NJCBW staff Sara Zesski and Rose A. Williams facilitated a workshop in cooperation with the White Aspiring Allies to People of Color and the Women of Color Task Force on November 27, 2012. The workshop brought together 24 participants who shared interactive exercises and dialogue after watching the film *Cracking the Codes* by filmmaker Shakti Butler, the director of the “The Way Home”. Participants gave the workshop high marks for overall impact and use of the film, the use of interactive exercises and the facilitators’ ability to create an inclusive and open space for this discussion.

Shakti Butler, PhD, director of the film, says that “*Cracking the Codes: The System of Racial Inequity* is a project designed to deepen and shift the framing of racial disparities in this country, “The current conversation is not only shallow, but actually harmful. We continue to primarily focus on individuals, when institutional and structural inequities are the bigger problem.”

Ms. Zesski is the staff liaison for the White Aspiring Allies. Ms. Williams is the staff liaison for the Women of Color Task Force. If you are interested in joining either group please contact us at zesski@njcbw.org and williams@njcbw.org.

The Team met on December 17, 2012 for its annual Retreat Day. The time was used to reflect on the accomplishments of the year and to set an agenda for 2013. Members of the Team include (in the picture from left to right) Sara Zesski and Pamela Smith Chambers (seated), Vineeta Kapahi, Claudia Ratzlaff (Chair), Debbie Vermaat, Karen Hosington, Ruth Kleiman and Sharon Miller (not available for picture).

The purpose of the NJCBW Anti-Racism Change Team will continue to be that of a guide to the implementation of the Coalition’s Inclusion and Access Plan statewide. The Change Team will use the following strategies for accomplishing this purpose:

1. Insure that the topic of achieving coalition-wide inclusion and accessibility, as part of the Coalition’s Domestic Violence Program Standards, remains front and center on the Coalition’s agenda and discussions;
2. Regularly suggest specific steps towards inclusion and provide the opportunity for programs to share and discuss challenges, products and positive movement;
3. Provide additional resources, technical assistance, support and encouragement to programs in moving their anti-racism agendas forward.
Executive Directors / Membership Meeting
Thursday, January 17, 2013 • 10:30am–12:30pm

Executive Directors Meeting with Commissioner Allison Blake
Thursday, January 17, 2013 • 1:00pm–3:00pm

Legal Advocates Meeting
Friday, January 18, 2013 • 9:00am–2:30pm

Domestic Violence Response Team Meeting
Tuesday, January 22, 2013 • 10:00am–3:00pm

White Aspiring Allies to People of Color Meeting
Thursday, January 24, 2013 • 10:00am–1:00pm

PALS Meeting – Teen Pilot
Friday, January 25, 2013 • 12:00pm–4:00pm

NJ Child Advocate Network Meeting
Friday, January 25, 2013 • 10:00am–2:00pm

Cultural Competency Committee Meeting
Monday, January 28, 2013 • 10:00am–1:00pm

Protective Parents Task Force Meeting
Monday, January 28, 2013 • 2:00pm–3:30pm

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Thursday, January 24, 2013 • 10AM – 1PM

*How Trauma Focused Counseling Can Enhance Our Work with Survivors of Domestic Violence*
Janet Lee, MSW, LCSW

Domestic violence can be described as a Type II trauma characterized by prolonged and repeated acts of intimidation, coercion, threats and various forms of violence. Survivors may find that their recovery from domestic violence is impeded by post-traumatic stress symptoms. These symptoms may include re-experiencing intrusive feelings and sensations associated with the abuse, experiencing a numbing of emotions, and feeling hyper alert (constantly on guard, easily startled). This workshop will give counselors a range of trauma-focused approaches including individual and group techniques which will enhance their ability to help survivors develop their own coping strategies and healing tools.

(continued)

This workshop will also address the impact of trauma-related self-blame and grief and the impact of the counselor/survivor relationship on the healing process. This interactive workshop allows time for case examples including those participants would like to share.

*Limited to 25 participants*

3 DVS Credits: Mental Health

$10 Program Staff; $35 Non-Program Staff

Please click here to register by credit card

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Thursday, January 31, 2013 • 10AM – 4PM

*Training Techniques*

Leslie N. Malkin, Community and Program Education Administrator

In the past, conventional theories held that adults could not learn new information as effectively as younger people. People believed that adults had passed their window of opportunity and adhered to the adage “you can’t teach an old dog new tricks.” Today we know that adults can and do learn new knowledge and skills. They just learn differently than children. Educating the public on the dynamics of domestic violence can be challenging. There are typically three types of adult learners: visual, auditory, and kinesthetic, or those who have a need for tactile, or touch, learning. This highly interactive five hour training will provide a detailed understanding of how adults learn, how to plan and execute a training, and how to develop a power point presentation. They will learn how to explain the dynamics of domestic violence and deal with difficult questions or participants. This training is for anyone who wants to effectively speak in public but currently has little experience or confidence.

