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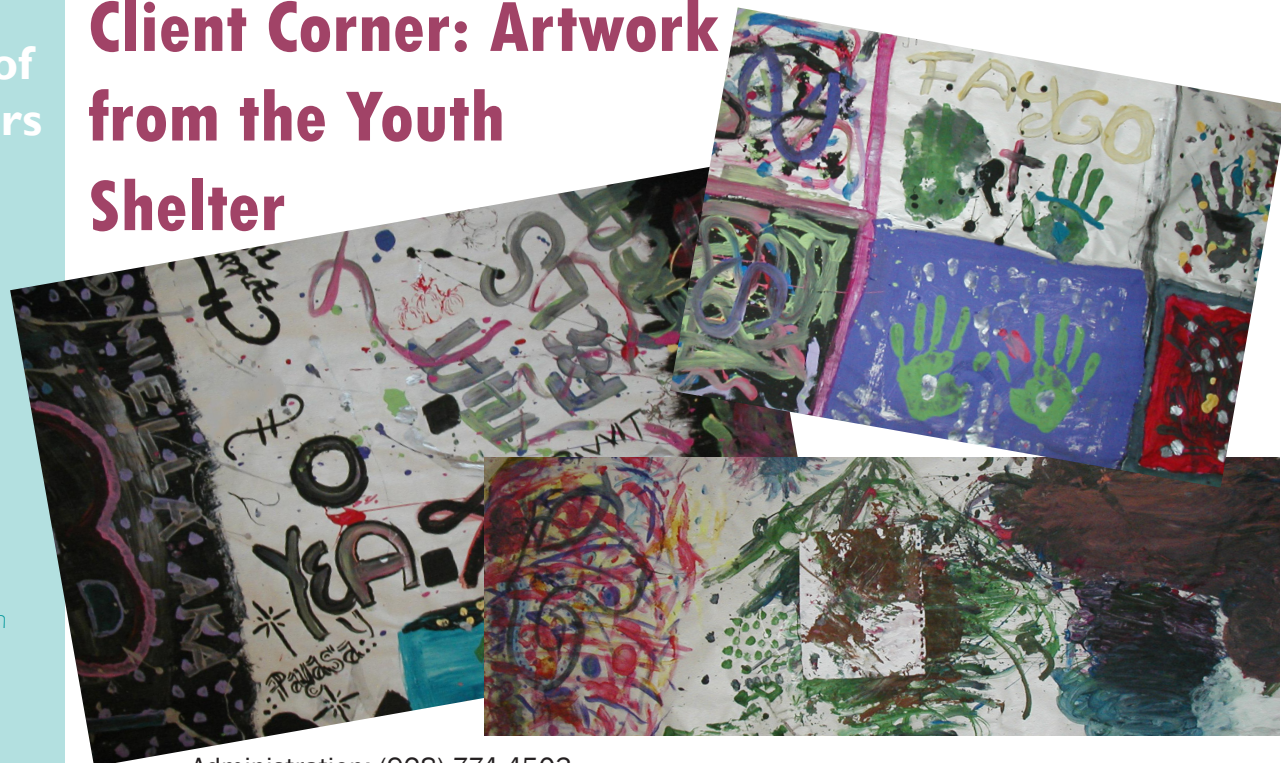
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Client Corner: Artwork from the Youth Shelter



Administration: (928) 774-4503
Women's Shelter: (928) 527-1900
Children's 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.

Northland Family Help Center



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

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NFHC NEWS

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Northland Family Help Center

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A HEALTHY SPIN ON LIFE

On March 6th, Northland Family Help Center (NFHC) held its 2nd annual A Healthy SPIN on Life fundraiser at Synergy Total Fitness to raise money for our programs and cultivate awareness about healthy relationships. The event was an indoor cycling ride (spinning), and individuals and teams collected donations of one dollar for every minute they rode. The cycling was loads of fun, and the spinners raised almost \$4,000 for NFHC programs!



Spinning at Synergy Total Fitness

Much thanks to the Board for recruiting teams and to Carolyn Maul-Latham of Synergy for providing the space and coordination for the event. We would also like to thank corporate sponsors Johanna Klomann CPA, PLLC, David Bednar of Bednar Law Office, and Pioneer Title Agency and co-sponsors Kirk Robertson, DMD and Steve Schwartz of Plastic Surgeons of Northern Arizona as well as all of the event participants and individual sponsors for helping make the event a great success! Also, special thanks to the following Flagstaff businesses for donating prizes for the spinners: Armadillo Waxworks, It's About Coffee, Sundara House of Beauty, Picasso's, Cuvee 928, Brookside Chocolate Company, White Dove Coffee Shop, Splendid Things, Azalea Zuelich from Hair After, Absolute Bikes, and Brenda Silveus from Pioneer Title Agency. We appreciate your generosity and willingness to strengthen families and promote healthy relationships in our community.



Prizes donated by local businesses

Agency Wish List:

- Free passes for recreation activities
- New women's socks and underwear size 10 and above
- Alarm clocks
- Deodorant
- Non-perishable food items
- Dining room chairs & bar stools
- Gym bags
- Yoga mats



NFHC's Board of Directors
Back Row: Radmilla Cody, Christine Brown, Kim Kalas, Josh Allen, Carolyn Maul-Latham, and Dan Musselman
Front Row: Brenda Silveus, Ana Strohman, Linda Chan, Beth Soucie, and Sonja Burkhalter (Executive Director)

2010 BOARD RETREAT

Program managers and other staff attended the annual Board Retreat held at Josephine's Modern American Bistro. The retreat was a refreshing break from the agency routine and was an excellent way to discuss the services we provide and the activities of the agency in the upcoming year. The day was a huge success! Thank you to Josephine's for graciously hosting the retreat and many thanks to everyone for your commitment to and passion for NFHC, our mission, and the numerous families we support.

