



Tahoe  
**Safe**  
Alliance  
Stopping Abuse for EVERYONE

COMMUNITY IMPACT REPORT

Our mission is to end the incidence and trauma of domestic/intimate partner violence, sexual violence, and child abuse in North Lake Tahoe and Truckee

Welcome to the inaugural edition of our newsletter created specifically for allies of Tahoe SAFE Alliance.

**Greetings!**

Tahoe SAFE Alliance would like to recognize our supporters for their passion and dedication to our mission. We thank those that give --whether financially, by attending an event, or through service - -we couldn't support our community without your support and collaboration. This newsletter is designed to capture and report on the impact your contributions have and continue to make on our community. If you have ideas or suggestions on topics or highlights you would like to see reported please send us an email to [safe@tahoesafealliance.org](mailto:safe@tahoesafealliance.org).

Warmly,  
Karen Carey  
Executive Director

April is Sexual Assault Awareness & Child Abuse Awareness and Prevention Month

Every child deserves a great childhood. Every person and their body deserve to be safe. We can all agree on that. As a passionate supporter

April 2016

April is Sexual Assault Awareness and Child Abuse Awareness and Prevention Month

[8 Tips for Prevention](#)

[Olivia's Story](#)

[Children's Program Ski Day Success](#)

[National Volunteer Week](#)



[Donate here](#)

**Your \$25.00 donation at work!**

A donation of just \$25.00 provides one sexual assault victim or child survivor of abuse with 4 hours of counseling and support.

We are responsible stewards of your donations. Currently, .82 cents of every dollar supports direct programs.

**Employee Spotlight**

of our mission, we want to help you move toward everyday intention. We don't believe that child abuse and sexual assault prevention should be a separate part of our lives, but rather woven into the fabric of our everyday rhythms. To read more visit our [blog here](#).

Did you know that 1 in 4 girls and 1 in 6 boys will be sexually assaulted before their 18th birthday? To keep you and your family safe we provide 8 prevention tips that are easy to put into practice. [Download the prevention tips here](#).

APRIL IS SEXUAL ASSAULT AWARENESS MONTH  
Arm yourself with the truth to start leading the way in sexual assault prevention

The facts: sexual assault in the US

EVERY 2 MIN someone in the U.S. is sexually assaulted

1 in 5 college women will be sexually assaulted

80% of victims are under age 30

Only 8-24% of sexual assaults are reported

80% of victims are assaulted by someone they know

These numbers are shocking. Help us change them!

Sexual assault is not just forcible rape. It is any type of sexual behavior or contact where consent is not freely given and is accomplished through force.

You have the power to prevent sexual violence. You can make a difference today and for the future.

Visit [www.tahoesafealliance.org](http://www.tahoesafealliance.org)  
Crisis line: 800-736-1060



[Enlarge image](#)



Our own Penny Morris (2nd from left) is participating in the Women's Policy Institute. Here she is with California Partnership member programs from East Los Angeles Women's Center, Legal Aid Society-Employment Law Center, and the Family Assistance Program. Together they're working to pass AB 2057 (Assemblymember Mark Stone), which will improve CalFresh processes to better address the needs of domestic violence survivors during times of transition as they seek permanent housing.

## Race to End Domestic Violence April 16th



Do you enjoy running or walking? Join the Tahoe SAFE Alliance team by signing up for the Race to End Domestic Violence! This is an annual race benefiting local domestic violence organizations in Northern Nevada. Race day is Saturday, April 16th at 9am! You can choose from a 5K or quarter marathon course in Idlewild Park in Reno. Dogs and babies in strollers are welcome as race buddies!

Please contact [Jessica](#) if you are interested in joining the race team!

Race registration and information:

<http://www.itsyourrace.com/event.aspx?id=255>

**SAVE THE DATE!**

**Tahoe Chocolate & Wine Festival  
November 5, 2016**

6-10:00 pm

## Helping Sexual Assault Survivor Olivia

### Thanks to Your Support!

"Sexual assault can happen to anybody. I always thought that being assaulted was a result of certain behavior, but it's not. It's not about what clothes you wear or how flirty you are. It is NOT about what YOU do-- it's about what the perpetrator does. And once that person has made up their mind, all you can do is try to stay safe.



