Dear Friends,

It’s difficult to know where to begin. Two months ago, at a frenzied pace, we began preparing for unprecedented (and previously, unimaginable) changes to SPAN’s programs as COVID-19 made its way to Colorado. In the weeks, and now months, that have passed since that frenzied beginning, we’ve found a new rhythm to our work.

The Shelter looks very different with residents and staff donning masks and gloves, reading emotional cues through body language and eyes. SPAN counselors and legal advocates, working from home, manage long, difficult phone conversations with survivors whose fear of their abuser is now matched by fear of a deadly virus. SPAN’s Housing Team provides rental assistance and delivers weekly food boxes (made by our Shelter Kitchen Manager) to more than 30 housing clients terrified that the COVID-19 crisis could unravel all they’ve done to build a safe, stable home for themselves and their children.

We have also found inspiration. Like our Youth Education Team, including Youth Advisors and Peers Building Justice youth participants, creatively transforming our violence prevention curriculum and PBJ Open Mic Event to online and virtual formats. And like the tireless efforts of our Development Team who’ve kept the stories and voices of survivors central to our social media and communication efforts.

There is so much to say about how this crisis has redefined our lives and our world. At this moment, I am focused on feelings of overwhelming awe and gratitude for the dedication and resilience of our staff, interns and board, and for the survivors who continue to reach out and trust us with their stories. I am also incredibly grateful to our community, to you. I have been touched by your messages of concern and encouragement and your generous contributions of in-kind gifts (from diapers to disinfectant) and financial support.

I don’t know what the next two months, or six months or year, will bring. But I am certain that the heart of SPAN – its staff, board, volunteers, and supporters - remains strong, steady and ready for what comes next. As our Counseling Director, Tsunemi, says, “we got this!” Yes, we do.

In peace,
Anne Tapp, Executive Director
Sign up today to receive SPAN’s e-newsletter! Staying in touch and informed is easy when you receive ReachOut via email. Send an email to info@safehousealliance.org and subscribe today!

**SPAN Encourages Online Donations During COVID-19**

SPAN’s Shelter Faces Several Needs In Order to Maintain Services and Health Safety

<table>
<thead>
<tr>
<th><strong>SPAN Shelter Wishlist</strong></th>
<th><strong>HOW TO GIVE WHILE SOCIAL DISTANCING</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>In order to decrease the spread of germs and to encourage social distancing, please consider donating e-gift cards or cash donations.</strong></td>
<td>• <strong>Donate</strong> e-gift cards to Amazon, Target, Grocery Stores or Local Restaurants! Send e-gifts to <a href="mailto:info@safehousealliance.org">info@safehousealliance.org</a></td>
</tr>
<tr>
<td>• Cleaning Supplies (i.e., wipes, Clorox, hand sanitizer, soap)</td>
<td>• <strong>Give</strong> the $5 you would have spent on your morning coffee to SPAN</td>
</tr>
<tr>
<td>• Feminine Hygiene Products</td>
<td>• <strong>Contribute</strong> unopened cleaning products, over the counter medicine, and non-perishable foods on the doorstep of our outreach center! 835 North St. Boulder, CO 80304</td>
</tr>
<tr>
<td>• Diapers (sizes 3-5), baby wipes, baby shampoo</td>
<td>• <strong>Tell</strong> 3 friends in the community about SPAN</td>
</tr>
<tr>
<td>• Unopened/Brand New over the counter medical supplies (ibuprofen, tylenol, etc.)</td>
<td>• <strong>Offer</strong> your support to anyone you know that might be experiencing domestic violence during this time</td>
</tr>
<tr>
<td>• Gloves</td>
<td>• Face Wash</td>
</tr>
<tr>
<td>• Masks</td>
<td>• Shampoo and Conditioner</td>
</tr>
<tr>
<td>• Rubbing Alcohol</td>
<td>• Toothbrushes and Toothpaste</td>
</tr>
<tr>
<td>• Art Supplies (mini sketch books and art kits)</td>
<td>• Floss and Mouthwash</td>
</tr>
<tr>
<td>• Face Wash</td>
<td>• Deodorant</td>
</tr>
<tr>
<td>• Shampoo and Conditioner</td>
<td>• Body Wash and Hand Soap</td>
</tr>
<tr>
<td>• Toothbrushes and Toothpaste</td>
<td>• Body Lotion</td>
</tr>
<tr>
<td>• Floss and Mouthwash</td>
<td>• African American Hair Care Products</td>
</tr>
</tbody>
</table>

In light of COVID-19 donations can be left on the front porch of SPAN’s Outreach Center at 835 North St. Boulder, CO 80304
Who We Are

SPAN BOARD OF DIRECTORS

OFFICERS

Debbie Ramirez, Chair
Volunteer Coordinator, Boulder County Dept of Housing & Human Services

Judy Knapp, Treasurer
Program Engineering Senior Planner, Lockheed Martin

Kate Toan-Merlin, Secretary
Attorney, Private Practice

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Owner, MAPRagency

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Founder, Colorado Emotional Intelligence Assessment & Counseling

Hanna Bustillo, Law Clerk, Colorado Supreme Court

Denice Walker, Retired, Adjunct Professor, CU Boulder

Kris Batchelder
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Chris Maughan
President, Alpine Bank

FOLLOW SPAN ON SOCIAL MEDIA

@followspan_boulder

@FollowSPAN

@FollowSPAN

SHOP WITH

Step 1: In your internet browser go to smile.amazon.com and log in using your Amazon credentials.

