

ANCHORAGE

DV/SV RESOURCE GUIDE

SURVIVING ABUSE

PROMOTING WELLNESS

CHANGING HARMFUL BEHAVIORS



If you or someone else needs help with safety:

EMERGENCY CONTACTS:

ABUSED WOMEN'S AID IN CRISIS (AWAIC)

24-hour Crisis Number: (907) 272-0100

STANDING TOGETHER AGAINST RAPE (STAR)

24-hour Crisis Number: 1-800-478-8999 or (907) 276-7273

COVENANT HOUSE ALASKA (CHA) — FOR YOUTH AGES 13-20

24-hour Crisis Number: (907) 272-1255

LAW ENFORCEMENT:

Anchorage Police Department: 911

REGIONAL OCS OFFICES:

Anchorage: 1-800-478-4444

PROGRAM DIRECTORY:

Abused Women's Aid in Crisis (AWAIC)

100 W 13th Ave, Anchorage, AK 99501

24-hour Crisis: 907-272-0100

Phone: 907-279-9581

www.awaic.org | www.itsnotcool.me (teen site)

AWAIC Domestic Violence Advocate at the Boney Courthouse

303 K Street, Anchorage, AK, 99501

Phone: 907-264-0790

www.awaic.org | www.itsnotcool.me (teen site)

Alaska CARES

Phone: 907-561-8301 or 1-877-561-8301

www.providence.org/childrenshospital

Alaska Institute for Justice (including Alaska Immigration Justice Project and the Language Interpreter Center)

431 West 7th Ave., Suite 208, Anchorage, AK 99501

Phone: 907-279-2457

www.akijp.org



CALL 211 OR 1-800-478-2221
FOR ANY SOCIAL SERVICE OR
SAFETY RESOURCE.

More Contact Info: next



PROGRAM DIRECTORY (CONT.):

Alaska Native Justice Center (ANJC)

2550 Denali Street, Anchorage, AK 99503

Phone: 907-793-3550

www.anjc.org

Alaska Youth Advocates

700 West 6th Ave., Suite 206, Anchorage, AK 99501

(Downtown Transit Center 2nd Floor)

Phone: 907-929-2633

www.akyouthadvocates.org

Center for Psychosocial Development

2702 Gambell St. Suite 103, Anchorage, Alaska 99503

Phone: 907-272-8270

gdaly@cpdclinic.org

www.uaa.alaska.edu/centerforhumandevelopment/cpd/

Covenant House Alaska

755 A Street, Anchorage, AK 99501

24-hour Crisis: 907-272-1255

24-hour Street Outreach Line: 907-887-4611

www.covenanthouseak.org

Family Wellness Warriors Initiative (FWWI)

3210 Lark Street, Anchorage, AK 99507

Phone: 907-729-5440 or 1-866-729-FWWI (3994)

www.fwwi.org

Forensic Nursing Services of Providence

Phone: 907-212-8544

Girls on the Run

info@gotrsouthcentral.org

www.gotrsouthcentralak.org

Men and Women's Center

600 Cordova St Anchorage, AK 99501

Phone: 907-272-4822

dmjones@gci.net

Standing Together Against Rape (STAR)

1057 W Fireweed Ln #230, Anchorage, AK 99503

24-hour Crisis: 1-800-478-8999 or 907-276-7273

Phone: 907-276-7279

www.staralaska.com

The Recovery Connection

500 Muldoon Rd., Suite 9, Anchorage, AK, 99504

Phone: 907-332-7660

Victims for Justice

1057 W Fireweed Lane, Unit 101,

Anchorage, AK 99503

Phone: 1-888-835-1213 or 907-278-0977

info@victimsforjustice.org

www.victimsforjustice.org

Willa's Way Safe Home Program

Phone: 907-729-6300

www.scf.cc/willasWay.cfm

DEFINITIONS:

For detailed definitions related to domestic violence see PDF titled **"Basic Definitions"**. For additional information on the reporting and response to domestic violence and child abuse, see **PDF infographics**.



REPORTING: FOR CHILDREN & TEENS

(See PDF called “**Basic Definitions**” and PDF called “**Infographic: What to Do if You Suspect a Child is Being Abused or Neglected**” for more information on Child Advocacy Centers, or CACs.)

