



# THE SURVIVOR

## SURVIVORS Makes Changes to Our Newsletter

Our hardcover newsletter is undergoing some changes. It is now fewer pages and will only be issued twice a year. We are hoping this change will be temporary as we know how popular our newsletter is.

The main reason for this change is that our funding has not kept pace with our increasing client needs. More torture survivors than ever are walking through our doors and what they need to heal has become even more complex. As a result, we came to the conclusion that we need to cut back on our newsletter, not client services. In the meantime, we are working diligently to secure additional funding from individuals, like you, as well as from foundations and other sources.

Since the very first issue of our newsletter in June 1998, we have appreciated receiving valuable feedback about content and style. We are asking you to continue this tradition by completing the brief questionnaire on page 4 and mailing it back to us in the enclosed

envelope.

Please let us know if you still would like to be on the mailing list, the kind of content you would prefer and in what format you would like to receive the newsletter in the future. You can also do this by going to our website [www.notorture.org/newsletter\\_survey.php](http://www.notorture.org/newsletter_survey.php) and completing the questionnaire electronically or emailing the information to [survivors@notorture.org](mailto:survivors@notorture.org) or calling us at 619-278-2421.

*Please let us know if you would like to remain on our mailing list.*

We look forward to hearing from you as we value our relationship with you. We would also like to encourage you, if you haven't already come on a Journey to Healing tour, to visit us at our office and learn more about Survivors of Torture, International in a more personal way.

*Newsletter cont. on p. 2*

## 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.

## Human Rights Watch Film Festival Comes to San Diego January, 2013

The Museum of Photographic Arts, in community partnership with SURVIVORS, is honored to host the third year of the Human Rights Watch Film Festival in San Diego, a powerful film event that the New York Times called the "cinematic conscience of the world." As the world's foremost showcase for films with a distinctive human rights theme, Human Rights Watch allows courageous individuals on both sides of the lens to empower audiences with the knowledge that they can make a difference. For a list of films and ticket information, please visit [www.mopa.org/hrwff](http://www.mopa.org/hrwff). The film festival runs January 24-28, 2013. •



*"Call Me Kucho" is one film to be screened at the festival*

## Working with Youth Torture Survivors



*Drawing by one of our clients depicting his family home and beloved dog*

SURVIVORS continues to see an increase in youth torture survivors. Some of our youth clients were directly tortured; others may be part of a family where the adults are dealing with the trauma of torture, which affects the whole family. Working with these

youth takes a special approach. "You can't just invite young people into a formal therapy session and expect that they will immediately feel comfortable sharing their story," said Tricia Hilliard, SURVIVORS' senior mental health clinician. "Our first priority is to build trust by normalizing that this process takes time and that we understand how hard it can be at first. It's our responsibility to make sure we are going at the pace of the clients, addressing their priorities first while providing psychoeducation and building relationships. It is my job to help them feel safe and become comfortable with the therapeutic process. Drawing or playing are ways we can discuss their lives and what happened to them."

"We are prepared to meet with youth and their families in their home environment or on their school campus, wherever they feel more comfortable," said Hilliard. •

## Contact Information

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

*Newsletter cont. on p. 2*

These tours are not fundraisers and are always on hour or less. A recent tour guest said, "Your Journey to Healing tour had a huge impact on me."

The upcoming tours are listed on the back of the newsletter. To RSVP, email [survivors@notorture.org](mailto:survivors@notorture.org) or call 619-278-2421.

Everyday, our clients inspire us as they triumph over the torture that they experienced. In turn, we feel compelled to not only serve them in the most caring and professional way humanely possible but to also in turn share with you how important it is to create a community of healing. Thank you for your past support and for your ongoing words of encouragement and financial gifts. •

## Thrivent Financial Opportunity

SURVIVORS has just been enrolled in Thrivent Choice, the charitable grant program of Thrivent Financial for Lutherans, a welcome funding source for 501 (c)(3) nonprofit organizations nationwide.

If you are a member of Thrivent Financial, you likely are aware of this easy, convenient way to help support what matters most to you. The Thrivent Choice program offers ways members can recommend where Thrivent Financial distributes some of its charitable grant funds each year.

