

Building Resilient, Healthy Kids & Families:

The Intersection of Child Abuse and Domestic Violence

An unflinching force for change, La Casa is thrilled to announce our newest program is launching this fall in partnership with the City and County of San Francisco's Family and Children's Services (FCS), formerly known as Child Protective Services. With funding from San Francisco's Human Services Agency, La Casa's charge is to champion resilient, healthy kids and families from inside the child welfare system when indicators of domestic violence and child abuse are discovered. The intersection of child abuse and domestic violence is far from new: research demonstrates 60% of abusive adult relationships expose children to harm and up to 40% of kids experience family violence directly.

Across our 45 years of service, La Casa has long recognized that every child in an abusive home is affected by the abuse, even when they are not directly targeted or used as instruments in the perpetration of power-over and control. They hear it from the other room, experience stress in the household, see the aftermath of abuse, and learn to survive in its midst. In fact young children who experience or witness domestic violence often meet the diagnostic criteria for Post-Traumatic Stress Disorder.

While this might be hard to fathom, consider this: from a child's perspective, parents – and especially mothers – are the center of the universe, providing food, warmth, safety and love. So witnessing her belittled or assaulted creates powerful feelings of fear, helplessness, guilt, shame, and confusion, especially when you also love the one who is doing the harm. Chronic exposure to high stress environments can also physically reorganize the way a brain processes stimuli or information, and research shows a direct correlation between abuse in childhood and learning difficulties, lower IQ scores, and visual-motor deficiencies.

Critically, abuse is not a child's only defining experience – or a family's. Children are remarkably resilient, and protective factors like a stable, committed relationship with a supportive adult, access to concrete supports, hopefulness, and problem-solving skills work in concert

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building hope, refuge & resilience

CELEBRATE LA CASA'S NONSTOP DOMESTIC VIOLENCE RESPONSE. 45 YEARS AS AN OPEN DOOR FOR ALL.

Thursday, October 28th, 2021 6-7pm

A Virtual Event. Details on page 12.

DEAR FRIENDS OF LA CASA DE LAS MADRES,



Hope, refuge, and resilience. These past 18-months have tested all of us, bringing new constraints, new fears, and new recognition of vulnerability. For the domestic violence victims we serve and those we strive and stretch to reach, there was nothing "new" about fear, constraint, isolation, and

vulnerability. These dynamics are very familiar. The COVID-19 pandemic only intensified the risk and the violence that many people in our community experienced.

When La Casa opened our doors 45 years ago, we made a promise that there would always be a safe place and ready support for survivors of domestic violence in San Francisco. Despite disruptions in access points and strategies, the closure of community partners, and the risks survivors faced calling out for help, La Casa's mighty team delivered resources to over 13,000 people in the past year. La Casa's Drop In Center re-opened its doors as early as it was safe – in August 2020 to ensure vulnerable women and children, unable to call or text, had a place to turn.

Our non-stop response is a direct result of both our commitment to mission and our community's support. We are so grateful.

Because of your support, we are constant – and forward thinking. La Casa is launching a new partnership with Family and Children's Services right now. It's a critical opportunity to protect and support vulnerable children and survivors of abuse, to stabilize families and build resilience. We are also thrilled to build upon the success of our Domestic Violence Housing First Program and move 20 more survivors, over the next 24 months, from homeless and insecure housing to self-reliance and firm financial footing.

Amid our focus on resilience, it's important to call out just how hard experiencing domestic violence is, and the incredible struggle and courage it takes to end or escape abuse. When you join us at the redHOT* party on October 28th, you'll hear first-hand stories that drive home the role of community and the lifetime journey of healing. I look forward to seeing you there! Return the enclosed envelope or register online.

One survivor, one child, one family at a time, this community is changing lives.

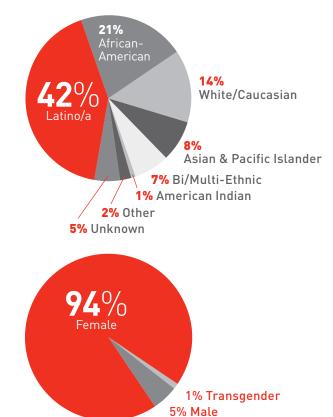
Sincerely,

Katharine Berg, Director of Community Partnerships and Philanthropy

Our Impact

From July 1 2020 through June 30 2021, amid the COVID-19 pandemic, La Casa was responding with empathy, expertise, and critical resources 24 hours a day, every day. As a result, our dedicated team of staff and volunteers resourced 13,000 San Francisco Bay Area community members.

Who Do We Serve?



