

NMCA DV Spotlight



**October is
Domestic Violence
Awareness Month!**

We celebrate every individual and program that works in the domestic violence field in New Mexico.



NMCADV Word Cloud of the Month

"What is one aspect of domestic violence awareness you would like to highlight?"



NEXT MONTH'S WORD CLOUD

"What was the most valuable part of our
Fall Member Meeting?"

Staff Spotlight

PAM WISEMAN

Executive Director

Pamela Wiseman, M.A., became the Executive Director the New Mexico Coalition Against Domestic Violence in 2009. For 20 years prior, she served as Executive Director of Safe Passage, an Illinois domestic violence and sexual assault agency. There Ms. Wiseman led efforts to develop a statewide position on improving court response, and was principal author of the paper *Achieving Accountability in Domestic Violence Cases: A Practical Guide for Reducing Domestic Violence*.

Working with the Illinois Coalition, she helped develop court watch programs, which rely on volunteers to observe proceedings and recommend improvements, to make courts more responsive to citizens.

Ms. Wiseman now provides assistance on the development of court watch efforts to New Mexico communities, and conducts trainings on organizational dynamics for domestic violence agencies throughout the state. She also developed a major national conference hosted by NMCADV, *Message Matters*, focused on effective messaging about violence and abuse. Author of the best-selling book *Ditch That Jerk: Dealing with Men Who Control and Abuse Women*, her work has been featured in local and national media, including *Cosmopolitan* magazine, the *Domestic Violence Report*, radio and television.

Listen to her podcast
available Oct 10th!

<https://anchor.fm/nmcadv>



Staff Spotlight

THERESA ARMENDARIZ

Assistant Director

"The people that do this kind of work are so passionate about this kind of work... and it's not even just in the domestic violence field... It's just amazing once you get into this work, you never leave it. You may leave the job but you never leave the cause."

Theresa Armendariz, PHR, has earned her BA in Management with a specialization in Human Resource Management and has been a certified Professional in Human Resources since 2001. Theresa came to NMCADV with 15 years of experience in the field of domestic violence services including over 7 years as an Executive Director. She is currently managing the administrative operations of NMCADV and providing support to programs throughout the state in areas such as data collection, grant writing, and personnel management.

"I would really love the conversations about domestic violence to focus of offender accountability – rather than victim accountability."



Listen to her podcast interview
releasing Oct 12th!

<https://anchor.fm/nmcadv>



Staff Spotlight

DAVID GARVIN

Director of Battering Intervention
& Systems Response

David Garvin serves as the Director of Battering Intervention and Systems Response for the New Mexico Coalition Against Domestic Violence. David has been directly involved in the anti-domestic violence movement since 1986 when he founded the Alternatives to Domestic Aggression (ADA) battering intervention program. David was named the 2009 National Association of Social Workers-Michigan (NASW-MI) Social Worker of the Year.

"It's the community's job to make the... one who causes harm be in the program – but it's our job at the program to make them want to be in the program... How to do we get people to engage and be curious about why am I doing this, what's going on with my thinking that I've made this be okay."

David's work in the movement to end domestic violence was featured in the book *Gender-Based Perspectives on Batterer Programs: Program Leaders on History, Approach, Research and Development*, by Edward W. Gondolf, 2015. In 2017 David was awarded the Glenn R. Winters Award (renamed the Nachtigal Award in 2018) from the American Judges Association. David is a co-founder and current Chair of the Battering Intervention Services Coalition of Michigan (BISC-MI: biscmi.org).



Listen to his podcast
releasing Oct 28th!

<https://anchor.fm/nmadv>

Staff Spotlight

MELISSA SINCLAIR

Coordinated Community
Response Coordinator

As a leader in her community and an expert in intimate partner violence and sexual assault, Melissa serves as a key provider of training on partner abuse and sexual violence, co-chair of the Oakland County Coordinating Council Against Domestic Violence, the Southfield Coordinated Community Response Team, and the Auburn Hills Coordinated Community Response Team. She has been instrumental in the growth and development of HAVEN's Coordinated Community Response Teams and has tripled the number of teams during her tenure as the Director of Social Action.

