



Changing the Culture of Violence: CAE Completes Year One of Violence Prevention Program for LGBTQ Homeless Youth

Shelter, money, love; Self-defense against hate crimes; My mental stability; If I am going to be homeless my whole life; Getting jumped; Dying before experiencing a lot; Finding work and becoming independent; Losing control.

These are real concerns shared with us by young participants in our cutting-edge new program, *Community Alliance Against Violence (CAAV)*. Exactly one year ago, CAE received a prestigious national grant from the Robert Wood Johnson Foundation to launch this three-year program to reduce violence in the lives of LGBTQ homeless youth across New York City. These vulnerable young people disproportionately face relationship violence, street harassment, and bias crime. Many have been kicked out of their homes because of their identities and are surviving in the streets. Addressing the violence they face will also help youth to address other issues, such as trauma, substance abuse, and mental illness.

This year we partnered with Ali Forney Center, Sylvia's Place and the Staten Island LGBT Center to provide in-depth, 20-session violence prevention courses for youth, as well as trainings for staff that work with youth. In our first year, we reached close to 250 young people and trained over 75 staff members. In-depth evaluation has painted a descriptive picture of our impact, showing us that in the first year of CAAV, young people increased their knowledge about their self-defense rights and responsibilities, and significantly, were also changing their behavior. A sample of CAE's workshops showed that:

- 93% of youth said they were able to identify safe/unsafe relationships
- 92% said they learned to protect themselves from being choked
- 89% said they had the skills to stop someone and set boundaries
- 92% said that breathing and movement exercises made them feel more centered

One young person shared, "A week ago, two friends who were in the class today were arguing. I saw one of them said [sic] they needed to take a break from the argument and walked away, cooled off and came back and they talked it out. No one gets physical [fighting] lately here." This demonstrates a positive change in behavior, which is critical since rules often dictate that youth who have violent incidents cannot stay in shelters. Thus, those who can de-escalate situations, manage their anger, and establish boundaries are able to remain in supportive services.

The impact on youth was emphasized by various staff. One staff member at Sylvia's Place shared, "Here's a funny thing: I see two 18 year olds sit down and talk out their problems instead of argue or fight about them! And I think, 'Are they being sarcastic?' I observe the

situation, and they're actually deescalating the situation themselves, when in the past they might've responded with verbal or physical fights. [CAE's workshops] have been really helpful...They talked out the problem without fighting, and used the actual words and techniques from the class."

Staff also reported gaining new skills themselves. A total of 97% of staff participants indicated that they learned about how to offer clients new ways to de-escalate a situation. 95% of staff participants indicated they were likely to use the strategies and/or tools they got in the workshop to reduce their own stress, making them more effective in their own work. One staff person said, "Being conscious of using breathing and centering activities during the day keeps me centered and relaxed."



Young people at Staten Island LGBT Center practice strikes together.

In the second year of the project, we will expand from three to five sites, including ones in Queens and the Bronx. We will reinforce and deepen the violence prevention philosophy and strategies covered with youth and staff, and continue to actively change the culture of violence in the lives of LGBTQ youth in New York City.

We are deeply grateful to the Robert Wood Johnson Foundation, Stonewall Community Foundation/Queer Wellness Fund, New York Community Trust, E. Rhodes and Leona B. Carpenter Foundation, and a circle of committed individual donors, who made this work possible through their generous support.

In our evaluations, we asked young people what was the most important thing they learned. Here are some of their inspiring answers:

- to defend myself and get away safely
- not to be a bystander that doesn't do anything
- breathing instead of arguing
- live life to the fullest
- respect, anger management
- you always have someone to talk to about your problem
- the signs of an abusive relationship
- how common unhealthy relationships are, and how to help someone (including yourself) through one
- how to walk away from things/how to have self-confidence to speak up and use your voice



Message from TRACY HOBSON, Executive Director

2012 has been a busy and exciting year for CAE, as we have been growing in a number of important new directions. We completed the first year of our three-year national grant to reduce violence in the lives of LGBTQ homeless youth. CAE developed and piloted a long-term violence prevention and leadership development course for pre-teen girls, partnering with different schools and community organizations to reach girls at this crucial stage of development. CAE served over 3,000 individuals this past year – up from just over 2,000 in the previous one. This year, the City government more than doubled their support of CAE—a testament to the need and efficacy of our programs, and our ability to reach communities from East New York to the Bronx, from seniors to elementary schools students.

