



# Strength & Spirit

## JEWISH COALITION AGAINST DOMESTIC ABUSE

Newsletter Fall 2015

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## LETTER FROM THE PRESIDENT

Dear Friends,

In the last four years, JCADA's budget grew from \$290,000 to \$650,000. Being able to be a part of that process and watch the organization blossom into the successful, well-respected social service agency that we are is an honor and also a true learning experience. This tremendous growth highlights the critical role our donors and supporters play in helping us meet the needs of our clients and the community. This year we are undertaking a dedicated effort to get to know our donors who stuck by us over the past decade. Those individuals who believe in JCADA and our mission and consistently support us. We want to hear why you've given for so many years and what you would like to see more of. If you are a committed donor and haven't received a call from one of our staff asking for your thoughts, please reach out and let us know!

In addition to our long-standing donors, we are increasing our reach and capacity through:

- Our recognition by two premier philanthropic organizations - the 2014-2015 Catalogue for Philanthropy who named JCADA one of the best small charities in the Greater Washington region and the 2014-2015 Slingshot Guide Washington, DC Edition and Women & Girls Supplement for our impact on the lives of women and girls.
- A donor that generously chooses to cover our annual rent in full.
- A donor who single handedly got our Legal Access program fundraising off the ground with a multi-year gift of \$36,000 over two years.

And it is my pleasure to announce that **JCADA received a \$150,000 gift to be dispersed over the next three years from The Rales Foundation to help increase JCADA's clinical capacity to help victims of domestic abuse create the safest environment for them and their children.** In order to receive the second and third year, JCADA is charged with securing \$50,000 in new or increased matching gifts over the course of the next year. Over the next couple months, we will be in touch to share how you can help us reach this goal!

Ending domestic abuse in our community cannot only be done by helping those currently suffering, it is vital to prevent it from ever happening. How can we do that? JCADA starts by educating youth, parents and educators about healthy friendships and relationships. We are now inviting the entire community to join us at our second annual JCADA 5K Event: A Run, A Walk, AWARE on Sunday, October 18. This event will feature a morning of family-friendly activities that promote healthy relationships and self-confidence inspired by our AWARE prevention initiative. Our AWARE staff recently went to Capital Camps and created a word cloud for what a healthy relationship is. I would love to know -- what would your word cloud say?

There are so many opportunities to get involved in the community and with JCADA. Please join me in celebrating healthy relationships by participating in our second annual JCADA 5K Event in October or supporting the \$50,000 matching gift challenge. Or better yet, both!

As always, thank you for investing in our community, in healthy relationships and JCADA.

B'Shalom,

*Arielle Nathan Teitelbaum*

A healthy relationship is...



## AUTHOR'S CORNER

### TALKING WITH KATIE CAPPIELLO



Katie Cappiello is a graduate of the New York University's Tisch School of the Arts. She is the co-founder and artistic director of the The Arts Effect. She has written and co-directed four original plays, *Keep Your Eyes Open*, *FACEBOOK ME*, *SLUT* and *A Day in the Life*. In 2015, she published her first book alongside Meg McNerny, entitled *SLUT: A Play and Guidebook for Combating Sexism and Sexual Violence*. Katie

was honored by the National Women's Hall of Fame for her work with girls worldwide and named one of New York's New Abolitionists for her theater-based work to eradicate human trafficking.

In May, some of JCADA's staff had the chance to see *SLUT* at Warner Theater along with students from over a dozen schools in the DC area. As explained on [stopslut.org](http://stopslut.org), *SLUT: The Play* "follows the journey of Joey Del Marco, a 16-year-old girl who is raped by three friends during a night out. Through Joey's story and those of girls in her community, audiences witness the damaging impact of slut culture and the importance of being heard."

**You established The Arts Effect All-Girl Theater Company to build a safe and supportive feminist theater community for young women. How did working with those young women impact the writing of *SLUT*?**

Within our group, girls ages 14 to 18 from across New York, Connecticut, New Jersey and Pennsylvania come together once a week to train as actors and to discuss the challenges facing young people today and to collaborate on the development of original theater pieces, like *SLUT*, that shed light on the issues impacting their lives. A couple of years ago, a number of the girls started sharing their experiences with slut shaming and sexual assault. A third of the girls we had worked with had been sexually assaulted by the time they were 16 years old. And these are just regular everyday girls. So we noticed the pervasiveness of this slut shaming culture, this rape culture, in the lives of our girls and the passion and intensity with which they shared and needed and wanted to share their stories. This was around the same time that the same issue kept popping up in mainstream media. This was around the time that Rush Limbaugh called Sandra Fluke a slut, a female student was brutally raped and murdered in India and the Steubenville case. So it just seemed like it was meant to be and we needed to take on this topic. If our girls were going through this, then girls around the country were going through this, then girls around the world were going through this. [It] was something that we wanted to figure out a way to put on stage.

**The print edition of *SLUT* contains not just the play, but supplementary resources to serve as a guidebook for combating sexism and sexual violence. What were the origins of the project and your goals for it?**

When we first debuted the play at a theater in New York we were told by many people that we talked to that this was a bad idea, that

you can't have a bunch of young girls get on stage and talk about rape and slut shaming and sex and relationships. Since then, we've sold out every show. Everywhere we've been, people want to have this conversation. It's people of all ages, not just young people in the audience. It's grandparents, it's educators, it's 30-year-olds who want to heal from what happened to them when they were 16. The play was a great start. Bringing people together for this sort of communal catharsis was a really awesome thing, but what else could we do? We got together with The Feminist Press and pitched them the idea of this guidebook to provide a tool to all individuals that may not be able to see the play so they could start conversations in their communities. So that they could come up with their own plans of action in their own hallways, on their own campuses, in their own community centers. It was our hope that conversations about these issues could start happening to bring the idea of slut shaming and bring rape culture out of the dark to start working towards a culture of care. So that's why we decided to create this guidebook: we knew it was something people wanted and we knew it would be helpful.

