



GUAM COALITION AGAINST SEXUAL ASSAULT & FAMILY VIOLENCE (GCASAFV)

KNOW MORE NEWS

May 2021

GCASAFV Upcoming Events

To include announcements & events in our newsletter, email us at info@guamcoalition.org

2021 kNOW More Webinar: Identification and Response to Human Trafficking in Multidisciplinary Settings (Part 2)

Date: Wednesday, May 19, 2021, & Thursday, May 20, 2021

Time: 9:00 AM - 11:30 AM ChST

Location: via Zoom

Registration Link: <https://www.surveymonkey.com/r/HTWeb2021>

This webinar will examine how to best identify and respond to human trafficking in multidisciplinary settings and equip those serving Indigenous populations to better understand the issues of human trafficking and its impact on Pacific Islander and Native Hawaiian communities.

The presenters are **Kaleilani Grant** and **Alani Bankhead** from the **National Human Trafficking Training & Technical Assistance Center**.

ANNOUNCEMENTS

May 2021 Happenings!

Stay tuned for more updates and information on our plans for the month via our website:

www.GuamCoalition.org!

GCASAFV webinars are updated every month on our website's calendar.

Visit <https://www.GuamCoalition.org/calendar> for more details.

For more information, visit www.GuamCoalition.org,

The **2021 kNOW More Webinar: Identification & Response to Human Trafficking in Multidisciplinary Settings Part 1** was held on April 15, 2021. The presenters discussed Factors that Contribute to Trafficking of Indigenous Populations, Differences Between Human Trafficking & Domestic Violence/Sexual Assault, and Addressing Needs of Trafficked Individuals and Coordinating Services.

Part 2 of this webinar series will continue on **Wednesday, May 19** and **Thursday, May 20** with topics on

Addressing Needs of Trafficked Individuals and Coordinating Services, Signs of Trauma Exposure from Individuals Experiencing Trafficking, Basic Trauma-Informed Interventions, Trauma-Informed Approach for Individuals Experiencing Trafficking, and Methods for Honoring Cultural Practices and Support for Trafficked Individuals.

It's not too late to register, visit <https://www.surveymonkey.com/r/HTWeb2021>. For those interested in obtaining CLEs, this webinar series has been approved for 3 CLEs.

Visit www.GuamCoalition.org for more updates or email info@guamcoalition.org!



ASIAN AMERICAN
& PACIFIC ISLANDER

HERITAGE MONTH

According to the 2020 Facts and Stats Reported for Asian and Pacific Islander Homes, between 16 percent to 55 percent of Asian women reported experiencing intimate physical and sexual violence in their lifetime. The Minnesota Asian Women's Health Survey found that about 24 percent of Asian women reported having been stalked during their lifetime.

The Facts and Stats Report of 2020 also indicated that 58 percent of homicides of Asian American and Pacific Islander (AAPI) women were related to intimate partner

violence. The Guam Coalition Against Sexual Assault and Family Violence advocates for access to services available to AAPI communities, with nearly 92% of the island's population as AAPI. This year, join the Coalition in recognizing this month as Asian American and Pacific Islander Heritage Month.

History of Asian American and Pacific Islander Heritage Month

A joint congressional resolution initially established the Asian/Pacific American Heritage Week in 1978. The first ten days were chosen as these days coincided with the arrival of the first Japanese immigrants on May 7, 1843, and the contributions of Chinese workers to the building of the transcontinental railroad that was completed on May 10, 1869. In 1992, Congress expanded the Asian/Pacific American Heritage Week to a month-long celebration that is now recognized as Asian American and Pacific Islander Heritage Month.

For more information, visit <https://www.census.gov/newsroom/facts-for-features/2021/asian-american-pacific-islander.html> and <https://www.api-gbv.org/about-gbv/statistics-violence-against-api-women>.