Spotlight on Myra Ferell-Womochil

-getting to know us one staff member at a time



2010 will be Myra Ferell-Womochil's 5th year at NFHC. Myra started out at Northland as a part-time BHW in 2005 while attending graduate school. She moved into the Community Education department in 2006. During her time in Comm Ed, she started the MARS Project (Men Against Rape and Sexism) at Northern Arizona University. In 2008, Myra became the Legal Advocate.

Myra co-chairs the Coordinated Community Response Team to Domestic Violence (CCRT), she sits on the Coconino County Fatality Review Board and she is the faculty advisor for the MARS Project and Triota Women's Honor Society. Myra has a lot of passion for the work that she does. She believes women are our "largest, natural untapped resource," and by helping women, she feels she is helping the world. Myra is married to David Womochil, and they have two wonderful boys, Satori and Ezra. During her down time, Myra likes to snowshoe, swim, paint, read books and watch movies.

News from the Shelters: Youth Shelter: An Update

The Youth Shelter (Youth Shelter=Children's Shelter) has seen many changes since the joint venture began in January 2010 between NFHC and Open Inn. Since January, the Youth Shelter has had an increase in the number of residential clients served; from 6 clients in December 2009 to 17 in January 2010. January was also a time of training and reorganization for the staff as two sets of program philosophies, rules, and policies and procedures came together to create one enhanced hybrid-program approach. In February, the combined staff of the Youth Shelter met for a day-long training to teach one another the new procedures we would be following for operations within the shelter. This training provided clarification on what documents and guidelines to follow as well as an environment for the staff come together more as a team. At the end of February, the Alternatives Center for Family Based Services facility was officially closed, with all furniture, work equipment, and program necessities moved from the Clay St. facility and relocated to H.A.L.O. House or Community Education and Outreach's new office, put in storage or donated to clients or non-profit agencies in the community.

As March rolled in, the program moved into a comfortable stride in its operations. The newness of the transition had dissipated, and both clients and staff were more comfortable with the changes that had been implemented in the months prior. Throughout the coming months, staff will continue to evaluate program operations for effectiveness and strive to maintain the highest level of care for the clients we serve. We've overcome most of the challenges of the initial transition period. Now we're able to "fine tune" various aspects of our shared programs.

Women's Shelter: Implementing Trauma-Informed Care and Treatment

The overall therapeutic philosophy that guides NFHC's work is Trauma-Informed Care and Treatment for all of our residents and clients. This approach considers the physiological changes that take place in the brain when a person is exposed to violence and abuse.

We have a large number of clients experiencing mental health issues, who have not had access to resources and information related to their treatment. As a way to empower clients to advocate for their own mental health, the Women's Shelter Manager, Erin Callinan, has created packets that include worksheets, mood diaries, tools for sleep deprivation, warning signs of instability and informative literature that is fixed to match the client's personal situation. She has specifically been working with two clients who have bipolar disorders, one who expressed, "I have been working with doctors for 36 years, none of whom have given me a chance to understand my disorder or express how it makes me feel." We hope that through continued staff trainings and providing clients with opportunities to educate themselves, we can successfully identify signs of mental health issues and formulate appropriate service plans to fit the individual needs of our clients.

Stop Violence Against Women Day:

On February 16-17, Myra Ferell-Womochil, Legal Advocate, and Sonja Burkhalter, Executive Director, participated in Stop Violence Against Women Day in Phoenix, sponsored by the Arizona Coalition Against Domestic Violence, where they met with Representatives Tobin and Chabin and Senator Hale. They also attended a coalition-hosted breakfast and rally on the lawn of the state legislature where several legislators spoke in support of our efforts, survivors shared their stories, and awards were presented.

Exciting Donations this Quarter:

- In January, we received an award of \$4,000 from the Qwest Family & Work Development Fund for a Positive Youth Development project to expand our lifeskills program in the Youth Shelter. We appreciate Qwest's support of our youth and long-time donor Shawn Henson for nominating us for this opportunity!
- In March, Michael and Susan Boehm donated their 1990 Ford F250 truck to NFHC. The truck is in great condition and will be perfect for hauling materials for landscaping projects, taking emergency supplies to runaway and homeless youth, and transporting equipment to and from events. We are very thankful for the Boehm's generous and thoughtful gift!
- In February, Gamma Beta Phi of NAU donated 22 Valentine's Day gift bags for the Women's Shelter. In March, Barbara Furst donated Easter baskets, plastic eggs, and other supplies so that we could put on an Easter egg hunt at H.A.L.O. House. Thank you for the great holiday donations!
- Also this quarter, the Youth Shelter received a \$100 donation from an anonymous donor to be used for bike repair. With the donation, we purchased inner tubes, a tire repair kit, chains and tools, and the youth in the shelter spent their Spring Break fixing up 4 of the bikes in our backyard. The bikes will be used during the summer for exercise and transportation for clients in both shelters.
- This quarter, NFHC also participated in It's About Coffee's Love Coffee Love Community Fundraiser. For every pound of coffee purchased, we raised \$4.50 for our programs. Please contact us if you would like to learn more about this on-going fundraiser.



Thank you to our many supporters. Your donations will help improve the quality of life of individuals and families in our community by supporting NFHC's services, which include safe shelter, legal advocacy, counseling services with professional therapists, and healthy relationship education.

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Sonja Burkhalter

Clinical Director:

Marcel Duclos

Human Resources

Director:

Nancy Lochmann

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Leah Meredith

Women's Shelter

Manager:

Erin Callinan

Youth Shelter

Site Manager:

Kathy Hite

NFHC News