AMONG OUR CLIENTS:

37% are immigrants

28% are limited-English proficient

13% self-identify possessing a mental or physical disability

7% are Lesbian, Gay, Bisexual, or Other

38% come to us homeless or unstably housed

81% of survivors exiting emergency shelter are moving into safe, next-step or permanent housing!

SOME MEMBERS OF LA CASA'S TEAM



CRISIS RESPONSE

6,062 crisis line calls & text messages

We responded to 17% more help seekers – **17 people every day of the week** – through our 24-hour hotlines

Messages to our Text Support Line skyrocketed 112%

162 women and children 6,788 days and nights of safety

Our confidentially-located safehouse **never shut its doors** – a beacon of hope and critical resources for women and children seeking safety from escalating abuse over the past year

INTERVENTION

2,094 survivors of all ages accessed La Casa's suite of community-based and residential programming to address safety, emotional, financial, housing and health needs

PREVENTION

5,183 community members learned about seeing and stopping domestic violence through La Casa's presentations, events and workshops

How Do We Help?

Survivors of domestic violence come to us with needs and priorities as diverse as they are. We meet them in their unique circumstances and give survivors the tools to transform their lives:

- Improving Safety
- Developing Connection
- Building Knowledge about the Dynamics of Domestic Violence
- Strengthening Personal Agency
- Increasing Stability and Self-Sufficiency

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to support a child's self-esteem, age-appropriate sense of agency, and healthy development. Through our strengthsbased, trauma-informed lens, La Casa helps families across our service continuum—stabilize, nurture these qualities and move forward on pathways to safe, thriving lives and relationships.

Resilient Families puts La Casa's expertise to work to ensure that families where domestic violence and child abuse are co-occurring, which are identified and referred to us through Family & Children's Services (FCS), get the tailored, layered, and role-specific support they need. Outcomes of FCS engagement can be transformative. The system can help a family access needed resources, stabilize and strengthen itself. Conversely, it can result in losing one's parental rights. Needless to say, there is a lot at stake for children—their health and safety—as well as parents, especially survivors of abuse who are protecting and supporting their children amid incredibly difficult conditions, and who are asked to demonstrate their capacity to be the safe, nurturing force children need.

Children's health and safety is paramount, and survivors of abuse in the FCS, child welfare, or dependency system will have complex emotional, social, legal, and economic needs we can help them address to support safety, engaged parenting, and family stability. Black, brown, and marginalized communities are overrepresented in the FCS system—and among the survivors La Casa currently serves—and La Casa's strengths-based case management model is attuned to the structural factors, racism and historical biases creating differential engagement and system outcomes. We strive to meet contextual survivor needs across the diverse spectrum of their backgrounds, and we are strong advocates, pushing systems away from penalizing victims for the impacts of abuse they have experienced.

We are also never alone. In this new FCS collaboration La Casa has partnered with Bay Area Legal Aid to equip survivors engaged in the dependency system with civil counsel and advice to navigate legal obstacles to family health and stability, like filing protective orders, custody issues, public benefits, housing, identity theft, and barriers to keeping a job. Glide's Men In Progress: Violence Intervention Program will be providing tailored programming, parenting support and batterer intervention services to parents of either gender who are causing harm. Violence is a learned behavior, and services focused

Children and adults are remarkably resilient.

While the brain and other biological systems are most adaptable early in life, capabilities that underlie resilience can be strengthened at any age. It's never too late. Protective factors championed by La Casa's Resilient Families Program include:

- Concrete resources like safe environments & financial resources
- Secure relationships
- Stress management
- Social connections
- Social and emotional competence

(Child Welfare Information Gateway 2020)

on those perpetrating abuse strive to center batterer accountability, halt abuse, build parenting skills, and prioritize child health and safety.

Every day—365 days a year—La Casa works to bring to safety to vulnerable women, children, and families and empowers them with tools, resources, and mechanisms to build violence-free lives. Resilient Families is putting La Casa's breadth of services and expertise to work today, giving survivors the tools to transform their lives: improving housing and financial stability, building resiliency and parenting capacities, and addressing legal, medical, family, and childfocused needs. Advocates connect with referred survivors to identify immediate threats, assess risks and develop protective strategies. We insure a family's basic needs for food, personal items, and shelter are met. Then La Casa empowers survivors by reinvesting them with their own sense of strength and agency. We also facilitate healing on both an individual and family level. In counseling and case management, La Casa help survivors to identify and build up protective factors for their children and for themselves. We employ family-based service strategies to repair harm and reinvigorate healthy parent-child relationships.