Alaska CARES is a comprehensive, child-centered program, based in a private facility. It allows law enforcement, child protection professionals, prosecutors, mental health professionals, victim advocates, and the medical community to work together to evaluate child abuse and child witness to violent crimes cases and provide support to the child and their caregivers. The overarching goal of all CAC’s is to make sure that the children are not further victimized by systems designed to protect them. At Alaska CARES, children receive the following services in a child-friendly environment:

- **Interviews** conducted by a trained forensic interviewer
- **Medical examinations** (when necessary) performed by a caring medical professional with specialized training
- **Well-child check-up** and basic medical care
- **Family advocates** to guide families through the CAC process and support them afterwards
- Option of an **Alaska Native advocate**
- **Information and support** to help caregivers understand the abuse and how to help the child
- **Referrals** for counseling, legal services, and any other needs
- One in-house **children’s counselor**
- **Accompaniment and support** for the child through the court process

Staff receive regular training on cultural awareness and on the many cultural groups in Alaska, and use professional interpreters through Alaska Language Services.

REPORTING: FOR ADULTS

(See PDF called “**Basic Definitions**” and PDF called “**Infographic: what are your options as an adult victim of DV and/or SV**” for more information about the option of reporting and about Sexual Assault Response Teams or SARTs.)

Adults (ages 18 and older) are not required to make a report if they are abused by a partner or sexually assaulted by anyone, but if they choose to, here is what’s in place. The SART process may also be available to teenagers, depending on whether CAREs or SART is a better fit:

- If a victim (female or male) of sexual assault contacts law enforcement, they can receive transportation (at no cost to them) to a confidential, secure, stand-alone facility for the SART process
- In the SART process, the victim can meet with a law enforcement officer, receive support from an advocate, and complete a forensic exam done by a trained medical professional
- By contacting STAR or Forensic Nursing Services of Providence, a victim can do “anonymous reporting,” where they have a forensic exam without reporting to law enforcement. This way, the evidence exists if they choose to report to law enforcement later
- Partner physical violence can be reported to law-enforcement, health care providers, or victim advocates. If a victim wishes, health care providers and police officers can connect a victim to an advocate to assist with safety planning



Photo Credit: Providence Health and Services Alaska. Alaska CARES provides a safe, family-friendly environment for the evaluation and investigation of children’s exposure to violence. It is a place where children can tell their story and be believed, and where children and families can get the support they need.



REPORTING: FOR ADULTS (CONT.)

If a victim chooses not to report to Law Enforcement, they are still highly encouraged to get a medical exam for their own personal health (e.g. antibiotics and Plan B to prevent STDs and pregnancy) and to address any other medical conditions as a result of being assaulted (e.g. strangulation).

Additionally, if a victim chooses not to report or have a medical exam, they are still encouraged to speak with an advocate, who can help them talk about their experience, safety plan, etc.



Advocates at Willa's Way in Anchorage work with Alaska Native women and women with custody of Alaska Native children in the culturally-affirming environment of small safehouses. Advocates support women to meet their life goals and transition to safe, independent housing.



Covenant House Alaska provides emergency shelter, a range of supportive services, and transitional housing to youth ages 13 – 20. Though not limited only to victims of abuse, staff provide trauma-informed care and support for youth who have been abused, trafficked, or exploited.

SHELTER

For victims of abuse and their children needing immediate safety, the following options are available:

Abused Women's Aid in Crisis (AWAIC):

52 bed shelter (plus extra sleeping space, if need be) for adult women and their dependent children up to any age

Male victims can receive **offsite emergency housing** with help from AWAIC or STAR advocates

Transportation to shelter for victims and their children can be provided at no cost to the victim

Typical stay 30 days but length of stay is flexible depending on needs and goals

In-shelter **case management** and **advocacy**

On-site **support and education groups** for adults and children, and parenting classes

Transitional housing: Harmony House offers low cost housing for up to two years to women making the transition to independent living. It accommodates ten women without dependent children, and is located on the AWAIC property

AWAIC works with the **Beyond Shelter Steering Committee**, in partnership with many local organizations, to help find safe emergency shelter for families when the temperature falls below 45°

Play areas for each age group of children, an outdoor playground, and arranged transportation to schools

Teen Center in the shelter



SHELTER (CONT.)

For victims of abuse and their children needing immediate safety, the following options are available:

Willa's Way Safe Home Program:

Women from rural areas often feel better in an intimate setting. For this reason, AWAIC and Southcentral Foundation partner to offer the Willa's Way program.