Tahoe SAFE Alliance helped me realize the sexual assault was not my fault and that I can help others by sharing my story. They helped me feel safe again. I found my voice and now I can help others find theirs.

1 in 4 college women will be sexually assaulted

Last year we helped 60 survivors of sexual assault

To donate or volunteer visit [www.tahoesafealliance.org](http://www.tahoesafealliance.org)

[Enlarge image](#)

Tahoe SAFE Alliance has been amazing. They listened and told me it would be alright. After a few sessions with my advocate, I wanted to tell people. I wanted to talk to my friends and family about the assault in hopes of protecting them. A part of me is forever altered. I will have to live with this my whole life. But Tahoe SAFE Alliance has helped me realize that it was not my fault and that I can help others by sharing my story. They have helped me find my voice and now I can help others find theirs."

## Ski Day at Northstar Helps Children With Healthy Coping Skills Around Trauma

Thank you Northstar and the volunteers that came out on February 28th to help our Children have a fantastic Ski Day. As part of the Vail and Northstar EpicPromise Grant, Tahoe SAFE Alliance was awarded ski passes, equipment rentals, lessons, and transportation for kids



affected by trauma caused by Domestic Violence and Child Abuse. Due to the nature of our services and the trauma these children experience, we don't always get to go out and have fun with the kids. Nature, sports, and other supportive group outings are a very successful way for us to provide healing environments and support systems.

We had 8 children participate in the Ski Day outing - most who were inexperienced skiers. Our volunteer to kid ratio allowed a lot of individual attention for the kids in the group, many of whom don't always get to experience that kind of positive regard and constant support.

By the end of the day every youth was skiing with confidence and excited to be going down the hills. All of them wanted to stay and asked when we would be going again. A few of the kids were high-fiving each other for what they learned, and on the way back in the van one of the kids kept talking about how he wanted to stay on the mountain, and was ready to go every day; he fell asleep in the van right after he said that.

The confidence that it builds to have the kids out there in a supportive environment is so inspiring and would not have been possible without Northstar's generosity! The kids were elated to have the opportunity to ski and are so appreciative. Thank you!

## Thank you to Volunteers!

National Volunteer Week is about taking action and recognizing that volunteers are at the center of social change and have the collective power to make a difference.

Efforts by volunteers this year have allowed

Tahoe SAFE Alliance to make strides towards ending intimate partner/domestic violence, sexual violence, and child abuse in North Lake Tahoe and Truckee.

We want to say Thank You to all who have volunteered in the organization this year. During National Volunteer Week, please stop by the following coffee shops. Fill up your new coffee mug (a gift from us) with coffee/tea on us! And if you have time to stick around- let's catch up! Jessica will be hanging out from 7-9:30 am each day.

Monday, April 11th: Syd's Bagelry in Tahoe City

Tuesday, April 12th: Coffee Bar in Truckee

Thursday, April 14th: Java Hut in Kings Beach

Friday, April 15th: Starbucks in Incline Village

Can't make it to coffee? [Email me](#) so I can get your coffee mug to you!

Current Volunteer Opportunities:

[Office Assistance needed in the Incline Village office!](#)

[Chocolate & Wine Festival Committee](#)

[Photographer and Videographer needed!](#)

[Prevention Program Group Co-Facilitators](#)

[Fundraising Committee Members Needed!](#)

[Helpline Crisis Counselors](#)



## California and Nevada Resources

[Adventure Risk Challenge \(A.R.C.\)](#)

[American Red Cross](#)

[Family Resource Center- Truckee](#)

[North Tahoe Family Resource Center](#)

[Parasol Tahoe Community Foundation  
Project MANA](#)

[Sierra Mental Wellness Group](#)

[Sierra Senior Services](#)

[Victim Witness](#)

[Tahoe Family Solutions](#)

[Tahoe Truckee Community Foundation](#)

[Violence Against Women Online Resources](#)

[Tahoe Truckee Future Without Drug Dependence](#)

[Vitality Center](#)

## Check us out on:



[Facebook](#)

[Twitter](#)

[Instagram](#)



Interested in Volunteering? [Contact Jessica Brown by sending her an email here!](#)