



# THE SURVIVOR

*"I know I have gotten better and I thank all of you so much. Before I was too scared to go anywhere on my own, now I go all by myself."*  
 ~ male client from the Middle East

*"I was very afraid before, and I'm not afraid anymore."*  
 ~ female client from Africa

*"I felt alone, but now I have family and friends at SURVIVORS. They help and encourage me, just like a family would do."*  
 ~ SURVIVORS' client

## 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.

## About Us

Survivors of Torture, International (SURVIVORS) 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 35,000 survivors of torture live in San Diego County and 1.3 million live in the United States. Torture survivors often are 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 approximately 1,900 clients from more than 80 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.

P.O. Box 151240  
 San Diego, CA 92175-1240  
 Ph.: 619-278-2400  
 Fax: 619-294-9405

survivors@notorture.org  
 www.notorture.org  
 facebook.com/notorture  
 twitter.com/notorture

## Torture Awareness Month: Number of Referrals to SURVIVORS Rising

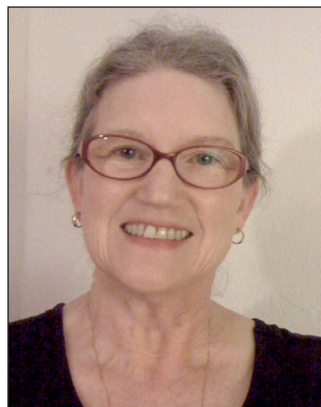
June is Torture Awareness Month and June 26 is the United Nations International Day in Support of Victims of Torture. Sometimes people think that they haven't met any torture survivors, but in fact they probably have. A survivor may be a member of your congregation, may work in your favorite restaurant, or their kids may go to school with your kids. People don't readily identify themselves as torture survivors to unfamiliar people, sometimes not even to medical professionals or teachers. However, we know that approximately 35,000 live in San Diego and more are arriving every day.

In recent months, **referrals to SURVIVORS have increased by 55%** and continue at a steady rate. Increasing world conflicts, the Syrian refugee crisis, and the rise of ISIS (Islamic State of Iraq and Syria) are just some of the many reasons people flee and seek refuge or asylum in other countries.

Top Three Countries of Origin	Percentage of 2016 SURVIVORS' Clients
Iraq	25%
Mexico	15%
Iran	8%

San Diego County resettles thousands of refugees every year, more than any other county in California. It is estimated that 44% of refugees are torture survivors. SURVIVORS anticipates the rise in referrals to the program to remain constant through next year. The need for SURVIVORS' holistic services will increase with each referral. Every torture survivor has the right to rehabilitation. SURVIVORS is the only accredited torture treatment program in San Diego creating a safe haven where they can rebuild their lives. Your continued support is needed and appreciated more than ever.

## SURVIVORS' Volunteer, Ginny Dunn, Awarded "Volunteer of the Year"



Ginny Dunn, Volunteer of the Year

Congratulations to Ginny Dunn, who was awarded "Volunteer of the Year" at the Behavioral Health Recognition Dinner. Ginny has been volunteering at SURVIVORS for over 10 years. She started by assisting with small clerical tasks and today she is a volunteer

driver, driving clients to and from therapy, medical, and dental appointments as well as to and from the weekly Men's Group at SURVIVORS' office. "Their strength and resilience," says Ginny, "is what makes driving clients such a pleasure." Several of the men Ginny drives weekly were among the 650 guests who attended the awards ceremony to celebrate the special evening with Ginny.

SURVIVORS' clients have experienced profound physical and emotional trauma as a result of torture in their home countries. The ongoing involvement of medical and social service specialists can be overwhelming for clients. As a volunteer driver, Ginny is often the only person clients will interact with who is not in a professional role. Ginny helps create an inviting environment where they feel as though they are no longer patients, but

CONTINUED ON PAGE 2

## Rebuilding Lives through Access to Transportation

San Diego is home to approximately 35,000 torture survivors. Of U.S. surveyed torture survivors, 69% have post-traumatic stress disorder and 52% suffer from major depressive disorder. Compounded by the stressors of acclimating to a new culture, trying to understand English, and being among strangers whom they find intimidating, many of our clients find public transportation debilitating. The obstacles of taking city buses, learning the routes, and knowing how to transfer may exacerbate their symptoms and render them home-bound. However, SURVIVORS offers transportation assistance to ease some of the difficulties and help clients become self-sufficient to travel around San Diego to their jobs, classes, and social events on their own.



