

Winter 2006



## From the Executive Director

As we come to the close of 2006, it is time to reflect on the year's changes and accomplishments, and to look forward to new ventures in 2007. First, the changes: two of our long term employees had babies this year. Our rape prevention program director, **Sally Huerta**, had a baby daughter just about a year ago. She returned from maternity leave but decided ultimately to stay home with Bella and resigned in October. Client services director, **Hildur Simonardottir**, had a baby boy, named Lorenzo, in May. This month an opportunity came up for her to return to her native Iceland to accept a counseling job in a hospital setting. Finally, our education/events director, **Linda Larson** has resigned and will be moving to Minnesota to be near her family. We appreciate their service to MRCC and wish them well.

We hired from our advocate pool, now 50+ strong, and selected **Cynthia Patterson** as our new rape prevention program director, and **Mercy Galarza** as our new director of student services. **Sara Watts**, who was previously in that position, has assumed new responsibilities as client services director. All are well qualified and welcome to MRCC.

Our accomplishments this year include graduating a total of 22 new advocates for our crisis line, raising a record amount of money (over \$30,000) at the 21<sup>st</sup> Annual "Together with Love" run/walk last February, promoting Denim Day California to raise awareness of sexual assault last April, implementing the My Strength program for high school age boys in our service area, holding a retreat to re-examine our mission. In addition, thanks to a very generous donor, we have redecorated our counseling room to make it warmer and more inviting for our clients, and developed a television public service announcement directed toward male survivors of sexual abuse.

Finally, I would like to share that my 20<sup>th</sup> anniversary with MRCC is on December 8. I feel proud and privileged to have worked for an organization which, in my opinion, does some of the most important work there is in the nonprofit sector. I have seen many lives changed for the better over the years, and know that our prevention efforts have touched many more.

**Clare Munteer**

On a rainy Saturday in November, the MRCC Board, staff and advocates got together to re-examine the agency's mission statement and discuss plans for the future. The mission statement developed by the group is:

*To advocate for all victims and survivors of sexual assault and child sexual abuse, to prevent sexual violence in our community through education, and to provide on-going support and healing to survivors of sexual assault.*

Possible plans for the future include: developing a marketing plan, becoming a training facility/mentoring program for students and interns who want to get into this field, developing a countywide network of human service providers, offer a support group for teen survivors of sexual abuse, provide more outreach to youth and college age students, purchase our own building.

The Board of Directors is expected to adopt the proposed mission statement and prioritize ideas for the future as we move into 2007 and beyond.

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## NEW ACTIVITIES FOR MEN

### Television PSA for Male Survivors

“One out of every six boys is sexually molested before he is eighteen. Many feel that they are alone, but men can, and do, heal from childhood sexual trauma. Professional help is available. You are not alone.”

These are the words used to create a PSA to promote MRCC's services for male survivors. Led by our therapists, Stephen Braveman, LMFT, DST, and Allan Colegrove, Trainee, a group of male survivors who have received services here decided they wanted to spread the word that help is available. They got together, designed a storyboard, wrote the words, set it to music, and raised money to hire a professional movie production company to make it a reality. They agreed to appear in the PSA which is now in final editing stages. We hope to air it in mid December. According to Stephen, this project has been extremely healing for the Men's Group, a requirement for the project from the start.

### MyStrength Club to Start in January

As you may recall from previous issues, the theme for the statewide social marketing “My Strength” campaign is “My Strength is not for hurting”. The initiative empowers young men to make ethical choices and encourage them to show their strength through communication and respect for their partners.

MRCC has been working with Pacific Grove High School to bring an after school club to the campus — the first of its kind in Monterey County. We plan to launch the club with 10-15 high school age boys in January. The plan is to engage young men in a dialogue regarding their ideas of masculinity with the goal of exposing them to healthier, non-violent models/visions of manhood that will build their capacity to become peer leaders and allies with young women in promoting gender equality and preventing men's violence. We are excited for the possibilities the MyStrength Club possesses for ending sexual based violence.

