



# THE SURVIVOR

## SURVIVORS Works with Local Schools to Provide Services to Young Torture Survivors

When people think of torture survivors, they don't often think of children and teens being a part of this group. However, recently, local elementary, middle and high schools have been referring students to Survivors of Torture, International (SURVIVORS).

The torture of children is often used as a way to psychologically torture and threaten the parents. Refugee youth may experience re-traumatization in refugee camps. Once in the United States, they face a variety of challenges including adapting to a new country and language, living with a new culture while honoring the culture in their household and, of course, the struggle to deal with the aftermath of their torture, which may be too difficult and painful to discuss with their parents.

All of these challenges mean that youth torture survivors can experience problems with their learning. "Students may be perceived as having a learning disability when in fact they are suffering from post

traumatic stress disorder," said Tricia Hilliard, SURVIVORS' senior mental health clinician who works with the youth. In general, torture survivors are reluctant to reveal what they have been through for a variety of reasons such as fear of being labeled as different. "We provided a new assessment that the counselors can use to identify primary and secondary torture survivors," said Hilliard.

"We teach kids about their basic human rights and that these rights have been violated, which is against the law. Once they know they have a place to talk about these issues and that their symptoms are a normal reaction to an abnormal experience, they are relieved. It helps them to know they are not alone."

"Many of these kids have different priorities than many of their American peers. They aren't necessarily thinking about sports, school, and music, but rather about how they can help their families. How can they work and help provide an income? They are carrying a lot of

*Youth survivors, see page 3*

## SURVIVORS Hosts Successful Fundraiser



*Approximately 300 guests attended*

SURVIVORS' first-ever "Helping Survivors Heal Fundraising Luncheon," held on September 13, 2011, was a success! Close to 300 people were in one room to learn about and support SURVIVORS as we shared the ways we make a difference in our clients' lives. Through the volunteer support of our board of directors and table captains, who

helped invite all of the guests to our event, this was our most successful fundraiser ever, raising more than \$120,000 in gifts and pledges over 5 years. We are grateful to The William H. Donner Foundation and The California Endowment for sponsoring the event. These two foundations ensured that all out-of-pocket costs were covered so that all funds raised would directly support our programs. In addition to the donations that will help us carry out our mission, we are grateful for the energy, commitment, and offers to help from all of our supporters. We are already looking forward to next year's event. If you would like to be involved, please let us know. •

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## State Senator Christine Kehoe Visits SURVIVORS



*California State Senator Christine Kehoe standing in front SURVIVORS' map of the world showing where clients come from*

SURVIVORS was honored by a visit from California State Senator Christine Kehoe (D-San Diego) and her staffer Laura Hein in October. Senator Kehoe was the author of Senate Joint Resolution 6 (SJR6) that acknowledged the large presence of torture survivors living in California and celebrated the work of the state's torture treatment centers.

Kehoe met with staff and a client to learn more about SURVIVORS and our clients' needs. SURVIVORS' staff was honored and grateful that the senator took the leadership role with SJR6 and that she and her staffer personally visited our organization. •

## Mission Statement

### Survivors of Torture, International:

- Facilitates the healing of torture survivors and their families;
- Educates professionals and the public about torture and its consequences;
- Advocates for the abolition of torture.

## SURVIVORS Launches Healing Society

By Jeanette Barrack, board chairperson, and Kathi Anderson, executive director

We were pleased to announce a new collaboration with the community at our recent "Helping Survivors Heal Fundraising Luncheon," which was held in September. We were thrilled to have a room filled with people who were there to support and learn more about SURVIVORS. At this event we also announced the creation of our Healing Society, which is made up of individuals who pledge to donate \$1,000 (Advocate level), \$10,000 (Humanitarian level), or \$25,000 (Benefactor level) a year for five years to SURVIVORS.

We are proud to report that we have 13 members in our Healing Society at the Advocate level. The people who have chosen to give at this level have demonstrated their commitment and dedication to SURVIVORS' mission, and we are very thankful to each and every one.

We are always grateful for all the donations that people choose to give us, at any level. In addition to the Healing Society, people made gifts and pledges

totaling more than \$120,000. On a practical level, each gift and pledge helps us sustain our yearly budget. Pledges also represent the faith the community has in SURVIVORS to carry out our urgent mission of facilitating the healing of torture survivors and their families for years to come.