Cinthya Gatchalian teaches clients the bus routes.

Several times per year SURVIVORS' staff and volunteers hold transportation classes to help clients feel comfortable taking public transportation. The class begins at the Old

Town Transit Center, within walking distance of SURVIVORS' office. Clients learn how to navigate the trolley and buses by taking a trip together. Thanks to a generous grant, clients are also given a one-month transit pass and are taught how to use and reload their Compass Cards. After receiving mental health services and learning how to use public transit, clients begin to feel comfortable getting around on their own. Many clients use the trolley and bus to secure employment and are able to afford their next bus pass without assistance.

Some clients may not feel safe on public transportation or in large groups of people. Some may require psychiatry or therapy before they are ready to leave their homes to begin working or going to school. In these cases, SURVIVORS' clients are connected with volunteer drivers who take clients to and from appointments. Eventually clients may purchase their own vehicles or opt to take the bus, a promising sign that they are adjusting to their new lives in San Diego. Volunteer drivers are a stepping stone to clients' self-sufficiency.

Additionally, when clients or their children express interest in biking as their preferred mode of transportation, SURVIVORS refers them to Bikes del Pueblo, a local nonprofit that provides our clients free refurbished bicycles and accessories, as well as safety and maintenance classes. One client, a man from Iraq pursuing his bachelor's degree, received a bike to help him travel between home, school, and work. He told us, "It is really helping my health. I'm doing exercise and I feel so much better!"

## SURVIVORS' Volunteer, Ginny Dunn, Awarded "Volunteer of the Year"

CONTINUED FROM PAGE 1

friends. She has a gentle way of helping people to immediately feel at ease and at home. Although clients may not have fluent English skills, and Ginny may not speak their language, she has developed long-lasting friendships with the clients she drives.

Since October 1, 2015, Ginny and 226 other dedicated volunteers have contributed their free time to fulfilling SURVIVORS' mission. Their activities ranged from newsletter folding to hygiene drives to the befriender program and more. Additionally, 39 pro-bono professionals including physi-

cians, dentists, nurses, graphic artists, web designers, editors, and finance professionals donated over 2,400 hours to SURVIVORS.

To Ginny and to every SURVIVORS' volunteer, thank you for helping torture survivors rebuild their lives and become confident and productive members of our community.

*Interested in volunteering for SURVIVORS? Go to [notorture.org/volunteer-for-survivors/](http://notorture.org/volunteer-for-survivors/) or contact us at [survivors@notorture.org](mailto:survivors@notorture.org).*

---



---

*"Before I came to SURVIVORS I felt crazy. Thankfully, now I am sane again."  
~ male client from the Middle East*

---



---

## Torture Awareness Month is the perfect time to give in support of torture survivors.

*Please consider giving to SURVIVORS by making a tax-deductible donation in the enclosed envelope.*

SURVIVORS' EIN: 33-0743869

## Looking for More Ways to Give?



There are countless ways to donate to SURVIVORS. Options include donating your car, collecting old cell phones at your office, school, church, etc. Or, at no cost to you, **Ralphs** and **AmazonSmile** will donate a percentage of your normal purchases to SURVIVORS when you sign up for their free giving programs. Call 619-278-2400 to find out more.

## Save the Date: 2016 Helping Survivors Heal Annual Fundraising Luncheon

On Thursday, September 15, 2016, SURVIVORS will host a one-hour, inspiring fundraising luncheon at noon to raise unrestricted operating funds to continue SURVIVORS' healing services for torture survivors. Please contact Niki at 619-278-2421 or [survivors@notorture.org](mailto:survivors@notorture.org) if you would like to underwrite this event, be involved, or attend.