In order to meet the growing demand, we have been training new apprentices and instructors. I am so grateful to all of our teachers—long-time and recently arrived—who make all of this new work possible and maintain our high standard of sensitivity and specialized anti-violence programs. Thank you

for all you do!

As we continue to grow, our commitment to our most vulnerable communities, particularly survivors of violence, remains at the core of our work. I am thrilled that we raised an incredible \$50,000 at this year's Punch-a-thon to support our work with survivors and at-risk youth. Our five-week self-defense course for adult women and transpeople is among our oldest programs and continues to operate at full capacity. In this Update, you will read an inspiring interview with a participant in our most recent course, and the many ways in which she has been transformed.

What all of this means, and means to me, is that CAE is fulfilling our fundamental mission to help individuals and communities break cycles of violence, and we are reaching more people in deeper ways than ever before. We could not do this without the tireless commitment and firm dedication of our supporters, who stand with us through thick and thin. Thank you for being part of our efforts for peace and justice.

New Directions: Pre-teen Empowerment Project and Trainings for Staff

After thirty-eight years of developing innovative violence prevention programs, CAE continues to expand in exciting new directions. This year, we piloted our new 16-week *Pre-teen Empowerment Project* (PEP) and began providing cutting-edge anti-violence training for staff at LGBTQ youth organizations through *Community Alliance Against Violence* (CAAV). Both of these expansions highlight CAE's ability to respond to real needs and creatively address violence in our communities.

Today, we hear from girls as young as 10 and 11 that they are experiencing harassment on the streets, at school, and on public transit. They enter dating relationships earlier. Schools and parents often feel unequipped to deal with these realities. We developed PEP with the belief that by reaching pre-teens with programs targeted to their specific needs, we can help them to increase their self-esteem and build resiliency as they move into their critical teen years.

This long-term program can be modified to work with the needs and schedules of our partners—which include schools and other community organizations. PEP includes four focus areas: Strengthening Voice and Body; Identifying Healthy/Unhealthy Behaviors; Self-Care and Accessing Support; and Leadership and Advocacy. After the program's pilot year, the impact is evident. When asked what the most important thing they learned through PEP was, one girl responded, "I learned that I shouldn't let anyone try to hurt me physically, emotionally, or sexually." Another summed up her experience simply: "There is nothing more helpful than this."

As we designed CAAV to reduce violence in the lives of

LGBTQ homeless youth, we realized that to comprehensively address violence, we needed to change the larger culture of violence these young people face. In order to reinforce our anti-violence philosophy and strategies, and to expand our reach, we decided to provide in-depth trainings for staff at organizations that serve LGBTQ homeless youth. While we have provided "train-the-trainers" workshops in the past, working with both youth and staff at the same organization over a long period of time is a new program model. In order to better serve staff, we did staff assessments, asking them to provide real-life scenarios so that we could help them to address problems they actually face in their work. In the coming year, we will continue to support staff development and provide trainings that build upon skills and strategies covered this year.



Pre-teen girls from a course at Citizens School hold up boards upon which they wrote forms of oppression they would like to break through, including racism, sexism, stereotypes, and bullying.

Continued on page 3

Interview with Self-Defense Student Alesandra Liriano



Can you share a little bit about yourself and what brought you to CAE?

Well, I've been on a roller coaster of domestic violence relationships. There were three back-to-back starting in 1997.

I came to CAE for the first time back in 2000, and completed the four-week self-defense course. It empowered me and helped me to defend myself in these three relationships.

I returned in 2011 and attended two classes. Then my lung collapsed and I had heart surgery. I had to wait a year before I could continue taking classes. That I couldn't function the way I want to had me bound in a sense, but I wanted to prove to myself that I could do it.

Can you describe your experience at CAE?

I have been able to tell my story and express some of the things that I have gone through. Hopefully, this has helped others so they know they're not alone. At CAE I feel safe and know that I am not going to be judged. The class empowered me to deal with my anger in a positive way. The class gave me my self-esteem back. It helped me believe in myself.

What have you learned?

You have the right to defend yourself. You do not have to take someone's abuse whether it is verbal, emotional, or physical. My ex had a habit of choking me. I defended myself by kicking him off me and then started striking him. It got him to kind of lay off. After being tired of fighting back and dealing with the abuse, I got an order of protection, which is still in effect. I moved, and started my life over again.

