



The Crisis House Connector

February 2022 Newsletter

Black History is Our History.



Celebrating Black History this month and every month

Every February, the U.S. honors the contributions and sacrifices of African Americans who have helped shape the nation. Black History Month celebrates the rich cultural heritage, triumphs, and adversities that are an indelible part of our country's history.

This year's theme, Black Health and Wellness, brings attention to and honors medical scholars and health care providers. The theme is especially timely as we enter the third year of the COVID-19 pandemic, which has disproportionately affected minority communities and placed unique burdens on Black health care professionals.

Here at Crisis House, we have committed ourselves to the work of anti-racism. This means responding immediately to confront the economic, societal, and structural forces that keep inequities in place.

Join us in the movement towards equality for all.

Love is in the Air!



Happy Valentine's Day from Crisis House to you!

Valentine's Day has long been a celebration of love—a time of hearts, chocolates, and roses.

But amidst the roses and romance, a danger lurks, wreaking havoc on the lives of lovers everywhere. That threat is the "shadow pandemic" of intimate partner violence (IPV) or domestic violence abuse, largely brought about by the effects of the COVID-19 pandemic.

Holidays that revolve around love can be particularly painful and triggering to those who have endured domestic violence abuse. Since Valentine's Day evokes an idealized notion of love, it can remind survivors of the good times they had with an abuser and create feelings of loneliness, which may tempt them to return to that abusive relationship.

This year, to mitigate these negative feelings and bring smiles to the faces of our clients, Crisis House partnered with the India Phillips Foundation to provide dozens of Valentine's Day bags filled with toiletries, towels, washcloths, and other self-care products, along with a \$25 gift card and a personal note for those who have experienced domestic violence abuse.

For survivors, recovering from abuse is a gradual process. It's important to acknowledge that you have the power to redefine the day, event, or objects you associate with your trauma so that they no longer hold power over you.

If you are a domestic violence survivor, here are some steps towards empowerment that may help during this month:

- **Seek support:** Spend time with friends and family who make you feel validated and won't encourage you to return to your abuser.
- **Take your own needs seriously:** Do whatever makes you feel good and at peace. It could be meditating, reading, or taking a walk outside.
- **Call for help:** There are quite a few hotlines available for those who are or have experienced domestic abuse. You can call the National Domestic Violence Hotline at (800) 799-7233 or RAINN, the National Sexual Assault Hotline, which you can reach at (800) 656-4673.
- **Take self-defense classes:** Self-defense classes are not necessarily a defense against a future incident of abuse, but as a way to make you feel stronger and less vulnerable.
- **Talk it out:** Talk with a therapist or a survivor group where you can be candid about the trauma you experienced.

If you would like to support our Journey Domestic Violence programming and help families and women renew their lives after abuse, please visit our website to learn how you can help!



A Survivor's Story



Alexis' Journey towards Empowerment

Alexis is a mother of three children. She endured a physically abusive relationship with her boyfriend in Nevada. She eventually fled the state with her three children to live in San Diego.

Alexis has always been mechanically inclined and is a "fixer" type of person, willing to get the job done herself. "I decided I might as well get paid for being a handyperson," she told us.

She entered a Plummer Apprentice Program in Nevada and, due to the abuse, transferred her training to San Diego.

"I don't have an issue with getting dirty nor with crawling under kitchen sinks," said Alexis.

She was and is relentless at making things work out for her. Even in the midst of homelessness or living in a shelter, she always holds her head up while looking forward.

Her journey has not been an easy one. On top of her youngest son being diagnosed with autism, she found herself with virtually no support in San Diego. Nevertheless, she was committed to finding permanent housing for her family and completing the Plummer Union 5-year training program.

Crisis House came alongside her to empower her to make her dreams a reality. She entered our Transitional Housing Program, which allowed her to save her money as Crisis House paid her rent and utilities. When she exited the program, she decided to live on a small boat with her children to continue saving money.

Alexis was recently able to finally purchase her first condo, after budgeting,

living on a boat, and taking advantage of all of Crisis House's supportive services. With only 9 months left to become a Certified Plummer, she can now live independently and be self-sufficient.

We are proud of you, Alexis.

[Learn more about our Journey Domestic Violence Programs!](#)

The Power of Play!



Camp HOPE Believes in the Power of Play!

At Crisis House, our Camp HOPE kids are never standing still! We believe in both the power of healing and also in the power of play.

This month, fourteen (14) kids joined Camp HOPE for an entire day of fun-filled adventure at a local Trampoline Park. Through this event, we provided our kids with the kind of play that makes us jump, dodge, flip, and laugh for hours on end. We will always believe in the kind of play that allows kids to be kids, filled with hope.

This event included a “challenge by choice” activity during which the kids were encouraged to step or “jump” out of their comfort zones, while also developing skills for the future.

Crisis House prioritizes the needs of our community’s children through Camp HOPE. This program provides trauma-informed camperships, year-round mentorship, counseling, and other activities to 125 children each year. This cost-free programming provided to underserved children in San Diego has a reputation of accomplishment in healing children struggling with the effects of trauma as a result of domestic violence.

[Learn more about opportunities to support Camp HOPE!](#)



Star Supporter Spotlight



**KAISER
PERMANENTE®**

We are grateful to **Kaiser Permanente** for their support and generosity toward Crisis House.

Kaiser Permanente Foundation Health Plan has generously granted a sponsorship of \$2,500 towards Crisis House's **Hearts of Gold Gala 2022** scheduled for **October 16th, 2022!**

After a very long two years of social distance restrictions, we are excited to finally reunite with you in celebration of new beginnings and beautiful community partnerships. We are grateful for Kaiser Permanente's help in contributing towards making this event a success!

Please check out our [interview with NBC San Diego](#) highlighting our previous Gala event in 2020!

See our [website](#) for more information!

Thank you Kaiser Permanente for your partnership.



Remember to Follow us on Social Media!

Follow us!

Here's a reminder to **follow** and "**like**" us on social media! We are on Facebook, Instagram, LinkedIn, and Twitter. Click on the icons below to join in on the action online! We'd love to share our stories with you.

Please **share** our posts with your community, as well!



Crisis House remains committed to serving those experiencing homelessness and domestic violence abuse at:

**9550 Cuyamaca Street Suite 101
Santee, CA 92071**

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