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New Collaboration to Improve Quality of Life for Victims

Since its beginnings, Tubman – which made a name for itself as the state’s leading provider of domestic violence prevention and intervention services – has valued collaborations with other organizations in the field as a way of doing business.

“We know that it’s going to take the expertise of many different organizations to address the epidemic that is domestic violence,” says Beverly Dusso, Tubman’s President. “The bottom line is helping people access the services they need, particularly those services which will have the highest impact on victims’ lives in the long-term.”

For several years Tubman has worked with the Brain Injury Association of Minnesota to address the reality of living with a serious head injury. Victims of domestic violence often experience

symptoms related to blunt trauma. As they address all of the barriers to their recovery, these symptoms can prevent progress.

“Twenty years ago, no one was even talking about this,” says Junauld Presley, Tubman’s Director of Residential Services. “Women we were serving had difficulty with speech, logic and short term memory loss. It was affecting their ability to work, communicate, and interact socially.”

The Brain Injury Association of Minnesota has a simple goal: To enhance the quality of life and bring the promise of a better tomorrow for all people affected by brain injury. Because injuries resulting from violence add another layer of complexity to the issue, the collaboration with Tubman was a logical step for both organizations.

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April Showers!

Tubman’s 4th Annual April Showers baby item donation drive is on Friday, April 16th. To find out how you can help by donating or volunteering, visit tubman.org

The Tubman Mission

Tubman promotes safe and healthy individuals, families and communities through evidence-based intervention, prevention and education.

Tubman helps women, children and families struggling with relationship violence, substance abuse, trauma and mental health issues. Tubman provides safe shelter, legal advocacy, therapy, youth programming and community education to more than 50,000 people across the Twin Cities metro area.

Get Involved

Days on The Hill

Voices for Children Advocacy Day - March 1

Violence Against Women Action Day - March 3

Homelessness Day - March 4

Fetal Alcohol Spectrum Disorders Day - March 9

Volunteer Training

March - spots still available

April - register for intensive direct service training

April Showers

April 16th, baby item donation drive, more details and volunteer information at tubman.org

Intern Opportunities

Apply Online Now!

Partners in Faith

Details at tubman.org

Find Us Online!

Stay up to date with Tubman news by joining our email list. Sign up at www.tubman.org.

Facebook:
facebook.com/tubman.org

Twitter:
twitter.com/tubmanmn

Tubman East Now Offering Classes, Workshops and Seminars

Tubman is currently offering a variety of life enrichment and skill building classes out of their new Maplewood location, Harriet Tubman Center East. Along with the legal service expansion last fall, this is among the first of many steps Tubman is taking during the transition into the new space at the former St. Paul's Monastery. Beginning this Spring, the majority of our Sustainability programming and Youth and Family Services will be available at the new location.

Programming includes legal information sessions, domestic violence support groups, financial literacy courses, résumé workshops, home-buying seminars and more.

The building is ideally suited to the current needs and future plans for Harriet Tubman Center East. Most important, it was designed as a special residence, retreat and community place — a purpose that will be honored in its new incarnation. Its location on a major bus route near the center of the East Metro greatly improves access for clients and service providers. Its proximity to affordable housing and a planned on-campus daycare center offers families more ways to complete their transition from shelter life back to community life.

“We’re really looking forward to operating at full capacity on the new site,” says Beverly Dusso, Tubman’s President. “Having been a part of East Metro communities for the last thirty years, we’re finally fortunate enough to have a dedicated service center and, eventually, a modern safe shelter for those in need of immediate safety.

The new service offerings are the first in a series of programmatic additions at the site, as Tubman gradually expands the scope of their efforts, and other community agencies and organizations begin to share the wonderful space.

Courses take place primarily in the evening, with start times between 5:30 and 7:00 pm. A full, monthly schedule is available on Tubman’s website, www.tubman.org. Because pricing, eligibility and registration requirements vary, it’s best to call Tubman’s intake office at 612.870.2426 for more information and to sign up for the course(s) you are interested in.

*Childcare is available if requested in advance.