New Directions continued

We have also been providing trainings that focus on stress reduction and centering for staff—for use among themselves and their young clients. Given the emotional trauma they are dealing with each day, these techniques enable them to rejuvenate and restore themselves. One person described the real impact of the trainings, saying that they “reinforce conversations I already have with clients about being assertive without escalating situations. [They are a] reminder to practice self-care at work and after work. I can help train volunteers to use these skills and strategies when working with the groups, It's also good to have the handouts to use in the future.”

We are excited for the futures of both of these projects. We welcome the opportunity to partner with any pre-teen organizations or staff that are interested in our anti-violence trainings, which include a range of topics such as de-escalation, self-defense, and self-care.

CAE gives us a place to be a community. It gives us a place that we feel like we belong. It is a place to vent; to cry; to empower; and to move forward. To face it instead of avoiding it and denying it. It gives us a way to confront and possess our emotions. To realize it wasn't our fault.

What were your biggest challenges and accomplishments in the self-defense course?

My biggest challenge was my insecurity that other people in the class would stare at me with my cane and home attendant. If anything, people were supportive and understanding. No one made me feel uncomfortable and empathized. I don't like sympathy, I like empathy.

I was able to share some of my techniques and stories to help the women to talk instead of pretending that everything is fine. I showed others that even though you are disabled you are not helpless. As a disabled person there is still a lot you can do to defend yourself.

How did it feel to break a board?

I was looking forward to actually breaking a board, and I volunteered to be the first one. I wrote the name of my abusers and the word anger on the board. I was just concentrating on all of the stuff that has gone on in my life in the last 12 years. I told myself, I am just going to let it go, break these barriers and obstacles that I have gone through, and I am going to feel better.

My son is 11 and he recorded me breaking the board. He doesn't have to feel like—my mom is sick and my father or someone else can hurt her. He looks at the video over and over again and says, “I can't believe you did that.”

What makes CAE important for survivors?

CAE gives us a place to be a community. It gives us a place that we feel like we belong. It is a place to vent; to cry; to empower; and to move forward. To face it instead of avoiding it and denying it. It gives us a way to confront and possess our emotions. To realize it wasn't our fault.

What is next for you?

I feel like the sky is the limit. I am going to try and take tai chi and chi gong to deal with some of the lingering anger. I plan to write a book about my experiences. I will speak out whenever I have the chance to and motivate others to defend themselves. You can choose to be a victim or choose to be a survivor. And I chose to be a survivor.

Community Violence Prevention Program

Through our Community Violence Prevention Program, CAE fulfills our core mission to provide violence prevention programming for diverse communities throughout New York City. Following is feedback we recently received from two partner organizations. The first is a youth ministry located in Brownsville and the second a North Brooklyn community center where we provided a long-term course for middle-schoolers.

“Our participants are enjoying and learning much from the course. Both Gabriella and Taisha are wonderful with the kids and their facilitation style encourages student engagement. We look forward to continuing our partnership with CAE.”

Nancy Delrio
Williamsburg Beacon Center

“Thank you, thank you, thank you! The workshop was awesome and Brenda and Tulani were excellent. Thank you for allowing them to share the information they did to help keep us safe.

We didn't realize that at the time of the workshop, two of our youth had just experienced being attacked. One youth experienced an encounter on his way to the workshop and the other had an altercation with a stranger three days ago. Both were traumatized and withdrew from the exercises, but learned a wealth of information that helped them.”

Jane Lockley
Quiver Youth Ministry,
St. Paul Baptist Community Church

THANK YOU for your support!

\$10,000 AND ABOVE

Anonymous
Laurie Arbeiter & Jennifer Hobbs
Brooklyn Community Foundation
E. Rhodes and Leona B. Carpenter
Foundation
Frank and Ruth E. Caruso Foundation
Polly Howells
Robert Wood Johnson Foundation
Eileen Murray
The New York Community Trust
City Council Speaker Christine Quinn
The Irene Ritter Foundation
Stonewall Community Foundation

\$5,000 - \$9,999

Katherine Franke
Council Member Sara M. Gonzalez
Credit Suisse Americas Foundation
Insight Partners
Council Member Stephen Levin
Patrina Foundation
Council Member Diana Reyna
Council Member Albert Vann

\$1,000 - \$4,999

Judy Biener and Jeff Spurgeon
John Bruno
Diane D'Alessandro
Desiree Dancy
Deborah Malkin and Re/Dress Inc.
Deutsche Bank Americas Foundation
Abigail Disney
Council Member Julissa Ferreras

