



THE SURVIVOR

Torture Awareness Month: The Right to Rehabilitation



Clients experience SURVIVORS' rehabilitation services at a Healing Club event.

June is Torture Awareness Month and June 26 is the United Nations International Day in Support of Victims of Torture. In June, we recognize that torture is one of the most profound human rights abuses, and it affects millions of individuals and their families around the world. This trauma reaches far beyond the direct victims and in some instances, where torture has been used in a systematic and widespread manner, whole societies are affected.

Those who survive torture have a guaranteed right to rehabilitation under international law. Providing holistic rehabilitation to survivors of torture and trauma can help heal the effects of torture. The International

Psychiatric Services Help Survivors Heal

"I used to have long and vigorous nightmares. I came to understand that what happened to me stayed in my mind. After I took the medication, the dreams became less violent. My brain is calming down. I have no nightmares now." ~ SURVIVORS' client

SURVIVORS' clients' number one complaint is sleep deprivation. Many torture survivors suffer from nightmares and night terrors resulting in the inability to experience deep REM sleep. As a result their PTSD symptoms increase dramatically making it difficult to stabilize and remember details during the day.

SURVIVORS approaches rehabilitation with holistic client-centered services. This can include medical treatment for physical conditions resulting from torture, individual or group trauma therapy, case management services, and psychiatry. For many clients, psychiatry plays an important role in the rehabilitation and healing process. SURVIVORS' psychiatric services include thorough evaluations of clients, prescriptions of psychotropics, and regular follow-ups by a psychiatrist.

Based on research and our experiences, the health and quality of life of many torture

Rehabilitation Council for Torture Victims (IRCT) has chosen Right to Rehabilitation as the theme for this year's June 26 global campaign in support of survivors of torture.

SURVIVORS, an accredited IRCT member organization, is proud to offer holistic rehabilitation to as many of San Diego's estimated 11,000 torture survivors as possible. SURVIVORS' services address psychological, medical, and social needs for torture survivors, helping them to heal from the trauma they experienced, regain their sense of dignity, and rebuild their lives.

We would like your help in commemorating the day and advocating for the right to rehabilitation:

- 1) Contact your senators and congresspersons to encourage them to support the full appropriations of the Torture Victims Relief Act, including \$16 million for rehabilitation programs for torture survivors.
- 2) Make a donation to SURVIVORS to support rehabilitation of torture survivors.
- 3) Take a Journey to Healing tour at SURVIVORS to learn more about the services we provide to torture survivors.
- 4) Strive to create a welcoming community for torture survivors.



UCSD Community Psychiatry Program Director Dr. Koh with psychiatrists Dr. Ahmed and Dr. Tartaglione.

survivors greatly improves with the appropriate use of psychotropic medications, which is why SURVIVORS combines psychiatric care with psychotherapy and social support. We are proud of our partnership with UCSD psychiatry residents (pictured above) to help our clients get a good night's rest, overcome mental health symptoms, and begin to heal.

"It changed him so much, he smiles and can look for a job now. His self-esteem changed."

~ Dr. Suzanne Popp, a volunteer dentist who performed reconstructive work on one of SURVIVORS' clients.

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 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 1,700 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.

Contact Information

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2 THE SURVIVOR

June 2015 / volume 18, issue 1

SURVIVORS' Evaluation Projects Shared Nationally

Amber Lung conducted her thesis research at SURVIVORS while earning her Master of Public Health in epidemiology at San Diego State University. Amber researched how psychosocial factors impacted the recovery of survivors of torture. She analyzed data and outcomes to help SURVIVORS better implement services and cater to each client's needs. Today, Amber is an epidemiologist with the Refugee Health Program of the Washington State Department of Health. This means she studies patterns, causes, and effects of health and disease conditions and helps inform policy decisions.

Amber recently presented her research, conducted at SURVIVORS, at the National Partnership for Community Training (NPCT) Symposium in Florida. The NPCT is "a technical assistance program funded by the Office of Refugee Resettlement that provides training services to mainstream providers in communities without torture treatment centers." Amber shared with the presentation attendees the benefits of outcome tools and evaluation projects, as well as the value of collaboration between graduate schools and torture treatment programs. She noted that people were very excited about outcome data, shown by

how well-attended her session was. She recommended that other organizations and treatment programs follow



Amber Lung, MPH

SURVIVORS' lead by conducting research with graduate schools, using outcome tools consistently and having an evaluation committee.

When asked about the time Amber spent at SURVIVORS she replied, "Personally, I'm more aware of the reasons individuals are tortured and am more vehemently opposed to its use, regardless of the rationale. The SURVIVORS' research only increased my desire to work with vulnerable populations, but I did and do continuously realize how incredibly resilient and strong survivors are. I learn far more from survivors of torture than I can ever do to help them." We are grateful to Amber for sharing her research with the NPCT.

Educating Students About Torture



"By Standing Up" logo by Janelle MacCamack

Most 14-and-15-year-old students do not learn about torture in school, unless it is mentioned in a historical context. However, Janelle McCammack's ninth grade students at High Tech High Media Arts School are learning the unsettling fact that 82% (131 out of 160) of countries tortured or otherwise ill-treated people in 2014 (Amnesty International, 2014). "By Standing Up" is the final project of Janelle's humanities class for the school year. Her students are being asked mature and tough questions, such as "Why do good people commit inhumane acts of torture against other people?" and "Why don't individuals stand up and stop inhumane acts of torture?" Students are also asked to try to

understand the justifications provided for inhumane acts of torture and why they are often accepted.

