



Happy New Year!

January-February 2012

By Deborah Caruana

# The Phoenix Flyer

## Update on the Department of Justice Grant and Funding

The Phoenix Center at Auraria (PCA) is sad to report that it did not receive another grant from the Department of Justice. Thanks to the University of Colorado Denver students who voted for a student fee of two dollars per person, per semester in April 2011, as well as The Community College of Denver which has committed student fees to the PCA for the 2011-2012 academic year, the PCA is still able to offer services to CU Denver and CCD communities. As of December 1, 2011 Metropolitan State College of Denver has declined to provide funding to the PCA and as a result PCA advocates are no longer able to serve members of the Metro State community. Metro students, staff, and faculty seeking assistance should contact the following people or departments for services.

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### Crisis & Acute Intervention and Support:

Billi Mavromatis at the Health Center at Auraria—Plaza 150 (303) 556-2525

Nicole Taylor at Metro State Counseling Center—Tivoli 651 (303) 556-3132

### Non-Crisis Assistance and Support:

Joanna Snawder (non-confidential) at The Institute for Women's Studies and Services—1033 9th Street Park (303) 556-8441

*“To be free is not merely to cast off one’s chains, but to live in a way that respects and enhances the freedom of others.”*

*(Nelson Mandela)*

### Applications for 24/7 Helpline Advocates Now Available!

The PCA is currently accepting applications for the 24/7 helpline for trainings to begin February 13th. Helpline Advocates will be trained to provide advocacy, crisis intervention, information and referrals to the CU Denver and CCD campus communities, regarding issues of relationship violence, sexual assault, and stalking. Advocates will be provided with an on-call cell phone, which they will carry for four-day long shifts approximately once a month. When requested, advocates will also provide on-scene response. Students, staff, faculty and community members are eligible for this volunteer position and students can use this as an internship experience. Volunteers must attend a 40 hour training to be eligible. This valuable training covers crisis intervention and advocacy skills, information about the criminal justice system and protection orders, police investigations, sexual assault forensic exams, the District Attorney process, dynamics of interpersonal violence, cultural competency, and more. All participants will receive a certificate of completion after the training.

**Application deadline: February 1, 2012. Please visit [www.thezca.org/volunteer](http://www.thezca.org/volunteer) to download an application and further information**

## JANUARY IS STALKING AWARENESS MONTH

**—Stalking is a purposeful course of action, directed at a specific person that causes that person to be afraid, fearful, or intimidated. Stalking can occur during a relationship, after a relationship has ended, or in the absence of a relationship.**

### **Know That...**

- A stalker can be someone you know well or not at all.
- Stalking is serious, often violent, and can escalate over time.
- You are not to blame for your stalker's behavior.
- 3.4 million people are stalked each

year in the U.S.

—Women are three times more likely to be stalked than men.

### **—Some of the things that stalkers do are...**

- \*Repeatedly call you, including hang ups.
- \*Follow you and show up wherever you are.
- \*Send unwanted gifts, letters, texts or emails.
- \*Damage your home, car, or other property.
- \*Monitor your phone calls or computer use.
- \*Drive by or hang out at your home, school, or work.
- \*Threaten to hurt you, your family,

your friends or your pet.

\*Other actions that control, track, or frighten you.

### **—If You Are Being Stalked, You Should...**

- \*call 911 if you are in immediate danger.
- \*Trust your instincts, if you feel like you're in danger you probably are.
- \*Take threats seriously.
- \*Log all stalking behavior.
- \*The Phoenix Center at Auraria can help you develop a personal safety plan.

## Love, Sex, and Lies: An Intimacy Check Up, 2011

When is it just a fight? When is it abuse? As part of Domestic Violence Awareness Month, the Phoenix Center at Auraria and the Center on Domestic Violence partnered with ten other organizations across campus to organize "Love, Sex, Lies: An Intimacy Checkup." The purpose of the event was to screen students, faculty and staff for abuse in their intimate relationships and provide resources, support and referrals. A record 1054 students, faculty and staff completed an anonymous survey about the prevalence of physical, sexual, emotional or psychological in their current or most recent relationship. Trained advocates were on hand to meet with participants to discuss their answers and provide support and referrals.

According to Barbara Paradiso, Director of the Center on Domestic Violence, "the event provides an opportunity for people who might not typically seek help for abuse within their relationships to comfortably access information and assistance." She said it also creates greater awareness of the Phoenix Center at Auraria (PCA) and its services.

Participants were overwhelmingly positive about the event, reporting that the screening provided "helpful support" and "useful resources." A number of participants stated that the event helped them realize they were in unhealthy or controlling relationships.

**"Never believe that a few caring people can't change the world. For, indeed, that is all that ever have."**

(Margret Mead)

Although data is still being compiled, past events have revealed that 10% of attendees report being "hit, kicked, or punched" in their current or most recent relationship. Over 5% report being a victim of sexual assault. The event was free and included pizza and chair massages.

## Happenings.....



The PCA is still collecting old or unwanted cell phones to recycle and exchange for emergency cell phones to include in our stalking sacks. Phones can be dropped off at The PCA Monday through Friday from 8:30 am to 4:30 pm or by email, contact Deborah at Deborah.Carwana@ucdenver.edu and she can pick them up if that is better for you. Thank you all for your support with this initiative!

## A New Tool for Students:

Carisa Weaver from the CU Denver Women's Resource Center (WRC) has announced an exciting new resource for single parents and anyone with custody of a minor. The program will meet once a week and offer such benefits as, Child friendly study groups, access to emergency resources (diapers & formula), personal and professional development opportunities and a connection to other students with similar experiences. The participants will also work on long term projects designed to expand resources for other parents on campus and offer some the opportunity to mentor others. For more information please contact carisa.weaver@ucdenver.edu or www.ucdenver.edu/wrc.