

THE ADVOCATE ASPECT

FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH



February is Teen Dating Violence Awareness Month, although this important and concerning issue deserves year-round attention! Studies show that nearly 1 in 3 young people will experience emotional, sexual, or physical abuse from a romantic partner before they become adults. While dating relationships are an important and normal part of adolescence, it can sometimes be hard to tell when a relationship becomes unhealthy, toxic, and/or abusive.

It's important to remember that dating violence is never the fault of the person being harmed; everyone deserves to be safe, happy, and healthy in their relationships and friendships, no matter what age they are. If you have concerns about a young person in your life, or you are experiencing intimate partner abuse in your dating relationship, please call our 24/7 helpline at 1-844-509-SAFE [7233] for free, confidential, non-judgmental help. You can also visit our website at ruralresources.org/program-departments/victim-services to send a private, confidential message to an advocate about your situation and your options. Be sure to follow our social media pages on Facebook, Instagram, and Twitter for more information about Teen Dating Violence Awareness Month in February!

SOME TYPICAL WARNING SIGNS OF DATING VIOLENCE FROM AN ABUSIVE PARTNER CAN INCLUDE:

Checking your text messages, phone records, email, or social media without permission

Putting you down or making fun of you

Isolating you from friends or family (physically, socially, or financially)

Extreme jealousy or insecurity

Demanding the passwords to your social media or email accounts

Possessiveness or controlling behavior

Pressuring or forcing you to be sexually intimate

Any form of physical harm

EVALUATION AT RRVS

We are pleased to announce the creation of a new position within the Victim Services team! Longtime Community Engagement Facilitator and friendly face Matt Shelley has taken on the role of Evaluation Specialist for RRVS. As the Evaluation Specialist, Matt will regularly assess



community needs and provide data-driven recommendations to the leadership team on adjustments and strategy for engaging clients and reducing gaps in service. This position will also assist program managers in

providing evaluation and data collection training and technical assistance to Victim Services staff in support of advocacy, outreach, education, and prevention programs.

Matt's initial evaluations include assessing vicarious trauma in staff and system partners to better develop supportive policies and procedures around service provision with aim of reducing staff burnout. He is also leading a comprehensive, survivor-lead evaluation of Victim Services to address gaps, barriers to entry, and opportunities for expansion of client services.

Matt has lived in the Northeast Washington region since separating honorably from the US Coast Guard in 2008, and received a Bachelor of Arts in Anthropology from Eastern Washington University. Prior to his position on the Community Engagement team as a community educator and preventionist, he worked as a survey archaeologist and cultural anthropologist in Washington, Idaho, Oregon, and Romania. Matt brings a unique and dedicated skillset to this role, and we welcome his expertise in supporting our commitment to implementing best-practice, data-driven services for survivors!



CULTURAL FAMILY PROGRAMMING

We are excited to announce the launch of family and cultural connection education and prevention programming, developed as part of our Tribal Program services. Indigenous families from Inchelium, Keller, and Wellpinit will work virtually with our Tribal Community Engagement & Cultural Wellness Facilitator to learn traditional activities and wellness practices that encourage familial connection and individual resiliency.

According to the CDC, "for American Indian and Alaska Native tribes and communities, cultural and traditional teachings and practices are important protective factors that provide their people with strength and resilience to lead healthful lives." This new engagement strategy was developed under the premise that culture and language revitalization among Indigenous communities are best-practice violence prevention tools, as they foster a sense of identity and resilience. The ultimate goal is to create opportunities for families to engage in cultural activities on an intergenerational level, strengthening their bonds and encouraging healing through healthy coping skills. We affirm that traditional Indigenous knowledge houses the practices that are the most effective in supporting tribal communities to live healthy, happy, and safe lives.

All materials for the activities will be provided by the Rural Resources Victim Services Tribal Program, and the first cohort will engage in weekly lessons and activities for approximately 6 weeks. If you or your family are located in Inchelium, Keller, or Wellpinit and are interested in participating, please contact Tribal Program Manager Destiney Petty at dpetty@ruralresources.org.





VOLUNTEER WITH RRVs

Rural Resources Victim Services strives to make a difference in the lives of survivors and their families in our community, but we wouldn't be successful without the help of many volunteers!

There is something very powerful about contributing to the greater good, and the benefits of volunteerism support the individual and the community alike. According to Forbes, volunteering can have a significant impact on a person's health and well-being. It can "reduce stress levels, improve mood, help people stay active and give them a sense of purpose." In this time of stress and uncertainty during the pandemic, volunteering can help us feel connected to a common purpose and give back to our communities and neighbors in meaningful ways.

If you have a gift or talent that might inspire and uplift another, or if you have ever been impacted by a kind word or deed that changed the trajectory of your life, please consider joining the amazing team of volunteers at RRVs. Give our offices a call at 509-684-3796, or visit our website at www.ruralresources.org/volunteer for more information.

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

MARGARET MEAD

INTERESTED IN SUPPORTING SURVIVORS OF CRIME, VIOLENCE, AND ABUSE IN YOUR COMMUNITY?

Visit our website at www.ruralresources.org/volunteer or call our office at 509-684-3796 for more information.

2019 VOLUNTEER STATISTICS

568 HELP LINE CALLS ANSWERED

169 CHILD SEXUAL ABUSE & CHILD ABUSE CASES

338 VICTIMS OF DOMESTIC VIOLENCE & ADULT SEXUAL ASSAULT SERVED

183 VICTIMS OF OTHER CRIME SERVED



SERVICES WE PROVIDE

- 24-HOUR HELP LINE
- SAFE SHELTER
- CHILDREN'S ADVOCACY CENTER
- CRISIS INTERVENTION
- INFORMATION & REFERRAL
- ADVOCACY
- HELP WITH COURT ORDERS
- SUPPORT GROUPS
- THERAPY
- COMMUNITY OUTREACH & PREVENTION EDUCATION

DID YOU KNOW?

Helpline Volunteers provided over **2,584.5 hours** and **252 miles** in 2019.

THAT'S VALUED AT \$65,066.74!

You can be a Helpline Volunteer from the comfort of your own home.



**Everybody can be great.
Because anybody can serve.**

You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love.

MARTIN LUTHER KING, JR.



956 S. Main St. | Colville, WA 99114
1018 Morgan St. | Davenport, WA 99122

90 N. Clark Ave. #C | Republic, WA 99166
3328 Hall Creek Rd. | Inchelium, WA 99138

**Every Victim. Everywhere.
No Exceptions.**

**24-HOUR HELP LINE
1-844-509-SAFE**

www.RuralResources.org

   [RuralVictimHelp](#)