It is important to also understand how people rebuild trust in human beings and starts a new lives once they escape persecution and find safety in another country. SURVIVORS' executive director, Kathi Anderson, and contracted therapist, Dawn Stary, both play integral roles in helping survivors heal. To enhance the students' learning and explain the aftereffects of torture, Kathi and Dawn spent an afternoon with the students, sharing stories of resilient clients who have overcome what happened to them, rebuilt their lives, and become successful members of our community.

Educating students, professionals, and the public about torture and its consequences increases understanding about the unique population we work with. People become more aware that they may know torture survivors and they are more able to recognize and understand their needs. Awareness of the issue helps create a safe haven for torture survivors in our community.

Thank You to Our 2014 Helping Survivors Heal Fundraising Luncheon Underwriters!



Save the Date: Helping Survivors Heal Annual Fundraising Luncheon

On Wednesday, September 16, 2015, 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 if you would like to underwrite this event, be involved or attend.

Torture Awareness Month is the perfect time to give in support of torture survivors. Please consider giving to SURVIVORS by making a donation in the enclosed envelope.

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.)

"I am learning to trust again."
~ SURVIVORS' client

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

Kathi Anderson & Jesse Rivera
 Jeanette Barrack
 Candace Carroll & Len Simon
 Ann & Richard Durham
 James & Denise Francis
 Jean M. Greaves & Greg Olmstead

Jim Hanson
 Frederick & Ann Hein
 Anya Morgan Ilfeld
 Dr. Jim Jaranson Fund of the Minneapolis Foundation
 Melvin & Jane Kieschnick
 George & Karen Longstreth

Howard & Lianne Moseley
 Pat Olafson
 Marlene Ruiz
 Nancy Sweeney
 David Tanner
 St. Andrew's Lutheran Church, San Diego

**Many thanks to
 our donors and
 supporters!**

Individual Financial Supporters who gave Nov. 1, 2014 – April 30, 2015 *Thank you!*

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In honor of Cosette Thompson & Cheryl Brownstein-Santiago's Wedding

Carolyn Anderson
 Sara Arroyo & Gene Cameron
 Marjory Byler & David Rutschman
 Gerald Gray
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 Karen Wallin
 Shura Wallin & Richard Ramirez
 Judith Whipple
 Edie Williams

Organizations That Financially Support SURVIVORS who gave May 1, 2014 - April 30, 2015. *Thank you!*

Alliance Healthcare Foundation
 Cajon Valley Union School District
 Calvary Lutheran Church, Solana Beach
 Change A Life Foundation
 Christ Presbyterian Church, Carlsbad
 Chula Vista Presbyterian Church
 Community Service Association, San Diego Unified
 School District
 Del Mar/Solana Beach Rotary Club
 Dollar a Month Fund
 Fidelity Charitable Gift Fund
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 Grossmont Healthcare District
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 Federation in the Combined Federal Campaign
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 San Diego County Employees' Charitable Organization
 (CECO)
 Scarano Family Foundation at The San Diego
 Foundation
 Shepherd of the Valley Lutheran Church, La Mesa
 Sonnenberg & Company
 Spectrum Dental Office
 St. Luke's Lutheran Church, La Mesa

St. Mark's Lutheran Church, Chula Vista
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 TDY Enterprises, Inc.
 The California Endowment
 The Fieldstone Foundation
 The Kroger Company
 The San Diego County Bar Foundation
 The Sundt Foundation
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 Union Bank
 Unitarian Universalist Fund for a Just Society
 U.S. Department of Health and Human Services,
 Office of Refugee Resettlement
 United Way California Capital Region
 United Way of Greater Los Angeles
 United Way of San Diego County
 Wells Fargo

4 THE SURVIVOR

June 2015 / volume 18, issue 1

Client Demographics

45 new clients and **153** ongoing clients were served from October 1, 2014 – March 31, 2015.
Our clients were tortured in their home countries due to their race, religion, nationality, social group, or political opinion.

Geographic Origin		Age		Gender	
Africa	79	0-4	4	Males	101
Middle East	77	5-13	12	Females	97
Latin America	30	14-17	6		
Asia	8	18-24	28		
Eastern Europe	4	25-44	106		
		45-64	36		
		65+	6		

Congratulations, Ann Durham!

Ann Durham, MSN, FNP, Esq., who serves as secretary on SURVIVORS' board of directors, is a 2015 Tribute to Women & Industry (TWIN) honoree. TWIN honorees excel in their fields and make significant contributions to industry in executive, managerial and professional roles. Ann is also nominated for the prestigious 2015 TWIN Humanitarian Award. This award recognizes a woman who is devoted to engaging women to transform the community. Congratulations, Ann!



Ann Durham, Board Secretary

2015 Proclamations and Resolutions



SURVIVORS staff and Nick Serrano, Staff Assistant to Councilmember Todd Gloria

Thank you to the following public offices for recognizing the importance of SURVIVORS' work in San Diego:

- City of San Diego Councilmember Todd Gloria
- San Diego County Board of Supervisors
- California State Senator Joel Anderson
- California State Senator Marty Block

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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:
• Wednesday, June 24 - 5:30 - 6:30 pm
• Thursday, July 9 - 5:30 - 6:30 pm
• Tuesday, July 21 - 8:00 - 9:00 am
• Wednesday, August 5 - 5:30 - 6:30 pm
• Tuesday, August 18 - 5:30 - 6:30 pm
For more information go to www.notorture.org or call 619-278-2400.

In This Issue:
Torture Awareness Month: The Right to Rehabilitation p. 1
Psychiatric Services Help Survivors Heal p. 1
SURVIVORS' Evaluation Projects Shared Nationally p. 2
Educating Students About Torture p. 2
Financial Supporters p. 3
Client Demographics p. 4
Congratulations, Ann Durham! p. 4
2015 Proclamations and Resolutions p. 4