In addition to our Healing Society, we are continuing our Healing Trust, which is made up of people who pledge to make donations of any size to SURVIVORS on a regular basis. As budgets become more tight at the state and federal level, it is more important than ever for us to expand our base of individual supporters to ensure that we have diverse funding sources for a stable future. Torture happens to individuals, and it is powerful to have other individuals committed financially to ensuring that torture survivors receive treatment. On behalf of our clients, we thank you. •

## Survivors of Torture, International's

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## About Us

### Survivors of Torture, International

Survivors of Torture, International was incorporated in February 1997 in response to a need in our community to bring assistance to the segment of the population that struggles with the wounds of politically motivated torture. It is estimated that at least 11,000 survivors of torture live in San Diego County and 500,000 live in the United States. Torture survivors may be left with lifelong physical and mental health problems if not treated by trained professionals.

Since 1997, SURVIVORS has engaged a caring network of professionals — board members, interpreters, therapists, physicians, dentists — and all of you in the community who give support and encouragement in many ways. Your support enables us to help torture survivors rebuild their lives. Treatment helps survivors heal, reconnect with their families, go back to school, and find employment.

**Ninety-one cents of every dollar raised goes directly to SURVIVORS' programs.**

Our Federal Tax ID Number is 33-0743869. Learn more at [www.notorture.org](http://www.notorture.org). •

## Contact Information

### Survivors of Torture, International

P. O. Box 151240, San Diego, CA 92175-1240 / P: 619.278.2400 / Fax: 619.294.9405 / [survivors@notorture.org](mailto:survivors@notorture.org)

**Kathi Anderson**, MA, NCC / *Executive Director* / P: 619.278.2407 / Fax: 619.294.9429 / [kanderson@notorture.org](mailto:kanderson@notorture.org)

**Mahvash Alami**, PhD / *Program Manager* / P: 619.278.2403 / [malami@notorture.org](mailto:malami@notorture.org)

**Leilani Amiling** / *Senior Administrative Assistant* / P: 619.278.2424 / [lamiling@notorture.org](mailto:lamiling@notorture.org)

**Suzanne Bacon**, MA / *Individual Giving & Communications Coordinator* / P: 619.278.2421 / [sbacon@notorture.org](mailto:sbacon@notorture.org)

**Cristina Grisham**, MA / *Clinical Case Manager* / P: 619.278.2402 / [cgrisham@notorture.org](mailto:cgrisham@notorture.org)

**Tricia Hilliard**, MSW / *Senior Mental Health Clinician* / P: 619.278.2404 / [thilliard@notorture.org](mailto:thilliard@notorture.org)

**Alexey Kirillov** / *Finance Manager* / P: 619.278.2406 / [akirillov@notorture.org](mailto:akirillov@notorture.org)

**Jan McKeel** / *Grants & Data Manager* / P: 619.278.2422 / [jmckeel@notorture.org](mailto:jmckeel@notorture.org)

**Ramsey Salem**, MPH / *Medical Services Coordinator* / P: 619.278.2412 / [rsalem@notorture.org](mailto:rsalem@notorture.org)



Anna Nguyen (left) and Anna Morgan represent SURVIVORS at a recent event

## SURVIVORS Welcomes 2011-2012 San Diego State Social Work Interns

For three years, SURVIVORS has been a practicum site for candidates in the Masters in Social Work program at San Diego State University (SDSU). This win-win situation allows future social workers the chance to gain valuable experience working with a unique population. For SURVIVORS, this assistance is invaluable. It is also an integral part of our mission to educate professionals about torture survivors. This training often comes full circle, as several of our interns from SDSU and other universities have joined our network of therapists and have come on board as full time staff. SURVIVORS is grateful to SDSU for selecting us as a practicum site.

This year, SURVIVORS is pleased to welcome social work interns Anna Nguyen and Anna Morgan, who are attending SDSU for their master's in social work, and Claudia Llamas, who is attending SDSU for her master's in social work with an emphasis on administration and mental health.

