



# Strength & Spirit

JEWISH COALITION AGAINST DOMESTIC ABUSE

Spring Newsletter 2018

Volume 11 Issue 2

## LETTER FROM THE PRESIDENT



Dear Friends,

As the news headlines continue to include acts of domestic violence, I am reminded over and over again just how important JCADA's work in the community is today. From the #MeToo Movement, which has seemed to pick up steam instead of lose it, to the tragic murder of a Prince George's County police officer who responded to a domestic violence incident, it is clear that we are at a watershed moment where our reaction and response to violence matters more than ever before. This moment has empowered so many individuals to seek help, and it presents all of us at JCADA with an opportunity to be the safe haven where people can get the support they need to live safely.

With our expansion into the District of Columbia complete, and our plans to increase our presence in Virginia well underway, JCADA is poised to meet these needs in a more comprehensive way than ever before. However, with the increased media attention surrounding domestic violence, calls to JCADA seeking help have - not surprisingly- increased. Clinicians are working hard to ensure that all callers receive the help they need, even if that means referring them to other organizations when we've reached our capacity to provide services. Your continued generosity is what helps us continue our efforts and increase our services as the need for them grows.

Spring is a time of growth and change for all living things, and JCADA is also growing and changing. We are in the process of revamping not only our community education program, to include more practical applications for our trainings, we are also redesigning our outreach materials to ensure JCADA's message is clear, consistent, and in line with the latest trends. JCADA is also taking time this spring and summer to strengthen relationships with our existing partners, as well as forge new ones, to ensure that all residents of the Greater Washington DC area are aware of what JCADA can do for them. This outreach will also bolster JCADA's commitment to providing culturally- and faith-sensitive services to our partners in the faith community, who are some of our most valuable resources. We want every person who comes through JCADA's door to feel understood and accepted, regardless of their race, national origin, ability, background, faith, gender, or sexual orientation.

It is with all of this in mind that I thank you again for your continued support and commitment to JCADA's mission. We have the power to make a difference in our community today and every day. Thank you for standing with us and advocating for victims of power-based violence.

**Susan L. Schor**  
JCADA President

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*"...it is clear that we are at a watershed moment where our reaction and response to violence matters more than ever before."*

# THE IMPORTANCE OF LANGUAGE IN THERAPY

Language plays a significant role in defining a person's identity. Their history, culture, race, socioeconomic, and spiritual experiences and memories are conveyed through the language they use to communicate. In therapy, clinicians rely on language to build rapport, understand their client's worldview and core beliefs, and convey strategies to build stronger coping skills. The therapists at JCADA strive to be culturally sensitive and meet the needs of all clients. One of the most effective ways to achieve this goal is by offering clients the opportunity to engage in therapy using their native language.

Clients find it easier to express their emotions in their first language. If their therapist speaks their native language or if an interpreter is utilized in the session, they may feel an even greater sense of safety and comfort. Therapists and interpreters may also be able to pick up on certain cultural nuances that otherwise might be overlooked if the session was conducted only in English.

In 2007, the American Psychological Association reported that a meta-analysis of 76 published and unpublished quantitative studies found that “therapy for ethnic-minority clients who received services in their native language was, on average, twice as effective as therapy in English.”<sup>1</sup> The study also found that “interventions designed for a particular culture are four times more effective than interventions designed for multiple minority groups.”<sup>2</sup>

JCADA's recent outreach efforts have created a stronger demand for services from diverse populations. The clinical team utilizes several resources to address the different language and case management needs of our clients. Currently, JCADA is staffed with Hebrew, Spanish, and Mandarin-speaking therapists. Clinicians use Language Line, which provides interpretation over the phone, as well as document translation in over 200 languages, when the staff is unable to provide that service. In addition, the non-profit organization, DeafLead, offers sign language interpreting, and can assist our clients who are deaf or hard of hearing with locating shelters and accessing other victim services. The Family Justice Center also helps JCADA locate American sign language interpreters when necessary. Two DC area organizations, Ayuda and the Asian/Pacific Islander Domestic Violence Resource Project (DVRP), work with the JCADA team to provide immigrant clients with legal, social, and language access services. JCADA is committed to providing high-quality services to all who come to us seeking support, which is why we have built such a large support system specifically around language. In this way, we ensure that the individuals coming to JCADA seeking support have the best chance possible to heal from their past trauma and build safe, healthy lives for themselves and their families.

<sup>1&2</sup>American Psychological Association ([www.apa.org/monitor/feb07/therapy.aspx](http://www.apa.org/monitor/feb07/therapy.aspx))

## HELPING HANNAH

A new way JCADA is offering help to the DC community is by writing a monthly advice column for Kol HaBirah: Voice of the Capital. Each month, you have the opportunity to read about the issue that “Hannah” is having and how a therapist at JCADA would suggest responding. If you have a question you would like to see answered in a future monthly column, you can always write to JCADA at [support@jcada.org](mailto:support@jcada.org) and sign yourself Hannah.

