

Some of the ways youth can participate in activities to promote wellness and prevent violence happen across the Southeast region. These include:

Girls on the Run is a positive youth development program for 3rd-8th grade girls. Five elementary schools in Juneau and schools in Hoonah, Haines, Sitka, Wrangell, Petersburg, Angoon, Yakutat, and Ketchikan participate in the program. Activities include running with volunteer coaches and a final 5K run, an interactive curriculum (addressing issues such as understanding yourself, positive relationships, peer pressure, gossip, and friendships), media literacy, and community engagement.



WAYS YOUTH CAN GET INVOLVED (CONT.):

Boys Run is a program organized in Sitka and Juneau. Developed due to the high popularity of Girls on the Run in Southeast Alaska, SAFV in Sitka and AWARE in Juneau worked collaboratively to develop a similar boys' running program.

Lead On! Youth Summit is a region-wide conference for youth. Youth from cities and villages across the region work with their local DV/SV agencies to attend the annual statewide summit for youth leadership and violence prevention, and to plan and implement exciting projects in their communities.

REBOUND is a collaboration between AWARE in Juneau and SAFV in Sitka where students from Southeast Alaska kayak for a week and gain leadership skills, outdoor survival skills, and relationship skills.



Youth in programs such as the Sitka Youth Leadership Committee (SYLC) lead projects to reduce violence and change the social norms that support violence, using communication methods that are effective with youth.

Other youth activities specific to certain areas:

Sitka

Sitkans Against Family Violence (SAFV) hosts the **Sitka Youth Leadership Committee (SYLC)**, an after-school leadership group for teens to make positive social change in their community. These youth leaders facilitate discussions on respect, identity, and communication for their peers in Sitka and statewide. They use media to create messages about respect, nonviolence, and equality, speak at the annual community awareness march, and coordinate social change workshops for their peers in Sitka.

In all 12 communities of Prince of Wales Island

HOPE has partnered with the Craig Recreation Department and Craig Library to offer **summer programs** focusing on safe dating.

Youth involved in the **Youth First Responders** program receive training on safe dating through HOPE.

Ketchikan

WISH supports "**Be the Change**" groups, youth action groups that organize in their schools for solutions to problems (e.g. gossiping, bullying).

WISH also supports a group of youth leaders implementing community change projects in their community.



Southeast Regional Health Consortium (SEARHC)'s Sitka hospital has an active Domestic Violence Task Force headed by Melonie Boord (pictured here) in partnership with SAFV. The coalition works with local partners and provides ongoing training to healthcare providers on their role in domestic and sexual violence prevention.

TRAININGS FOR TRIBES AND PROFESSIONAL GROUPS:

Juneau:

AWARE offers trainings to community agencies on topics such as domestic violence, sexual assault, and AWARE services.

Sitka-area villages (Angoon and Kake):

SAFV offers support to and stands beside tribes, organizations, and community members working to prevent and intervene in violence in their communities. This can include, when requested, training on topics such as domestic violence and sexual assault, resource information, and available educational materials.

Ketchikan:

KIC's Domestic Violence Program offers trainings on topics such as domestic violence 101, batterer's programs, workplace violence and policy development, screening for IPV in the medical setting, and cultural competence and domestic violence.

WISH offers trainings on topics such as domestic violence and sexual assault, child sexual abuse, safety planning for families and children, parenting support and education, dating violence and stalking, healthy relationships, gender stereotypes, media literacy, bullying, and multigenerational trauma and healing.

Sitka:

SAFV offers an annual 40 hour volunteer training for the community of Sitka on domestic violence, sexual assault, child abuse and neglect, cultural competency, prevention, and crisis intervention.

SAFV is available to present to organizations on the above topics and more.

Southeast Regional Health Consortium (SEARHC)'s Sitka hospital has an active Domestic Violence Coalition, which collaborates with Pathways to a Safer Sitka to offer trainings on DV/SV-related issues to health care providers and others in the community.

Prince of Wales Island communities:

Green Dot trainings are available to any community on the island through HOPE and coalitions in the communities of Klawock, Craig, Hydaburg and Thorne Bay.

HOPE offers trainings on domestic violence and sexual assault to any island organization that requests one.

HOPE partners with the Central Council of Tlingit and Haida Indian Tribes of Alaska (CCTHITA) to assure that DV/SA services and trainings are available for the island.



