This is DSVS

Founded in 1999 on a belief that everyone deserves healthy relationships, Domestic and Sexual Violence Services serves Carbon and Stillwater counties by providing life-changing services for survivors of domestic violence and sexual assault while supporting violence prevention through instruction and mentoring for middle school-aged children through *Power Up, Speak Out!*

DSVS provides immediate and lasting support to 150-200 survivors a year, and all services are confidential and free of charge. In the 2020-21 school year, *Power Up, Speak Out!* was taught in schools across Montana and in 22 other states.

Our mission:

To empower those impacted by violence and foster healthy relationships

Our Vision:

DSVS strives for the day when violence is no longer part of our lives

Domestic *and* Sexual Violence Services
P.O. Box 314/1119 S. Broadway
Red Lodge, MT 59068

August 2022

Longtime DSVS supporters Lew and Diny Gumper recently donated a Chevy Suburban to DSVS. We passed the vehicle on to a survivor who was struggling with unreliable transportation. Here's her response:

Thank you so much for the Suburban. It is such a relief to not have to worry about getting to work and to have a safe way to get my kids where they need to go.

From all of us at DSVS, thank you Lew and Diny! We're honored that you chose DSVS for your donation and grateful for the opportunity to provide reliable transportation to someone in need.

Lew and Diny's donation is unique, but every donation to DSVS has the power to transform lives. ***No matter what or how much you give, it makes a difference. Please consider giving to DSVS through the Fun Run this year. If you do, a portion of your donation will be matched. See inside for details.***

Now is the best time to give

Donate today and your gift will be matched

When Sara came to DSVS she'd just left an abusive relationship lasting more than 16 years, she showed all the signs of depression and desperately needed support. Her advocate provided a listening ear and talked to her about the cycle of abuse and the impacts of trauma.

It's been only a few weeks, but Sara is getting back on her feet. She's filed for divorce and has several promising leads on employment. For now, she's decided to stay with family, who are helping care for her toddler. For the first time in many years, her future is bright and full of opportunity. She glows with newfound hope – because of your support for DSVS.

We know, because you've supported us in the past, that you are committed to seeing us continue to provide, free, individualized services to everyone who has a need. Can we count on you to give again? **It's the best time to give because when you do, a portion of your donation will be matched.**

Please consider:

- $125 provides a family with shelter for a night
- $50 can buy a fuel card so a family can relocate
- $25 can buy food for a family in shelter

And, $375 will buy a Power Up, Speak Out! toolkit that can be used to teach youth the basics of healthy relationships.

Now more than ever, your gift will make a difference.

Please give today using the envelope provided and make your check out to the Red Lodge Area Community Foundation (RLACF) and be sure to write DSVS in the memo line, or you can donate to DSVS online using the QR code below.

Donations will be accepted and matched through Sept. 9, but don't wait. Give today!

Fun Run 19 for charities

Scan to give

Power Up, Speak Out! Mentor Robin Adams and her mentee Malayna hang out during lunch last spring. Behind them, Madeline Polivka and her mentee Claire are finishing up an art project.

Do you have one hour a week to spare?

You could be a mentor and make a difference in the life of a young person!

This fall, Power Up, Speak Out! will once again start its mentoring program at Red Lodge middle school and high school. We are recruiting volunteers to meet once a week with youth one-on-one for lunch. Numerous studies show that young people do better in school and in life when they can connect with even one caring, non-judgmental adult. Could that be you? We have young people waiting for mentors, and training will be offered in September. If you're interested, please contact DSVS Prevention Educator Hayden Ramsey at hramsey@dsvsmontana.org or call her at 406-446-2296.

Thank you so much for everything you've done for me! You've helped me see that I can be independent again! You've showed me I don't have to live with abuse any longer.
- a survivor

DSVS staff receives Conscious Discipline training

At DSVS we believe that healthy communities start with healthy relationships, and we recognize that those relationships start in early childhood. That's one reason why DSVS offers free Conscious Discipline parenting classes. We've offered two sessions in partnership with the Boys and Girls Club, and both were well received.

This summer, DSVS education staff, Boys and Girls Club staff, and Instructor Maureen Kampfe, traveled to Indianapolis to join more than 280 other educators in learning how to develop and lead Conscious Discipline programs.

Conscious Discipline aligns well with Power Up, Speak out! and both Libby Johnson, Co-Director, and Hayden Ramsey, our Prevention Educator, returned energized and excited to continue to provide the program in our community. If you would like to know more about the free parenting classes, call 406-446-2296. Stay tuned for new class dates starting this fall.

Meet New DSVS Board Member Kristi Summers

In July, Kristi Summers joined the DSVS Board of Directors. She has a background in finance and a longstanding interest in women's issues. Kristi grew up in Sunburst, Mont., a small town near the Canadian border, and understands the need for advocacy in rural areas.

"I think it's important for people to recognize that there are services for people dealing with domestic violence and realize how those services might be harder to find in a small town," she said.

Kristi retired from her position as Credit Officer for First Interstate Bank in Billings and relocated to Missoula in 2019. She has strong ties to the Red Lodge area and plans to attend board meetings in-person whenever possible. She is looking forward to serving on the DSVS board.

Welcome Kristi!