Eligible benefit members are designated Choice Dollars which they can direct, thereby recommending charitable grant funding for their choice among thousands of 501 (c)(3) nonprofit organizations, now including SURVIVORS. If you are eligible to participate in Choice Dollars, or are uncertain about your eligibility, visit [Thrivent.com/thriventchoice](http://Thrivent.com/thriventchoice). Or contact your local Thrivent Financial representative.

## Women PeaceMakers Visit SURVIVORS

University of San Diego's Joan B. Kroc Institute for Peace & Justice celebrated the 10th year of its Women PeaceMakers Program. Each year, the women visit SURVIVORS. This year was no different, but what made their recent visit even more special was that one of the Women PeaceMakers, Ludmila

Popovic, is the founder and executive director of the Rehabilitation Center of Torture Victims Memoria, or RCTV Memoria, the only such organization in Moldova working with survivors of torture, and a fellow member of the International Rehabilitation Council for Victims of Torture. •

## Abel's Journey to Hope and Healing

When \*Abel first arrived at SURVIVORS, it was because his attorney had referred him here for a psychological and medical evaluation for his case to seek political asylum in the United States. He was still in shock after his long journey from a country in East Africa, where he had been imprisoned and tortured for his political beliefs.

At SURVIVORS, after his evaluation sessions, he started seeing one of our therapists on a regular basis. "I found these to be very helpful for the depression I was feeling," he said. He also got a bus pass and assistance with additional basic needs. After a while Abel received permission to work. He got a job at a local fast food restaurant. Later, he drove a taxi. Around this time he won his asylum case and knew he could make plans for the future. His dream was to work in human rights and help others. Now he is working at an agency that does just that. "I get to help other people solve their problems. It feels great," Abel said. He recently called SURVIVORS' office to give us an update on his new job and to thank us for all our assistance. •

*\*Client's name has been changed to protect his privacy.*

Raise money for SURVIVORS at no cost to you! When you use your Ralphs club card, a percentage of your purchase can be donated to SURVIVORS. To enroll go to [www.ralphs.com](http://www.ralphs.com) and click on "Community Contribution." Select "Participant" and enter #84761. Note: you must re-enroll each September or later.



*From left to right: Suzanne Bacon, SURVIVORS' community relations manager, Women PeaceMakers Ludmila Popovic of Moldova and Alice Nderitu of Kenya; Kathi Anderson, executive director of SURVIVORS, and Women PeaceMaker Radha Paudel of Nepal. (Not pictured Women PeaceMaker Nancy Sánchez of Colombia)*

## About Us

Survivors of Torture, International was incorporated in February 1997 in response to a need in our community to bring assistance to a 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. To date we have served more than 1,500 clients from over 70 different countries. 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.

**Eighty-nine cents of every dollar raised goes directly to SURVIVORS' programs.**

## Healing Society Members

Members of the Healing Society make generous five-year pledges

<i>Kathi Anderson &amp; Jesse Rivera</i>	<i>George &amp; Karen Longstreth</i>
<i>Jane &amp; Dale Bacon</i>	<i>Patrick &amp; Melissa Maigler</i>
<i>Jeanette Barrack</i>	<i>Stephen W. McCallion</i>
<i>Ann &amp; Richard Durham</i>	<i>Larry N. McGill</i>
<i>James &amp; Denise Francis</i>	<i>Howard &amp; Lianne Moseley</i>
<i>Jean M. Greaves &amp; Greg Olmstead</i>	<i>Pat Olafson</i>
<i>Jim Hanson</i>	<i>St. Andrew's Lutheran Church,</i>
<i>Dr. Jim Jaranson Fund of the</i>	<i>San Diego</i>
<i>Minneapolis Foundation</i>	