## Thank You to Our 2015 Helping Survivors Heal Fundraising Luncheon Underwriters!



## Healing Society Members who make generous five-year pledges. **Thank you!**

<i>Kathi Anderson &amp; Jesse Rivera</i>	<i>Frederick &amp; Ann Hein</i>	<i>Howard &amp; Lianne Moseley</i>
<i>Jeanette Barrack</i>	<i>Merle &amp; Kay Horst</i>	<i>Pat Olafson</i>
<i>Candace Carroll &amp; Len Simon</i>	<i>Anya Morgan Ilfeld</i>	<i>Kathleen Owens</i>
<i>Ann &amp; Richard Durham</i>	<i>Dr. Jim Jaranson Fund of the</i>	<i>Marlene Ruiz</i>
<i>James &amp; Denise Francis</i>	<i>Minneapolis Foundation</i>	<i>Nancy Sweeney</i>
<i>Jean M. Greaves &amp;</i>	<i>Melvin &amp; Jane Kieschnick</i>	<i>St. Andrew's Lutheran</i>
<i>Greg Olmstead</i>	<i>George &amp; Karen Longstreth</i>	<i>Church, San Diego</i>

## Many thanks to our supportive donors!

Because of you, survivors are rebuilding their lives. We are grateful. 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.)

## Individual Financial Supporters who gave Nov. 1, 2015 - May 31, 2016. **Thank you!**

<i>Anonymous</i>	<i>David &amp; Martha Denevan</i>	<i>Laura Hageman &amp; Thomas</i>	<i>Jean Meadowcroft</i>	<i>Thalia Ramos</i>
<i>William &amp; Seema Aceves</i>	<i>Ari Duenas</i>	<i>Bond</i>	<i>Elizabeth Michel &amp; Arnold</i>	<i>Jane Rand</i>
<i>Dee Aker &amp; William Smith</i>	<i>Michele Dunne</i>	<i>Greg Hall</i>	<i>Markman</i>	<i>Grant Reeder &amp; Scott</i>
<i>Joyce Anderson</i>	<i>David Engstrom</i>	<i>Ginger Hallerberg</i>	<i>Robert Christian Minson</i>	<i>Williford</i>
<i>Mitzzy Anderson</i>	<i>Christine Evans</i>	<i>Hayden Harrower</i>	<i>Carol Morabito</i>	<i>Robert &amp; Mirka Rogalski</i>
<i>Angela Asuncion</i>	<i>George &amp; Ethel Falk</i>	<i>Marian Hart &amp; Wayne</i>	<i>Don &amp; Irene Murray</i>	<i>David &amp; Thres Santiago</i>
<i>Cheri Attix &amp; Steve Rivera</i>	<i>Ger Fang</i>	<i>Liebold</i>	<i>Ken Nakamura</i>	<i>Judy Scott</i>
<i>Susanna Beaudieu</i>	<i>Achraf Farraj</i>	<i>Russell &amp; Sue Haskell</i>	<i>Hilary Naylor</i>	<i>Alisa Shorago</i>
<i>Debra Blum</i>	<i>Wendy Fiering</i>	<i>Robert Hitchcock</i>	<i>Max George Negus</i>	<i>Enid Singer</i>
<i>Rebecca Booth</i>	<i>Marlene Forney</i>	<i>Myles Huck</i>	<i>Michael Newhouse</i>	<i>Dawn Stary</i>
<i>Watson &amp; Eren Branch</i>	<i>Mark Freeman</i>	<i>Miriam &amp; Alexander</i>	<i>Nancy Norcross</i>	<i>Laura Taylor</i>
<i>Heidi Brockmyre</i>	<i>Joseph &amp; Sondra Frisch</i>	<i>Iosupovici</i>	<i>Elizabeth O'Brien</i>	<i>Brooke Truesdale</i>
<i>Jorge Cabrera</i>	<i>Diane Gage</i>	<i>Sonja F. Jones</i>	<i>D'Ann Paton</i>	<i>Cheryl Walczak</i>
<i>Cindy Carpenter</i>	<i>David Gangsei &amp; Lindy</i>	<i>David &amp; Cindy Jorstad</i>	<i>Elizabeth Payne</i>	<i>Julie Wall</i>
<i>Jourdan Chapman</i>	<i>Laub</i>	<i>Linny Kadlec &amp; Mike Catt</i>	<i>Natalie Pearl</i>	<i>Linda &amp; Kenneth</i>
<i>Susan Christison</i>	<i>Wendy Gelernter</i>	<i>Niki Kalmus</i>	<i>Marian Privett</i>	<i>Wasserman</i>
<i>Jennifer Cole</i>	<i>Mildred Gordon</i>	<i>Mel Karmen</i>	<i>David Pugh &amp; Cynthia</i>	<i>Lowell Waxman</i>
<i>Tom &amp; Adele Davies</i>	<i>Roberta Gottfried</i>	<i>Jerry Madoff &amp; Dena</i>	<i>Simpson</i>	<i>Heather Wiley</i>
<i>Scott Davis</i>	<i>Camelia Gower</i>	<i>Plemmons</i>	<i>Alby Quinlan &amp; Alan</i>	<i>Claire Wise</i>
<i>Alicia DeLeon-Torres</i>	<i>Andrea Guerrero &amp; Beston</i>	<i>F. Marian McGee</i>	<i>Schmidt</i>	<i>Nancy &amp; Stewart Witt</i>
<i>Janice Dempsey</i>	<i>Barnett</i>	<i>Martha McPhail</i>	<i>Bill &amp; Martha Radatz</i>	<i>Judith Yates</i>
				<i>Steven &amp; Mary Zahller</i>