Small, **culturally-appropriate safe home program** for Alaska Native women or women with custody of Alaska Native children, and their children under age 18

On-site support: case management, mental health counseling, group counseling and education, and skills-building (see Section 4 of Prevention for groups)

Transitional program to help women move into independent housing-- not an emergency shelter

Referrals to Willa's Way are available through AWAIC, STAR, SCF, etc.

45-day stay with extensions available as women work on their goals

Covenant House Alaska (CHA):

Not limited to providing shelter only for victims of abuse, Covenant House Alaska provides a continuum of services for vulnerable at-risk, homeless and runaway youth ages 13-20. CHA provides trauma-informed services for youth who have experienced abuse and trauma as well as those who are victims of human trafficking and sexual exploitation.

Street outreach and 24-hour crisis help line

Transitional Living Programs including:

- Passage House, a supportive housing program for pregnant and parenting young women ages 17 – 20
- Rights of Passage, a transitional supportive housing program to increase life skills and self-sufficiency, with youth ages 18-20

Additional **support services** to help youth become healthy, self-sufficient, contributing members of our community, including access to:

- health care, mental health counseling, substance abuse services, educational achievement, employment assistance and placement, housing assistance, case management services, youth enrichment programs such as art, music and physical recreation, advocacy, and pastoral ministry.

ADVOCACY, SUPPORT, AND INFORMATION

Trained, compassionate, advocates are available at **AWAIC, STAR, Covenant House Alaska (CHA), Willa's Way, Alaska CARES, and the Alaska Native Justice Center (ANJC)** to help victims of DV/SV, child maltreatment, and human trafficking; their family members and loved ones; or others who have questions about abuse.

Advocates provide the following services (which are not just for people in the shelter):

- **24-hour hotlines** (AWAIC, STAR, and CHA) where they provide a listening ear, support, referrals, and information to victims of violence, their family members and loved ones, or others who have questions about abuse
- **Medical advocacy** (supporting victim to get healthcare and supporting victim through the SART process) (STAR, AWAIC, Alaska CARES)
- **Legal advocacy** (court accompaniment, protective orders, connecting victim to a lawyer at no cost, etc.), AWAIC advocate located at the Boney Courthouse, referrals to ANDVSA pro-bono attorneys, an on-staff attorney at ANJC, and family law clinics at ANJC
- **Safety planning**



Advocates at STAR provide nonjudgmental listening, support and empathy, information, and help finding needed resources for survivors of sexual violence and their loved ones.

ADVOCACY, SUPPORT, AND INFORMATION (CONT.)

Advocates provide the following services (which are not just for people in the shelter):

- **One-on-one support** and information, group support and education (see section 4 of prevention)
- Help to find housing, food, clothing, job training and other **basic needs**
- Assistance filing for money through **Victims of Violent Crimes Compensation** Board
- Help to find other needed **resources**, such as counseling, substance abuse treatment, or children's programs
- Staff trained in and sensitive to working with LGBTQ clients (STAR, AWAIC, CHA)
- Short-term **financial assistance** and **case management** (AWAIC)
- Staff specially trained to help children understand what they have seen and help them gain strength (AWAIC)
- Staff who speak many different languages (AWAIC) and use of language lines for languages other than English
- Close collaboration with the Alaska Immigration Justice Project to support immigrant and refugee victims of violence and victims of human trafficking
- **Transportation** to medical, legal and social services

Additionally, the **UAA Center for Psychosocial Development** (CPD) provides wrap-around support interventions for adult females and males with disabilities who have a history of victimization and remain at risk. These services provide support, teach skills, and help reduce risk.

The Alaska Institute for Justice and its program, the **Alaska Immigration Justice Project** (AIJP), offers support and legal services to immigrant domestic violence, sexual assault and human trafficking crime victims, who are entitled to unique immigration protections. AIJP helps assure that victims will not be deported and that they will receive the support they need. AIJP has staff and professional interpreters who speak the victim's first language, and they work in close collaboration with victim advocates.

Victims for Justice advocates work with victims of all violent crimes, including assault, robbery, kidnapping, arson, elder abuse, child abuse, bullying and drunk driving; and with the surviving family and friends of homicide victims. Their services include:

- **Crisis intervention** services to victims of violent crime and the survivors of victims of homicide
- Assistance with **Victims of Violent Crimes Compensation** Applications
- **Education** regarding the criminal justice process, protective orders, trial proceedings, victim impact statements, and restitution

Promoting Wellness: next



YOUTH MAKE A DIFFERENCE!

