

NMCA DV Spotlight

Member Spotlight
**CARLSBAD BATTERED
FAMILIES SHELTER**



ERIKA WRIGHT
EXECUTIVE DIRECTOR

Advocate of the Month
ALEXIS WRIGHT



Member Spotlight

CARLSBAD BATTERED FAMILIES SHELTER

ERIKA WRIGHT

Erika Wright is the Executive Director for the Carlsbad Battered Families Shelter in Carlsbad, N.M. Erika has been the Executive Director since 2017 and has made a lot of positive changes throughout her time there. She has worked in many roles including the Assistant Director, BIP Facilitator, and Victim Advocate. She comes from a business background and loves being in a role that helps so many people and her community.

Learn more about Carlsbad Battered Families Shelter at carlsbadshelter.com.

"Our community is awesome. We have so many people that reach out to volunteer and donate items that we need.

I welcome anyone who's interested in volunteering or donating to our organization to come and take a tour to see about our programs and the activities we provide."

"I think the work and collaboration with our community to get our pet kennels was an achievement for our organization. It was a goal when I became the ED and we made it happen.

So many victims stay because they're afraid of what will happen to their pets, or they'll come for a little bit and then go back because they're afraid that the abuser's gonna hurt them or kill them. So this makes it possible to leave and not worry about that on top of everything else that they're having to deal with."



Listen to their podcast interview releasing June 20th!

<https://anchor.fm/nmcadv>

Advocate of the Month

ALEXIS WRIGHT

Alexis Wright is a Peer Counselor at the Carlsbad Battered Families Shelter in Carlsbad, NM. She has been advocating at the Carlsbad Battered Families Shelter since 2017. Over the course of her time here, Alexis has seen the drastic effect of domestic violence on families as well as how it has affected our communities. Alexis has previously had experience in facilitating the Batterer's Intervention Program which gave her an insight of the other side of Domestic Violence. Alexis now works with the clients directly and conducts intake assessments, safety plans, and goals as well as provides individual counseling, facilitating group sessions, transporting clients, providing resources and referrals to other agencies, and advocating for clients.

Alexis has had her own experience with domestic violence which has inspired her to dedicate her time in advocating for survivors by spreading awareness in the community and empowering survivors. On her free time, she enjoys cooking, crafting, decorating, and spending time with her family and her beloved French Bulldog, Maverick.

Alexis is also the Carlsbad Battered Families Shelter's first Social Work Intern which has allowed for the agency to allow more Internships in the future. Alexis Graduated with her bachelor's degree in social work from Eastern New Mexico University in May of 2023 and plans to continue her education and achieve her Masters Degree in Social Work.

"I guess I already had that heart for it. And I've just always wanted to raise awareness when the opportunity came up – just to make aware of how domestic violence can destroy families. And how it can affect you for the rest of your life. But also how you can definitely make a life for yourself afterwards."

"It doesn't have to define you. There's just more to life than this and I just want anybody that I encounter in this situation to know that they can come out of it."



FIGHT
AGAINST DOMESTIC
VIOLENCE

Listen to her podcast interview
releasing June 27th!

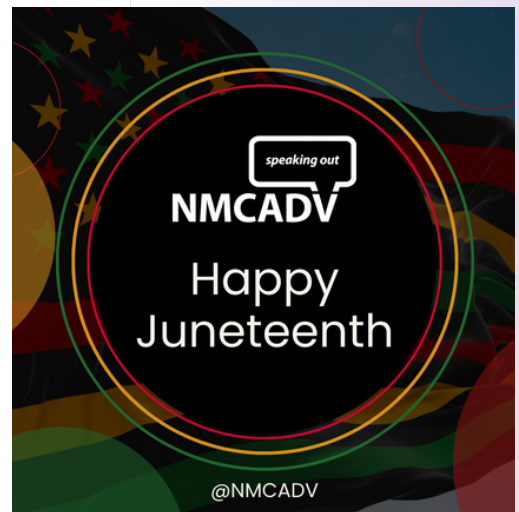
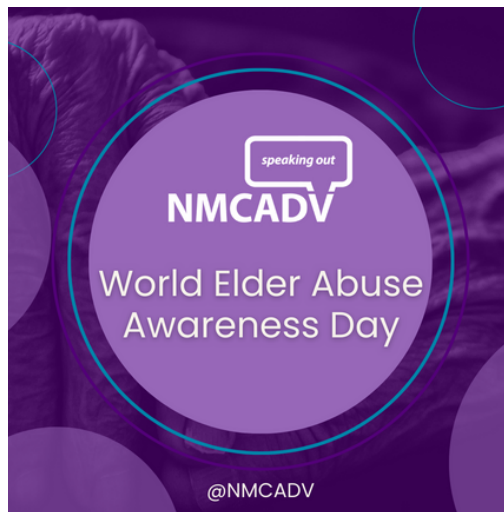
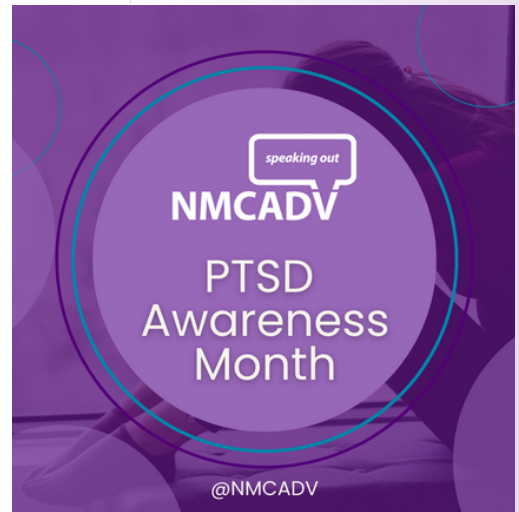
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This Month's Toolkit

JUNE 2023

- **Pride Month**
- **National Safety Month**  Use our social media toolkits to help spread awareness in your community!
- **PTSD Awareness Month**
- **June 2nd - National Gun Safety Day (Wear Orange!)**
- **June 15th - Elder Abuse Awareness Day**
- **June 18th - Father's Day**
- **June 19th - Juneteenth**



Take Care

GET SOME SLEEP

Sleep, we all need it, but not all of us prioritize getting the right amount or the quality we need to function at our best.

According to the Centers for Disease Control and Prevention, about 1 in 3 adults in the United States reported not getting enough rest or sleep every day. Nearly 40% of adults report falling asleep during the day without meaning to at least once a month.

Getting enough sleep has many benefits. It can help you:

- Get sick less often
- Stay at a healthy weight
- Lower your risk for serious health problems
- Reduce stress and improve your mood
- Think more clearly
- Get along better with people
- Make better decisions and avoid injuries

If you're having trouble getting your 8 hours a night – here's some tips to getting a better night's sleep:

- Stick to a consistent sleep schedule and bedtime routine
- Track your sleep with a health app like Fitbit or Apple Health
- Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- Get into some sunlight first thing in the morning
- Make your bed a sleep-only space
- Use a sound machine
- Try a weighted blanket
- Consider room conditions that bring you comfort such as adjusting room temperature, lighting: dimly lit or dark room, cleanliness, scents: sleep sprays or essential oils

Anything you can do to help cue your body that it's time to sleep will benefit you greatly. So sweet dreams this month!

Stay Connected



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“Safety has to be everyone’s responsibility... everyone needs to know that they are empowered to speak up if there’s an issue.”

**CAPTAIN
SCOTT KELLY**

Feedback? Email Rochelle@nmcadv.org