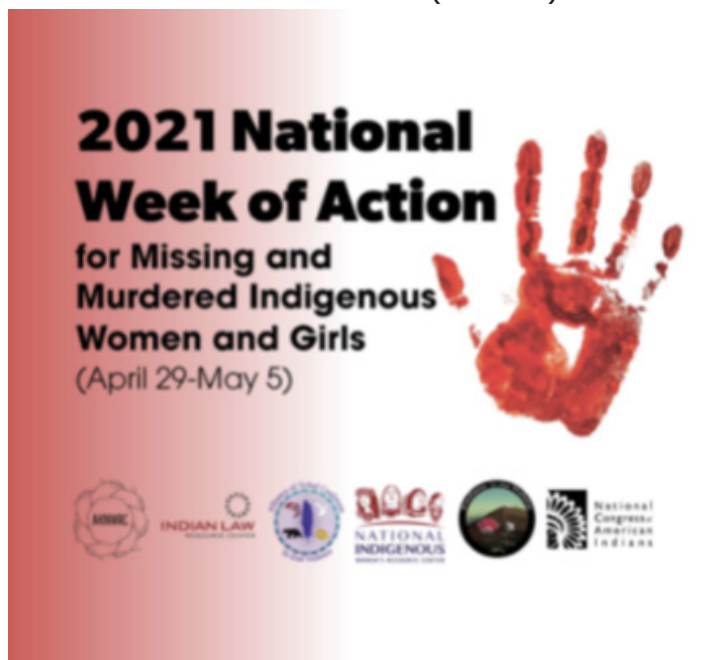


National Week of Action for Missing and Murdered Indigenous Women and Girls (MMIWG)

The National Indigenous Women's Resource Center (NIWRC) and the National Partners Work Group on Missing and Murdered Indigenous Women & Girls (MMIWG)

organized the week starting April 29 to May 5 to raise awareness and call attention to the plight of missing and murdered Indigenous women and girls often connected to domestic violence, dating violence, rape, and sex trafficking. The 2021 National Week of Action for MMIWG is part of an effort to challenge a silenced response to the MMIWG crisis. NIWRC engaged organizations and communities to participate in virtual events to take action and lift the voices of Indigenous people.

GCASAFV wore red on May 5th in solidarity with NIWRC and their call to action to protect native women and girls. For more information on NIWRC, visit <https://www.niwrc.org>.

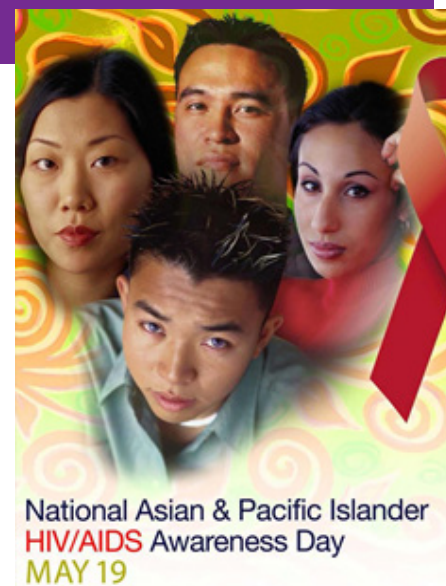


National Asian and Pacific Islander HIV Awareness Day

May 19 is National Asian and Pacific Islander HIV/AIDS Awareness Day. Since 2005, the Banyan Tree Project, created by the Asian & Pacific Islander Wellness (API), with the Centers for Disease Control and Prevention (CDC) raises awareness and supports API communities living with HIV/AIDS.

Between 2010 and 2014, the number of Asians diagnosed with HIV increased by 36 percent. In 2015, 2 percent (959) of an estimated 40,040 new HIV diagnoses in the United States identified as Asian. However, nearly 1 in 5 Asians living with HIV are not aware that they have HIV. In 2015, Native Hawaiians and Other Pacific Islanders (NHOPI) had the third-highest rate of total HIV diagnosis in the United States by race/ethnicity.

Among API communities, females' risk of contracting HIV are influenced by biological, socioeconomic, and cultural factors such as age, immigration status and migration patterns, and exposure to sexual violence. According to the 2014 CDC report on the Intersection of HIV and IPV in Women, the rate of intimate partner violence among HIV-positive women was 55 percent, which was twice the national rate. The 2015 HIV Surveillance Report reported that among all women with HIV diagnosis, 61 percent identified as African American, 19 percent identified as White, 15 percent identified as Hispanic/Latina, and 2 percent identified as Asian.



For more information, visit <https://www.apa.org/pi/aids/resources/asian-pacific-awareness> and <https://www.api-gbv.org/about-gbv/types-of-gbv/hiv-intimate-partner-violence>.

OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

The National Council on Aging states that elder abuse is a silenced problem that results in elders being robbed of their dignity, security, and in some cases, their lives. In the US, nearly five million older Americans are abused each year; this includes

physical abuse, emotional abuse, sexual abuse, exploitation, neglect, and abandonment. According to the World Health Organization, nearly 1 to 6 people aged 60 years+ experienced some form of abuse in community settings in the past year. The National Center on Elder Abuse found that in a recent meta-analysis assessing prevalence rates of abuse among older women, results indicated prevalence rates of 11.85% for psychological abuse, 1.95% for physical abuse, 3.85% for financial abuse, 4.15% for neglect, and 2.25% for sexual abuse.

As of April 2021, referrals received at Guam's Dept. of Public Health & Social Services' Bureau of Adult Protective Services were 31% for emotional/psychological abuse, 27% for financial/property exploitation, 16% for neglect, 15% for physical abuse, 7% for abandonment and 1% for sexual abuse.

SAVE THE DATE

The Guam Coalition Against Sexual Assault and Family Violence Presents

**2021 kNOw More Webinar
OUR MANĀMKO':
OUR COMMUNITIES OF
STRENGTH & ADDRESSING
ELDER ABUSE**

Dates
May 26-27, 2021
June 02-03, 2021

For updates, visit our website at www.GuamCoalition.org



Every year in the month of May, the Administration for Community Living recognizes Older Americans Month. Older Americans Month allows us to recognize and celebrate the elderly in the community. The theme for this year is “Communities of Strength.” The older adults in communities have gained strength and resilience throughout their lives through their triumphs, failures, successes, and challenges. During this year’s Older Americans Month, celebrate the strength and resiliency of older adults and the Aging Network, especially during this COVID-19 pandemic. Older adults have been able to connect and engage, facilitating strong communities.

Let us continue to recognize our golden treasures in our community, our manāmkō’, and maintain those connections while abiding by social distancing and safety protocols. These connections play a vital role in ensuring the health and well-being of the people in our communities. This year let’s join the Administration for Community Living by promoting ways to continue building strong connections during this pandemic.

For more information, visit <https://acl.gov/oam/2021/older-americans-month-2021>, <https://www.ncoa.org/article/get-the-facts-on-elder-abuse>, and <https://www.who.int/news-room/fact-sheets/detail/elder-abuse>.

MENTAL HEALTH AWARENESS MONTH

In 2019, the National Institute of Mental Health reported that nearly one in five U.S. adults lives with a mental illness. Mental illnesses are inclusive of various conditions that range in severity from mild to severe. In a systematic review and meta-analysis, Khalife, Oram, Osborn, Howard, and Johnson (2016) found that prevalence rates of domestic violence ranged from 15 to 22 percent among women with severe mental illness and 4 to 10 percent among men and mixed samples with severe mental illnesses.

Each year during the month of May, the National Alliance on Mental Illness (NAMI) joins the national movement to raise awareness about mental health. In addition, NAMI fights

stigma, provides support, educates the public, and advocates for policies to support individuals with mental illness and their families. This year, NAMI will continue to raise awareness with the message of “You Are Not Alone.” During the pandemic, NAMI will continue to use this time to encourage people to connect in safe ways, prioritize mental health, and acknowledge that it’s okay to not be okay through media platforms such as NAMI’s blog, videos, digital toolkits, social media engagements, and national events.

The Guam Coalition Against Sexual Assault and Family Violence encourages the community to raise awareness on mental health and counter stigma. For more information, visit <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>.



How to Manage Your Mental Health

By Emma Gillan, M.S., LPC, and KristiAnna Whitman, PhD, NCC, LPC

One of the pandemic silver linings has been in the leverage it has offered to mental health support, self-care, and really recognizing strategies for maintaining wellness.

Some basic self-care strategies include the following:

- Stay informed using official resources.
- Get good sleep.
- Eat a healthy, balanced diet.
- Avoid the news 24/7.
- Avoid alcohol or drugs, in excess.

More specific strategies for promoting wellness can be found through practice and really developing our own routines. **Relaxing your body** is a common strategy, but it is only effective if you find appropriate ways to do this. Listen to your body. Stretching exercises, guided meditation, or just getting fresh air can really go a long way for maintaining overall mental health.