In March of 2022, she was elected onto the BISC-MI Board, where she will continue to bring a survivor-centered perspective with a focus on coordinated community response to address domestic violence within Michigan and beyond.

Melissa has been a part of HAVEN for 6 years, and previously served as a court advocate, first responder, and crisis and support line specialist. Melissa's nearly 10 years of victim advocacy experience began with her role as a Sexual Aggression Peer Advocate at Central Michigan University. She provided survivor-centered Title IX advocacy and conducted training around IPV and bystander intervention.

Melissa received a B.A. from Central Michigan University in family studies, with a dual minor in psychology and substance abuse. A passionate advocate who has dedicated her life to eradicating intimate partner violence and meaningfully engaging communities to keep survivors safe and hold offenders accountable.



Listen to her podcast
releasing Oct 31st!

<https://anchor.fm/nmcadv>



Staff Spotlight

TERESA GARCIA

Director of Training

Teresa Garcia is a first-generation graduate from the University of New Mexico, holding a Bachelor of Science Degree in Biology with a minor in Chemistry. She is originally from El Paso, Texas. Teresa is bilingual and Spanish is her first (native) language. As a survivor of domestic violence she left her 10 year Pharmaceutical career to make a difference in her community and raise awareness for domestic violence. She has supported and served in different capacities for local and statewide organizations and committees advocating for survivors of DV and SA. She served on the SAKI and ASERT city and state wide committees along side S.A.F.E House and SANE in Albuquerque, New Mexico in support of survivors of sexual assault. She currently remains engaged and continues to advocate within her community in being part of several committees such as the New Mexico Heritage Committee, South West Community Policing Council, MMIW Committee, SW DV Steering Committee and is currently the Chair for the Albuquerque Celebrates Recovery Event Committee in memory of Adan Carriaga.

Teresa has extensive experience holding several positions while working for NMCADV since 2019 such as Outreach, Membership, Education, Communications and Training. In her current role as the Director of Training, Teresa strives to engage, coordinate and implement efforts to create trainings and the facilitation of NMCADV conferences as well as with the local DA office in support of NMCADV Membership programs, stakeholders and community organizations. Her dedicated efforts have resulted in expanding trainings not only throughout the State of New Mexico but are also offered Nationwide.



Listen to her podcast
releasing Oct 19th!

<https://anchor.fm/nmcadv>

Staff Spotlight

ROCHELLE FETTERS

Director of Communication
& Membership

"Our responsibility is to our membership and so I really take that philosophy into everything that I do. I really think about how does this serve our members better, is there something I can do to make it easier, make it better... how can I highlight them and really showcase the work that they're doing. So I really do think that is the most important aspect of the work that I do."



Rochelle started working in the film industry in 2010 and has worked as an actress, writer, director and producer. Her production company, SeeChelle Productions, seeks to tell important women-centered stories and her debut film about domestic abuse, Breathe, is currently winning awards on the film festival circuit. In 2017, Rochelle created her own photography business and has enjoyed taking portraits of local actors. Then in 2019, Rochelle used her communication skills to start her own social media management business. Through her experience and training, she successfully ran social media presences for herself - successfully crowd-funded her film Breathe, attracted regular clients to her photography business, and built a solid fanbase as a model, actress and filmmaker - and other businesses and individuals.

Rochelle began working with NMCADV in September of 2020 as an Administrative Assistant and has loved the opportunity to grow into more of the work she loves. She now uses her skills and passion to showcase the amazing work that our member programs are doing around the state. As a survivor of domestic violence herself, Rochelle is dedicated to the cause of empowering survivors, spreading awareness, and creating change in our communities.

Listen to her podcast interview
releasing Oct 21st!

