

NMCA DV *Spotlight*

Member Spotlight
**COMMUNITY AGAINST
VIOLENCE**



CELINA BRYANT
EXECUTIVE DIRECTOR

Advocate of the Month
SHAWNA PRUETT



Member Spotlight

GRAMMY'S HOUSE

CELINA BRYANT

Dr. Celina G. Bryant MSW, PhD is the executive director of Grammy's House. She has been with Grammy's House since 2005. She's been a counselor, group facilitator, interim director and executive director.

Her PhD is in Social Psychology. Her dissertation research focused on help-seeking behaviors of female survivors of domestic violence in rural New Mexico. She has been with Grammy's House since 2005 and is committed to social change in her community. She is also an adjunct faculty member for SENMC and recently became the Chair for NMSU-Carlsbad's Program Advisory Board within the social sciences department. She is dedicated to being a part of positive social change whenever possible.

Her goal as the director of a domestic violence agency is to continuously provide support and resources with the intent of instilling hope and empowerment in all of our clients.

"I think I'm proud of the staff we have here. I'll start with that because this work is not for everyone. It can be very taxing, but it can also be very rewarding. And that's where you find people that are really committed to doing this type of work. I'm proud of them.

And I'm also proud of the partnerships that we've formed with the community and also outside of the community – and the partnerships are who we lean on for support."



Listen to their podcast interview
releasing April 21st!

<https://anchor.fm/nmcadv>

Advocate of the Month

SHAWNA PRUETT

Shawna Pruett is the shelter and program manager at Grammy's House Domestic Violence Shelter in Artesia, NM. Shawna's background is in corrections and detention. She started with Grammys House as a BIP/DVOTI Facilitator in 2019 and has been in the shelter manager position for a little over a year now. Shawna learns as she goes, and of course, with the help of the Executive Director, Dr. Celina Bryant. Shawna enjoys working with the advocates and the clients. She is proud of the advocates and how they assist the clients in taking the necessary steps to move forward in their lives.

"I think [my biggest success as an advocate] is being able to step back and look at a situation and come up with an acceptable resolution for everyone involved. That's something I've been able to do throughout my career."

"The main thing that I try to do when I'm dealing with anybody that's dealt with domestic violence is to be present and listen."

"That's something that a lot of them don't have. So, you know, if you can give them that, then that lets them know that you're there for other things too."



Listen to her podcast interview
releasing April 28th!

<https://anchor.fm/nmcadv>



Take Care

GET HYDRATED

75% of adults in the U.S. suffer from chronic dehydration!

It's getting warmer and we're getting back outside, being more active, and (hopefully) giving our body the hydration it needs.

If you struggle with getting the recommended amount of H₂O in your day – you're not alone. The majority of adults in the U.S. only drink 2.5 cups on average! It is recommended that men drink about 16 cups and women about 11 cups per day, but even more if you're exercising, sweating, or are ill.

Some negative side effects of chronic dehydration are fatigue, brain fog, and some serious medical risks.

Here's some tips to up your hydration this spring:

- Drink a glass of water first thing in the morning
- Add electrolytes to your water
- Invest in a fun or fancy water bottle
- Use alarms or reminders to drink throughout the day
- Listen to your body's signals
- Drink a glass of water before eat meal
- Infuse your water for extra flavor and fun!
- Check the color of your pee (the lighter the better!)
- Try sparkling or seltzer water to
- Set a daily goal and track your progress
- Make it a challenge and get a accountability buddy

Download and print this cute water tracker:

<https://distillata.com/blog/free-water-tracker-printable/>

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"Spring will come and so will happiness. Hold on. Life will get warmer."

ANITA KRIZZAN

Feedback? Email Rochelle@nmcadv.org