

Bergen County Department of Human Services

ALTERNATIVES TO DOMESTIC VIOLENCE NEWSLETTER

A MESSAGE FROM OUR DIVISION DIRECTOR

Women's History Month!

As we observe Women's History Month, we at ADV, renew our commitment to fostering equity and opportunity for all women and individuals who seek our support. This month serves as a powerful reminder of the resilience and strength that women have shown throughout history, overcoming barriers and shaping a more inclusive world. In our mission, we are inspired by these stories of courage and perseverance, striving to create a safe, welcoming space where every person can find the help they need and the respect they deserve. We recognize the diverse experiences and identities within our community and are dedicated to providing culturally sensitive services that honor and uplift every individual. Together, let's continue to work towards a future where equality and safety are realities for everyone.

Marisa Heluk, M. Ed.
ADV Division Director

 fostering
stigma-free
community
dialogues
about healing
processes in
mental health
spaces



The Hackensack Meridian School of Medicine hosted a community panel for 1st year medical students addressing the challenges of mental health access and societal attitudes about mental health wellness. ADV's featured staff of the month, **Sophia Traphagen**, participated as a community panelist and presented on the intersection between mental health and domestic violence experiences.

MARCH 2024 IN REVIEW 3RD EDITION HIGHLIGHTS

- ✦ [Celebrating Women's History Month](#)
- ✦ [Community Outreach Highlights](#)
- ✦ [Featured Topic: DV Stigma within the Korean-American Community](#)
- ✦ [New Legal Advocate Job Opening](#)
- ✦ [New Dates Added for 40-Hour Training Program for Domestic Violence Victim Advocates](#)

CELEBRATING WOMEN

and the Totality of their Experiences during Women's History Month

This year at Alternatives to Domestic Violence, our staff has reflected on the importance of honoring and uplifting all women's historical resistance against violence and of recognizing the full complexity and intersectionality of their identities, dreams, and struggles.

With this intention, we affirm the humanity and right to safety of ALL women, including all gender expansive people: cisgender, trans, non-binary, gender non-conforming, gender queer and anyone women- or girl-identified.

At ADV, we actively contemplate how in addition to the coordinated attacks to their person and livelihoods, survivors of abuse also resist against harm in the form of dehumanizing responses from systems, challenges to legally protected rights, and historical exclusion from the most impactful circles of power and influence. Thus, we strive to challenge all iterations of stigma, injustice, and violence impacting our survivors through an ongoing dedication to critical reflection, anti-oppressive movements, coalition-building, and coordinated community responses to violence.

Our message this month to advocates, partners, and allies is one pledging our role in advancing an inclusive solidarity in our antiviolence movement, as the fight for gender equity is at the heart of our antiviolence mission.



VOLUNTEER OF THE MONTH

We'd like to give a huge cheer for **Arielle G.**, our Volunteer of the Month!



Arielle is a remarkable teenager who surpassed expectations in enhancing our prevention through education initiative as a high school intern in the summer of 2023.

After completing our 40-Hour Training Program for Domestic Violence advocates last fall, Arielle organized a collaborative meeting between our PTE team and her high school guidance team. Her efforts resulted in both teams brainstorming new curricula and programming to promote healthy relationships at her high school. Her astute insight and passion for advocacy instantly enriches and grounds all dialogues she is part of and have inspired even the most seasoned advocates.

Arielle is well on her way to changing the world with her intelligence, determination, and leadership skills!

ADV FEATURED STAFF

Sophia Traphagen, MSW

We are thrilled to announce Sophia, Community Educator and Survivor Advocate, as our featured staff of the month! Her unwavering dedication to prevention education and passion for working with youth on vital topics such as dating abuse and consent have truly made a profound impact on our Prevention Through Education (PTE) program and outreach efforts.



Through her captivating digital designs, innovative social media outreach strategies, and relentless advocacy efforts, Sophia has consistently inspired and empowered both young minds and fellow colleagues alike. Her commitment, expertise, and tireless advocacy exemplifies the essence of ADV's mission and we are incredibly grateful to have retained her talents at the conclusion of her internship with ADV in 2023 and her receipt of her MSW from Fordham University.

