

Prevention Programs Newsletter



Yuba County Office of Education

Domestic Violence—Part I

By Stephanie C. Fischer, MFT

Prevention Department

Coordinator of Prevention

Services:

Amy Molina-Jones, 749-4994

Prevention Assistants—

Huma Khaliqi, 749-4995

Educational Liaisons:

Nina Martinez, 749-4988

Nick Roberts, 749-4989 (office),
530-990-8720 (cell)

Therapist:

Stephanie Fischer, MFT,
749-4905

Need Counseling?

If you know a foster child that you feel needs to speak with a counselor, please contact Stephanie Fischer, MFT at (530) 749-4905 or e-mail at Stephanie.Fischer@yubacoe.k12.ca.us. Weekly appointments are available to any foster child in need.

Stephanie has been working with foster children since 2004 and also has a private practice in Yuba City.

Poverty Presentation

Date: Tuesday, October 18, 2016

Time: 9:30 am

Location: Cooper Ave. Baptist Church in Yuba City, CA

Who: Foster parents and individuals who work with foster youth.

More Info/RSVP: (530) 741-6750

(The following is a three part series on Domestic Violence. The Cycle of Violence will be addressed next month and consequences faced by children exposed to Domestic Violence will be addressed the following month.)

Domestic Violence is something that occurs regularly in our society, but is often not talked about. According to the National Coalition Against Domestic Violence, approximately 1 in 3 women and 1 in 4 men have been a victim of some form of physical violence by an intimate partner during their life. In addition, 1 in 5 women and 1 in 7 men have been a victim of a serious form of physical violence by an intimate partner during their lifetime. In regard to children, 1 in 15 children are exposed to intimate partner violence within a given year (www.ncadv.org). This number is also considerably higher among foster youth.

Domestic violence occurs among all socioeconomic classes, genders, ages, races, religions, etc. It is also possible and common in teen relationships and foster parents and school officials should always be vigilant of their teens and be aware of their relationships to assure that they are engaging in healthy romantic relationships with others.

Domestic violence also isn't just physical (i.e. hitting). It can occur in multiple forms

including financial (i.e. one partner doesn't let the other fully have access to money), emotional/psychological (i.e. name calling), or sexual.

Domestic violence thrives on secrecy and denial. Many times, people hide their bruises or make excuses for a mark with others. There is also a pattern of denial within the relationship and a person frequently makes excuses for the abuser's behavior and excuses their behavior, or even worse, blames themselves.

Knowing the signs within a relationship, and not ignoring those signs when they are recognized, is important. The following is a list of possible warning signs that you or someone you care about is in a domestic violence situation (Source: www.ncadv.org).

- Physical marks or bruises.
- Not allowing a partner to spend time with family or friends.
- Controlling the time that a person can spend away from the home.
- Controlling the finances or other resources.
- The abuser is easily jealous of others.
- Constant accusations of cheating.
- Controlling how or person dresses or their appearance.

- Threatening to hurt/kill a partner's friends, family or pets.
- Shaming, embarrassment or putdowns.
- Monitoring social media or cell phone usage.
- Not allowing a person to make decisions.
- Intimidating
- Forcing/pressuring to have sex.
- Pressuring to use drugs/alcohol.
- Destroying property.
- Preventing a partner from going to work.
- Threatening violence

There are additional warning signs as well. In general, noticing a change within a person and having a friend or family member start isolating themselves is pivotal.

There are also resources available if you or someone you love is involved in Domestic Violence. One option in our area is Casa de Esperanza. Casa de Esperanza is a domestic violence shelter located in Yuba City, CA. They have a 24-7 hotline that can be reached at (530) 674-2040. Additional resources will also be presented in the next two newsletters.

Foster Youth Services Profile—Nick Roberts, Educational Liaison



Hello. My name is Nick Roberts and I am the educational liaison with YCOE. I work with the foster youth in our area to help them receive the educational services they need to succeed. I have also been fortunate to work with the Independent Living Program at Yuba College and help assist with the foster youth there. I strive to maintain healthy relationships with foster families, county agen-

cies and school sites and in the next few weeks hope to meet staff and administration at every school site. In the meantime, if you have any questions or concerns in regards to foster youth, please don't hesitate to give me a call.

Phone: (530) 749-4989
 Email: nick.roberts@yubacoe.k12.ca.us

Foster Youth Presentation

Stephanie C. Fischer, MFT will be presenting on Attachment Disorders and Issues on Tuesday, November 1 at 9:30 am for Foster Kinship Network. Effects of trauma on attachment will also be presented.

Location: Cooper Ave. Baptist Church, Yuba City

Who: Individuals who work with foster youth.

RSVP to (530) 741-6750

Impulse Control and Problem Solving Workshop

Nina Martinez will be presenting to Foster Kinship Care on topics related to anger management, impulse control and problem solving. This presentation will include video, activities and discussion. Please bring questions that you have about handling impulsivity with your child.

Date: November 10, 2016 at Cooper Ave Baptist Church, 804 Cooper Ave, Yuba City, CA 95991.

The event starts at 9 am. If you have questions please contact Leah Eneix at Foster Kinship Care Education Yuba College, 2088 N Beale Road Marysville, CA 95901, Tel. 530-741-6750, Fax 530-743-3896

Tobacco Use Prevention Program Specialist—Huma Khaliqi



Hello! My name is Huma Khaliqi. I am the Tobacco Specialist for our Tobacco Use Prevention Education (TUPE) program at the Yuba County Office of Education. I provide services to our school districts including the youth and their families regarding tobacco prevention and intervention. I have also been lucky enough to oversee our Tobacco Youth Coalitions that have been formed by students

attending Yuba County schools. My goal in working with our youth is to empower them and have them realize their full potential as our next generation of advocates. Aside from tobacco education I also provide parent education and facilitate parenting classes. If you would like to get in contact with me, please do not hesitate to call or email.

Phone: (530) 749-4995



Quitting Smoking Is Easier With Help

Free help is just a phone call away. The California Smokers' Helpline is a telephone program that can help you quit smoking. Helpline services are free, funded by the California Department of Health Services. Whether you're ready to quit or just thinking about it, call 1-800-NO-BUTTS.

California Smokers' Helpline

1-800-NO-BUTTS