<https://anchor.fm/nmcadv>



Staff Spotlight

IDA AGUIRRE

Program Support Specialist

Ida Aguirre was born in El Paso, TX but raised in Sunland Park, NM. She moved to Las Cruces, NM as a teenager where she graduated from Las Cruces High...GO BULLDAWGS! After taking some time off of college, she returned in 2007, and graduated from NMSU in 2011 with a bachelor's degree in Criminal Justice and 2 minors (Spanish and Security Technology).

She started working at La Casa in 2005. While at La Casa, she worked as a receptionist, intake worker for Batterers Intervention Program (BIP), BIP facilitator, Assistant Shelter Manager, and also some case management. She was also at DASO (Dona Ana Sheriff's Office) for close to 10 years and eventually was rehired back at La Casa part-time as a BIP Facilitator. She did BIP groups for 9 total years and in 2021, she was offered a job as Support Services Assistant Director, at La Casa, Inc. which led to her leaving DASO. She was asked to join the Family Peace Initiative Family out of Topeka, Kansas as a co-facilitator for their BIP groups in October of 2020 and still continues to do groups, one of which was the first Spanish group the organization offered.

She was also contracted with NMCADV as one of the Core Advocacy Trainers but as of May 16, 2022, she officially became a full-time staff member with NMCADV as Program Support Specialist!

She is a mother of 3 GREAT kids and have been in a relationship with her childhood sweetheart for over 9 years. She also loves to dance and play volleyball, draw, paint, photography, and spend time with friends.



Listen to her podcast
available Oct 17th!

<https://anchor.fm/nmcadv>

Staff Spotlight

SHANA ALDAHL

Program Support Specialist

"The good news is that children are super resilient and just a simple intervention like being connected to an advocate who is doing this type of work can really make a difference in their lives."



Shana Aldahl is a Licensed Clinical Social Worker and recently returned to the New Mexico Coalition Against Domestic Violence to serve as a Program Support Specialist. In her previous role at the Coalition, Shana managed various projects aimed at increasing accessibility and building capacity within domestic violence programs across New Mexico, including the Children's Capacity Building Project and the Companion Animal Rescue Effort. Shana has worked in the field of domestic violence for over 15 years in various capacities to include managing a domestic violence shelter in Santa Fe, providing crisis intervention and counseling services to survivors of domestic violence, and providing trainings, supervision, and support to a variety of professionals. Shana has also served as an Adjunct Instructor for the Facundo Valdez School of Social Work at New Mexico Highlands University. Shana is dedicated to ending domestic violence and believes that all creatures, even the furry ones, deserve a life free from violence.

Listen to her full podcast interview
on Ep 21—available now!

<https://anchor.fm/nmcadv>



Staff Spotlight

IRIS WOHRER

Administrative Coordinator

Iris Wohrer (she/her) graduated magna cum laude from the University of New Mexico with a B.A. in Political Science and International Studies, as well as a Certificate in Peace and Social Justice. Iris became involved in the field of domestic violence many years ago as a volunteer for one of our member programs, Enlace Comunitario. Since then, Ms. Wohrer has combined her passions for public policy and social justice, taking on various roles including positions in the Office of Senator Martin Heinrich in Washington, D.C. and the New Mexico Immigrant Law Center here in Albuquerque.

As our new Administrative Coordinator, Iris has several responsibilities essential for maintaining an organized and functional workplace. She looks forward to joining the NMCADV team and bringing her skillset into the mix.

"I just got a really good feeling and it's a cause that I, you know, feel really passionate about and that I'm happy to be involved in... it's nice to start on the administrative end because I get to learn a lot and observe what other people are doing."



Listen to her podcast
releasing Oct 26th!

<https://anchor.fm/nmcadv>

Staff Spotlight

LISA CASTILLO

Fiscal & Operations Manager

"What I love about the coalition is that it's just not this month that we're making extra strides to bring awareness to domestic violence – but it's every single day... from the training to the support that our staff gives to our members truly amazes me."

