ACKNOWLEDGEMENTS

The Alaska Network on Domestic Violence and Sexual Assault (ANDVSA) offers sincere appreciation to our member programs in Alaska who daily seek to help the people in our communities alleviate and overcome the impact of violence, abuse, trauma and co-occurring issues. We thank both you and the Council on Domestic Violence and Sexual Assault for your tireless efforts and commitment to safety, sobriety, wellness and justice.

We offer grateful acknowledgements to the United States Department of Justice, Office on Violence Against Women for their financial support of this project and their commitment to the safety and well-being of the people we serve. Thanks also to U.S. Department of Health and Human Services Regional Health Coordinators, Renee Bouvion, MPH, Region X, and Marian Mehegan, DDS, MPH, Capt. USPHS, Region I, for their early guidance and support of the Real Tools Project.

We are also grateful to ANDVSA staff members Susan Christianson, Lindsee Acton, and Madison Massey for their editorial support. Special thanks to Lindsee Acton for layout and design assistance, as well as hours and hours of hard work on this project. And a special thanks to Madison Massey, Brittany Luddington and Electra Gardinier for their expertise and hard work in getting our Web Edition online.

Heartfelt thanks are extended to the Safety Girls, Ginger Baim and Karen Carpenter, and to everyone who participates in the SAFE SISTR program. You are an example for us all. Many of the tools provided in this manual were initially inspired by people struggling to get free from violence and heal from trauma and other issues. These people have shared their experience, strength and hope with each other and with us over the years. While confidentiality constraints do not allow us to acknowledge them by name, we want to extend our special thanks to the courageous survivors who allowed us to interview them about their personal experiences.

ANDVSA would like to acknowledge the technical expertise and significant editorial contributions made by the following Field Reviewers/Technical Advisors:

- **Daisy May Barrera**, Advocate, Bethel, AK.
- **M. Lee Berg**, MS, RNC-MNN, **Assistant Professor, Onondaga Community College, Syracuse, NY.**
- **Gene A. Brodland**, Licensed Clinical Social Worker, Southern Illinois University School of Medicine, Springfield, IL.
- **Karen Foley**, Founder, Triple Play Connections; Behavioral Health Specialist and Intensive Case Manager, Pacific Treatment Alternatives Safe Babies/Safe Moms Program, Seattle, WA.
- **Jean Folin**, Licensed Clinical Professional Counselor and Certified Alcohol and Drug
Counselor, Killian & Associates, Springfield, IL.

• **Tia Holley**, Statewide Training Team member, Alaska Network on Domestic Violence and Sexual Assault, Juneau, AK.

• **Christine King**, Project Director, University of Alaska Center for Human Development, Anchorage, AK.

• **Cecilia Leal-Covey**, M.Ed., Advocate/Consultant, Reno, NV.

• **Paula Lee**, Shelter Coordinator, South Peninsula Haven House, Homer, AK.

• **Naomi Michalsen**, Executive Director, Women In Safe Homes, Ketchikan, AK.

• **Shirley Moses**, Shelter Manager, Alaska Native Women’s Coalition, Fairbanks, AK.

• **Leslie Myers**, Senior Program Associate, Accessing Safety Initiative, Center on Victimization & Safety, Vera Institute of Justice, Washington, DC.

• **Cindy Obtinario**, Chemical Dependency/Domestic Violence Specialist and Advocate, New Beginnings, Seattle, WA.

• **Erin Patterson-Sexson**, Lead Advocate/Direct Services Coordinator, Standing Together Against Rape (S.T.A.R.), Anchorage, AK.

• **Terri Pease**, Ph.D., National Center on Domestic Violence, Trauma and Mental Health, Chicago, IL.

• **Olga Trujillo**, Attorney; Director of Programs, Casa de Esperanza, St. Paul, MN.

• **Carole Warshaw**, M.D., National Center on Domestic Violence, Trauma and Mental Health, Chicago, IL.

We gratefully thank these individuals for the time they took to share their expertise with us, either during interviews or in ANDVSA conference presentations. Please note that the opinions, findings, conclusions and recommendations expressed in this manual are those of the authors, and do not necessarily reflect the views of our funders or the individuals who served as Field Reviewers/Technical Advisors.

We thank you, the readers and users of this manual, for taking the time to review materials addressing the needs of underserved individuals with multiple abuse issues. People experiencing multiple forms of abuse are often invisible. Your advocacy on their behalf is critical. We thank you for your commitment to reducing barriers for survivors of multi-abuse trauma and we thank you for your willingness to provide services geared towards ending oppression of all kinds.

But, most of all, thanks to everyone seeking safety, sobriety, wellness and justice who shares their journey to freedom with others, one person and one group at a time. You are our inspiration.