Anna Nguyen received her B.A. in sociology from SDSU. Anna has worked as a health education and prevention outreach worker; as director of social services at a skilled nursing facility; and currently as a civilian employee for the United States Marine Corps, providing support to Marines who have families with special needs.

Anna Morgan received her B.A. in psychology from SDSU. She plans



## The Healing Corner

Have you ever noticed what music can do for you? Do you find that listening to a certain song or melody can put you in touch with your feelings and make you feel better? Music has been found to have a profound impact on not just our hearts and souls but also on our brains. Today, music is used as a way of treating depression and cancer, and its healing powers are being utilized to cure many other illnesses. Music is the universal language of the soul and how one uses it in one's daily life can be a healing practice. A certain melody of the violin, for example, might draw out your inner pain and connect you with your innermost sorrows. Drums and percussion might connect you to your fantasies and anger in a way that can be liberating and creative. The flute might soothe and release accumulated tension in your body. Discover what kinds of music soothe you and how they impact your mood, your sleep and your overall health. Create time in your day to reduce other noises and listen to music that comforts you. Make a music collection for your daily commute, your office space or your bedroom and use music to harness your own healing power. •

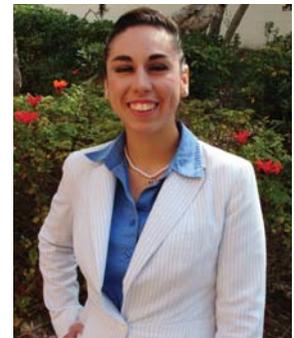
*~Music helps me heal~*

on becoming a licensed clinical social worker (LCSW) to provide therapy for individuals, couples, and families. Anna's experience in human services includes working with at-risk youth in a residential setting, as well as with adult populations at a mental health hospital. Her great passion is traveling as she likes interacting with people from different countries and cultural backgrounds.

Both Anna Morgan and Anna Nguyen are working with clients under the supervision of SURVIVORS' staff. They will receive training in different types of therapy and assist SURVIVORS' clients.

Claudia Llamas attended the University of San Diego for her undergraduate degree and received a double B.A. in Spanish and ethnic studies, a minor in mathematics, and a paralegal certificate. She aspires to be an international social worker for mental health services and work for global peace. At SURVIVORS, she is working on a variety of projects including reviewing SURVIVORS' bylaws, translating client questionnaires, and working with clients.

Anna, Claudia, and Anna will complete their internships with SURVIVORS in the spring of 2012. SURVIVORS' staff greatly appreciates all their efforts and dedication to our organization. •



Claudia Llamas, Social Work Intern

*Youth survivors cont. from page 1*

weight on their shoulders. It's a joy to help them see their options and recognize the value of helping themselves and their families," said Hilliard.

This year SURVIVORS is receiving funds from San Diego County's Mental Health Program to provide treatment and services to a minimum of 20 youth. SURVIVORS is searching for additional funds to serve other youth.

As schools become more aware of youth torture survivors, more referrals are expected. "We've just scratched the surface," said Hilliard. •

## Client Demographics

**31** new clients were served  
June 1, 2011 - September 30, 2011

### Geographic Origins

Africa	14
Asia	1
Eastern Europe	3
Latin America	3
Middle East	10

Ages	Gender		
0-20	5	Males	16
21-30	13	Females	15
31-40	5		
41-50	5	Detained	9
51-60	2	Non-detained	22
61 +	1		

## Our New Clients

Have you ever wondered what the challenges are for our new clients? When asylum-seeking torture survivor first walk through the doors of SURVIVORS, they often face these daunting challenges:

- No stable housing
- No friends or family; loneliness and isolation
- No or limited English
- No transportation
- No money, resources, or job
- Depression and PTSD
- Fear and anxiety
- Medical problems resulting from their torture
- Hopelessness and helplessness

Our clients have many hurdles ahead of them including preparing for their asylum cases as they try to settle in a new land. If you have ever found that getting your driver's license took you more time than you anticipated, now imagine trying to accomplish a task like that, but with several of the challenges listed above. Our systems and processes can be very foreign to our clients, making

## Book Review: The United States and Torture Edited by Marjorie Cohn

Since the infamous Abu Ghraib photographs emerged, numerous books, scholarly treatises, documentaries and journalistic articles have come out examining the United States government's use of torture. There are a thousand angles on the story, each worthy of searching analysis: renditions, "enhanced interrogation techniques," legal memos, the role of psychologists, the stories of individual detainees, the evolution of the U.S. program, Guantanamo Bay prison, possible avenues for establishing accountability, and the list goes on and on. Even the most determined follower of these issues could be forgiven for throwing up her hands before the sheer quantity of material.

