

# NMCA DV *Spotlight*

*Member Spotlight*  
**BATTERED FAMILY  
SERVICES, INC.**



**DIANNE NAKAI**  
BIP CO-MANAGER

*Advocate of the Month*  
**MARINDA SPENCER**



# Member Spotlight

## BATTERED FAMILY SERVICES, INC.

### DIANNE NAKAI

Yá'át'eeh. Shí éí Dianne Nakai yinishyé. Dibéłizhíni nishí, Yé'ii Dine'é Táchiiníi báshíshchíin. Haltsooí éí dashicheii, dóó Tláashchíí éí dashínáí. Ákót'éego diné asdzáán nishí. (My name is Dianne Nakai. I am Black Sheep clan, born for Giant People of the Red Running into the Water clan. My maternal grandfather is Meadow People clan, and my paternal grandfather is Red Cheek People clan. That is how I am a Navajo woman.) My family is originally from Manuelito, NM. I primarily grew up in Fort Defiance and Window Rock, AZ, on the Navajo Nation. I graduated high school in 1999. I then attended Stanford University and completed my Bachelor's degree in Psychology in 2007. I currently reside in Gallup, NM with my 2 sons.

During college and in my career, I explored various jobs in teaching, community service, social services, law, and business. I began with Battered Families Services in February 2022. It has been quite a learning experience, not only participating in training, but learning the advocacy role, working shifts at the shelter, completing a cycle of working with inmates at the detention center, participating in community outreach, and primarily co-facilitating weekly group sessions for our women's group and 2 men's groups. I didn't know that the Batterer Intervention Program existed and was amazed when I found a program that actively worked to break the cycle of abuse.

Thinking about how it is possible to change behaviors and what one needs to learn, feel, and change in order to do so, has been at the forefront of my daily work. We work to help bring more self-awareness, and address client beliefs and behaviors. Each individual is unique in their experiences and journey, so it is encouraging when you hear how one has changed their thinking and made progress in expression of their feelings, a process I am thankful to be a part of. I hope to continue helping my people in this way as long as I am able to do so; by reaching one individual at a time, we support the prevention of future violence in relationships, families, and the community.

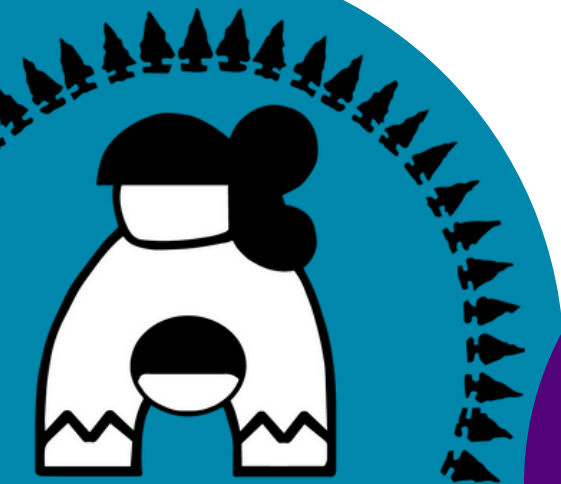
Learn more about Battered Families Services, Inc. at [batteredfamilies.com](https://batteredfamilies.com).

**"I think it's important to know who we are and where we come from, and especially to help our people heal and feel that they are able to find harmony with their partners and or with their families again."**



Listen to their podcast interview releasing July 22nd!

<https://anchor.fm/nmcadv>



# Advocate of the Month

## MARINDA SPENCER

I am Native American with the Navajo tribe. I have been a lifelong resident of Gallup, NM and a graduated from Gallup High School. My senior year in high school I joined the vocational program, which offered courses at UNM. I enrolled in the Criminal Justice Course. I completed the program, but did not pass the physical requirements.

