



**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

Children's Program Outing at Northstar Builds Life Skills and Self Care

On July 19th, Tahoe SAFE Alliance facilitated a nature hike at Northstar. Air quality wasn't optimal for a scenic hike at Lake Tahoe because of the smoke coming our way from the forest fires. Regardless, we gathered our water bottles and sunscreen and were ready for an adventure on the mountain. Elyse, our Counseling Services Program Manager and resident Licensed Marriage Family Therapist, Zulema, our Crisis Line Assistant, and one brave child headed to Northstar.



With a map in hand, we settled on the trail to Sawmill Lake. According to a Northstar employee, it is an easy 1.5 mile hike, which sounded like an achievable goal. Throughout our therapeutic outing, we learned fun facts about our environment, like pointing out bear claws on tree trunks, life span of Monarch butterflies, and that we were walking on a once active volcano. Because of the smoke, we took our hike nice and slow. Self-care and life skills were a part of the exercises experienced throughout the day. As we approached an open meadow on the mountain, we stopped for a nice rest as Elyse took us through a peaceful guided imagery relaxation exercise. Our young trooper expressed she had never been so calm, "I don't know how to explain it, but it felt good". To finish our day, we had a delicious lunch at the Shack, and sweet Gelato ice cream.

We are thankful to Northstar and Epic Promise for supporting our Children's Program and making this outdoor therapeutic outing possible.

August 2017

Featured Articles:

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Your \$25.00 donation at work!

A donation of just \$25.00 helps keep our community safe and vital!

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

Tahoe Chocolate & Wine Festival November 4th

The 29th Annual Tahoe Chocolate & Wine Festival will be held on November 4th at Hyatt Regency Lake Tahoe. This favorite community event brings supporters together for an evening of decadent chocolate created by Lake Tahoe's finest culinary artists, boutique wine tasting from acclaimed California wine regions, and tantalizing items in a live and silent auction.



COMMUNITY SPOTLIGHT

Action Water Sports

silent auction.

This year's theme is *A Night at The Oscars* and we will be celebrating you, our supporters, the real stars of the evening! The Oscars are about celebrating dreams, possibility, and hard work; so what better way to showcase the work that we do to keep our families stable, community vital, and build a foundation to prevent future violence.

The Tahoe Chocolate & Wine Festival is our biggest fundraiser of the year and money raised supports critical, life-saving programs in North Lake Tahoe and Truckee including the 24-hour crisis line, the Mt. Rose Safe House, services to children affected by family violence, and violence prevention education to local school children.

Tickets will go on sale on Tuesday, September 5th at www.tahoechocolatefestival.org; look for future emails on the event including favorite runway fashion and accessories. If you would like to [sponsor the event](#) or [donate an item](#) to the auction click on the corresponding link for more info. Questions? Contact the Event Chair at dawnh@tahoesafealliance.org.



We would like to give a big **THANK YOU** to the owner and staff at Action Water Sports Incline Village for donating the 55' Catamaran, Sierra Cloud, for our annual Staff Retreat. It was a fantastic start to a day of relationship building and self care.

Show your support for Action Water Sports
<https://www.awsinline.com/>

EMPLOYEE SPOTLIGHT

Meet Elyse Resnick!



"I am so excited to start my new professional journey with Tahoe SAFE Alliance! Over the past 25 years as a Licensed Marriage and Family Therapist, I have worked in a variety of non-profit agencies focusing on child abuse and domestic violence, as well as my own private practice. It has always been my dream to develop a therapy program for community members in need of treatment that would not otherwise be able to access them. I cannot express the joy and passion I feel when I can reach these kids and truly make a connection and difference. It is what drives me every day."

MEET OUR NEWEST BOARD MEMBERS

Volunteer Instrumental in Installing New Play Structure at Safe House



Meet Leonard Smith, a South Lake Tahoe resident who is a CIT graduate and has volunteered in our Children's Program, Safe House, at outreach events, and has helped with fundraising programs. Leonard has had many careers in his lifetime. He was in the military as a young man, then went into selling gaming machines to casinos around the country.

Leonard is very civic-minded individual. He cleans up the beach by his house, volunteers for the police department, is trained in emergency disaster response for his neighborhood, helps at his church, and volunteers with the League to Save Lake Tahoe. He does not mind driving to the North Shore to volunteer. He likes our mission and believes that every minute given to the organization is well worth it. Leonard enjoys relationships and community.