The United States and Torture: Interrogation, Incarceration and Abuse, (NYU Press, 2011) edited by San Diego's Thomas Jefferson School of Law Professor Marjorie Cohn, provides a perfect antidote to this problem. In one concise (340 pages counts as concise for the breadth of this subject) volume, Cohn brings together the work of 16 of the top people studying U.S. involvement in torture. Each provides a chapter on his or her particular angle of expertise and the result is an extremely thorough narrative of all that has

it difficult for them to seek help by themselves. Indeed, by the time many clients are referred to us, they may already be in crisis. Our staff gets right to work with new clients, helping to make sure their basic needs and safety are addressed. This will often involve helping a client secure housing at a shelter or a relative's house, if possible. If they are in crisis, they would need immediate assistance from a doctor or psychiatrist.

SURVIVORS' staff will often pick up clients for their first visit to SURVIVORS. Then they will teach them how to use public transpor-



Professor Marjorie Cohn

happened related to torture and the U.S. government since 9/11. For that alone, the book is worth reading.

While its primary purpose is a concise, thorough examination of the U.S. government's use of torture since 9/11, the ultimate moral of The United States and Torture is that the issues in play have a wider context and broader implications than either the past decade or just the global war on terror. It's a hard moral to swallow since it makes the campaign to abolish the use of torture, even within the confines of the United States, all the more daunting and all the more nuanced. But it may point to a necessary adjustment to the anti-torture agenda: viewing eradication of torture not as an end point for U.S. foreign policy, but an ongoing struggle to be waged continually and across a broad spectrum of contexts. •

tation, which can be confusing and overwhelming at first.

Frequently, SURVIVORS' staff becomes like family for our clients, perhaps being the first people to hear their entire stories, believe them and provide hope for healing.

It is common that when clients first comes to SURVIVORS, they need many services that require intensive and prolonged case management. As time goes on, it is wonderful to witness the transformation in our clients and watch them become more and more self sufficient, healthy and confident that they can move forward with their new lives. •

## San Diego Welcomes Federal and State Officials

In September, a delegation of Sacramento and Washington, D.C., leaders including Eskinder Negash, director of the Office of Refugee Resettlement (ORR), visited San Diego and met with the Refugee Forum, which SURVIVORS belongs to.

They reported that fewer Iraqi refugees would be resettled in the San Diego area this year although that population would still be the largest group of refugees. An increase is expected in refugees settling here from Burma, Bhutan, and Bangladesh.

SURVIVORS would like to thank the ORR and the State Department for recognizing San Diego as an area that is heavily affected by newcomers and welcomed the information shared with agency representatives.



Director Negash later said of his visit in a thank you letter, "Working together, I am confident that we can meet our shared goal to ensure that the U.S. Refugee Program is not only one which other countries seek to emulate, but one which puts refugees first, and upholds our humanitarian obligation to rescue and restore refugees' safety and dignity as they become valuable members of the American public." •

## SURVIVORS Receives Grant from ORR

SURVIVORS was awarded a one-year single source grant that started as of 9/30/11 from the Office of Refugee Resettlement (ORR). The ORR recognized that San Diego County is home to a large number of refugees and asylum seekers who may be torture survivors and that there is an urgent need for treatment for this vulnerable population. SURVIVORS is the only accredited torture treatment center in San Diego and counts on a wide network of therapists and service providers to help torture survivors recover from their trauma. "This funding makes a huge difference in the number of clients we can serve," said SURVIVORS' executive director, Kathi Anderson. "We are grateful that the federal government recognizes the urgency and dire need for treatment of torture survivors living in San Diego." •

## SURVIVORS Closes Sacramento Office

After two years, SURVIVORS has closed its Sacramento office due to downsizing of funding. SURVIVORS is grateful to The California Endowment for its initial funding and for valuing our advocacy efforts on behalf of torture survivors. SURVIVORS is also grateful for the efforts and accomplishments of former Government Affairs Director Timothy Griffiths. These include im-

portant legislation to benefit torture survivors and torture treatment centers, strong advances in advocacy and strengthening the California Consortium of Torture Treatment Centers (CCTTC). Griffiths met with every office in the state capitol on behalf of the CCTTC. In addition, Griffiths reinvigorated the Sacramento Refugee Forum, which now has close to 100 members.