It's also important to **pace yourself**. So often we focus on productivity and getting things done immediately. Especially while balancing working from home and other duties, it is vital that we take breaks between arduous activities. Allow yourself time after a meeting to debrief. Take 10 minutes to engage in something low-stress.

Maintaining communication is intrinsic for overall mental wellness. While the pandemic has really placed a strain on physical distancing, it is important that we maintain social connections. Send a text. Write a letter. Check-in on loved ones.


Lastly, **maintain hope**. If this is difficult, consider keeping a gratitude journal and jotting down small things that make you smile. Daily affirmations can also provide sources of support. Do know that with help, there is hope. If it is difficult to maintain these strategies, there are community resources available through AIMFT.

Community Champion: AIMFT

The Association of Individual, Marriage, and Family Therapists (AIMFT) is a professional association of members in the field of marriage and family therapy, psychology, social work, and school and mental health counseling. AIMFT promotes the well-being of individuals and families through education, special projects, policy, wellness, healing, and counseling interventions. AIMFT members include clinicians in the public and private sector, educators, and students. Meetings are held monthly where current topics relevant to the field are shared, trainings are discussed and planned, and where they provide professional support to members.

One of the benefits of being an AIMFT member is the ability to apply for charitable funds through the Ann Hardin Charity. Ann Hardin was one of the founding members of AIMFT. The charity was inspired by her work with children, women, and families. Ann's contribution to the support of women and children in domestic situations is extensive. She established the first therapeutic group for women survivors of violence. Members of AIMFT qualify to apply for this charity. Many have utilized the funds to get school supplies for clients, to obtain proper identification needs for job requirements, and to supplement resources and materials for therapeutic groups.

If you are interested in more information about AIMFT, want to attend a monthly meeting, or want to apply for membership, please email: aimftog@gmail.com.






**Guam Coalition Against
Sexual Assault &
Family Violence**

GCASAFV's mission focuses on fostering safe, healthy, violence-free island communities. This aligns with GCASAFV's purposes to identify and address the sexual assault and family violence needs of the community, ensure access to services, promote awareness of sexual assault and family violence, and build the island's capacity to respond to the community needs.

**BE A COMMUNITY
CHAMPION.**

*Be someone who listens and
responds with patience, support,
and encouragement.*

 @guamcoalition  Guam Coalition Against Sexual Assault & Family Violence  @gcsafv

May Mental Health & Wellness Month Events

As part of Mental Health & Wellness Month, the Guam Behavioral Health and Wellness Center is inviting the island community to:

Seeing Through Stigma Art Competition Submissions

Date: Wednesday, May 5 - Friday, May 14

Email maricia.mariano@gbhwc.guam.gov for more details

Raw Coping Power: Stress Management Virtual Training Session 1

Date: Saturday, May 8

Time: 8:30 AM - 12:00 PM

Location: Zoom

Email staff@peaceguam.org for Registration

Raw Coping Power: Stress Management Virtual Training Session 2

Date: Tuesday, May 11

Time: 1:30 PM - 5:00 PM

Location: Zoom

Email staff@peaceguam.org for Registration

The Lunch Hour with Peace: Seeing Through Stigma

Date: Wednesday, May 12

Time: 12:00 PM - 1:30 PM

Register For Free at [Tinyurl.Com/Lhwpeace07](https://tinyurl.com/Lhwpeace07)

Children's Mental Health Awareness Day Green Kite Festival

Date: Friday, May 14

Time: 3:30 PM - 6:30 PM

Location: Governor's Complex, Adelup

Guam Behavioral Health & Wellness Center (GBHWC) Fair

Date: Saturday, May 15

Time: 11:00 AM - 3:00 PM

Location: Agana Shopping Center

BHWC Virtual 2k/5k

Date: Saturday, May 22 - Saturday, May 29

First 150 Participants Will Receive A Swag Bag With A T-Shirt

Detox Unit Ribbon Cutting Ceremony

Date: Thursday, May 27

Time: 11:00 AM

Location: GBHWC, Tamuning

Wellness Light Festival

Date: Saturday, May 29

Time: 4:00 PM - 8:00 PM

Location: Governor's Complex Adelup

For More Information:

Contact Maricia Mariano at communications@gbhwc.guam.gov or 671-929-6197.

