

Bergen County Department of Human Services

ALTERNATIVES TO DOMESTIC VIOLENCE NEWSLETTER

A MESSAGE FROM OUR COUNTY EXECUTIVE

Exciting News from ADV in 2024: **Elevating, Expanding, Empowering!**

First and foremost, I would like to congratulate the County's Division of Alternatives to Domestic Violence on their first-ever newsletter!

I commend Alternatives to Domestic Violence for the critical and lifesaving resources they provide to our Bergen County residents and vulnerable communities, and I look forward to witnessing all the amazing things to come out of ADV.

I hope you see this newsletter as a continued resource, linking you to crucial County services. My administration is proud to support Alternatives to Domestic Violence and all their exemplary work.

Here's to many more years of success!

James J. Tedesco III
Bergen County Executive



JANUARY 2024 ISSUE HIGHLIGHTS

- ★ ADV staff spotlight
- ★ 40-hour training program
- ★ Career opportunities
- ★ Website additions
- ★ Program news
- ★ Community event showcase

SAY HELLO TO OUR WEBSITE'S NEW LOOK!

Our website didn't get just any makeover. We've added more resources, tools, and videos that survivors and advocates can use to access services, to safety plan, and to learn more about domestic violence!

VOLUNTEERS OF THE MONTH

We would like to congratulate the incredible trio of **Sherry, Angela & Christine** for an exceptional job in their volunteer roles.

Sherry covered an impressive 172 hours since she started volunteering in October. Christine has 42 hours under her belt with weekly Hotline coverage at our ADV office since October. In addition to her DVRT role, Angela planned and organized a local community event at her church in collaboration with ADV educators in support of open and honest conversations regarding Domestic Violence and its effects on youth & communities. We are truly grateful for their enthusiasm and willingness to make a difference!

ADV FEATURED STAFF

Dr. James Pond, DVFS

Congratulations to Dr. Pond for being ADV's first aquatic team member. In addition to being an expert on fish-on-fish aggression, Dr. Pond's presence has brought many other positive benefits to staff.



Research has shown that keeping a fish buddy contributes to a more relaxing environment and helps to improve mental health, mood, and reduce anxiety.

UPCOMING TRAINING OPPORTUNITIES

40-Hour Training for Domestic Violence Victim Advocates 1/17/2024-2/21/2024

Select Monday & Wednesday Evenings
5:30pm - 8:30pm

The 40-Hour training gives participants essential knowledge from which to launch and inform ethical and transformative advocacy work with survivor populations. The virtual training is open to all and is geared towards individuals or groups looking to volunteer or work with survivors of domestic violence at victim service agencies. Email Laura at lmelendez@co.bergen.nj.us for more information and a full calendar.

SERVICE HIGHLIGHTS/UPDATES

ADV is proud to offer new therapeutic service offerings for youth & adult survivors of domestic violence & dating abuse.

NEW

Youth Empowerment Services (Y.E.P.):

Healthy Relationships for Teens (HRTs) Groups

give teens & young adults a safe space to process relationship issues in a structured and supportive communal setting facilitated by licensed clinicians and antiviolence educators. Teens will

explore how to have healthy relationships with self, peers, and loved ones. The groups meet weekly with several weekday options, are confidential, and are open to teens ages 14+ of all genders, regardless of the gender of their dating partner.



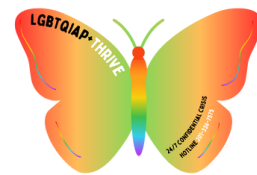
Individual Therapy for Teens provides one-on-one support to teens looking for help in stabilizing emotional distress recovering from harmful relationship issues. Individual therapy focuses on each teen's unique goals and helps them to develop effective language, coping skills, and safety plans to combat the effects of abuse. Services are available on a case-by-case basis.

NEW

Survivor Group Counseling Program:

LGBTQIA+ THRIVE Group offers a safe, liberated space for Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, & Pansexual (LGBTQIAP+) survivors of intimate partner violence to process experiences of abuse. The group is aimed at building self-esteem,

resilience, strategic resistance, and a sense of community, welcoming all regardless of the gender of their present partners. The group is offered weekly and virtually via secure ZOOM video calls at this time.



Go to our [Survivor Services](#) page to learn more. To access our services, call the main line: 201-336-7575

JOB OPPORTUNITIES

- ✦ FT Housing Navigator
- ✦ FT Survivor Services Counselor
- ✦ FT Social Work Supervisor
- ✦ FT Abuse Intervention Specialist

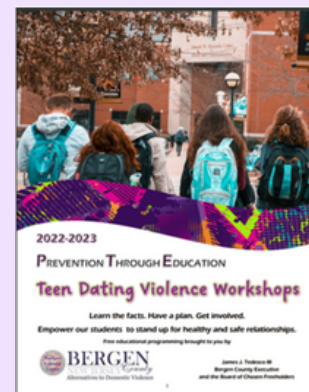
We're Hiring

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

COMMUNITY WORKSHOP SHOWCASE

Our Prevention Through Education unit is proud to offer a 7-12th grade curriculum of Teen Dating Violence workshops for Middle and High School students. The workshops address a series of in-demand topics, such as helping teens assess the difference between healthy and unhealthy relationships, navigating boundaries & consent, and identifying domestic violence law in NJ.

We also offer workshops for educators, parents, and other community members! Click [here](#) to view our [Teen Dating Violence Workshops catalog](#). Go to our [Community Education](#) page to learn more about existing workshops and how to sign up or request our educators' visit to your classroom or community event!



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 eradicate domestic violence and dating abuse in Bergen County!

Click [here](#) to sign up or scan our convenient 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.



INTERESTED IN BECOMING AN ALLY?

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.