Step 2: Under the heading “Or pick your own charitable organization” enter “Safehouse Progressive Alliance for Nonviolence” then click “Search.”

Step 3: Select SPAN, and begin shopping.

Thank You 2020 Sponsors

Cadwell Family Foundation

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WANA

HAZEL

We want to express immense gratitude for our shelter team that is working tirelessly, 24/7, to support survivors. Our staff is quite literally putting their lives on the line to ensure continued advocacy, support, and counseling for our shelter residents.

In addition to fleeing their abuser, survivors in our shelter are also experiencing food scarcity, financial instability and overall heightened vulnerability due to this pandemic. Because of our shelter staff’s dedication, survivors and their children are receiving the support and services they desperately need. Shelter Team, SPAN cannot thank you enough for your hard work, compassion, and dedication to survivors during this time.

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STAFF SPOTLIGHT

SPAN’S SHELTER STAFF

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KING SOOPERS COMMUNITY REWARDS

(VALID FOR GROCERY DELIVERY AND PICKUP)

5 Simple Steps for ½ of your purchase to go to SPAN

1) Go to www.kingsoopers.com
2) Select “My Account”.
3) Login or Create an Account -> Select Community Rewards
4) Search for SPAN OR by our nonprofit ID: LC423
5) Click “Enroll”

At checkout, simply swipe your card or enter your phone number as you normally would and 1-3% of your purchase will go directly to SPAN.
The COVID-19 pandemic is a global crisis with devastating local consequences. At SPAN we recognize the additional risk that vulnerable and isolated individuals, like domestic violence survivors and their children, face during this challenging time. We are committed to do everything we can to continue supporting survivors while also protecting the health and wellness of our clients, staff and volunteers.

Here’s what we’ve been doing:

- The SPAN 24-hour Crisis & Information Line (303.444.2424) is fully operational.
- The SPAN Emergency Shelter remains open and is providing safe refuge for domestic violence survivors and their children. The Shelter capacity has been reduced to provide increased physical distance between residents.
- SPAN’s Outreach Counseling and Legal Advocacy services are available by contacting the SPAN crisis line (303-444-2424). Phone-based support counseling can assist individuals experiencing increased anxiety, fear and isolation during this challenging time.
- SPAN’s Lawyers for Victims Program is available to assist survivors seeking Protection Orders. Both the Boulder County Courts and the Broomfield Combined Court are hearing emergency cases.
- SPAN’s Housing Team is providing rental assistance and delivering food boxes to our community-based housing clients. Our staff is working closely with other community organizations to ensure that families have ongoing access to basic needs and housing support throughout the duration of the crisis.
- With Boulder Valley School District suspending in-person learning for the remainder of the school year, SPAN’s Education Team has transformed our classroom-based violence prevention curriculum to an online format available to BVSD schools. Youth involved in SPAN’s Peers Building Justice (PBJ) Program are meeting through video conferencing and planning a youth-led virtual Open Mic event for May. And, SPAN’s Creating Protective Environment (CPE) Project is working with our three Youth Advisors and CPE Project partners to implement “hot spot mapping” remotely.

As we transition from the “stay at home” to the “safer at home” phase of Colorado’s response to COVID-19, here’s what we’re planning:

- Continued 24-hour crisis line support and access to Emergency Shelter. The Shelter will remain at reduced occupancy for the foreseeable future to ensure safe physical separation. Staff and Shelter residents wear masks, gloves, and regularly take temperature to reduce the potential spread of the virus. Hotel vouchers may available when the Shelter is at capacity.
- We have established protocol and best practices to offer tele-health counseling services for survivors. When safe to do so, we will re-instate in-person counseling support, respecting physical distancing and providing masks and gloves for clients.
- We anticipate a significant increase in survivors needing legal advocacy and court support. While Protection Order hearings have continued during the “shut down”, family court cases, like divorce, custody/parenting time orders, have been suspended into May, or possibly longer. As the courts fully open, our Legal Advocates will be available to assist survivors with their legal advocacy needs.
- Housing insecurity has intensified the danger that survivors have faced in the COVID-19 crisis. Our Housing Advocates will continue processing rental support and delivering food/basic needs boxes to housing clients. We expect a significant increase in the number of survivors reaching out for assistance in the coming months.
- Finally, we are exploring ways to increase support to children/youth over the summer months. With in-person classes suspended, sports cancelled, and the availability of summer camps and activities questionable, many children and youth are increasingly isolated from their support networks.