The Fine Family Charitable Foundation
Nancy and David Gernert
Jacqueline Guichelaar
Daniel Holliday and Clara Porter
Council Member Brad Lander
Jimena Martinez and Michael Hirschhorn
Sarah Moesker and Thuan T. Nguyen
The M&T Charitable Foundation
New York Women's Bar Association
Foundation
Office on Women's Health
Pat Simpson
Lucinda Sangree
Todd Sears and Chris Garvin
Oksana Sokolovsky
Nadia Telsey
The Laura B. Vogler Foundation
Mieke Vandersall
Michael Venditti
Lisa Watson

\$500 - \$999

Katherine Acey
Senator Eric Adams
American Express Employee
Giving Program
Bonnie Anderson
Anonymous
Assemblymember Jim Brennan
Matthew Cluney
Diane and Howard Wohl Family Foundation
Dojiggy LLC
Doris and Michael Bronson
Susan Fonfa
Daniel Gillmor

Nancy Guida
John and Virginia Whitty
Marion Kaplan
Barbara Leddy
Doug Nieters
Park Slope Civic Council
Robert Stern
Barbara Turk
Yuko Uchikawa and Toby Cox
United Way of New York City

\$250 - \$499

Chris Allen
Maura Bairley
Michael and Michelle Boehm
Robin Burdulis
Simon Chung and Matthew Burns
Kenneth Cox
Elizabeth Derby
Martha Eddy and David Middleton
Linda Ellman and Donald Rotkin
Audrey Fauvel
Palamona Ferris
Adrien Gerard
Denise Harding
Judy Hobson and Renette Dufour
Miller Jen Hoffman and Corrine Bertram
Clare and Robert Holzman
Pompey and Myra Howard
Pamela Kiernan
Judith Loebel and John Gordon
Marty Markowitz
Steven McRae
Delia Mellis
David Michaelson

THANK YOU for your support! (continued)

Martha and Joseph Moesker
Chas Perry
Craig and Kline Poplar
Elizabeth Roberts
Donald Schmid
Stephanie Roth and Kim Klein
Deborah Stern
Meredith Summs
Ivan Thornton
Stanley Zareff

\$100 - \$249

Nicole Anderson
Ogretta Angel Levy
Salman Azhar
Ron Barber
Suzanne Barberesi
Valerie Barr
Barbara Becker
Allen Berman
Black Rock
Stephanie Blackwood
Rupa Boddu
Body Unique
Cynthia and Thomas Bornemann
Pearl Brady
Peter and Maguy Bronson
Barbara Bruno
Joan Byron
Eliza Calhoun
Angie Casciato
Kathryn Cation Schneider and
Harvey Schneider
Willy Jimmy Cellan
Jennifer Cherrey
Ann Chesnut
Sally Chew
Heakyung Chung and Ken Mak
Kevin Ciotta
Lisa Clements
Sohail Coelho
Michelle Coffey
Jan Combopiano
Tricia Cooke
Ruth Copeland
Stosh Cotler
Eric Dale
Sean Dana
Anthony D'Angelo
Michael Dituro
Nicole Douillet
Corrin and Josh Eckert-Chu
Megan Elias
Annie Ellman
Lawrence Engleman
KC Engler
Chantal Evans
Elizabeth FitzGerald
Regina Fortuniewicz

Miriam Frank & Desma Holcomb
Rosalie and Alan Friend
Joe Gallagher
Karen Gerry and Martin Rubin
Alison Gerson
Julie Goldscheid
Google Matching Gifts Program
Vikas Goyal
Diane Hines
Christina Hobson
Erin Hollaway
Steven Houde
Jana Jarosz
John Cox and Associates
China Jorin
Joyce and Martin Keane
Belle Koclanes
Kevin and Peter Kolbe
Nancy Lanoue and Sarah Ludden
Naomi Lavanaugh
Elizabeth Lee
Joan K. Lehman
Sonia Lemos
Helen and Robert Lerner
Lynn Levey
Richard Levy and Jane Hirschmann
Patricia Leyn
Darla Linville
Lisette Hinojosa
Margo and A.J. Lopez-Cepero
Lin Lu
Christopher Mahdik
Eric Marcin
Linda N. Marks
Carol Marsh
Lori Martin
Katherine Marx
Ani Mason
Michael Mayer
Kathy McCue
Janice McGuire
Ryan McKee
Randy Meadoff
Bernadine Mellis
Linda Mendez
Ann Meredith
Samantha Mills
Alka and Rakesh Mital
Penney Mitchell
Christiana Muntzel
Sharon Myrie
John Napoli
Daniel Obst
Kathleen and Kiva Offenholley
Joan Olitski
Seth Orman
Timothy Otoole
Rebecca Padro
Darren Palace