## Organizations That Financially Support SURVIVORS who gave May 1, 2015 - May 31, 2016. **Thank you!**

<i>AmazonSmile</i>	<i>Episcopal Church of St. Andrew the</i>	<i>Margaret A. Roberts Charitable</i>	<i>TDY Enterprises, Inc.</i>
<i>Benevolent</i>	<i>Apostle, Encinitas</i>	<i>Foundation</i>	<i>The California Endowment</i>
<i>Bethlehem Lutheran Church,</i>	<i>Grossmont Healthcare District</i>	<i>Michael Ehrenfeld Company</i>	<i>The Kroger Company</i>
<i>Encinitas</i>	<i>Intuit, Inc. - The Benevity</i>	<i>Molina Healthcare of Calif.</i>	<i>The McCaffrey Foundation</i>
<i>Cajon Valley Union School District</i>	<i>Community Impact Fund</i>	<i>Partners for a Better World</i>	<i>Thrivent Financial</i>
<i>Change A Life Foundation</i>	<i>Josephson Werdowatz &amp; Associates,</i>	<i>Pasadena Community Foundation</i>	<i>Toscana Museum, LLC</i>
<i>Christ Presbyterian Church,</i>	<i>Incorporated</i>	<i>in memory of Patrick Otis Healy</i>	<i>Union Bank</i>
<i>Carlsbad</i>	<i>Klingenberg Law Firm</i>	<i>Planned Parenthood of the Pacific</i>	<i>United Nations Voluntary Fund for</i>
<i>Chula Vista Presbyterian Church</i>	<i>Krylow Family Fund</i>	<i>Southwest</i>	<i>Victims of Torture</i>
<i>Combined Federal Campaign</i>	<i>La Luz Incorporated</i>	<i>Rancho Santa Fe Business &amp;</i>	<i>United Way California Capital</i>
<i>Costco United Way</i>	<i>La Mesa Sunrise Rotary Club</i>	<i>Professional Women's Association</i>	<i>Region</i>
<i>County of San Diego, Health and</i>	<i>Foundation</i>	<i>San Diego City Schools Community</i>	<i>United Way of Greater Los Angeles</i>
<i>Human Services</i>	<i>Law Office of Schoenleber &amp;</i>	<i>Service Association</i>	<i>U.S. Department of Health and</i>
<i>David Kieschnick Trust of 2000</i>	<i>Waltermire</i>	<i>St. Luke's Lutheran Church, La Mesa</i>	<i>Human Services, Office of Refugee</i>
<i>Del Mar-Solana Beach Sunrise</i>	<i>Law Offices of Jonathan D. Montag</i>	<i>St. Mark's Lutheran Church, Chula</i>	<i>Resettlement</i>
<i>Rotary Club</i>	<i>Lawyers Club of San Diego</i>	<i>Vista</i>	<i>Weingart Foundation</i>
		<i>Starpoint Advantage</i>	<i>Wells Fargo Community Support</i>
			<i>Campaign</i>