## The Dangers of Date Rape Drugs

### How can you protect yourself from becoming a victim?

#### 1. Avoid alcohol and other drinks.

Alcohol and drugs can harm your judgment and worsen the effects of date rape drugs. If you decide to drink...

#### 2. Be careful with your drinks.

Never leave your drink unattended or drink something you didn't open or pour yourself. If you accidentally leave your drink, buy a new one. It's better to spend the extra money now, then suffer later.

#### 3. Go out in groups.

When you decide to go out, give your friends a call and go in a group. You can watch out for one another and besides, it's more fun when there's a group...make it “Girl's Night!”

#### 4. Trust your instincts.

Your gut is your best protection mechanism. If you feel uncomfortable with a situation, leave. Sometimes it's okay to be rude when your safety is at risk. Trust yourself!

### Common Date Rape Drugs

#### Rohypnol:

Overview: Rohypnol is legal in 64 other countries, but illegal in the U.S. This drug was originally used as a sleeping aid for those with sleeping disorders. Rohypnol is odorless, tasteless and possibly colorless.

- Effects: Slowing of psychomotor performance, sleepiness, amnesia, dizziness and muscle relaxation.
- Common form: White or blue pill

#### Gamma Hydroxy Butyrate (G.H.B.):

- Overview: This drug is difficult to detect because it is odorless and colorless, yet it has a slight salty taste. G.H.B. can be made from household products. An individual under the influence of G.H.B. may feel drunk sooner than normal. G.H.B. is especially dangerous when mixed with alcohol.

- Effects: Impaired memory, blackouts, dizziness, loss of motor coordination and functioning, vomiting, blurred vision.
- Common form: Liquid

#### MDMA (Ecstasy):

- Overview: Ecstasy is a mind altering drug that is a modified methamphetamine. When mixed with marijuana and alcohol, MDMA is especially dangerous.

- Effects: Euphoria, increase body temperature, involuntary teeth clenching, increased heart rate, loss of appetite and increased sensitivity to feeling and touch.
- Common form: Pill

## MRCC Welcomes Our New Advocates



Front Row (Left to Right): Amanda Williams, Kim Birdsogn, Kelly Morisoli, Jennifer Carter-Scott, Johanna Piña, Lisa Schindler, Patti Dalis.

Back Row (Left to Right): Rocco Costa, Janet Marsh, Michelle Vega.

On November 7th we graduated 10 wonderful men and women who attended our advocate training! We are excited to welcome this new group of enthusiastic advocates to the MRCC team. Here is a brief introduction to the recent graduates:

**Kim Birdsogn** is a transpersonal counselor, dreamworker and artist. She took this training to make a tangible difference in our community, to increase her personal knowledge and to improve the condition of women survivors.

**Jennifer Carter-Scott** is an MBA student at the Monterey Institute of International Studies. She took this training to give back to the community.

**Rocco Costa** is also a graduate student at the Monterey Institute of International Studies. He took this training for personal and professional reasons and because he believes in MRCC's goals.

**Patti A. Dalis** is currently unemployed, but took this training because of her passion for helping people who are hurting.

**Janet M. Marsh** is a CSUMB student who is interested in community outreach. She is taking the training as part of a CSUMB internship.

**Kelly L. Morisoli** is a graduate student at the Monterey Institute of International Studies. She took this training because of her deep passion for sexual assault and the effects

it has on a person. She feels it is important to help our fellow brothers and sisters.

**Johanna Piña** is a student/research analyst. She decided this training would be a good way to give something back to our community and to help others.

**Lisa Schindler** is an instructor who took this training as a way to enhance her community involvement.

**Michelle Vega** is a CSUMB student. She took this training as part of her internship for school and because she wants to be a police officer and felt this would be good training experience.

**Amanda Williams** is a project manager who took this training to volunteer and become involved in Monterey County.



Stephen L. Braveman, M.A., L.M.F.T., D.S.T.

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*"MRCC Thanks the following wonderful donors"*

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Thomas Levendowski  
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