*Because this training will be quite hands on with role playing, class size is limited to 15 participants.*

5 DVS Credits: Group Dynamics

$15 Program staff; $50 Non-Program Staff

Please click here to register by credit card

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Wednesday, February 6, 2013 • 10AM – 4PM

*Fight, Flight, or Freeze: Moving Through the Body’s Response to Trauma*

Tracy Durkin

Humans share with animals an amazing array of autonomic physical reactions that help prepare for life-threatening events. From hyper arousal, where the muscles, heart and lungs ready the body for action, to a state of immobilization and numbness—the range of survival responses is controlled by biochemicals that are released involuntarily and automatically. This workshop will examine the physical effect these chemical floods have on the body, especially when trauma remains “unresolved”, as with PTSD. We will identify ways we can help our clients understand and manage their own crisis reactions in the face of violence and abuse.

(continued on next page)
TRAININGS CONTINUED

We will also examine the ways in which recent events – unemployment and economic crisis, Hurricane Sandy, Newtown, CT shootings – may put us all at risk of an unnaturally prolonged of biochemical arousal, and what we can do about it. The workshop will conclude with a discussion of simple “right-brained” techniques for helping to reduce stress and heal from trauma.

5 DVS Credits: Mental Health
$15 Program staff; $50 Non-Program Staff

Please click here to register by credit card.

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Women of Color Network Leadership Academy

The Women of Color Leadership Academy Fellows

The New Jersey group attended the second face-to-face meeting in Harrisburg from December 12-14, 2012. The meeting agenda included workshops and time for networking among domestic violence advocates from the other three states in the project: Minnesota, Virginia and Vermont. The WOCN Leadership Academy is intended for individuals from underrepresented groups who identify as African-American, Hispanic or Latino, Native/Tribal, Asian Pacific American, Lesbian, Gay, Bisexual, Transgender or Queer (LGBTQ), persons with disabilities, Deaf/deaf, hard of hearing, a refugee or an immigrant, along with younger individuals under the age of 35 and older individuals over the age of 55. The project is funded by the Family Violence Prevention and Services Office of the Department of Health and Human Services under the Expanding Leadership Opportunities within the Domestic Violence Field for Members of Underrepresented Groups Grant. This group will graduate at the last face-to-face meeting April 3-5, 2013 in Baltimore, MD.

From left (standing): Angela Simon, Krystal Bradshaw, Angela Mobley, Suheily Miranda, Rose A. Williams (State Lead), Yvonne Williams, Sheila Lindsay and Shainn Reaves.

From left (sitting): Suzy King, Sara Zesski and Vinetta Kapah.

Not pictured: Asia Smith, Nicole Waters. Tamu Lewis and Dawn Penna could not attend the meeting. Advocates from: Babyland FVP, Camden County Women’s Center, DASI, Lighthouse Social Services, Manavi, NJCBW, Purple Reign, Women Aware, The Women’s Center.

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MEMBER PROGRAM NEWS

Providence House Domestic Violence Services of Catholic Charities - Ocean County

Providence House Domestic Violence Services (PHDVS), of Catholic Charities, Diocese of Trenton, New Jersey, the Ocean County Board of Social Services’ Adult Protective Services, the Ocean County Prosecutor’s Office, Jackson Township Police Department, Berkeley Township Police Department, the Superior Court of New Jersey, Ocean County Family Division, and the Multicultural Senior Task Force came together to form the “Project Reach Collaborative” and to make an application for the Office on Violence Against Women’s Enhanced Training and Services to End Violence Against and Abuse of Women Later in Life Program grant.

PHDVS applied as the lead agency for this grant as it already has an established program that works with victims age 50 and older called, “Project Reach.” Staff felt that Ocean County was a very good match for this grant with 40 percent of the population being 50 and older according to the new census count.

On August 30, PHDVS received word that they would be receiving a three-year grant in the amount of $400,000. Through this project, staff will receive training from the Office on Violence Against Women on working with older domestic abuse victims. They will bring back this information to Ocean County and share with police departments, detectives, government agencies, and victim service providers in a series of free trainings.

In addition, the Project Reach Collaborative will be conducting a community needs assessment to see where services are lacking for domestic abuse victims age 50 and over, form a strategic plan for how to address the need, and then implement it by expanding PHDVS services.

PHDVS attended the first orientation and training for this grant in January 2013. Staff is very excited to begin this new venture.

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Babyland Family Violence Program of Essex County recently received a small grant to renovate the Shelter’s kitchen floor.