Education Opportunities:

Abused Women's Aid in Crisis (AWAIC):

Educator-advocates maintain www.itsnotcool.me and a Facebook page to educate teens on dating violence. They present to youth community agencies and 7th–12th grade classrooms in the Anchorage Municipality. Topics include:

- teen dating violence
- domestic violence
- healthy relationships
- warning signs
- how to get help

Alaska Youth Advocates (AYA):

Peer Outreach Workers offer culturally-relevant and LGBTQ-friendly presentations to youth and to professionals. Topics include:

- DV/SV
- bullying
- human trafficking
- communication and healthy relationships
- stress, depression, and suicide
- STI prevention and contraception

Standing Together Against Rape (STAR):

Educator-advocates give age-appropriate presentations in K – 12 classrooms in the Anchorage Municipality. Topics include:

- bullying behavior
- personal safety
- bystander intervention
- healthy relationships
- sexual assault and consent



STAR educators offer child-friendly, developmentally-appropriate education that helps children understand safe versus unsafe touches, how to respond and get help, and that abuse is never their fault.

Covenant House Alaska (CHA):

Educator-advocates can provide presentations and trainings on topics such as:

- youth vulnerability
- human trafficking and violence
- family mediation
- youth employment
- safeTALK (Suicide Prevention training)

Ways Youth Can Get Involved:

Covenant House Alaska (CHA) provides leadership and employment opportunities for youth who have overcome obstacles in their lives. CHA hires formerly homeless youth as peer outreach workers on street outreach teams and as shelter monitors. Additionally, the Youth Advisory Board at CHA allows youth to increase competency in leadership, advocacy, communication, presentation, and employment skills.

Alaska Youth Advocates (AYA) hires 15-19 year old youth—especially youth who have overcome obstacles and often trauma—to get involved in violence prevention, and to create healthier lives and communities. AYA's POWER Teen Center and health clinic in the downtown transit center offer teens food and a safe place to hang out. Peer helpers, counselors, and case managers listen and provide support. Pregnancy testing, HIV/STI testing, birth control, and information to help youth lead healthier lives are also available there. Another AYA program, The Street Outreach Program, finds teens living on the streets to offer support, information, and referrals. Presentations are offered to youth and professionals in social service agencies, treatment centers, etc.

Ways Youth in Southcentral AK Can Get Involved (Cont.):

Girls on the Run is a positive youth development program for 3rd-4th grade girls. Activities include running with volunteer coaches and a 5K run, an interactive curriculum (addressing issues such as understanding yourself, positive relationships, peer pressure, gossip, and friendships), media literacy, and community engagement.



Youth receive services at the **POWER Teen Clinic** such as pregnancy and STI testing, condoms, counseling, peer support or they can go there to hang out with other youth. The clinic embraces youth of all backgrounds and works with organizations to help youth get the support they need.



ANJC advocate **Linda** offers trainings on tribal protective orders and connects victims and families to legal resources, including attorneys.

TRAININGS FOR TRIBES AND PROFESSIONAL GROUPS:

Members of the **Anchorage Alliance for Violence Prevention** can provide trainings on the Green Dot approach to bystander intervention and violence prevention (For more information on Green Dot and contact information, see section 3 of prevention.)

ANJC offers trainings to tribal courts and others in Anchorage and around the state on tribal protective orders for victims of abuse. ANJC also participates in the Domestic Violence Prevention Initiative training partnership [see PDF for Statewide services for more information]

AWAIC, STAR, and Covenant House are available to give presentations on DV/SV issues at organizations, churches, businesses, etc. across the Municipality of Anchorage (and for STAR, in the valley as well).

AWAIC presentations focus on dynamics of domestic violence, healthy relationships, warning signs, how to help when abuse is disclosed, and tools for healthcare providers/advocacy skills.

STAR presentations focus on victim sensitivity, responding to crisis and disclosures, STAR services and the role of a victim advocate, and the use of evidence-based and victim-sensitive programs for engaging boys and men in non-violence efforts.

Covenant House Alaska presentations focus on sex trafficking in Alaska, SafeTALK suicide prevention training, use of trauma informed care for working with youth, and engagement strategies for working with at-risk, runaway and homeless youth.

Victims for Justice offers training for community groups on the rights and resources of victims of violent crime, and on the judicial process for crime victims.