Outside of ADV, Sophia enjoys nature photography and draws inspiration from spending time with her cat and young niece and nephew.

JOB OPPORTUNITIES

★ Full-time Legal Advocate



Go to our [Get Involved](#) page to learn more or to apply!

SERVICE HIGHLIGHTS/UPDATES

Community Education & Outreach

Our Prevention Through Education Team was busy this month! They hosted several workshops for local Bergen County schools:

Park Ridge High School's Peer Leaders participated in a workshop by the YEP team on healthy dating relationships and outreach skills. They learned about abuse dynamics, positive bystander intervention, and brainstormed activities for younger peers. Thank you for having the courage to lead by example, Park Ridge!

Leonia School District recently hosted a Professional Development Day

and the PTE team joined them with three workshops for staff. Their staff participated in our *Teen Dating Abuse 101*, *Teen Relationship Issues?*



Let's Talk About It!, and *Positive Bystander Intervention* workshops specially developed to support educators in interrupting dating violence safely and effectively. Thank you for your amazing dedication and commitment to students' wellness, Leonia!

Teaneck Ben Franklin Middle School held their annual Empowerment Day for 8th graders

where community members and organizations facilitated workshops and activities around wellness and personal development. The PTE team engaged students on the dynamics of healthy relationships through a relationship-themed Jeopardy game and fun prizes that promoted positive friendship, dating, and bystander intervention skills. You nailed it, Teaneck!



The PTE team collaborated with **South Hackensack Police Department** on domestic violence issues, discussing challenges in law enforcement responses, including an in-depth look at coercive control and community responses. We look forward to future collaborations and supporting the police department's efforts to protect survivors. Thank you, South Hackensack P.D., for your leadership and service!



the most common way people give up their power is by thinking they don't have any. -alice walker

If you are interested in having the PTE team come to your school to host a workshop, visit our Community Education & Outreach tab on our website and fill out the short application!

Stigma within the Korean-American Community on Domestic Violence

Written by Sohee Lee, BSW and Seoyoun Park, MSW intern

Domestic violence is a pervasive issue that affects individuals across all communities, yet it remains vastly underreported, particularly among certain cultural groups. According to the 2010 National Intimate Partner and Sexual Violence Study, the reported rate of domestic violence among the Asian American and Pacific Islander (AAPI) communities is significantly lower than other groups, which is based on certain cultural characteristics prevalent in some AAPI communities (Hu, 2018).

ADV provides culturally inclusive and comprehensive support to address both physical safety and emotional and mental health needs. We recognize the importance of tailoring our services to meet the unique requirements of the Korean-speaking community, which is a significant part of our community.

This educational program is offered in the Korean language additionally reflects Korean cultural characteristics. To get connected, please call our new, confidential Korean-speaking line, **201-336-7598**, Monday-Friday and leave a message. All confidential calls will be responded to by Korean-speaking counselors within the next business day. Anyone who identifies the need for specific therapeutic support will be referred to the appropriate mental health services.



References

Hu, C. (2018, May 31). What we know about intimate partner violence in Asian American and Pacific Islander communities. Urban Institute. <https://www.urban.org/urban-wire/what-we-know-about-intimate-partner-violence-asian-american-and-pacific-islander-communities>.
 McGoldrick, M., Giordano, J., & Garcia-Preto, N. (Eds.). (2005). Ethnicity and family therapy (3rd ed.). The Guilford Press

Survivor Services Focus Groups

Do you know someone who has experienced abuse in their relationship? We want to hear from you to help us improve survivor services across Bergen County!

ADV is actively recruiting survivors of abuse to participate in confidential group interviews. This will help us to learn more about the challenges and barriers survivors experience in connecting to safety and other services.

We believe listening to survivor experiences is key to making our service systems helpful. As a token of our appreciation, all participants will be compensated with a \$50 Visa gift card.

