



City Manager  
334 Front Street  
Ketchikan, AK 99901

Phone (907) 228-5603  
Fax (907) 225-5075

TRANSMITTAL MEMORANDUM
------------------------

TO: The Honorable Mayor and City Council

FROM: Lacey G. Simpson, Acting City Manager

DATE: July 22, 2022

RE: **Women In Safe Homes Quarterly Activity Report - April Through June 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 April through June 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  
July 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 April – June 2022**

Youth involved in WISH's Peer Education Program.....	5
Number of youth participating in Ketchikan Youth Alliance.....	8
Number of service providers trained.....	77
Number of Alaska Safe Children's Act lessons facilitated by WISH staff.....	80
Number of students in lessons facilitated by WISH staff.....	416
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 supported KIC's awareness events for both Sexual Assault Awareness Month and Missing and Murdered Indigenous People Awareness Week. WISH helped promote these events and provide transportation to them, and WISH staff attended to offer resources to the community.

WISH staff facilitated a training for Ketchikan High School staff on Historical Trauma. This training helps staff have a deeper understanding of the root causes of violence and provides them with more context to respond to students with a trauma-informed lens.

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 Residential Youth Care's staff. LGBTQ+ youth are incredibly vulnerable to family rejection, homelessness, mental health struggles, and suicide attempts. Helping agencies like RYC be more informed on the needs of this community is key to supporting them and assisting their development.

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

WISH continues to facilitate our peer education program **Ketchikan Youth Peer Education (KYPE)**. KYPE held their major activities in February, this quarter they focused on supporting the Ketchikan Youth Alliance. This quarter, KYA and KYPE engaged in some leadership training. Different members of the community were invited to come and teach a leadership skill to the teens. Topics included: how to run a meeting; public speaking; decision making; and delegation.

WISH's Prevention and Education department facilitated our first season of Girls on the Run and Let Me Run after being postponed due to the COVID-19 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**. We finished the season with a celebratory 5K at Ward Lake that was attended by approximately 100 people.

Boys who participated in Let Me Run reported that they had fun in the program; would encourage other boys to participate; and that they want to have friendships with other kids. Boys who participated also reported a decrease in screen time – both in time spent playing video games and time spent watching TV each week.

WISH staff also attended the International Conference of Violence Against Women. This conference allowed WISH staff to get updated information on the field of domestic and sexual violence. This training gave WISH staff insight into ways to update current WISH programming to better engage men in violence prevention.

## **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 Fawn Mountain, as well as the 8<sup>th</sup> grade at Schoenbar Middle School. We also facilitated a lesson with Revilla Middle School and a workshop on teen dating violence with Revilla's high school students. 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 80 lessons for 416 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.