Full Schedule and Class Descriptions available at tubman.org



Holiday Gift Program Brightens Season for Hundreds

Tubman's Holiday Gift Program celebrated its 13th year in 2009, and thanks to extremely generous support from community members, local businesses, and faith communities, was even more successful than in years past.

Our goal is to ensure that as many families as possible are able to experience a warm and bright holiday season. Obviously those we serve are facing significant challenges and aren't able to purchase gifts or celebrate in the way to which they're accustomed. Often feeling isolated and alone, this program provides a chance to feel cared about.

Tubman volunteers spend the season gathering toys, clothing, gift cards and more at service sites all over the metro. Once all of the donations have been received, volunteers gather to organize, bundle and wrap the donated gifts based on wish-lists filled out by families and individuals. Two of Tubman's supportive faith communities then decorate the party sites in both the East & West metro, where Tubman hosts the annual holiday gatherings.

"This is so important to our families," says Susan Winslow, Tubman's Clinical Director. "In these difficult times, Tubman staff and volunteers become a key part of the families' support system. Sharing, celebrating and giving are all paths to happiness, friendship, and feeling valued."

Tubman would like to sincerely thank all of the volunteers who helped with this year's Holiday Gift Program, especially the faith communities at Lake Harriet Methodist and Woodbury United Methodist for their unending support.



If you'd like to learn more about the Holiday Gift Program, or how you can get involved with volunteering at Tubman, please call 612.825.3333

Collaboration continued from pg. 1

With state and federal cuts affecting social service and healthcare all over the nation, both organizations are aware of the benefits of partnering to reduce costs and provide services in the most efficient way possible.

"You have to adapt in this climate," adds Dusso. "People don't have as many options these days, the resources for help are scarce. We're fortunate to continue and grow our collaboration with the Brain Injury Association – we know victims are getting the support they need."

The hope is that the partnership will lead to systemic change. Behind further research and results, diagnoses

will be more accurate, services more available, and victims of violence will indeed have hope for a better tomorrow.

The Brain Injury Association of Minnesota offers support through resource facilitation, case management, educational opportunities and more. Visit braininjurymn.org to learn more.

Like what you're reading? Visit tubman.org to find out more about available resources.



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Minneapolis, MN 55408

Visit our
website to
see our new
programs!



tubman.org

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New Website to Promote Healthy Teen Relationships

You may remember reading about the innovative work that Humboldt High School students were doing in Tubman's last newsletter. Teens took what they had learned in Tubman's Voices in Prevention (VIP) Program and created six original Public Service Announcements on a number of key topics surrounding the subject of healthy relationships.

The videos were submitted to local television stations, and viewed thousands of times on Tubman's website, tubman.org. Feedback from the teens' peers, community members, school administrators and parents was terrific. All were thrilled that the students were making such a difference.

The students themselves were proud, if slightly unsatisfied.

"We're happy that people liked the PSAs, and that we are teaching other teens valuable lessons," says Joe Taylor, a senior at Humboldt who worked on last year's project. "But we wanted to take it further... make it even bigger and better."

Thanks to Best Buy and Tubman, Joe and his classmates are doing exactly that. Launching in early March, Tubman's new teen and youth-focused website, mydefinition.org (or mydef.org) will be available for the whole world to see.

"The students we work with are always asking about online resources," says Tamara Taylor, Tubman's Director of Youth and Family Services. "They like that we have a Facebook page, and they know about our agency website (tubman.org), but they're used to visiting more interactive sites."

Enter mydefinition.org.

The Best Buy Foundation was instrumental in funding the original project in 2009 and allowing Tubman to purchase the AV equipment and production suite necessary for the students to work on the videos. Thanks to the impact of that work, the Foundation was willing to fund the next step.

The idea is to give students and youth a site to call their own, where they can find content created by their peers, connect to helpful resources, and take the learning from the VIP program further. Initially the content focus will be on new PSAs that students are creating, but as the site grows it will offer blog support, user forums, interactive media, and other positive support that teens themselves choose.

"I can't express how excited we are about 'mydef,'" says Taylor. "We feel that no one else is offering this type of online experience, and we're confident that it will be a great addition to our suite of services designed to help teens and youth develop a lifetime of healthy relationships."