While you can currently pick up your copy of Kol HaBirah: Voice of the Capital at one of their many drop off locations, Kol HaBirah: Voice of the Capital is now offering home delivery! Sign up at: <https://secure.cardknox.com/kolhabirah> to have a copy delivered to your door for the year.



# JCADA'S NEWEST SUPPORT SERVICE *VICTIM ADVOCACY*

This November, JCADA expanded its services to include Victim Advocacy. As a result of the violence they have experienced, survivors are often at risk of losing their housing, employment, health care, and other basic necessities. The Victim Advocacy program connects victims and survivors to resources that will increase their safety and stability through case management. Additionally, the victim advocate is able to accompany victims to court and assist with victim impact statements.

## **Victim Advocacy services at JCADA include:**

- **Assistance getting and using language interpretation services;**
- **Assistance applying for public assistance programs that address housing, medical, or transportation concerns;**
- **Court accompaniment;**
- **Assistance preparing victim impact statements;**
- **Case management;**
- **Financial planning;**
- **Assistance with basic needs (e.g. referrals to food banks or other charities).**



In November the Victim Advocacy program accompanied Ana\* to her final protective order hearing. Ana is a recent immigrant to the U.S. who moved here to be with her spouse. Soon after she arrived, her spouse became increasingly abusive. Ana contacted the police and filed for a protective order. Before the final hearing Ana discovered her husband had cut off her credit card while she was trying to buy groceries. A JCADA Victim Advocate accompanied her to the final protective order hearing since she does not have family or friends in the area. Through a generous donation from the Mitzvah Mavens, the advocate was able to provide Ana with some grocery store gift cards so that she could buy food before she was granted emergency family maintenance. This support helped Ana through her crisis and she is now in a safe location.



One of the main projects of the Victim Advocacy program has been educating clients about health care open enrollment and special rules for survivors of abuse. Survivors of domestic violence who no longer live with their abusers can apply for health coverage as unmarried even if they are still legally married as long they plan to file their taxes separately. By applying on their own, survivors may qualify for more financial assistance and do not have to contact their abusers for financial information, which could place them in danger. Survivors can also use an alternate address so that if they are still living with their abuser they can safely receive mail related to their health care. Our goal is to empower survivors by providing them with information about their options.

**We look forward to this program continuing to grow in the future as a complement to JCADA's clinical and legal services!**

*\*Names have been changed to protect the identity of the client.*

## JCADA EXPANDS TO THE DISTRICT



JCADA has always served victims and survivors of power-based violence from all parts of the Greater Washington area. However, those living in the District of Columbia will have an even easier time accessing our services, as we have begun seeing victims and survivors free of charge in a new DC location. This expansion to a new space one day a week would not have been possible without a partnership with DC SAFE. As they stated in their February newsletter, “We are thrilled to have another co-located partner, making services more accessible for survivors in need.” By moving more purposefully through the DMV area, JCADA is able to continue to see clients that move due to the abuse, a unique aspect of JCADA’s services.

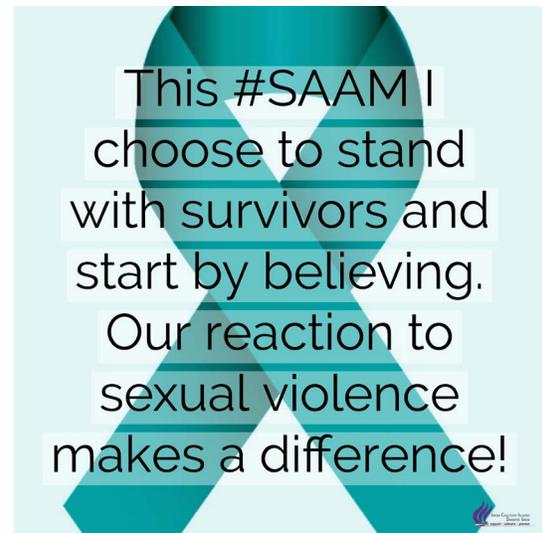
In addition to seeing clients, JCADA is also hosting more educational events in the District. In collaboration with the Edlavitch Jewish Community Center of Washington, D.C., JCADA will be hosting an event in honor of Sexual Assault Awareness Month (SAAM) and National Crime Victim’s Rights Week (NCVRW): #MeToo. Everybody Knows Somebody: How to Support Survivors in our Lives. If you are interested in attending the event, it will be held on Tuesday, April 10th at the Edlavitch DCJCC from 7:00pm to 8:30pm. You will learn about the rights of survivors and how you can support those around you who have experienced harassment or assault.

