

## Network Meeting Minutes – February 26, 2014

Attendees: 45 in person and 3 by conference call

Minutes taken by Connie Monahan

**TOPIC: Meeting details, Welcome, Short Announcements,**

Comments Anne gave brief update on house-keeping details, using the microphone for those on conference call, double checking the CEU's for social workers, sign-in sheet, etc. Members introduced themselves and their agencies. Carol White announced that Rio Rancho will be doing a fundraiser with Chili's for the RR schools – more info will come. Connie reported that she is taking on the electronic list-serve (with TONS of appreciation to Quintin McShan who had taken the lead in the past). The format for the meeting is a little different and agenda is a little loose today but Adaline gave an outline of today's meeting – noting that the team wanted to do some fun stuff, to acknowledge how we can take care of ourselves, members were invited to wander over to Toni & Guy and Casa Verde for kind perks to look/feel good so that we can continue to do this challenging work.

**TOPIC: Agency Spotlight: IMPACT, Alena Schaim**

Comments IMPACT-Personal Safety empowers children and adults to protect themselves against verbal and physical violence. In New Mexico, it got started at Santa Fe Rape Crisis Center (now Solace) from a personal commitment of an individual who used the techniques and who gave the original classes in-house with Solace staff, volunteers and survivors. On a national basis, IMPACT was started about 40 years ago and while the original classes were focused on martial arts, over time, they refocused on women's movement, social justice, trauma informed, and comprehensive – working on multiple issues at once for all ages, starting with children as young as 6 on through the life continuum. As they moved from self-defense to violence prevention, they also used data, threat assessment, best practice and science based theories to address both stranger and acquaintance violence, providing tools for daily interactions. They work with schools and collaborators, tailoring the content to the time they have, the size of the audience, ages/development, and survivors. Gift of Fear by Gavin de Becker is one of the sentinel books that is a core of their instruction. Experiential training or “self-defense classes” cover avoidance, verbal and physical strategies, and working with automatic responses, scenarios that involve both familiar people and strangers, using layered learning, structured with practice (i.e. “See, Drill, Do”), and coaching throughout. Alena addressed the strengths of experiential training which are core to IMPACT. She also addressed the need to consider “when” to provide this kind of training to ensure it's healing as opposed to re-traumatizing. She addressed how the program measures success with testimonials. For more info, you can call 505-992-8833 or visit website [www.impactpersonalsafety.org](http://www.impactpersonalsafety.org) with the caution that their agency will be rebranding itself: they work so actively now with the continuum of personal empowerment but that personal safety is still perceived as limited to self-defense. Alena's e-mail is [alena@impactpersonalsafety.org](mailto:alena@impactpersonalsafety.org). Members asked if the class was offered in Spanish? Yes. Where do they focus their work with schools? They are based

in Santa Fe and are expanding to Albuquerque. How do they tailor the class to be culturally sensitive? They have Spanish-first presenters, they've taught in Mexico and they've made adaptations to address cultural issues such as addressing safe distance, how close people stand next to you, how some cultures encourage close contact/kissing, and more. They recently allied with NMCADV and will be offering classes with the DV providers, shelters, recent trauma survivors, etc.

**TOPIC**

**Dawn Maestas Tattoo Removal to help clients with emotional scars**

Comments

Dawn introduced herself as a mother of four, grandmother of one, business owner, advocate, and a survivor of DV for more than half her life. She highlighted the process, the path of surviving, sharing that she is still surviving, the issue is still alive, how small events can kick in the adrenaline, how quickly she can move back into survival mode – even now, years later, that after living all those years of fear/abuse, the reactions come back. Dawn shared her personal narrative and spoke to her background, her family, her predisposition to find abusive relationships, her desire to find love, how her offenders suppressed her, how her behavior was totally driven by trying to keep safe and how the offenders controlled her and those around her. Dawn shared her coping strategies, how the systems couldn't protect her and how she couldn't protect herself. In the past 16 years, she has moved into healing strategies including writing books, tattoo removals, recognizing the trauma, emotional-mental-and-physical, public speaking, and accepting the process of surviving and that we do a disservice to speak about "survivor" as it sends a false picture that it ends. Her take-home messages included: the steps of domestic violence are predictable, it's not male/female but dominance/submissive, we don't talk about it, we don't react to it when we see it in public – these things need to change. Dawn is working with a journalist on book/website "As I Walk Along the Beaten Path" as well as an innovative GPS/bracelet that would activate text/911 call centers for court domestic violence cases. Specific to her current work, she spoke to how she got involved with laser cosmetic surgery for tattoo removal (free) for domestic violence victims that were tattooed (branded) as part of their abuse or that interfere with their healing path. Accessing these services is easy and fairly quick: her office is at 4004 Carlisle Blvd NE Suite B and her e-mail [maestasdawn@yahoo.com](mailto:maestasdawn@yahoo.com).

**TOPIC**

**Adaline Nuanez-Baca, Healer Heal Thyself**

Comments

Adaline gave brief overview of vicarious trauma – outlining the risk factors and causes, highlighting how stress creates ill-health, interferes with our work, prevents us from giving our full attention to the victims we're working on. How can we deal with it? Some ideas include debriefing with our colleagues, counseling, finding quiet time, yoga, exercise, getting outside – we have to find the positive ways. Adaline and Anne created a list of books that might help - resources will be put on the Network website. Adaline facilitated a round table among members, asking members to identify strategies that we use, a long and creative list including: stay away from movies with trauma and violence and instead focus on comedies or romance, read, focus on the spiritual, meditate, drink red wine, hike/walks, fly fish, spirituality, animals/pets, walk-run, get outside, red wine came up again, hiking, ice coffee, take a flight, spend time in the mountains, spend time with people who have nothing to do with this work, rock hunting, get away from people, acupuncture, zone out, Zumba, travel, garden, mountain bike, sudoku, crafts, spend time with family, exercise, keep kids entertained, fiction writing, dance, massages, knitting, sculpture, oil painting, manicures, spiritual playing.

Other ideas: make your home a peaceful retreat, turn off the t.v., create rituals like taking your shoes off when you enter your house as symbolic gesture of leaving your work behind, use aromatherapy (lavender, sandalwood), engage in arts, journal writing, drawing. Lastly and importantly: talk with your organizations and management – ask them what they can do to help.

<b>TOPIC</b>	<b>Lunch and Networking</b>
Comments	Members wrapped up the meeting and enjoyed lunch and networking.

Nest Meeting – April 23<sup>rd</sup>