La Casa's individualized, expert support can transform individual lives and families. But we all have a role. As a community, as individuals that comprise a community, our responsibility is to embrace social norms, policies, and formal and informal systems that support parents and families. We are also charged with addressing the deficits created by racism, oppression, marginalization by surrounding vulnerable families with capacity-building resources. Resilient Families is readyrooted in this understanding, La Casa's comprehensive suite of wellness services, and a host of like-minded partners. Together, we make a difference.



So much more than physical and sexual violence, domestic violence is an escalating pattern of abuse in which one partner controls the other through force, intimidation, or the threat of violence. It includes threats to harm

others, isolation, using privilege, jealousy, economic abuse, and using children and systems to exert power. Abusers commonly use systems like Child Protective Services, the legal system, immigration enforcement or CalWORKs to control their partner, demanding compliance or punishing attempts toward independence. It's a key reason why La Casa seeks out alliances within such systems to advocate for system-wide domestic violence training and survivorinformed and survivor-centered responses.

" En La Casa, aprendí de muchos recursos que no sabía que existian antes, y aprendí de los efectos de violencia en la mente y en el cuerpo." - SURVIVOR

"At La Casa, I learned about many resources that I did not know existed, and I learned about the effects of violence on the mind and body."

Current collaborations. co-locations, and access points span:

The Drop In Center La Casa's Emergency Shelter Hotel Verona The Mary Elizabeth Inn San Francisco's Housing Authority SFPD. Special Victims Unit SFUSD Wellness Initiative ZSFGH Human Services Agency CalWORKS And now...Family & Children's Services

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The Board of Directors would like to thank all of our generous contributors for making La Casa's work possible. The following list reflects pledges made and gifts received between **July 1, 2020 and June 30, 2021.** Please excuse any inadvertent errors or omissions. We welcome your comments and corrections. For contributions through a corporate campaign or third party processor, please note that external processing time may delay our receipt and recognition of funds by several months, but your support is vital and appreciated! **Together, we are building pathways to an abuse-free future.**

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Front line La Casa workers Anonymous Gabrielle Gaetani Caitlin Ann Darke

Valeria Mercado Akshat Yenamandra Doug Mills Will Mills Mission Minvan Marvin and Louise Feldman My Mom who suffered much, survived, and went on to have a good, long life. Anonymous My Mom Sarah Sparks Monica Billie Kasmark Denise Montoya Frank J. Gallo Camile Morishige Gail Elaine Block Marina Nabao De Moraes Becker Michael Becker Delanev Nevius & Kellen Krieg Mary and Chuck Nevius Hannah Olson Anonymous Rudell O'Neal Darlene Ceremello and Jessea Greenman Luciana Padilla Anonymous Caitlin De La Torre Peggy Papathakis Sahya Patel Mona Mehta Kezia Pearlman Nancy Kreft Niko Perez Esteban Perez-Hemminger Aimee Pierce Lilv Katz Carolyn Pope Mara Pope Angelina Quach Robert Prestor Kate R. Rachel Moll Chitra & Sundaram Ramanan Dr. Radhika Ramanan Ram's Head & BLACKstage Theater Company Anonymous Maren, Cindy, and Dave Randall Kellv Morbev Dr. Amy Ransohoff Beth and Michael Weinberg Dr. Bonnie Renderos Mary Lu Murphy Daniella Resch Ellie Schatz Paul Rivenburgh & Mckenzie Furber Quinn Rivenburgh Gino Robalino Sarah Moorhead Jacquie Roberts Liza Siegler Andrea Rocha

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Mary Elizabeth Inn San Francisco Department of Homelessness and Supportive Housing: **Emergency Solutions** Grant Program

San Francisco's Department on the Status of Women: Gender-based Violence Intervention and Prevention Grants Program

San Francisco Human Services Agency: Domestic Violence Service to CalWORKS & Domestic Violence Intervention and **Consultation for Families** Involved With or Referred to Family and Children's Services Programs

hope, refuge & resilience

redHOT **CELEBRATE LA CASA'S NONSTOP DOMESTIC VIOLENCE RESPONSE. 45 YEARS AS AN OPEN DOOR FOR ALL.**

When:	Thursday, October 28th, 2021, 6-7pm
Where:	Your computer, tablet, or smartphone
How:	Register at https://tinyurl.com/redhot



t21 or return the enclosed envelope

Why: It's been a year like none other, and through it all, La Casa has been supporting survivors.

What: We're excited to invite you to join us for an action-packed, virtual hour-long celebration to raise funds to continue our critical mission. The 2021 redHOT* party will bring you inspiration, community, entertainment, and exclusive local travel, experiences and auction packages.