Southcentral Foundation's Family Wellness Warriors Initiative (FWWI) offers education and training through their annual Beauty for Ashes event in Anchorage. The goal of the faith-based, five day event is to equip organizations and individuals to effectively address the spiritual, emotional, mental, and physical effects of domestic violence, abuse, and neglect. FWWI also offers events and trainings statewide [see PDF for Statewide services for more information] and helps to organize quarterly networking events for non-profits in Anchorage.

Alaska Child Trauma Center, AK Child and Family, and North Star Behavioral Health staff also offer trainings, both in Anchorage and statewide, on issues related to child trauma and trauma-informed care.

Promoting Wellness: next



CHANGING COMMUNITY NORMS:

The **Anchorage Alliance for Violence Prevention** is a collaboration of organizations, businesses, and individuals working together to research and implement primary prevention strategies in the areas of domestic violence, sexual violence, and child maltreatment. Current efforts include:

- The Green Dot Initiative, a bystander intervention approach that helps provide community members with the skills needed to stop violence before it occurs and change norms that support violence
- For Green Dot Initiative info, visit www.greendotalaska.com or www.facebook.com/greendotanchorage
- Media messages about consent, healthy relationships, and how to prevent violence
- Community awareness marches, rallies, and events



Photo Credit: AWAIC. The Green Dot Initiative in Anchorage began with a community kick-off event. Green Dot is a bystander intervention approach based on the idea that every individual and every community can do something to prevent violence. Rather than prescribing what that something is, everyone is encouraged to think through how to intervene in a way that is safe and appropriate for them.

AWAIC's community-wide prevention strategies include:

- Supporting the Green Dot initiative
- Working with the faith-based community to build awareness about domestic violence and honor survivors through an annual "Shed the Light" ceremony
- Facilitating workshops and groups for teens to give them the tools they need to build healthy relationships

STAR's community-wide prevention strategies include:

- Small-group dialogue with boys and men about societal myths and how to reframe beliefs for a safer community
- Developing outreach with the LGBTQ community for violence prevention

Victims for Justice collaborates with other anti-violence organizations for prevention events, and hosts remembrance ceremonies for the family and friends of homicide victims

EMPOWERMENT, SUPPORT, AND EDUCATION GROUPS :

There are a number of different groups available to help promote wellness, healthy relationships and healthy families, and to help victims of abuse to heal. Some of these are open to anyone in the community seeking support, and some are offered at residential facilities such as Dena A. Coy or at shelters/safehouses.

Participating Organizations

STAR
AWAIC
Covenant House
Willa's Way

Available Groups

- Healing, educational, and arts-based groups for survivors of sexual violence
- Youth education and discussion groups on sexual violence
- Education/discussion groups on domestic violence and healthy relationships
- Groups that address abuse, substance use, and parenting

Changing Harmful Behaviors: next



Thomas, Director of The Recovery Connection, helps those who have abused others to explore the feelings, beliefs and actions that contribute to their abusive behavior, to be accountable to change, and to practice the skills necessary to lead healthy, non-violent lives.

HELP FOR PEOPLE WHO HAVE HARMED OTHERS

Batterer Intervention Programs:

Batterer intervention programs explicitly address the beliefs and learned behaviors that contribute to violence, and how to change them. There are two state-approved batterer intervention programs in Anchorage. Those who have been court-ordered, sent by OCS, or sent by halfway houses, as well as those who attend voluntarily can participate.

The Recovery Connection is a 36-week program that uses education, exercises, and a group counseling format for each participant to learn about domestic violence and their use of it, and to learn healthy relationship beliefs and skills. The program uses educational materials from the Duluth Model's curriculum. Separate classes are held for men and women who have committed abuse in their intimate partner relationships.

The Men and Women's Center is a 36-week program that uses a modified Duluth Model and incorporates education and group conversation sessions. Separate sessions are held for men and for women; the men's session is facilitated by a man and a woman, the women's session by a woman only. All facilitators are MSWs.

Treatment for Sexual Offenses:

Most follow-up and treatment for those who have committed sexual offenses is handled through the Alaska Court System or the Division of Juvenile Justice.

Additionally available are services from the **UAA Center for Psychosocial Development** for people with **cognitive disabilities** who have displayed inappropriate behavior or committed sexual offenses. These services work with the individual and their support system to teach appropriate boundaries, identify and respond to risks and red flags, and remind the individuals of their coping strategies.

For parents:

For information on responses for caregivers who are involved with the Office of Children's Services (OCS) or at risk of OCS involvement, contact your local OCS office or ICWA coordinator.