



## Safe Passage's Monthly news & updates *February 2023*

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As many refer February as the season of love, Safe Passage also acknowledges February as Teen Dating Violence Awareness Month.

Dating violence happens across all demographics, despite an individual's age, race, or sexuality. It occurs as early as teen years — According to [loveisrespect.org](https://loveisrespect.org), one in three teens will experience physical, sexual or emotional abuse before they are 18 years old. This is not surprising since people typically start to date (or at least consider it) in the teenage years.

It doesn't help that toxic dating behavior is glorified through social media and pop culture. We make our best effort to educate teens and young adults on the dangers of these toxic behaviors and how it's possible it can lead to fatal outcomes.

Join us this February in raising awareness towards Teen Dating Violence!

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### Integrating S.M.A.R.T.

Sensory Motor Arousal Regulation Treatment (SMART) is a model of psychotherapy for traumatized children, adolescents and adults. It draws upon sensory integration based occupational therapy and other body-oriented therapies and is designed to treat regulation problems commonly associated with trauma through active therapy in a room that allows for movement and play.

S.M.A.R.T. utilizes therapeutic equipment such as weighted blankets, balance beams, fitness balls, and large cushions, in shared play to support clients'

natural ways of regulating their bodies and emotions to facilitate attachment-building, and to allow for embodied processing of traumatic experiences. The treatment blends movement and relationship to regulate arousal states by engaging the subcortical and cortical neural pathways to increase behavioral and psychological integration. S.M.A.R.T. widens the client's window of tolerance for both positive and negative emotional states and for interpersonal connection so that healthy development can proceed.

Safe Passage is currently working on integrating S.M.A.R.T. into our agency for both children and adults.

## Upcoming Events

# SAVE THE DATE L.O.V.E. 2023

February 17th, 2023  
Blumen Gardens  
6pm-9:30pm

LOVE  
over  
violence

### Meet our Guest Speaker!

Say hello to Karli Johnson,  
our guest speaker for our  
Love Over Violence Event!

From the mountains in  
Kodiak, Alaska to Time  
Square in NYC, to the  
cornfields in DeKalb,  
Illinois, this NIU alum  
travels the country  
inspiring change through  
speaking, education,  
storytelling, and fun.  
Based out of Peoria,  
Illinois, Karli presents on  
the topics parents,  
teachers, and bosses



don't (like to) talk about.

As a nationwide TEDx speaker, M.S.Ed educator, and storyteller on consent, communication, healthy relationships, violence prevention, mental health awareness, trauma-informed care, and crisis intervention, not only does Karli "know her stuff," she's lived it. As a survivor of sexual and domestic violence, Karli has lived experiences that resonate with children, teens, and adults throughout the county.

Host of the "Ask For It" Podcast, soon-to-be-published author, and single mom to the world's great 4-year-old, her mission is simple: prevent the bad, empower the good.



Join us for this season of love for dancing, drinks, and appetizers!

February 17, 2023 @ 6PM  
BLUMEN GARDENS  
403 Edward St., Sycamore

[Tickets](#)

## Staff and Board Highlight



**Nancy**  
Board Member



**Sandy**  
Volunteer Coordinator

*"I am retired from Kishwaukee College where I held positions, such as the Dean of Students and the Title IX Coordinator. In my position, I collaborated closely with Safe Passage on providing prevention programming, confidential advisor services and access to individual counseling to the campus community. I remember being incredibly impressed with the talent and commitment of the Safe Passage staff and the scope of services the agency provided. I've gained a deep understanding of the trauma associated with domestic violence and sexual assault and the hope that exists through support and healing.*

*I joined the Safe Passage Board in 2016 and have served as President, Vice President, Chair of the Board Development and Personnel Committee. I'm currently a member of the Capital Campaign Steering and Core committee. I am proud to support Safe Passage and its mission. I believe that their dedicated staff work to change lives by focusing on the dignity of every individual seeking services. Providing the resources for survivors of domestic violence and sexual assault, to help them heal and recognize their true potential, is vital to the health and safety of this community.*

*I appreciate the visibility that Safe Passage has cultivated to increase awareness of the impact that domestic violence and sexual assault in our community. These issues must be recognized, respected, discussed and addressed to affect societal change. I am happy to continue to advocate for those who need Safe Passage services to secure the safety, healing and future every individual deserves."*

**Thank you, Nancy, for all the time and dedication you've not only given to Safe Passage, but to our DeKalb County community as a**

*"My name is Sandy and I am the Volunteer Coordinator here at Safe Passage.*

*I earned my Bachelor's Degree in Public Health from Northern Illinois University (Go Huskies!) and was raised here in good old DeKalb!*

*I started working at Safe Passage in 2021. I left my career in Emergency Medical Services because I wanted to be more involved with Non-Profits in our community. I chose to apply at Safe Passage because I appreciated their mission to dismantle violence in our community by not just helping survivors of Domestic Violence and Sexual Assault, but also helping perpetrators. I recently switched from being a Domestic Violence Legal Advocate to my new role as Volunteer Coordinator which I love doing!*

*I am a wife and a mom of a 4 and 2-year-old so I do not have much free time. But when I do, I really enjoy cooking meals that have been cooked through generations in my family, spending time with my husband and kids, going to the gym, and re-organizing my house every so often. My most favorite food to make and eat would be Chilaquiles—if you have never heard of them before, I suggest looking up the recipe and trying."*

**Thank you for always going above and beyond for our clients and for this agency, Sandy!**

whole!

## Stay Connected



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