## Individual Financial Supporters

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<i>Susanna Beaudieu</i>	<i>Barbara D'Aversa</i>	<i>Laura Jean Hageman &amp; Thomas Bond</i>	<i>Patricia &amp; Lewis Judd</i>	<i>Chris McCormick</i>	<i>Edna &amp; Daniel Robertson</i>
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<i>Kathleen Bolus</i>	<i>Duchess Emerson</i>	<i>Lois Hellberg</i>	<i>Hunt Kooiker</i>	<i>Bill Mueller</i>	<i>Nicolena Stary</i>
<i>Kaitlyn Breitreutz</i>	<i>George &amp; Ethel Falk</i>	<i>Paula Herring &amp; Tim Botsko</i>	<i>Maria Krekeler</i>	<i>Donovan Myers</i>	<i>Brigit Sullivan</i>
<i>Kathryn Brinton</i>	<i>Christina Fink</i>	<i>Philip Herron</i>	<i>Lotte Lama</i>	<i>Jody &amp; Johan Neels</i>	<i>David Switzer</i>
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				<i>Micah Parzen</i>	<i>Deanna Wolf</i>
					<i>Denise &amp; Tony Yousif</i>
					<i>Rick Zemlin</i>

## 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 May 1 - September 30, 2012.** 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.)\*



*Alliance Healthcare Foundation*  
*American Immigration Lawyers Association*  
*Barrett Medical*  
*California Institute for Mental Health*  
*California State Employees Charitable Campaign (CSECC)*  
*Certified Hand Solutions*  
*Change A Life Foundation*

## Organizations That Financially Support SURVIVORS

<i>Chula Vista Presbyterian Church</i>	<i>Intuit Foundation Donation Matching Program</i>	<i>Price Charities</i>
<i>County of San Diego, Health and Human Services</i>	<i>Josephson Werdowatz &amp; Associates, Incorporated</i>	<i>San Diego County Employees Charitable Organization (CECO)</i>
<i>Funding Factory</i>	<i>Julius J. Pearl Fund at The San Diego Foundation</i>	<i>San Diego Lions Welfare Foundation</i>
<i>Gerson Law Firm APC</i>	<i>Justus Enterprises Inc. Business Copier Solutions/BCS</i>	<i>San Diego Repertory Theater</i>
<i>High Conflict Diversion Program, LLC</i>	<i>Law Offices of Sandra M. Wagner</i>	<i>The Kroger Company</i>
<i>Human &amp; Civil Rights Organizations of America, a Federation in the Combined Federal Campaign</i>		<i>United Nations Voluntary Fund for Victims of Torture</i>
		<i>U.S. Department of Health and Human Services, Office of Refugee Resettlement</i>

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November 2012 / volume 15, issue 3

## Client Demographics

151 new clients were served during fiscal year 2012\* (Oct. 1, 2011-Sept. 30, 2012)

Our clients were tortured due to their race, religion, nationality, social group, or political opinion.

\*In addition to 89 ongoing clients

### Geographic Origins

Africa	69
Middle East	49
Latin America	22
Asia	8
Eastern Europe	3

### Ages

5-13	12
14-17	9
18-24	30
25-44	81
44-64	19

### Gender

Males	70
Females	81

Please fill out this slip and mail it back to us in the enclosed envelope to continue receiving "The Survivor" (or email us at [survivors@notorture.org](mailto:survivors@notorture.org), call 619-278-2421, or visit: [www.notorture.org/newsletter\\_survey.php](http://www.notorture.org/newsletter_survey.php) )

Name \_\_\_\_\_

Email \_\_\_\_\_

Address Line 1 (or send us this entire page with your address label)

\_\_\_\_\_

Address Line 2 \_\_\_\_\_

Phone: \_\_\_\_\_

Yes! I would like to continue to receive "The Survivor" in printed format.

Yes! Keep me on your mailing list, but only electronically, please.

No, please take me off your mailing list.

Other comments?

Portions of the newsletter I most enjoy are (select your top 3):

Client stories

Updates on advocacy

Financial contributors

Ways to help SURVIVORS

Upcoming events

Book and film reviews

Other \_\_\_\_\_

**SURVIVORS**  
 OF TORTURE  
 INTERNATIONAL  
 Survivors of Torture, International  
 P.O. Box 151240  
 San Diego, CA 92175-1240  
 Change Service Requested

**The Strength to Survive. The Power to Heal**

Join us on a Journey to Healing tour to learn how we are helping to rebuild torture survivors' lives.

Upcoming Journey to Healing Dates:

- Thursday, December 13 8:00-9:00 a.m.
- Wednesday, January 9 5:30-6:30 p.m.
- Thursday, January 17 8:00-9:00 a.m.
- Thursday, January 31 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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