#Digital Corner

KEY WEBINARS FOR MAY Register Today!

The Empathic Workplace: Five Steps to a Compassionate, Calm, and Confident Response to Trauma on the Job

Hosted by
EVAWI - End Violence
Against Women International

Wednesday, May 12, 2021 at
3:00 AM - 4:30 AM ChST

Click here to register:

<https://evawintl.org/courses/the-empathetic-workplace-five-steps-to-a-compassionate-calm-and-confident-response-to-trauma-on-the-job/>

Bystander Intervention to Stop Police Sponsored Violence and Anti-Black Racist Harassment Training

Hosted by Hollaback
Tuesday, May 18, 2021 at
4:00 AM ChST

Click here to register:

https://zoom.us/webinar/register/WN_3WWZqfZQ4-bdi3V6LAIw?timezone_id=Pacific%2FPort_Moresby

National Women's Health Week

Every year in May, National Women's Health Week is observed beginning on Mother's Day from May 9 to May 15. During National Women's Health Week, women are encouraged to consider factors that influence the betterment of their mental health as a means to prevent anxiety and depression, especially during the COVID-19 pandemic.

Women and girls must make their health a priority and take care of themselves, especially those who have underlying health conditions such as hypertension, diabetes, obesity, cardiovascular and respiratory conditions, and for those women who are 65 years and older. The Office on Women's Health encourages women and girls to:

Take care of your body and mind by:

- 1) Talking to your healthcare provider
 - If you have concerns about COVID-19
 - If you are sick
 - If stress is interfering with daily activities
 - If you have a health condition such as asthma, diabetes, high blood pressure, or obesity
- 2) Maintaining a healthy weight
- 3) Getting and staying active in your home or outside your home
- 4) Eating heart-healthy, well-balanced meals, and snacks
- 5) Taking care of your mental health, staying connected with family and friends
- 6) Finding healthy ways to manage stress
- 7) Practicing good sleep habits, trying to set a routine for going to bed, and getting at least 7 hours of sleep
- 8) Monitoring alcohol intake and avoiding illicit drugs
- 9) Looking out for your lungs, trying to quit smoking and vaping

For more information, visit <https://www.womenshealth.gov/nwhw/about>.

As part of Mental Health Awareness Month and National Women's Health Week, it is crucial to make time to take care of yourself, especially those working in the fields of victim services, law enforcement, emergency medical services, and other allied professions. You may be susceptible to vicarious trauma with exposure to victims of trauma and violence. Vicarious trauma can occur when victims and survivors discuss their experiences of victimization when reviewing files, or hearing and responding to the aftermath of violence and other traumatic events. Moreover, it is important to address your needs and the needs of those around you. This May and every month, make an appointment for your self-care time.

For more information, visit <https://ovc.ojp.gov/program/vtt/what-is-vicarious-trauma>.

Self-care can be different for everyone. The World Health Organization provides tips to help cope with stress amid the COVID-19 pandemic.

World Health Organization

Coping with stress during the 2019-nCoV outbreak

-  It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.
-  If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.
-  Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.
-  Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.
-  Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.
-  Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

Certified Forensic Experiential Trauma Interview (FETI)

GCASAFV will be hosting the Certified FETI, a science and practice-based interviewing methodology guided by the latest research on the neurobiology of trauma and memory. The FETI methodology allows interviewers to maximize opportunities to obtain information and thoroughly document the interview neutrally and equitably regardless of who the interviewee is, from victims and suspects to people in healthcare and administration. Although the FETI training is intended for those who conduct investigations, intake, interviews, and other related direct services of domestic and sexual violence, the application of the FETI methodology is limitless. Individuals who partake in the FETI Methodology are interviewed as “participants” rather than witnesses, suspects, etc. Additionally, the FETI methodology encourages participants to share information but to their discretion and with consent.



CERTIFIED FETI®

Upon completion of the FETI course, attendees will be able to 1) understand the FETI Framework, 2) recognize the impact of trauma and high stress on memory, communication, and recall, 3) learn how to maximize opportunities for information gathering, 4) understand the difference between an interview and an investigation, and 5) identify ways that Experiential Information Collection may be negatively impacted.