La Casa has been fielding calls for help around the clock—17 people seeking out our help every single day. How are domestic violence survivors' needs changing as a result of public health, economic, and housing conditions? How are we launching new pathways for safety and support? Join us to learn more about the work we have been doing throughout the pandemic.

As California's first shelter founded as a refuge for people escaping domestic violence, La Casa needs YOU to celebrate 45 years of leading our city to safety. Your support drives our impact, and every dollar contributed will directly support our 24/7 life-saving services. We hope to "see" you on October 28th!

QUESTIONS:

Call Katharine Berg at 415-503-0500 x 306 or email us at donations@lacasa.org

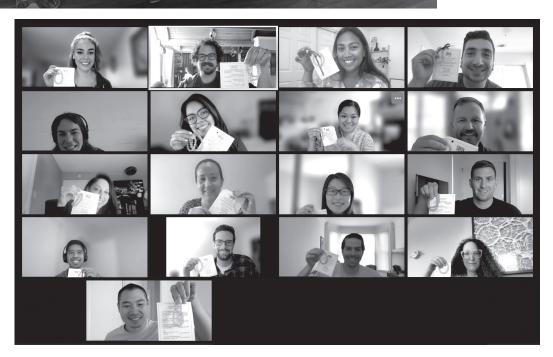


ADVOCATE:

SUSTAINER COMPASS

Kaiser Permanente in the community





" I am becoming a better version of me and who lused to be. I owe my success to La Casa and my own self – for my determination! ** - HOUSING FIRST CLIENT

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JOYFUL HEART



Ayuda a prevenir la propagación de gérmenes

Usa una mascarilla

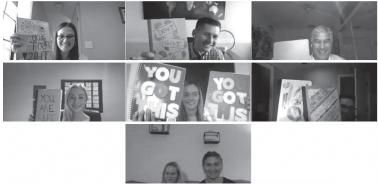


Por favor practica la distancia social. LA CASZ DE LAS MADRES

•• What was the most important thing I did at La Casa? Stay away from my abuser, and feel safe." - SURVIVOR IN EMERGENCY SHELTER

THANK YOU TO OUR **COMMUNITY CHAMPIONS** A FEW OF WHOM ARE **PICTURED HERE!**

The Shoebox Project's Mother's Day 2021 Gift Drop Off (above), Iterable Volunteers building La Casa's Girls Got Each Other's Backs Teen Dating Violence Awareness campaign materials, September 2021 (left), BlackRock Volunteers personalizing empowering journals for La Casa's clients, June 2021 (below)



Volunteer Spotlight

Volunteers are the heart and soul of La Casa's fierce advocacy, and we're excited to highlight two people who are bringing our mission to life. At La Casa, we know it takes all of us to prevent domestic violence. Thank you to all of you—over 450 individuals this year-giving your compassion, time and skills to break down cycles of violence and create a culture in which healthy, safe relationships are the norm.

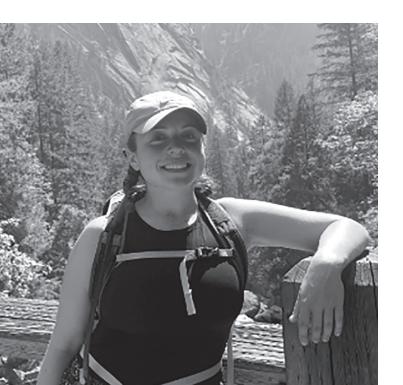
HALLIE ROTH Text Support Line Volunteer

1.What inspired you to want to volunteer at La Casa?

I was inspired to volunteer with La Casa for a few reasons. I had witnessed the mental impact of domestic violence in my own community and recognized just how critical a female support network is for recovery. As someone that moved to the Bay Area as a young adult, it was also important for me to give back to my new community in an impactful way. I then found La Casa and was inspired by the way the organization supported survivors. I have always been passionate about ensuring access to resources for women, and La Casa became the perfect place for me to do that.

2. What's been meaningful to you about volunteering at La Casa?

The most meaningful part of volunteering is having the privilege to hear someone's story and hold space for survivors. Often, survivors are sharing their experiences for the first time with La Casa volunteers. It is always a meaningful experience to feel that you have helped somebody in their journey to healing. The people at La Casa, and their dedication to ending violence in our communities, also make volunteering feel so special.



"The most meaningful part of volunteering is having the privilege to hear someone's story and hold space for survivors." - HALLIE ROTH

3. La Casa's text line serves as an alternative way to reach out for support and resources when calling may not be an option. Will you tell us about a day in the life of a text line volunteer and why you think it is an important resource for survivors?