**Despite not actually hearing their voices, *SLUT* definitely gives insight to the pressure teenage boys face. What do you hope young men understand about their roles in the #StopSlut movement?**

Right from the start, the male audience has been very responsive to the play. I think it's because they feel like we've done a good job of articulating the pressure that they face too. We were really careful when developing this to say that it's not about blaming young men, about blaming moms, about blaming the school administration. It was about saying that this is a culture that's so pervasive, most of us just don't know what to do, don't know how to attack it. Boys are impacted by this culture just as much as girls are, it just manifests differently for them. One of the interesting things that always happens after the play is that a number of boys come up to us and say, "I'm really afraid I would be that guy." And they don't mean one of the boys committing the rape against the main character, they mean they would be the boy who doesn't know what to do. I think it was an interesting thing for young boys to see that honestly depicted. To see that fear, that paralysis that you feel in that moment when you are afraid of putting yourself on the line socially. So for us to be able to say to those guys, "We get that pressure, let's talk it through. What do you do in that scenario?" It's important to open up that conversation and then maybe we can address these issues before people feel violated.

**What's your advice for someone who wants to raise awareness about sexism and sexual violence but isn't sure where to start?**

Get a group of friends together. Discuss what you feel are the challenges in your community and come up with a plan of action. You don't need more than two or three friends. For us it's also about encouraging young people to use the resources that are available to them. Use social media. It's whatever feels right for you in your community, just take a chance. Research what other kids, what other groups are doing and figure out what works for you. The hardest thing to do is take that first step, so finding some inspiration, maybe by seeing or reading *SLUT* or *The Vagina Monologues*. Those are good first steps.

To read the full interview and learn more about theater as activism and the #StopSlut movement, visit [jcada.org/AuthorsCornerKC](http://jcada.org/AuthorsCornerKC). ■



OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Use this hashtag -- #SpreadLoveDC – all month on social media to help raise awareness about this important issue!



**Legal Access**

**Education, Support and Empowerment for Victims and Attorneys**

**LEGAL ACCESS**  
**GETTING STARTED**

Since the Legal Access program pilot began in January, we have educated JCADA clients on the legal process, created helpful educational materials and run a training on trauma-informed best practices for local attorneys. The goals of Legal Access are to educate victims about the legal process so they are empowered to be actively engaged in their attorney-client relationship and to support attorneys by providing them with resources and JCADA-approved trainings related to domestic violence.

As we move out of the pilot phase, we look forward to opening the program to more clients, provide annual trainings for attorneys in JCADA's network and build partnerships with local law firms and legal resources. ■

**AWARE**

**BUILDING HEALTHY RELATIONSHIPS IN OUR COMMUNITY**

The AWARE prevention initiative is gearing up for another big year! The initiative works to empower youth with the skills and information they need to build healthy relationships. Last school year, we engaged over 1,300 youth, parents, and educators in the community through *It's Not Love* and #healthyfriendships workshops! Here is what a couple of our community partners are saying about these workshops:

"We invited our partners from the Jewish Coalition Against Domestic Abuse (JCADA) to join us and facilitate their *It's Not Love* program, which focuses on promoting healthy relationships among teens. While yes, camp is a place for fun, energy, and play, we believe that camp can also be a place where we explore important, sometimes challenging topics in a safe setting." - **Adam Broms, Associate Director, Capital Camps**

"In our ongoing commitment to social/emotional learning, the middle school partnered with the Jewish Coalition Against Domestic Abuse's (JCADA) teen dating abuse prevention program, AWARE. The 7th-graders engaged in several advisories and, in conjunction with JCADA, fostered an environment emphasizing kindness, mutual respect, positive peer influence, and personal responsibility...Our

**AWARE HIGHLIGHTS 2014-2015**

**1357**

Total number of participants in AWARE workshops

**22**

Number of schools, synagogues, youth groups, and camps that hosted an AWARE workshop

**AWARE Participants**



**92% of It's Not Love participants said they would recommend the workshop**

8th-grade students participated in JCADA's *It's Not Love* workshop...Giving students the education and support they need to make choices in their friendships and relationships that are both healthy and mensch-like is a priority in our goal of creating a safe and caring k'hilah (community). - **Rebecca Weisman, Middle School Principal, Charles E. Smith Jewish Day School**

Want to bring AWARE to your school, congregation, or youth program this year? We have a few open slots still available so contact Claire Bernstein at [claire@jcada.org](mailto:claire@jcada.org) today! ■

# Mobile Wellness

FEATURING APPS FOR RELAXATION AND WELLNESS



**Living Well** is designed to assist men who suffered childhood trauma, but its practical resources, support and suggestions for improving health and well-being apply universally. The app measures its user's current well-being and provides free audio relaxation and mindfulness exercises on its website: <http://www.livingwell.org.au/>. Free for iPhone and Android.



**Daily Inspirational Quotes** will deliver motivating and inspiring quotes by renowned authors to your phone each day. It also gives you the option to share the daily quote with your friends and family via social media to help energize their days as well. Free for Android (variations available for iPhone).

Prizes , DJ, refreshments and more!



**Sunday, October 18, 2015**  
**8:30 a.m.**

**Melvin J. Berman Hebrew Academy**  
13300 Arctic Ave, Rockville, MD

*Join the Jewish Coalition  
Against Domestic Abuse (JCADA) as  
we promote healthy relationships and  
work to end domestic abuse.*

**Register TODAY at <http://jcada.org/5K>**  
**Registration fee: \$40**  
**Kids 10 and under FREE**



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