



**In This Issue**

[Baby Danika](#)

[Child Abuse, Danika's Story](#)

[Writing your fears away](#)

[Open House!!!](#)

[Danika Ann Marie Norris](#) **Featured Article**



My name is Danika. When I was 18 months old my daddy and step mom took me to the hospital immediately and it was confirmed I had been sexually and physically abused.

**Featured Article**



# June Newsletter 2011

Desert View Family Counseling

**Dear dv\_everyone,**

Desert View Family Counseling welcomes you!

Desert View Family Counseling is a nonprofit organization that offers accessible, responsive and comprehensive mental health services for victims of sexual assault, physical abuse and other trauma, including co-occurring disorders. We offer mental health assessments, domestic violence assessments and substance abuse assessments. We also provide services for " At Risk" Youth who have behavioral, academic and family issues. Lastly, we work with sexually re-active youth (juvenile sex offenders) from the ages of 4-18. Desert View provides 24/7 Crisis Response Services.

Our monthly newsletter is aimed at providing you with information and tips for you and your family. We hope you enjoy reading our articles on health and safety, as well as lighter human interest stories.

## **RIGHT HERE IN SAN JUAN COUNTY**

My name is Danika. When I was 18 months old, I left my father and step mom's house to go with my mother for a 2 week visit. When I was returned to my daddy, I had bruises, bite marks and

**Desert View is very proud to be one of San Juan United Way's Partner Agencies!**

**Thank you San Juan County!!**

**Featured Article**



The Step Up! is a 6 week co-ed adolescent group is aimed toward youth who are for dealing with intense anger management, house hold violence and/or substance abuse.

This is class is both volunteer or court ordered.

Our next class begins June 14- July 26th- SIGN UP NOW!

Slots go fast!

**Featured Article**



MAKING THE MAN is a 4 week Boy's life skill Group for young men who are not making the

scratches all over my body. My daddy and step mom took me to the hospital immediately and it was confirmed I had been sexually and physically abused. I was scared, I was hurt. I wouldn't let the doctors, my daddy or my step mommy change my diaper because I had been touched down there. I was afraid of everybody. The cops and the detectives took pictures of me and all my bruises. My mother lied and said I fell down while she was chasing me, and then she said she was at work and didn't know what happened to me, and then she said her boyfriend did this to me. I am a strong little girl, and I have survived this much, but my step mommy and my daddy fear that if I go back with my mother, I won't be coming home EVER again, for I could be murdered. My family is asking all of you to spread the word about my story and about all other innocent children that are abused and/or murdered. See more of my story and my cause on Face Book- please click link above picture. Thank you all.

**WRITING YOUR FEARS AWAY**

The most effective treatments for reducing anxiety include exposure (facing your fears). Have you ever thought about facing your fears through written expression. By using written expression, you can actively face your fears taking small steps and working up through your worst-case scenarios. Writing is a convenient type of exposure and can be done frequently enough to help you habituate (reduce anxiety reactions to your triggers). In some cases, this may be sufficient for you to no longer fear or avoid circumstances that once made you very uncomfortable. Get that pen and paper and make time for you!

right decisions.

Growing up to be a man  
is tough these days...  
we're here to help!

SIGN UP FOR THE  
NEXT CLASS WHICH  
BEGINS JUNE 9TH!

Both Volunteer or Court  
ordered.

#### Featured Article



Are you stressed out and  
need a lil support??

Come join other parents  
who feel just like you do.

This is a 6 week class  
that is interactive and  
driven by an evidenced  
based curriculum. We  
also learn from each  
other!

Next class beings June  
8th- July 13th.

Sign up now! Slots move  
fast!

## Desert View Has Moved! Come join us for our Open House on June 15th!!

*"Sneak away from work to come take a  
sneak peak at our  
new digs!"*



Please join us for  
refreshments and  
the Ribbon Cutting  
by the Redcoats from The Farmington  
Chamber of Commerce!

*June 15th, 2011 from 2:00-4:00pm at  
905 W. Apache (Corner of Apache  
Airport)*

**ACCEPTING APPLICATIONS!**

**ECHO HOPE HOUSING PROGRAM**

Services Provided:  
Homebuyer Education  
Financial Literacy Classes  
Pre-purchase Counseling  
Qualifying families for new homes

SEE CHART BELOW FOR INCOME  
CEILINGS.  
YOU JUST MAY QUALIFY FOR A NEW  
HOME!!

## Online Phone Counseling Video Skype Counseling, is it a thing of the future??

### **Online video counseling using skype is an attractive alternative for many because...**

People are busier than ever. Many people now work from their own home. We are all enjoying the convenience of purchasing goods and services through the internet.

Some professionals are offering online counseling because it is more convenient and accessible for many people. But, you might ask...

### **How do I know if online christian counseling is right for me?**

That's a good question. Online video phone counseling may be appropriate for people who are looking for a counselor with specific expertise that they cannot find in their area.

Online video counseling brings the service to the individual. If you are considering this mode of counseling you need to know **the advantages and the limitations...**

### **Some of the advantages of video phone counseling are...**

- **Safer** -- entering into a counseling relationship is often a very courageous step for people...online video phone counseling can make that step easier to take.
- **Convenient** -- you won't be spending additional time and money traveling back and forth to your counselor's office.
- **Comfortable** -- because you are in the privacy of your home or office.
- **Anonymity** -- No worries about running into someone you know in the counselor's office.

### **Some of the limitations are...**

- You may be more comfortable with and trusting of a counselor who is physically present.
- Communication may be more difficult (especially if there is a strong accent or delays and distortions due to technological issues). Since your counselor is not present with you in the room it may be more difficult for her to understand what you are feeling.
- Counseling by phone is not appropriate for people who are suicidal or homicidal, in crisis or struggling with serious depression or other serious emotional problems.

**If you or someone you love is in a crisis situation that involves harm to you or another person, phone 911 immediately for assistance.**

- It is likely not reimbursable by your insurance.
- It is not appropriate for those who have difficulty expressing themselves.

As always we want thank San Juan County for all of your continued support in our efforts to "help stop the cycle of abuse in our community"!

**Sincerely,**

Rick Quevedo  
Desert View Family Counseling Services