## Thanks to your support, survivors like Mina\* are healing every day.

\* Client name changed to protect her identity

When Mina\* first came to SURVIVORS, she suffered from nightmares, withdrew from the outside world, and had no desire for any type of social activity. She had difficulty concentrating, felt uncomfortable around other people, and feared uniformed authority.

Mina had protested the presidential election in her home country in the Middle East; she felt the process was corrupt. During one

of the demonstrations Mina and several others were arrested, imprisoned, and tortured.

Luckily, Mina was able to escape and seek asylum in San Diego. She was referred to SURVIVORS for a medical affidavit and psychological evaluation. Though she was hesitant at first, she became comfortable with SURVIVORS' staff and contracted professionals. She began participating in group therapy, then individual therapy, and later requested

and received psychiatric services. When she was ready, SURVIVORS helped her get a bus pass and enroll in a community college leading her to find a job in the legal field.

Recently, Mina was granted asylum. Right after she found out, she came straight to SURVIVORS' office to give everyone the great news. She credits SURVIVORS for helping her at every step of the way.

# 4 THE SURVIVOR

June 2016 / volume 19, issue 1

Client Demographics	Geographic Origin		Age		Gender	
<p><b>86</b> new clients and <b>128</b> ongoing clients were served from October 1, 2015 to April 30, 2016.</p> <p>Our clients were tortured in their home countries due to race, religion, nationality, social group, or political opinion.</p>	Africa	58	0-4	4	Males	100
	Middle East	87	5-13	18	Females	114
	Latin America	62	14-17	5		
	Asia	6	18-24	28		
	Eastern Europe	1	25-44	108		
			45-64	47		
			65+	4		

## Congratulations to...



- SURVIVORS' Executive Director **Kathi Anderson** who has been elected to serve as the North American representative to the Denmark-based International Rehabilitation Council for Torture Victims.
- SURVIVORS' Grants Manager **Alicia De-Leon-Torres** for being honored as a "Woman of the Year" by California State Assembly Speaker Emeritus Toni Atkins.

## Commitment to Transparency and Good Stewardship

In addition to being accredited by the Better Business Bureau for our excellent stewardship of donor dollars, as of May 10, 2016, SURVIVORS is an official GuideStar platinum organization. This means SURVIVORS is also being acknowledged for transparency by publicly sharing outcomes with our funders.



## Photo Exhibit Featuring SURVIVORS



In honor of Torture Awareness Month (June), a photographic exhibit featuring two of SURVIVORS' clients is on display at the La Mesa Public Library. *Sanctuary & Sustenance* sheds light on several points of entry into San Diego for newcomers as well as what it is like for them to rebuild their lives here. You can see the exhibit at 8074 Allison Avenue in La Mesa from June 1 to June 30.

## The Strength to Survive. The Power to Heal.

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

- **Wednesday, July 6** 8:00 - 9:00 am
- **Wednesday, July 20** 5:30 - 6:30 pm
- **Thursday, August 4** 5:30 - 6:30 pm
- **Tuesday, August 16** 5:30 - 6:30 pm
- **Tuesday, August 30** 8:00 - 9:00 am
- **Thursday, Sept. 29** 5:30 - 6:30 pm

For more information go to [www.notorture.org](http://www.notorture.org) or call 619-278-2400.

## In This Issue:

- Torture Awareness Month *p.1*
- SURVIVORS' Volunteer of the Year *p.1*
- Rebuilding Lives *p.2*
- Save the Date *p.2*
- Client Story *p.3*
- Financial Supporters *p.3*
- Congratulations to... *p.4*
- Commitment to Transparency *p.4*
- Photo Exhibit Featuring SURVIVORS *p.4*



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