Lisa Castillo has served as an Executive Director for a non-profit organization for over 10 years and has a proven track record of success and extensive knowledge of community resources for families dealing with divorce or separation. She has been responsible for the overall management of an organization and its staff, as well as its finances, fundraising efforts, and public relations. With a strong commitment to our mission and survivor of domestic violence, Lisa comes as a compassionate and effective leader who is able to motivate and inspire others. Currently, she assumes the role of our Fiscal & Operational Manager, in charge of planning, developing, and managing financial operations.

"I wish I had someone to talk to me about domestic violence, being so young... talking about teen violence, teen dating, out in schools... but definitely speaking to the younger generation that it's definitely not okay and you do have somebody that you can trust and go to."



Listen to her podcast interview
releasing Oct 24th!

<https://anchor.fm/nmcadv>





PRINCIPAL MEMBERS

Please support your local domestic violence service providers by attending their events and making a donation this month.

- [Battered Family Services](#)
- [Carlsbad Battered Family Shelter](#)
- [Community Against Violence](#)
- [COPE](#)
- [Crisis Center of Northern NM](#)
- [Domestic Abuse Intervention Center](#)
- [DVRC](#)
- El Puente de Socorro
- [El Refugio, Inc.](#)
- ENIPC Peacekeepers DV Program
- [Enlace Comunitario](#)
- [Esperanza Shelter for Battered Families, Inc.](#)
- [Family Crisis Center](#)
- [Grammy's House](#)
- [Haven House](#)
- [Help End Abuse for Life, Inc. \(H.E.A.L\)](#)
- Jicarilla Behavioral Health
- [La Casa, Inc.](#)
- Nambe' Pueblo DV Program
- [NUMC/New Beginnings](#)
- [New Mexico Asian Family Center](#)
- [Option Inc.](#)
- Pueblo of Pojoaque
- [Pueblo of Zuni](#)
- [Roberta's Place](#)
- [Roswell Refuge](#)
- [S.A.F.E. House](#)
- [The Hartley House](#)
- Torrance County Project DV Program
- [Tri-County Family Justice Center of NE NM](#)
- [Valencia Shelter Services](#)



ORGANIZATIONAL MEMBERS

- [Amistad y Resolana](#)
- [A New Awakening – Albuquerque](#)
- [ARC New Mexico](#)
- [Cavern City Child Advocacy Center](#)
- [Coalition to Stop Violence Against Native Women](#)
- [Eve's Place, Inc.](#)
- [GD Psych Services](#)
- [Highland University CARES : Center for Advocacy Resources Education & Services](#)
- [Homeland](#)
- [Hope Harbor](#)
- [KAFB Family Advocacy Program](#)
- [My Little Horse Listener, Inc.](#)
- [New Mexico Legal Aid](#)
- Phoenix House SA and DV Resource Center
- [Resolve](#)
- [Rio Rancho Police Department](#)
- Santa Fe Safe
- Sanctuary Zone, Inc
- Sandoval County DV Prevention Program
- [Solace Crisis Treatment Center](#)
- [Transgender Resource Center of NM](#)
- [UNM Women's Resource Center](#)

Take Care

GET GENEROUS

Giving can actually boost your physical and mental health!

Health benefits associated with giving can include:

- Lower blood pressure.
- Increased self-esteem.
- Less depression.
- Lower stress levels.
- Longer life.
- Greater happiness and satisfaction

Researchers also say that people who give their time to help others through community and organizational involvement have greater self-esteem, less depression and lower stress levels than those who don't.

When you look at the functional MRIs of subjects who gave to various charities, scientists have found that giving stimulates the mesolimbic pathway, which is the reward center in the brain — releasing endorphins and creating what is known as the “helper’s high.”

So why not benefit yourself — and others — and give to domestic violence service providers that are helping those affected by domestic violence every day. It’s a win-win-win. You win. They win. We all win. Me too. I win for successfully getting you to give to your local program.

*The first person to email Rochelle@nmcadv.org with the correct TV show reference will win an NMCADV mug!

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"The meaning of life is to find your gift. The purpose of life is to give it away."

PABLO PICASSO

Feedback? Email Rochelle@nmcadv.org