Most recently Leonard helped assemble a new play structure for children staying at our Safe House. Working alongside staff, this was a 15-hour job over the course of three days. We would like to give a shout out to Leonard for

his dedication to our organization and our mission. And the children thank you, too!



Before



After

Thanks Lenny!!!

Tips for Parents on Cyber Security

A parent's role has commonly been to guide their child from a place of similar position and experience, but today's parents are swimming in uncharted waters. The technology and, in particular, social media that occupies a huge portion of children and teenagers' lives is unprecedented. As youth decrease face-to-face interactions in favor of "cyber-connections", what is socially acceptable to say or do has drastically changed.



Cyber-bullying and online harassment, sending nude selfies, watching performance crime and access to many types of pornography are just a few examples of this increased acceptance. As a result, parents are finding themselves helping their children pick up the pieces of a poor decision rather than preventing that decision from being made in the first place. Prohibiting a young person from using social media can create a barrier between child and parent. So, what can be done? Well, the answer takes us back to the initial cause of the problem: communication.

Lack of communication factors into the problem, and increased communication can be part of the solution. Face-to-face conversations and engaging in open discussions with your child have never been more important. Teaching your child the art of in-person communication, as it is a dying art form, will model healthy relationships and set clear expectations and boundaries. Here are some cyber safety tips you and your child can talk about together:

- Explore the technology. Talk with your child about rules, expectations and potential online dangers. Spend time exploring their online devices and apps with them. Familiarize yourself with security and privacy settings.
- Discuss rules and guidelines. Your child should share with you all passwords. All devices should be "turned in" at night, as this is when there is the most risk for misuse. Agree upon the amount of time your child can use their devices each day (aside from homework tasks). Your child should agree to never share their passwords with anyone, never communicate online with anyone they don't know in-person, and never send vulgar or mean messages to anyone. Let them know the importance of coming to you if anything makes them feel uncomfortable or unsafe.

Technology isn't the enemy, but how people choose to use it can be dangerous. As "cyber-connections" continue to grow as primary communication, helping your child to make good decisions through face-to-face conversation and modeling healthy behaviors can really go a long way!

Volunteer Opportunities - Fall 2017 Crisis Intervention Training

Hey! Down here! **Our organization is in need of helpline volunteers.** Support your community in a unique way and join our helpline team. It's easy! You pick your commitment every month. But first, you have to attend and complete the 69-hour training below.

This training provides education on topics such as the history of feminism, domestic violence, animal abuse, sexual assault, crisis intervention, mental health first aid, human and sex trafficking, elder abuse, and more. Also, all attendees have a chance to learn and ask questions of community partners that help eliminate abuse in our community. Community partners include local law enforcement, district attorneys, child protective services, and more!

[Fall 2017- Crisis Intervention Training Schedule](#)

Email [Andrea Chapman](#) for more information or to sign up.



The Board of Directors, as the governing body of Tahoe SAFE Alliance, determines the organization's mission and purpose, assists with developing policies and procedures, and provides proper financial oversight. They also play an important role in fundraising efforts.

Please join us in welcoming our newest members of the Board of Directors, Paul Eykamp, Ph.D., Elizabeth Gifford, Ph.D., and Maria Torres.

Check us out on:



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THE CAREY FORWARD FUND
In Honor of Karen Carey's Leadership and Vision

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Fall 2017
Crisis Intervention
Training
@ DWR Center
Non-profit Building
Incline Village, NV
Sept. 11th—Nov. 6th

- Training required for new volunteers and staff at Tahoe SAFE Alliance
- Must be 18 + (16 with parental consent)
- 69-hour training course
- Monday and Wednesday nights 5:30pm-8:30pm
- Saturdays: Sept. 16, 30, and Oct 14 9am-4pm
- \$50 suggested donation to Tahoe SAFE Alliance
- Provide crisis intervention by staffing our 24 hour Helpline
- Mentor youth affected by abuse through the Children's Program
- Provide support to Safe House residents of all ages
- Assist in educating local youth on violence prevention

Help Stop Violence in Our Community.

Register now, space is limited!
Registration Deadline:
September 1st

Contact Andrea Chapman for more information: 775-298-0182
or andrea@tahoesafealliance.org

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