Cecelia A. Palace
M.V. and Rama Parthasarathy
Charlotte Phillips and Oliver Fein
Rebecca Pollock
Lauren Poster
Linda Price
Ann Raffel
Barbara and Stephen Raffel
Patricia Raube
Chad Ritter
Joy Romanski
JoAnne Rome and Doreen Libby
Nancy Rose
Seth Rosen
Shelly Rosen
Judy Rosenblatt
Susan Rosenthal
Robert and Diane Sayegh
Matthew Schaab
Anne and Bill Schoeffel
Deborah Sherman
Susanne Shulman and Carolyn Altman
Dia Sokol Savage and Garret Savage
Jennifer Sprance
St Boniface Church
Paul Stein
Jennifer Stinton
Julie Summs
Tish Tabb
Karin Taylor
Benjamin Terzani
Shannan Vance-Ocampo
Trinke Vaughan
Mark and Liz Vorsatz
Helayne and Leslie Wagner
Karen Wagner
Roger Waltzman
Elizabeth Wamai
Rhonda Weingarten
Brian Welle
Nancy Wilks
Paige Wolf
Maxine Wolfe
Andrew Yakovlev
Benjamin Yurman-Glaser
Michael Yurowitz
Jorge Zapata

\$15-\$99

Due to the incredible growth of CAE and our community, we are unable to include here the 450 committed individuals who gave at this level. We will acknowledge all of our donors in our next e-mail update. If you want to receive this update and are not on our list, send your email address to info@caeny.org with the subject "mailing list." Thank you!

PROGRAM START DATES

All programs have sliding-scale fees based on income, unless otherwise indicated • Free childcare is available during class to all students. **You must call to sign up! 718.788.1775 caeny.org**

ADULT PROGRAMS

Self-Defense for Adult Women & Transpeople: Includes effective, simple physical techniques, as well as discussions about safety and prevention. Sliding-scale fees are based on income, and free childcare is available during classes. This course is available free of charge for survivors of domestic and sexual violence.

Saturdays: October 13th–November 10th 3:00–5:30 pm.

Karate for Adult Women & Transpeople: Offers challenging, supportive, noncompetitive classes in Goju karate. Sliding-scale fees are based on income, and free childcare is available during classes. One month of free training is available for survivors of domestic and sexual violence. Classes meet on Tuesdays, Thursdays, and Saturdays.

New students start the first week of each month.

Tuesdays: 6:30–8:00 pm; Thursdays: 7:45–8:45 pm; Saturdays: 10–11:15 am.

Tai Chi Chuan for Adult Women & Transpeople: Teaches the centering, strengthening, and gentle moves of this meditative martial art. Sliding-scale fees are based on income, and free childcare is available during classes. One month of free training is available for survivors of domestic and sexual violence.

New students may begin any time. Thursdays: 6:15–7:15 pm; Tai Chi Sword: 7:10–7:40 pm.

YOUTH PROGRAMS

Free After-School Karate & Self-Defense For Teen Women & Transyouth (Ages 12–19): PACT—Power, Action, Change for Teens—course offers physical training in goju karate & self-defense, as well as discussions and community projects about violence prevention.

Ongoing enrollment. Thursdays: 4:30–6:00 pm, during the school year.

Free Self-Defense For Teen Women & Transyouth (Ages 12–19): Includes discussions on safety and teaches violence prevention techniques and verbal/physical self-defense strategies in a non-competitive atmosphere.

Saturdays: October 13th–November 10th 12:30–2:30 pm.

Free Self-Defense For Pre-Teen Girls (Ages 10–12): This new course includes activities geared towards this age group: discussions on safety, violence prevention techniques, and verbal/physical self-defense strategies in a non-competitive atmosphere.

Saturdays: January 12th–February 9th 12:30–2:30 pm.

Do you have an extra flat screen monitor or laptop computer, or would you consider helping us purchase these items? We are in need of both of these items please contact us if you do.

CENTER FOR ANTI-VIOLENCE EDUCATION

327 7TH STREET BROOKLYN NY 11215 TEL 718.788.1775 FAX 718.499.2284 EMAIL INFO@CAENY.ORG



CENTER FOR
ANTI-VIOLENCE
EDUCATION

327 7TH STREET BROOKLYN NY 11215