

Board of Directors

Linda Chan
President

Steve Horton
Vice President

Brenda Silveus
Treasurer

Kim Kalas
Secretary

Dan Musselman
Zee Baumgartner
Roberta McVickers
Polly Velie
Lauren Driebe
Christine Brown
Radmilla Cody
Steve Horton
John McClure

Northland Family Help Center



2532 N. 4th St., #506
Flagstaff, AZ 86004

Proudly
associated
with



United Way
of Northern Arizona



NFHC News

Dear friends and family,

Whew! It seems like the summer passed by before it even began. At NFHC, we spent our time this summer working on grant applications for local, state, and federal funds. We have been honored by the trust and support our grantors have shown by continuing to fund NFHC. Unfortunately, grantors had to reduce the amount of funding they gave us due to the poor state of the economy.

I have made prudent financial planning a major goal of my tenure at NFHC and am proud to say that we are not currently cutting services. However, we are left in the untenable position of dipping into our reserve funds in order to make up for the cuts in grant funding. We have tightened our belts and I am collaborating with outside agencies to streamline services and save money. For instance, NFHC just partnered with the Coconino County Attorney's Office to access federal money to support the CCRT (Coordinated Community Response Team to Sexual Assault and Domestic Violence) Coordinator position. We also continue to partner with Open Inn to operate the Youth Shelter and are working with Bothands, parent organization of Sharon Manor, to hold fundraisers and apply for mutually beneficial grants.

As the holidays approach, please remember NFHC. Your donation provides so many services – shelter to women and children in crisis, free counseling to victims, and community education to help prevent future violence. If you have any questions about how you can help or you would like to support a particular program at NFHC, please contact me.

Thank you to all those who make NFHC possible.

Yours truly,

Administration: (928) 774-4503

Women's Shelter: (928) 527-1900

Youth Shelter: (928) 527-1800

24-Hour Crisis Line: 1-877-NFHC-SAFE

You are receiving this newsletter because at some point in time you have been connected to Northland Family Help Center. It is important to us to keep you informed of our progress, provide you with regular updates, and maintain your awareness of issues related to domestic violence and child abuse. If you wish to be removed from our mailing list, please send an e-mail to nfhc@northlandfamily.org or call 928-774-4503.

NONPROFIT
U.S. POSTAGE
PAID
PERMIT #333
FLAGSTAFF, AZ



Northland Family Help Center

Volume 13, Issue 3, Summer/Fall 2011

2532 N. 4th St., #506
Flagstaff, AZ 86004
Phone: 928.774.4503
Fax: 928.774.5809
www.northlandfamily.org



Stories of Healing Tammy's Story

Northland Family Help Center recently had the joy of working with Tammy. She fled a physically, sexually, emotionally and financially abusive partner that had completely destroyed Tammy's self-confidence, independence, and freedom. In addition to an abusive relationship, Tammy also had a physical disability and mental illness that had been barriers in the past.

"Thank you for touching my life and helping me be a stronger woman."

With the support provided by NFHC, Tammy created a healthy and positive lifestyle for herself. She worked to recover from years of abuse by attending sessions with one of NFHC's free counselors and meeting weekly with our case manager to help identify services and agencies that could help her. The staff of the HALO House and other residents in shelter supported Tammy as she underwent two surgeries while in shelter that greatly improved her quality of living.

Tammy took full advantage of NFHC's services and left the HALO House a changed woman. She moved out of state where her family was excitedly waiting for her. Tammy also expressed interest in volunteering at a DV shelter in her new home town and thanked staff for "touching my life and helping me be a stronger woman."

October is DV Awareness Month

September 23: Sex Signals Theater Troupe performs
October 8: Walk For A Change to End Domestic Violence
October 27: Grand Opening of the BARRN
All month long visit the Traveling Clothesline project at selected locations throughout Flagstaff!



NFHC News

Find us on Facebook!



