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TRANSMITTAL MEMORANDUM

TO: The Honorable Mayor and City Council

FROM: Lacey G. Simpson, Acting City Manager

DATE: April 26, 2022

RE: **Women In Safe Homes Quarterly Activity Report - January Through March 2022**

Pursuant to paragraph (a) of Section 14 of the 2022 Community Agency Funding Agreement between the City of Ketchikan and Women in Safe Homes, attached for City Council review is a copy of the agency's quarterly activity report for the period of January through March 2022. Should Councilmembers have questions regarding the report, staff can attempt to respond accordingly.

Women In Safe Homes
Prevention and Education Department
Activity Report for January – March 2022
Prepared for the City of Ketchikan
April 2022

Women In Safe Homes received funding from the City of Ketchikan Community Grant program to support primary prevention programs and violence prevention education in the community and schools. This funding supports full-time violence prevention specialists that coordinate primary prevention programs including Let Me Run, Girls on the Run, Coaching Boys Into Men, Athletes as Leaders, Green Dot Bystander Intervention and Safe Bars programs. Additionally, these violence prevention specialists spend a significant amount of time in the KGBSD classrooms, providing education on topics including child sexual abuse prevention, healthy and unhealthy relationships, sexual assault, and teen dating violence prevention. With this funding we have been able to greatly expand school-based programs that support students, educators, and parents or caregivers. We also provide training accessible to all community members that enables us to create a community where every person has an equal opportunity to live free of violence.

Community Members Served January – March 2022

Youth involved in WISH's Peer Education Program.....	5
Number of lessons facilitated by WISH peer education interns.....	12
Youth who participated in an educational activity about teen dating violence.....	39
Number of youth participating in Ketchikan Youth Alliance.....	8
Number of service providers trained.....	74
Number of Alaska Safe Children's Act lessons facilitated by WISH staff.....	142
Number of students in lessons facilitated by WISH staff.....	524
Number of interactions WISH staff had with KGBSD students.....	1,968
Number of adult volunteers for after school running programs.....	23
Number of KGBSD students participating in after school running programs.....	46

Project Goals

Goal 1: Inspire community engagement in intimate partner violence and sexual violence prevention

WISH continues to support community engagement in violence prevention. This quarter, WISH facilitated a training for Revilla Alternative School's staff on teen dating violence. This presentation included warning signs, how to support a teen experiencing violence, and how to connect to other resources.

WISH also trained six employees of the Ketchikan Indian Community in Green Dot. Green Dot is a flexible framework that teaches people how to safely intervene when they see something potentially dangerous in the community.

WISH continued to collaborate with the Ketchikan Pride Alliance to provide education on LGBTQ+ terms, identities and the unique forms of violence perpetrated against members of the LGBTQ+ community. We provided training to WISH's internal staff; Ketchikan High School's staff and faculty; and staff from Southeast Alaska Independent Living. LGBTQ+ individuals experience higher rates of homelessness, suicide, and depression, so understanding their identities and barriers to seeking help is an important part of becoming a more trauma informed agency.

February is Teen Dating Violence Awareness Month. Youth employed in WISH's peer education program partnered with the **Ketchikan Youth Alliance** (a project of the Ketchikan Wellness Coalition) to host several educational workshops for their peers. Utilizing the curriculum "In Their Shoes," 39 teens learned about the complexity of dating violence, how to seek help, and where to seek help. Teens attended one of two workshops hosted in the Wellness Coalition's youth space in the Plaza. Peer education interns and KYA members lead their peers through the activity. Additionally, the peer education interns worked with the admin at KayHi to host a "Wear Orange" day to bring awareness to dating violence. They encouraged their classmates to wear orange, and also gave out 300 tote bags with the message "Love is Respect" printed on them and the hotline number for Love Is Respect (a national organization that helps support youth in having healthy and safe relationships).

Goal 2: Expand youth and male engagement in intimate partner violence and sexual violence prevention.

WISH's peer education program **Ketchikan Youth Peer Education (KYPE)** continued work on helping WISH staff ensure that lessons provided in the high school classes are addressing the issues youth are seeing their peers struggle with. KYPE interns facilitated twelve lessons in the 9th grade health class at KayHi. These lessons covered important topics such as characteristics of healthy and unhealthy relationships; giving and receiving consent; bystander intervention; and help seeking. Hearing these messages from their peers is an important way to reinforce social norms that support safer behavior. The interns are also able to support their peers in seeking help should they become the victim of violence.

WISH's Prevention and Education department was able to relaunch the after school running programs Girls on the Run and Let Me Run, after having to postpone them for two years due to the COVID pandemic. These programs are available to all children in the community between fourth and sixth grade. Both programs are holistic health programs that promote self-confidence, self-expression, healthy eating, physical movement, healthy-relationships, teamwork, goal setting, and respect through training to run a 5K. Volunteer coaches lead teams through the curriculum twice a week for eight weeks, ending with a celebratory 5K. WISH Prevention recruited **10 volunteer coaches for Let Me Run and 13 for Girls on the Run**. WISH also partnered with Residential Youth Care's after school program, **KAP**, to host a site at Fawn Mountain Elementary School. WISH has never successfully hosted a site at Fawn Mountain before. We are unable to get enough boys to sign up for the Fawn Mountain team but was successful in hosting a Girls on the Run team there. WISH is also facilitating a Let Me Run and Girls on the Run team at both the Recreation Center and Houghtaling Elementary school. Boys who had signed up for the Fawn Mountain team were transferred to the Rec Center team. Let Me Run has twelve boys participating and Girls on the Run has 24 girls participating.

Goal 3: Implementation of primary prevention programs

WISH continues to collaborate with the Ketchikan Gateway Borough School District to provide Alaska Safe Children's Act (ASCA) presentations to students. This quarter, WISH staff were able to present lessons in all classrooms at Houghtaling Elementary School, Charter School, and Tongass School of Arts and Sciences, in addition to the KYPE facilitated lessons in the 9th grade health class at KayHi. These lessons help support the school district in adhering to the Alaska Safe Children's Act, which is an important piece of legislation requiring all school districts to provide appropriate lessons on childhood sexual abuse and teen dating violence. Using school board approved curriculums, WISH staff facilitate four lessons in each classroom. These lessons cover topics such as bodily autonomy; safe and unsafe touches; how to refuse unwanted and unsafe touches; identifying safe adults; and how to seek help. With older students, we also discuss red flags for unsafe behavior, and lead students through activities that will help them build skills to have safe and healthy relationships. This quarter WISH staff facilitated a total of 142 lessons for 524 students. Students who participate in these lessons are able to identify safe touches, unsafe touches, and identify at least two adults they can report to, should they need to. It is not uncommon for students to disclose abuse to WISH staff, or their teachers, due to these lessons. When this happens, WISH staff are able to make necessary contacts with the Office of Children Services and have WISH's mental health counselors follow up with those students as soon as possible.