Scan the QR code of or click the link to access the Sign-Up Application

<https://sprw.io/stt-5Lh9veE4XnC8P4FsEKwvmN>



Join the CCR-DSV Movement

The **Bergen County Coordinated Community Response to Domestic & Sexual Violence (CCR-DSV)** is a community network of individuals and organizations in the County that coordinates and supports collaborative efforts to reduce domestic and sexual violence, dating abuse, and coercive control. We accomplish this through awareness-raising, prevention, education, and advocacy.

The CCR-DSV recognizes violence as a critical community problem that poses significant threats to individuals, families, and the community. The CCR-DSV also recognizes that the power dynamics between the victim/survivor and perpetrator in domestic and sexual violence cases, when viewed through the lens of coercive control, calls for a specialized system of response.

No one individual or entity alone can end domestic violence which is why we are putting out a call to action for all of our community partners to join the Bergen County Coordinated Community Response Team.



To add your agency or organization to the team, complete our **interest form** or scan the QR code with any smart device.

ADV'S TRAINING INSTITUTE ON DOMESTIC VIOLENCE

ADV's **Training Institute on Domestic Violence** is excited to now offer online and in-person training opportunities for community advocates, professionals, and organizations looking to expand their awareness of domestic violence. The training will help to enhance their skill sets in assisting survivors of abuse. Our trainings and workshops have been developed by experienced domestic violence practitioners to help empower both new and established advocates in their work to disrupt abuse and intervene effectively on behalf of survivors.

The **40-Hour Training Program** is open to all and is especially geared toward individuals and groups looking to volunteer or work directly with survivors of domestic violence at victim service agencies requiring victim privilege certification. The training provides a comprehensive overview of domestic violence topics, including in-depth exploration of abuse dynamics in intimate relationships, the effects of abuse on diverse survivor populations, and anti-oppressive perspectives on abuse intervention and healing work.

The training operates in a cohort model with both live virtual sessions and independent self-paced modules granting participants additional flexibility. We offer the training four times per year with varied weekday and weeknight options. Participants are required to participate in live virtual ZOOM sessions to receive credit.

Training Topics Include:

- Domestic Violence Dynamics
- Continuum of Abuse
- Trauma-Informed Advocacy
- Values & Ethics for Advocates
- Societal Attitudes on Violence
- Anti-Oppressive Advocacy with Diverse Survivor Populations
- Crisis Intervention & Safety Planning
- Communication & Counseling Skills
- Domestic Violence Law in NJ
- Impact on Children & Teen Dating Abuse
- Healing Work with Survivors
- Abuse Intervention Programs & Coordinated Community Responses to Violence

For more information, go to our [Training Institute for Domestic Violence](#) page.



UPCOMING TRAININGS

40-Hour Training - Spring Cycle

3/25/24 - 4/24/24

Monday & Wednesdays

5:30pm - 8:30pm Virtual via ZOOM

[Registration Link](#)

40-Hour Training - Summer Cycle

5/28/24 - 6/27/24

Tuesdays & Thursdays

5:30pm - 8:30pm Virtual via ZOOM

[Registration Link](#)

40-Hour Training - Fall Cycle

9/17/24 - 10/17/24

Tuesdays & Thursdays

5:30pm - 8:30pm Virtual via ZOOM

[Registration Link](#)

WANT TO STAY IN THE LOOP?

Make sure you are subscribed to **ADV's newsletter and email list** to receive more exciting updates on our agency programs, community events, professional trainings, and opportunities to get involved in the movement to end domestic violence and dating abuse in Bergen County!

Click [here](#) to sign up or scan the QR code with any smart device



HAVE AN IDEA TO HELP US GROW?

We are constantly looking to transform and improve our programs to benefit survivors and their loved ones in Bergen County. Do you have any **feedback, ideas, or suggestions** for ADV?

Submit your comments **anonymously** through our **confidential form** or by scanning the QR code with any smart device.