*Are you a part of a group who would be interested in hosting an educational event by JCADA?  
Please email [educate@jcada.org](mailto:educate@jcada.org) to learn more!*

## CELEBRATE SAAM WITH JCADA THIS APRIL

Did you know April is Sexual Assault Awareness Month? Sexual Assault Awareness Month (SAAM) is an annual campaign to raise awareness about the realities of sexual assault in our community. It is a time we take the opportunity to educate community members on sexual violence and how they can help prevent it. Sexual violence is an unfortunate reality for many of the clients seen at JCADA. Whether they have experienced childhood sexual trauma, a past sexual assault, or sexual abuse that is reoccurring in the current relationship, there is no escaping the reality that 1 out of every 6 women and 1 out of every 14 men will experience sexual violence in their lifetime. As an organization dedicated to breaking the cycle of power-based violence in our community, sexual violence is a pervasive problem that JCADA is looking to address through our direct services, and through our community education and prevention programs.

To learn more about sexual violence and how you can celebrate Sexual Assault Awareness Month this year, check out JCADA’s SAAM Toolkit! The toolkit includes educational materials, sample language, and images that you can use when talking to friends and loved ones about sexual violence this April in person or via social media. The toolkit is available for download on the JCADA blog, which can be found on our website [www.jcada.org](http://www.jcada.org). Having an issue downloading everything? Simply email Shana Brouder at [shana@jcada.org](mailto:shana@jcada.org) to have the toolkit and various social media images sent directly to you.



**Are you interested in learning more about domestic violence this spring? On Friday, May 18th JCADA will be exhibiting with many other domestic violence service providers at the Maryland Network for Domestic Violence’s (MNADV) Statewide Domestic Violence Conference. The theme this year: Amplifying Survivor Voices, Uplifting the Movement, Connect Our Work. To learn more about the conference and register to see JCADA there, check out the website, [mnadv.org/dvconference](http://mnadv.org/dvconference).**

# AWARE® BUILDING NEW PARTNERSHIPS

In conjunction with JCADA's effort to expand its DC presence, *AWARE*® continued its work empowering young people across the Greater Washington DC community to build healthy relationships. We focused our energies this year specifically on working with the schools in the District.

In February, *AWARE*® participated in Georgetown Day School's Summit on Sexual Assault and Consent, facilitating two sessions for private school faculty and students from across the DMV. Both sessions, *It's Not Love*®: *Understanding & Recognizing the Warning Signs of Teen Dating Abuse* and *Why Do They Stay? The Cycle of Abuse & Its Impact on Victims*, introduced participants to the core concepts of our *It's Not Love*® workshop. Students and staff learned about the different types of dating violence and its warning signs, as well as how to get help for themselves or a loved one. Our staff also had the chance to meet with key faculty members responsible for bringing relationship violence prevention education programs to their schools. As a result, we were invited to and facilitated workshops for 10th-12th grade students at the Maret School's Day of Dialogue, which focused on topics of gender, sexual violence, and consent. Our *It's Not Love*® workshop gave students a safe space to discuss the dynamics of power-based violence and left them feeling empowered to work to end behaviors that promote sexual violence amongst their peers.



Through JCADA's ongoing participation in the DC Victim Assistance Network, *AWARE*® also worked to build a partnership with one the nation's leading gender-based violence prevention organizations, Men Can Stop Rape (MCSR). MCSR works



to mobilize men to use their strengths to create cultures free from violence. Its youth development programs, Men of Strength (MOST) and Women Inspiring Strength and Empowerment (WISE) Clubs, have established presences in the majority of DC's public and charter schools. To celebrate Teen Dating Violence Awareness Month, *AWARE*® facilitated *It's Not Love*® for Roosevelt High School's MOST and WISE Clubs and will be headed back to DC for more workshops with the clubs at other schools in April and May!

Don't forget about Maryland and Virginia! Even without all of our work in DC, it's still been a very busy year for *AWARE*®. Visit our website at [www.awarenow.org](http://www.awarenow.org) to see all the other schools, organizations, and conferences we've been to across the Greater DC area.

## INTERESTED IN VOLUNTEERING WITH JCADA?

Do you want an opportunity to impact your community? Are you passionate about stopping the cycle of abuse? Then JCADA needs you!

This summer, JCADA is officially relaunching its Volunteer Program! All volunteers will receive a comprehensive training on the services that JCADA provides, the dynamics of power-based violence, simple crisis intervention and helping skills, helpful hints about group facilitation, do's and don'ts of what to say in a group setting, and more! The training is approximately 40 hours and will be held over the course of one month. Interested? Complete the Volunteer Form on JCADA's website ([www.jcada.org](http://www.jcada.org)) or email [shana@jcada.org](mailto:shana@jcada.org) to be added to the interest list.



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