After completing the FETI course in March, Dorianne Walker, program coordinator of the Guam Legal Services Corporation-Disability Law Center, and Carol Hinkle Sanchez, Deputy Attorney General with the Office of the Attorney General, *expressed that the FETI methodology has been applicable in both the work environment and home environment, especially when communicating with their children.*

Carol shared that the *FETI methodology has been beneficial to restorative justice and CPS proceedings, especially with witnesses.*

Grace Donaldson, a GCASAFV Board Member, expressed that the FETI methodology taught her to *“find a new way to have respondents share information without force, threat, or pressure that they may not necessarily be willing to share initially.”*

Dorianne expressed that *the FETI training “has been 100 percent beneficial” for her as an intake worker.* Prior to the onset of the FETI course, one should ensure that they have allotted time to complete the introduction course.

Although the FETI course does take time, as Grace noted, *the FETI methodology can be applied in any situation wherein, “The beauty of the FETI methodology is its simplicity. The interviewer asks the participant simple phrases that prompt the sharing of information.”*

The **Introduction to FETI** is self-paced, however, *attendance* will be closely monitored. Those who take part in the Introduction to FETI will have starting May until the end of October 2021 to complete the training modules. Deadline to register for the Introduction to FETI to be considered for a seat in the Practical Application of FETI is May 28, 2021. **GCASAFV has scholarships available!**

Those interested in the Practical Application of FETI must complete the Introduction to FETI by the end of June. The **Practical Application of FETI** will be conducted using Microsoft Teams and (virtual) attendance is required from 7:00 AM to 1:00 PM on August 9, 11, 13, 16, and 18, 2021 (Chamorro Standard Time).

To register for the Introduction to FETI, [visit www.surveymonkey.com/r/2021INTROFETI](https://www.surveymonkey.com/r/2021INTROFETI). For more information, email info@guamcoalition.org.

April in Review...

The Guam Coalition Against Sexual Assault and Family Violence would like to thank all the community members and partners who took part in the April "Waves in Villages" to raise awareness for the month of April events. This was held on April 14 in selected villages covering the northern, central, and southern parts of the island.

APRIL WAVES IN VILLAGES



Light it Blue Campaign

In light of Child Abuse Prevention Month, the Archdiocese of Agaña took part in Lighting it Blue!

St. Anthony of Padua Catholic Church
Tamuning



Dulce Nombre de Maria Cathedral-Basilica
Hagatña



Our Lady of Peace & Safe Journey Catholic Church
Chalan Pago



Our Lady of Guadalupe Church
Santa Rita



Denim Day Wave

On April 28, GCASAFV joined Erica's House and UOG's Social Work Student Alliance at their Denim Day Wave at the Chief Quipuha Statue, Hagatna and ITC Intersection, Tamuning.



#30days of SAAM Challenge

The National Sexual Violence Resource Center hosted a #30daysofSAAM challenge throughout the month of April. The GCASAFV took part in the #30daysofSAAM challenge by sharing creative ways to raise awareness, educate, and connect with others in the community on Sexual Assault Awareness Month. On April 28, the GCASAFV staff wore teal and denim to recognize Denim Day.

DENIM DAY: WEAR JEANS WITH A PURPOSE



#30DAYSOFSAAM

#Digital Corner

New Frontiers in Investigating and Prosecuting Sexual Assault by Intoxication – Part 2

Hosted by EVAWI - End Violence Against Women International
Thursday, May 20, 2021 at 5:00 AM - 6:30 AM ChST

Click here to register:
<https://evawintl.org/courses/new-frontiers-in-investigating-and-prosecuting-sexual-assault-by-intoxication-part-2/>

Bystander Intervention to Stop Police Sponsored Violence and Anti-Black Racist Harassment Training

Hosted by Hollaback
Tuesday, May 25, 2021 at 5:00 AM ChST

Click here to register:
https://zoom.us/webinar/register/WN_2ixA2OJNSFC-Zd_W-Gd-sA?timezone_id=Pacific%2FPort_Moresby

For more information, please email info@GuamCoalition.org.



KNOW MORE NEWS

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GUAM COALITION AGAINST SEXUAL ASSAULT & FAMILY VIOLENCE

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