CHANGING COMMUNITY NORMS:

Some of the efforts to change community norms to move away from violence and towards more peaceful and equitable communities are happening across the Southeast region. These include:

Coaching Boys into Men (Juneau, Sitka, Ketchikan, Craig and Klawock), a program in which athletic coaches are supported to talk with their young male athletes about respect for women and girls and show, through formal lessons, casual conversation, and role modeling, that violence doesn't equal strength

Green Dot Initiative (Juneau, Sitka, Ketchikan, Prince of Wales Island), a bystander intervention approach that helps provide community members with the skills needed to stop violence before it occurs and change norms that support violence. For more information about Green Dot, visit www.greendotalaska.com or www.greendotpov.com

Mini-grants from the State of Alaska fund additional efforts around healthy masculinity and men's roles in ending violence, and communities across the Southeast (and all of Alaska) organize awareness marches

Area-specific efforts to change community norms:

Juneau

AWARE and other partners in Juneau support the **White Ribbon Campaign**—men taking a stand against violence and working with businesses, organizations, and others to promote peace.

Sitka

Paths to a Safer Sitka is the prevention coalition in Sitka that meets regularly to build networks between organizations and groups, to build understanding of violence and violence prevention, and to plan and implement prevention strategies. These community-based strategies have included activities such as:

- community awareness and respect marches
- youth leadership programs
- community respect mural
- school based programs that integrate social-emotional and cultural learning into Sitka schools
- media based strategies
- educational seminars and community conversations on root causes of DV/SA and intersecting issues
- male engagement programs
- parent engagement programs

Ketchikan

Promoting Respectful Relationships is a community task force dedicated to ending DV/SV. They engage in many community violence prevention efforts, including:

- media campaigns
- traditional storytelling
- assessing resident's perceptions of current issues facing Ketchikan
- creating culturally-responsive adaptations of Coaching Boys into Men



Advocates at WISH in Ketchikan (pictured here in the children's area) offer a variety of support, education, and empowerment groups for survivors of violence and their children. Childcare is provided for women attending groups.

EMPOWERMENT, SUPPORT, AND EDUCATION GROUPS :

Juneau:

AWARE offers weekly support groups for women and children (participants in shelter and community members) with topics such as parenting, healthy relationships, women's education and support, children's life skills, and children's creative play. Childcare and transportation are available at no cost to the participant.

Ketchikan:

WISH offers the following groups for adults: parenting seminars, parenting support, safe and sober group, and craft nights. Childcare is provided for some groups.

WISH offers children 4 and up (divided into age groups and with developmentally-appropriate games, activities, and topics) life skills groups, which include topics such as problem solving and conflict resolution, naming and expressing feelings, and chemical use and abuse and creative play (including fun outings, music, games and art).

Craig and Klawock:

HOPE, in collaboration with the Klawock Tribe and churches, offers multiple support groups for women, such as faith-based women's support, safe and sober, domestic violence education and support, and trauma support groups. The trauma support groups are offered through Petersburg Mental Health to people in all Prince of Wales Island communities via telehealth technology.

Sitka:

SAFV holds the following groups: women's support groups, after school children's support groups, teen support groups, after school youth leadership group, annual volunteer trainings, and seminars for community members and partner agencies. Childcare and dinner are available for participants in groups held at SAFV, at no cost to the participant.

Changing Harmful Behaviors: next



Photo Credit: Ketchikan Indian Community. Staff from Ketchikan Indian Community (KIC)'s Domestic Violence Program offer emotional, financial, and legal support for victims of violence and operate the batterer intervention program. They work to make all services culturally-relevant and trauma-informed.

HELP FOR PEOPLE WHO HAVE HARMED OTHERS

Batterer Intervention Programs:

Batterer intervention programs explicitly address the beliefs and learned behaviors that contribute to violence, and how to change them. There are two state-approved batterer intervention programs in the Southeast region. Those who have been court-ordered, sent by OCS, or sent by halfway houses, as well as those who attend voluntarily can participate.

Juneau

Juneau Choice and Accountability Program (JCAP), operated by AWARE, is for male perpetrators of domestic violence. The program challenges participant's values and beliefs that reinforce the use of power and control in relationships. Topics integrated into the curriculum include power and control, empathy and compassion, communication skills, anger relapse prevention, stress management, and self-esteem.

Ketchikan

Ketchikan Indian Community (KIC)'s Domestic Violence Program operates a 36-week batterer intervention program using the Moral Reconciliation Therapy approach and a curriculum called Bringing Peace to Relationships. The group is facilitated by male and female facilitators and is held in a group processing format. Facilitators also supplement with information on power and control from the Duluth model and information on and skill-building around parenting.

For parents:

For information on responses for caregivers who are involved with the Office of Children's Services (OCS) or at risk of OCS involvement, contact your local OCS office or ICWA coordinator.