"Democracy is about having a voice. I am grateful that we could give a voice to torture survivors through Tim's efforts," said Kathi Anderson, SURVIVORS' executive director. "We are considering options for the future, as we would definitely like to continue this important work in our state's capitol." •

## SURVIVORS Welcomes New Staff

Cristina Grisham joined the SURVIVORS' team in July 2011 as the clinical case manager. Cristina was already familiar with our work as she was one of our counseling interns from 2007-2008. Her most recent experience was working at a major nonprofit organization in New York City where she spearheaded community peacebuilding and restorative justice projects. Cristina is a pasto-

ral counselor and has worked in higher education and the corporate sector.

As the clinical case manager, she assists SURVIVORS' clients in obtaining social services and facilitates the linking of clients with community resources. She also coordinates SURVIVORS' Befriender, Interpreter, and Volunteer Driver Programs. Cristina received her bachelor's degree in foreign service and a certificate in Arab studies from Georgetown University. She also holds



Cristina Grisham, MA

a master's degree in pastoral care and counseling from the University of San Diego. •

## Organizations That Support SURVIVORS Financially

Active Voice  
 Alliance Healthcare Foundation  
 American Immigration Lawyers Association, San Diego Chapter  
 California State Employees Charitable Campaign (CSECC)  
 Change A Life Foundation  
 County of San Diego, Health and Human Services  
 Grossmont Healthcare District  
 High Conflict Diversion Program, LLC



Human & Civil Rights Organizations of America, a Federation in the Combined Federal Campaign  
 Intuit Foundation Donation Matching Program  
 Lawyers Club of San Diego Fund for Justice at The San Diego Foundation  
 Price Charities  
 San Diego County Employees Charitable Organization (CECO)  
 San Diego Foundation, The Julius J. Pearl Fund  
 St. Andrew's Lutheran Church, San Diego  
 The Kroger Company

The William H. Donner Foundation  
 United Nations Voluntary Fund for Victims of Torture  
 United Way of San Diego County  
 U.S. Department of Health and Human Services, Office of Refugee Resettlement  
 Weingart Foundation

We are grateful for your generous support. These lists cover support received **June 1 - September 30, 2011**. We apologize for any errors or omissions and extend our gratitude for support that may not have been recognized. (Please contact us at 619-278-2400 with corrections.) •

*Thank you to all of our community supporters who donate their time, skills, and goods*

## Individual Supporters

Anonymous	Maren Dougherty	Julie Kuck	William Radatz
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		Omar Qureshi	Rick Zemlin
			Amy Zhu

SURVIVORS is now accepting donations. Use the enclosed envelope, visit our website at [www.notorture.org](http://www.notorture.org), or contact us at 619-278-2400 to make a financial donation or to donate your time, services, or goods. Thank you for your support!

## Pro Bono Physicians

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Ricardo Indacochea	Lauren Worth
Victor Kovner	

## Pro Bono Dentists

Bradley Bourcy	Laurel Morello
David Irwin	Suzanne Popp

## Organizations

Ben & Jerry's, Seaport Village	Mid East Market
Scripps Health- City Heights Wellness Center	Minuteman Press - Midway
Food 4 Less	Qualcomm Incorporated, San Diego
Google, Incorporated	Ralphs Grocery Store - Hillcrest
	Starbucks Coffee Store 6716

## SURVIVORS Thanks Volunteer Interns



Christie Ault (left) and Yordanos Yohannes

More than 20 years ago, Yordanos Yohannes and her family fled from a war-torn Eritrea, located in East Africa. This experience gave Yordanos the passion to work with refugees and to volunteer with SURVIVORS in the Befriender Program. With each client/

befriender pair, she saw the impact of the new friendships. "Being able to hear, 'Thank you. You have really helped me,' from clients is the most rewarding part of my contribution." Yordanos received her B.A. in social science from California State Northridge and is now looking for a paid job working with refugees and immigration. Many thanks to Yordanos. We wish her the best of luck after her year of volunteering.