Appreciation for our many community partners:

SPAN began preparing to respond to the COVID-19 crisis and its impact on survivors and SPAN’s services when the reality of the pandemic became apparent in early March. We are immensely grateful for the guidance and support that Boulder County Public Health (BCPH) staff have provided over the past two months. From the early days of planning, BCPH, Boulder County Housing and Human Services, the cities of Boulder and Longmont, homeless services providers, family resource centers, community health clinics, Safe Shelter of St. Vrain Valley, SPAN, the District Attorney’s Office, and other community organizations have worked as true partners in responding to the crisis and its devastating impact on the most vulnerable in our community. COVID-19 has tested the strength and compassion of our community, and the community has met this challenge with extraordinary determination and grace. We could not be more proud to be part of this coordinated community effort.

Finally, we recognize that the measures needed to slow the spread of COVID-19 have create hardship and challenges for many in our community. The crisis has amplified social inequities and left domestic violence survivors and other vulnerable community members at even greater risk of isolation and increased danger. SPAN will continue to do all that we can to support survivors and the community during this incredibly challenging time. If you or someone you know are in need of support, please call the SPAN 24-hour crisis line. We are here for you.

Written by Anne Tapp, Executive Director
Program Profiles

Compassion. Community. Connection.
Thank You To Our Community Partners for Their Unwavering Support, We Couldn’t Do This Without You!

1oo Guys Who Give Raises $14,000 for SPAN
J&L Distilling Creates and Donates Hand Sanitizer for SPAN and other groups in need. Photo from The Denver Post
In early March, Calliope, a local group of female musicians hosted a benefit concert and silent auction for SPAN at The Center for Musical Arts.
Rocky Mountain Theatre for Kids hosts several-month long fundraiser for SPAN and promotes anti-violence among youth.

SPAN Welcomes Three New Youth Advisors

Youth Advisors of SPAN’s Creating Protective Environments Project Share Advice on How to Stay Emotionally Healthy During This Challenging Time

SPAN has welcomed three new Youth Advisors to the team this March! Olivia, Iliana, and Logan are all students at Boulder Valley School District (BVSD) and are helping with the Creating Protective Environments Project, which focuses on increasing health and safety outcomes in our community through prevention strategies, specifically hot spot mapping.

It’s obvious COVID-19 has flipped everyone’s lives on their head. For students at BVSD, this transition also includes adjusting to online schooling and being away from friends. While this time can be difficult, our Youth Advisors have provided some ideas on how they are coping with the changes.

When it comes to staying grounded during COVID-19, Olivia has a few ideas. She says, “Keeping yourself sane during this trying time of quarantine is definitely a difficult task, but there are some ways I’ve been coping. If you have access to Netflix, you should get the chrome extension, Netflix Party. My friends and I have been able to watch movies together in real time, so it feels like we’re all together while we physically distance. I’ve also been making sure to get some alone time, since it can be hard to get that when you’re stuck in your house with your family.”

What should youth do when they are frustrated at home? Iliana suggests this: “I know that this may not be a possibility for many people, but my go-to stress reliever is to drive. It doesn’t even have to be anywhere far, but simply driving around my neighborhood while listening to loud music always calms me down and allows me to gather myself. For those who cannot do this, another thing I do when I’m frustrated is write. At times it can be so relieving to just vent and write everything down.”

Taking care of yourself is key to staying positive during these turbulent times. Iliana suggests creating a routine to make this time feel as close to normal as it can be. She also explained that taking care of yourself doesn’t have to be a huge task, it can be “simply washing your face every morning and night.” Olivia says that her approach to keep a healthy work-life balance is to work on school tasks in the morning after breakfast, so that she has time to talk to her friends and do activities she enjoys in the afternoon.

We hope you all find ways to cope as we all are physically distancing. If you want any other ideas for youth struggling at home, please let us know!

Written by Devin Duncan, Creating Protective Environments Project Coordinator
Voices of Survivors

“Before COVID-19, my bags were packed and I was ready to leave a life of pain and survival. Now, I’m living in isolation with my abuser. I never take my shoes off in case I need to run out of the house to escape. The only time I feel even a little safe is when I’m alone on the phone with my SPAN counselor. Then I take my shoes off.”

SPAN Counseling Client

“He repeatedly tries to use this virus as a way to guilt me into taking him back— but I refuse. I’ve made it too far. I am learning to really believe that I am worthy of kindness and respect. Sometimes it helps to have another person remind me.”

SPAN Counseling Client

“After years of abuse, things began to escalate even more. In order to be safe, I fled to my mom’s house with our son. He insists that I return with our child and has threatened to come and take him if I don’t.”

SPAN Legal Advocacy Client

“It helps me so much psychologically that you hear me, that you are there. Thank you for listening.”

SPAN Crisis Line Caller

“Thanks to the SPAN Housing Team, I finally had my own apartment for my daughter and me before covid happened. Then I lost my house cleaning job and have no idea how we’re going to make it. I’m so grateful that SPAN paid my rent for a couple months. But I’m terrified how we’re going to survive.”

SPAN Housing Client

“Right before the stay-at-home order was put in place I was able to secure a job with the help of SPAN’s shelter team. I am pregnant and was really looking forward to becoming financially independent. COVID-19 has caused me to have to choose between having a safe pregnancy or being financially secure.”

SPAN Shelter Client