

Bergen County Department of Human Services

ALTERNATIVES TO DOMESTIC VIOLENCE NEWSLETTER

A MESSAGE FROM OUR DIVISION DIRECTOR

Exciting News from ADV in 2024:

Elevating, Expanding, Empowering!

This year at Alternatives to Domestic Violence, we're supercharging our mission! We're boosting staff skills with cutting-edge virtual trainings and diving into new funding opportunities. Our Welcome Group is growing, now offering diverse therapeutic options, including a Dialectical Behavior Therapy (DBT) intensive group, in multiple languages to reflect the diversity of our community.

We're also expanding our website and hope to develop a mobile app for instant access to resources, in addition to launching a dynamic public awareness campaign. In addition, our partnerships with local schools will deepen as we educate young minds on domestic violence prevention.

With these bold strides, we're not just meeting goals; we're setting new standards in supporting and empowering those affected by domestic violence. Let's make 2024 a year of positive transformation and optimism! There is room for everyone at the table, and I urge you to join us in our endeavors to create safer communities and homes.

Marisa Heluk, M. Ed.
ADV Division Director



Marisa Heluk (right), with Tony Salerno (left), host of *My Montvale*, during a special edition episode focusing on ADV's domestic violence services.

FEBRUARY 2024 IN REVIEW 2ND EDITION HIGHLIGHTS

- ✦ Social Media Announcement!
- ✦ Welcome Group Service Highlights
- ✦ Survivor Services Focus Groups
- ✦ Training Institute on Domestic Violence

WE'RE ON SOCIAL MEDIA!

Surprise! We are SO excited to announce that ADV has made the leap onto social media!

In addition to giving our website a huge makeover, we are now on **Facebook** (www.facebook.com/bergencountyadv) and **Instagram** ([@bergencountyadv](https://www.instagram.com/bergencountyadv))!

Follow us to raise awareness on Bergen County's efforts to end domestic violence and to stay informed on our services, community events, job opportunities, and all other happenings at ADV!

Together, we can spread the word and lend support for all, so they may thrive in safe, healthy, and equitable relationships!



VOLUNTEER OF THE MONTH



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

Emily holds her BA in Sociology and Theatre and currently works with Emerson Jr High School. In college Emily volunteered as the President of Best Buddies, a group that worked with adults who have intellectual and developmental disabilities. After graduating and moving home Emily has been volunteering with the ESL Program at Bergenfield Library as a teacher for weekly, small-group classes.

Emily plans to attend law school and pursue a career in Public Interest Law. Her prominent life goal is to make a difference by dedicating herself to support a vulnerable population. She believes that it is crucial that survivors feel seen, heard, and validated, and that they deserve to have volunteers in their corner who are honest, trustworthy, and committed to offering consistent and caring support.

We've been so fortunate and grateful to have her on our Domestic Violence Response Team and we value her dedication and commitment to this work! Are you interested in making a HUGE difference in someone's life? Go to our "Get Involved" page to learn more or to sign up!

ADV FEATURED STAFF

Mariah Springer, LCSW, DVS

At ADV, the widespread consensus is that when we grow up, we want to be like Mariah!



ADV's clinical team was fortunate to host Mariah as a 2nd year MSW intern at the start of her career and we were *elated* to have her return years later as our Survivor Services Coordinator.

Mariah is an experienced clinician trained in several trauma-focused modalities, such as EMDR, DBT, and TF-CBT, and has a proven track record of helping survivors of abuse and trauma find hope, healing, and empowerment! We love her for the warmth, compassion, and creativity she brings to her work with clients and teammates. Most notably, Mariah recently founded the first peer-facilitated group at ADV in partnership with survivors who yearned for more leadership opportunities in the community.

Mariah's favorite outlet is joining one-day pop up choirs. She finds something so grounding about creating a musical experience in the community. Mariah also likes to keep a picnic basket in her car just in case the occasion arises for a spontaneous picnic - one of her favorite activities!

JOB OPPORTUNITIES

- ✦ FT Abuse Intervention Specialist
- ✦ FT Survivor Services Counselor
- ✦ FT Clinical Supervisor



Go to our Get Involved page to learn more or to apply!

SERVICE HIGHLIGHTS/UPDATES

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

AVAILABLE NOW! NO WAITLIST!

Welcome Groups for Survivors 

Our **Welcome Group** program is a free 8-week educational program for adult survivors of abuse offered via a HIPAA-compliant remote platform. Participants get to learn about abuse dynamics in a safe group setting and begin building their toolbox of coping skills, safety plan strategies, community supports, and peer networks.

This program is ideal for anyone looking for an introduction to intimate partner violence and to learning more about services available from ADV and the community. To register online, fill out our Welcome Group Registration Form. You can also register or learn more by contacting our main line: 201-336-7575.

Our Welcome Group program is open to persons of all genders, 18 years and older, on the following days & time:

<u>Group Type</u>	<u>Day</u>	<u>Time</u>
ORIGINAL	Wednesdays	5:45pm- 6:45pm
LGBTQ+ EDITION	Wednesdays	6:45pm- 7:45pm
KOREAN EDITION	Mondays	5:00pm- 6:00pm

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

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 or click the link to access the Sign-Up Application



<https://sprw.io/stt-5Lh9veE4XnC8P4Fs-EKwvmN>

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 seasoned domestic violence practitioners to help empower both new and established advocates in their work to disrupt abuse and intervene effectively on behalf of survivors.

UPCOMING!

40-Hour Training for Domestic Violence Victim Advocates
3/25/24 - 4/24/24

Monday & Wednesdays
5:30pm - 8:30pm
Virtual via ZOOM
[Registration Link](#)

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



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 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.

