**July Newsletter 2021** 

**VACK** 

HOPE • EMPOWER • HEAL

Supporting survivors of domestic and sexual violence, stalking, teen dating violence,

elder abuse and human trafficking

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**Concordia Office** 336 W 5<sup>th</sup> St 785-243-4349

www.DVACK.org



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Shelter Supervisor Part-Time Shelter Advocate Weekend Residential Advocate Night Residential Advocate

Email resume to <a href="mailto:brandi@dvack.org">brandi@dvack.org</a>

## **Donation Needs**

- Diapers, Sizes 4-5
- Women's Underwear
- Sweatpants
- Socks
- Air Mattresses
- Weighted blankets
- Shampoo & Conditioner
- Body Wash
- Bottled Water
- Packaged Snacks
- Used Smartphones

## Fund-A-Cut!

During July, guests at Blondell's Salon can purchase back-to-school haircuts to donate to kids in need. Available haircuts are displayed as sea turtles at the front desk!

## Meet the Advocate!

Meet DVACK's new Hotline Intake Advocate, Candace Acheson! With 13 years of experience in social services and substance abuse treatment, Candace is an incredible resource for DVACK. Currently studying to become a Licensed Addiction Counselor, Candace has a passion for working with those who have a history of addiction and trauma. Often, those who have experienced abuse from young ages turn to drugs and alcohol to cope. These individuals are also more susceptible to dangerous relationships and substance abuse in the future, especially if their childhood trauma is kept hidden



or never addressed. Candace encourages community members to remain patient and non-judgmental with those who struggle with addiction and trauma because when these individuals display perceived negative behaviors, the behaviors are usually symptoms of a deeper problem or are an indication that the individual does not possess the coping skills to adapt to a situation. Candace also wants others to realize that substance abuse is not a lack of willpower; instead, it is a behavioral and medical disorder that is treatable. If you are a loved one, it is important to recognize that you cannot own the behavior of a person struggling with substance abuse disorder; there are resources, like Al Anon, to support you.

Candace is thrilled to be part of DVACK's team. She has always seen herself as an advocate, supporting those who are unable to advocate for themselves due to systemic barriers or lack of resources. Candace's skills in empathy, boundaries, and motivational interviewing strengthen her role as an advocate. Candace believes that the clients should always be in the driver's seat, deciding their own goals, actions, and needs. Candace enjoys helping clients break their goals down into achievable steps. Candace is inspired by clients' resilience and their ability to find resources and survive. Her favorite part of working at DVACK has been watching children in DVACK's safe shelter begin to feel safe, present, and playful again. DVACK welcomes Candace!