The text line is an amazing resource for survivors and folks reaching out on behalf of survivors. Survivors will often reach out to La Casa for help having never spoken to anybody about their situation. Some survivors are more comfortable with the text line because it gives them the ability to share privately or quickly if they are not ready to make a phone call.

A text line shift can vary from survivors needing safety planning to needing specific resources or shelter. Sometimes all a survivor needs is someone to acknowledge their experience with a few texts. I often volunteer after business hours, which is a great way to support survivors who cannot find the time to call during the workday.

4. What would you say to a new volunteer or someone considering volunteering their time to La Casa?

I would give them the nudge to go through La Casa's Domestic Violence Advocate Training to support survivors directly. Working with La Casa and survivors in the community has been an incredible experience. Dedicating even a few hours of your time during the week is meaningful. I am always here to answer questions from both survivors and prospective volunteers!

MOHABAT BARIKZAI

Community Education & Outreach Volunteer

1. What inspired you to want to volunteer at La Casa?

When I first found out about La Casa, I wasn't aware that centers like this existed and I was impressed by the different resources and programs supporting survivors of domestic violence. Gender equality is something I am passionate about, in particular empowering women! I was raised in a single-parent household by an immigrant mother who worked tirelessly to provide the best possible life for herself and our family, all the while caring for two young children.

My passion for women's rights resulted from witnessing the abuse my mother endured in her marriage. During this time, she didn't have a clear understanding of domestic violence and access to resources available for survivors through organizations like La Casa de las Madres. Domestic abuse is very prevalent in the Afghan community and as a result this takes a huge toll on the well-being of our women and children. I was inspired to volunteer at La Casa through my personal experiences and in hopes of being more informed to know how to respond to different situations when hearing about an abusive person rather than being afraid to help.

2. What's been meaningful to you about volunteering at La Casa?

For me, it's been wonderful to work with others that are so passionate about helping others and working towards a shared goal—ending domestic violence. With a community that is so determined, I am always motivated. A particular moment I felt really encouraged was when a close friend of mine felt comfortable enough to reach out to me and ask me about resources for help around domestic violence. I believe that as more people raise awareness, we can create a culture of healthy relationships.

4 With a community that is so determined, I am always motivated." - MOHABAT BARIKZAI





3. As a recent graduate, how has your volunteer experience helped guide you towards possible career paths?

In the future I plan to pursue a Master of Public Health in Maternal, Child, and Adolescent Health. La Casa has helped me put my passion into action by being able to share resources with my own community and empower young women to be familiar with concepts such as the power and control wheel, the cycle of abuse, and especially red flags in relationships. I would love to continue being an advocate for women and see myself working at crisis shelters. While volunteering, I also engaged in discussions with the Afghan community about domestic violence and I found that many of us weren't familiar with what healthy relationships looked like. I'm inspired to conduct more research on domestic violence in my community, to continue raising awareness about abuse and to be an advocate for safe and healthy relationships for all.

4. What would you say to a new volunteer or someone considering volunteering their time to La Casa?

La Casa provides unconditional support through any projects you take on. As I was still learning about the different languages appropriate to use when discussing domestic violence, I never felt that I would be judged or looked at differently for not knowing. Every moment was a learning experience, and I found myself continuously growing as I asked more questions that were applicable to my own experiences. I would recommend to anyone considering volunteering at La Casa to always ask questions! No question is wrong, and we only learn with continuous curiosity.



A Refuge. An Advocate. A Strong Voice Against Domestic Violence.

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The new dawn blooms as we free it For there is always light, if only we're brave enough to see it.

— Amanda Gorman

La Casa de las Madres

A Refuge. An Advocate. A Strong Voice Against Domestic Violence.

The mission of La Casa de las Madres is to respond to calls for help from domestic violence victims, of all ages, 24 hours a day, 365 days a year. We give survivors the tools to transform their lives. We seek to prevent future violence by educating the community and by redefining public perceptions about domestic violence.

La Casa de las Madres

Un Refugio. Un Consejero. Una Voz Fuerte en Contra de la Violencia Doméstica.

La Casa de las Madres ofrece amparo a mujeres que han sido víctimas de la violencia doméstica, y a sus hijos e hijas. Nostros nos esformzamos en ayudar tanto a las mujeres como a los niños a descubrir su fuerza interior, manejar los riesgos que se les presentan y tener más control sobre sus propias vidas. Nuestro objetivo es restaurar la dignidad de nuestras clientes, fomentar su esperanza, evocar su valor y ayudarles a desarrollar su mayor potencial.

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