Christie Ault saw the effects of war on families while serving as a hospital corpsman in Iraq. She provided medi-

cal care to U.S. soldiers as well as Iraqi citizens caught in cross fire. She is now studying international security and conflict resolution at SDSU. "I wanted to assist refugees in a peaceful environment since I glimpsed what they endure during war." Christie participated in newsletter distribution, file maintenance, and represented SURVIVORS at local events. "I used my previous skills and gained knowledge of how the asylum process works." After her formal internship finishes, Christie plans to continue volunteering. •

## Healing Society Members

Members of the Healing Society make generous five-year pledges

### Advocate (\$1,000 - 4,999 per year)

Jane & Dale Bacon	James Jaranson
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Lana Coburn	Ginger & Jim Hallerberg
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Ian Coderre	Suzanne Hamerly
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Diana Vellos Coker	Stephanie K. Hanson
Joshua Cote	Lucy Hargett
Kathy Couri	Marian Hart & Wayne Liebold
Kristin Marie Couri	Mary Ann Hautman
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Barbara D'Aversa	Gerald & Ingrid Hoffmeister
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Maren Dougherty	Ben & Edie Hunt
Virginia Dunn	John & Nancy Jastremski
Sol D'Urso & Marzio Pedrali-Noy	Denise H. Johnson

## Thank you to all of our financial supporters!

Because of you, survivors are rebuilding their lives. We are grateful. **These lists cover the period of June 1-September 30, 2011.** We apologize for any errors or omissions and extend our gratitude for support that may not have been recognized. (Please contact us at 619-278-2400 with corrections.)•

Michael Jones	Robert & Nancy Pullman
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Yaron Pruginin	

## What People Are Saying About SURVIVORS' Journey to Healing Tours

- "I really enjoyed your tour. It was really great to hear about how you focus on helping and healing and not on the negative. I like the resiliency of your clients."
- "Overall really great experience. I didn't know you even existed. I liked seeing the different areas of your facility: kitchen, library, and the thought you put into how they look. The kitchen seemed especially homey."
- "I have been telling everyone about it. So great! It was nice to have a client come and hear him share his story. Pretty great."
- "It was a great tour. Very informative. Didn't know it existed. It was powerful, inspiring and moving. I could see myself volunteering for you."
- "Great presentation! For me it was getting a feel of what it's all about, what resources there are, your demographics, etc. People don't know about this. I'm glad my friend asked me to come."

Call 619-278-2400 and reserve your spot today at one of our scheduled Journey to Healing Tours: November 16, 6:45-7:45 p.m., November 17, 8:00-9:00 a.m. and December 13, 5:30-6:30 p.m.

## SURVIVORS' Wish List

- New hygiene items (shampoo, toothpaste, etc.) to give to our clients.
- Tickets to outings or events for clients
- Volunteer drivers to take clients to appointments
- Blank books or journals for our client writing group
- Volunteer locksmith to rekey cabinets
- "Befrienders" (especially men) in our Friendship Circle (where San Diegans meet in social settings with our clients)
- Speaking engagements at your organization, church, club, etc.
- "Ambassadors" to help us invite people to our Journey to Healing Tours
- Dentists (probono) for treatments
- Clinicians, especially in East County of San Diego (psychologists, LCSWs and MFTs)
- Owning rather than renting space for our programs & services

Please contact Suzanne if you can help at 619-278-2421 or sbacon@notorture.

## The Strength to Survive. The Power to Heal

Learn more about SURVIVORS at our Journey to Healing Tours. Upcoming dates: November 16, 6:45-7:45 p.m., November 17, 8:00-9:00 a.m. and December 13, 5:30-6:30 p.m. For more information go to [www.notorture.org/events](http://www.notorture.org/events) or call 619-278-2400.

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Survivors of Torture, International  
P.O. Box 151240  
San Diego, CA 92175-1240

Change Service Requested