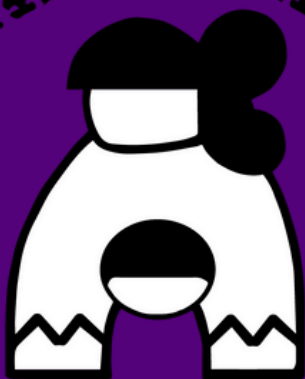
In 1992, I was hired by the Zuni Police Department as a police officer. They sent me through the New Mexico Law Enforcement Academy. This time, I was able to pass all my courses and became a certified police officer. I stayed with the Zuni Police Department for 4 years. I served as a Patrol Officer and on the SWAT team.

In 1996, I transferred to the Gallup Police Department and worked my way up through the ranks, retiring as a Police Captain in 2019. I served in law enforcement for a total of 27 years. While with Gallup, I served as a Patrol Officer, School Resource Officer, Bike Patrol, Detective, Domestic Violence Unit, Training and Recruiting, and Property & Supply.

After retiring I traveled for a few months, but COVID hit and I stayed home for a year. I worked with the Navajo Police Department as a Background Investigator for 1.5 years. We conducted background investigations on police applicants and held recruit drives. The drive to and from work took a toll on me and I resigned.

I was then hired by Battered Families Services, Inc. as a Legal Advocate. It has opened my eyes to the work of advocates and the impact they have on their victims. I am enjoying my time so far and working with the wonderful employees at Battered Families. They are such awesome people.

**"And I think the future is just learning more about advocacy and just trying to reduce domestic violence really even if it's just the reducing the fatalities that happen in domestic violence and child abuse is what I see for the future, because our community truly needs it."**



Listen to her podcast interview  
releasing July 29th!

<https://anchor.fm/nmcadv>





# This Month's Toolkit

## JULY 2023

- **National Minority Mental Health Awareness Month**
- **Disability Pride Month**
- **International Self Care Day (7/24)** 🗨️
- **33rd Anniversary of ADA Signed (7/26)**

Use our social media toolkits to help spread awareness in your community!





# COORDINATED COMMUNITY RESPONSE LUNCH & LAUNCH

**CCR Lunch & Launch was a huge success!**

**Thank you to our three CCR Focus Sites, our domestic violence services providers, and all community partners who came out! With systems coming together, these communities will continue working to create survivor safety and hold offenders accountable.**

**Please stay tuned as we continue to celebrate the hard work happening in Taos, McKinley, and Doña Ana County!**

**Taos County**



**McKinley County**



**Doña Ana County**



*Thanks!*

# Take Care

## ASK FOR HELP

Prioritizing self-care and mental health is crucial in today's demanding world and in our field. Seeking help is not a weakness but an act of self-empowerment. There are many benefits to reaching out for help:

- **Gaining New Perspectives:**
  - Asking for help brings fresh insights, advice, and coping strategies. It broadens our understanding of self-care and mental health, offering new approaches for overall well-being.
- **Accelerating Healing and Growth:**
  - Seeking help speeds up the healing process. Therapists, counselors, and support groups provide guidance, empathy, and tools for navigating challenges, fostering personal growth.
- **Building Supportive Connections:**
  - Asking for help develops supportive connections. Sharing struggles with trusted individuals strengthens relationships and creates a network of understanding support during difficult times.

- **Overcoming Stigma and Breaking Barriers:**
  - Asking for help challenges societal stigmas, promoting open conversations about mental health. It encourages others to seek assistance without shame, fostering acceptance and understanding.
- **Enhancing Self-Care Practices:**
  - Asking for help in self-care introduces new practices, mindfulness techniques, and healthy habits. It empowers us to prioritize self-care and nurture mental and emotional well-being.

Asking for help in self-care and mental health is a courageous step. It broadens perspectives, accelerates healing, builds connections, overcomes stigma, and enhances self-care practices. By embracing the power of seeking assistance, we prioritize our mental well-being, nurture self-care, and create a supportive environment. Seeking help is an act of self-empowerment and an essential part of a fulfilling, mentally healthy life.

# Stay Connected



- [Website](#)
- [Facebook](#)
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- [Podcast](#)



“Ask for help. Not because you are weak. But because you want to remain strong.”

LES BROWN

Feedback? Email [Rochelle@nmcadv.org](mailto:Rochelle@nmcadv.org)