Leadership Team

Executive Director:
Sonja Burkhalter

Clinical Director:
Marcel Duclos

Human Resources Director:
Nancy Lochmann

Finance Coordinator:
Heidi Hanson

Women's Shelter Manager:
Erin Callinan

Youth Shelter Site Manager:
Shawn Neice-Pendergast

Youth Shelter Case Manager:
April Tuftee

NFHC News



NFHC Joins Sunnyside!

Northland Family Help Center proudly announces the opening of the BARRN at 2237 E Cedar Ave in Sunnyside. The BARRN (Building Assets, Respectful Relationships, and Networks) houses NFHC's Community Based Services Department and Open Inn's youth street outreach and transitional living programs.

The Community Based Services Department is comprised of NFHC's community education, legal advocacy, and runaway homeless youth outreach programs, as well as the Coordinated Community Response Team to Domestic Violence and Sexual Assault (CCRT) Coordinator position. Through several projects Community Educators conduct trainings and workshops with the goal of preventing sexual violence and abuse in our community. The BARRN is also the new home of NFHC's and Open Inn's street outreach activities. The outreach workers find runaway and homeless youth in our community and connect them with resources and referrals with the goal of helping them find a permanent home. Finally, the CCRT Coordinator is responsible for linking key community stakeholders in order to improve the effectiveness and efficiency of systems serving crime victims in our community.

The BARRN's Grand Opening is scheduled for October 27th. Check out our website at www.northlandfamily.org to get more information!

NFHC's Annual Statistics

At the end of every fiscal year, NFHC calculates statistics that allow the community to see the impact NFHC has on the lives of our friends and neighbors. Here's some of what we did between July 1, 2010 and June 30, 2011:

- HALO House provided 7,707 safe bed nights to women and their children fleeing violence in the home, an increase of 15% from last year.
- The Youth Shelter provided 1,688 safe bed nights to children and youth, up 7% from last year.
- NFHC's 24 hour crisis line received 2,547 calls. That averages to almost 7 crisis calls per day. This is a 22% increase over last year and a whopping 67% increase from three years ago.
- The Community Educators provided 11% more presentations to the community than last year.



**We are all grateful for our supporters.
You help us help those in need!**

Are You One of NFHC's Helper Elves?

It's already September and here at NFHC that means we're gearing up for the holiday season. You, our friends and supporters, have been very generous over the years and we thank you for that from the bottom of our hearts. This year, you have many different ways you can help NFHC's clients during the holiday season:

- Adopt a Family
- Sponsor a drive for new underwear, bras, or non-perishable food.
- Participate in the Working Poor Tax Credit program (www.azdor.gov/TaxCredits/WorkingPoorTaxCredit.aspx)
- Donate financial support to NFHC
- Give event and activity passes to our shelters

Call (928) 774-4503 or email amorgan@northlandfamily.org for more information or to get signed up.



Visit NFHC's Website for more information! Northlandfamily.org or use your smart phone to access the QR code to the right.



Meet the Staff: Shaleen Seward

Shaleen Seward is NFHC's Halo House Assistant Manager. As the Assistant Manager, she supports women and children through difficult times and situations. Born and raised in Anchorage, Alaska, Shaleen moved to Flagstaff 8 years ago to attend NAU.

As a graduate student, Shaleen became interested in gender issues and conducted research on DV programs and the sociological theories of gender. Wanting direct-service experience, Shaleen interned at NFHC in January 2009. She wrote her Master's thesis on "Discovering Sociological Theory in a DV Shelter" based on her time here and achieved her Master's degree shortly thereafter. Shaleen's internship at NFHC had such an impact that she decided to seek employment here. She began as a part-time Behavioral Health Worker in the HALO House and soon increased to a full time BHW. Now, as Assistant Manager, Shaleen enjoys creating a healing environment for women and children in crisis.

When she's not at NFHC, Shaleen teaches sociology at NAU and CCC. She is passionate about gender equality and feels that teaching it to survivors and students creates change in how they view their place in the world. In her free time, Shaleen enjoys hiking, volleyball, traveling, painting, and camping.