



# Newsletter October

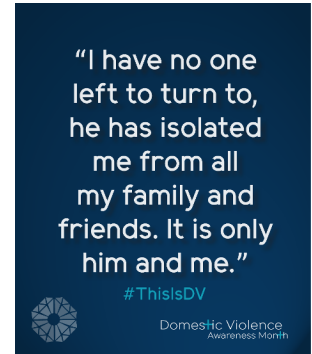
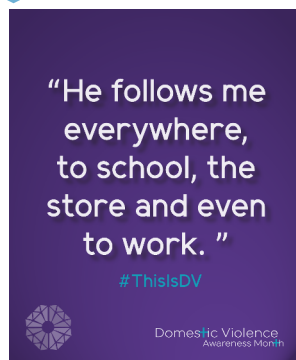
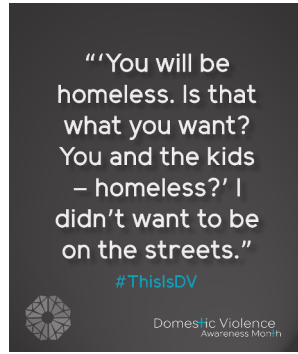
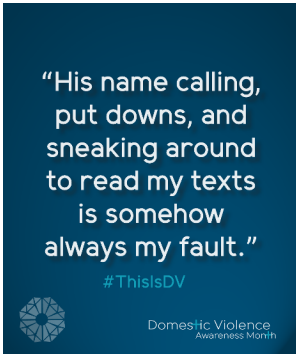
## OCVLC'S NEW OFFICE BEGINS SERVING CENTRAL OREGON

In July of 2018, Senior Staff Attorney Melanie Kebler relocated to Bend in order to open OCVLC's first satellite office, assisting victims of crime in Deschutes, Jefferson, and Crook Counties, as well as within the reservation of the Confederated Tribes of Warm Springs. Melanie has already jumped into action, meeting with community partners, attending local public safety meetings, and receiving referrals from prosecutors and advocates, Legal Aid, and domestic violence provider Saving Grace. So far she has represented victims in five cases in State court: four in Deschutes County and one in Crook County. She is also representing a victim in a case in the U.S. District Court of Oregon.

OCVLC's Bend office can provide the same services that our Portland office has been offering to victims and community partners since 2009: free legal advice and representation for victims of crime regarding their rights within the criminal justice system. We also provide limited civil representation in protective order cases, typically where there is a concurrent criminal case based on the same facts. Melanie is excited to continue to help victims be heard and have a meaningful role within the criminal justice system in Central Oregon. You can reach her at the office in Bend at 541-323-3392, or by email at [melanie@ocvlc.org](mailto:melanie@ocvlc.org), to refer potential clients or ask questions about crime victims' rights.



Senior Staff Attorney, Melanie Kebler



## DOMESTIC VIOLENCE AWARENESS MONTH

October is Domestic Violence Awareness Month (DVAM), a month dedicated to connecting survivors of domestic violence and advocates across the country and calling attention to the issue of domestic violence. Domestic violence is a pattern of behavior used to establish power and control over another person through fear and intimidation, and refers not only to physical violence, but also to emotional abuse, economic abuse, sexual abuse, verbal abuse, and isolation from friends and loved ones. Abuse occurs across age, ethnic and socioeconomic lines, and among heterosexual and same-sex couples. Anyone can experience domestic violence.

One in three woman and one in four men experience some form of domestic violence in their lifetimes[1]. Victims of domestic violence are at increased risk

for suffering serious physical and mental health problems that continue for years after the abuse has ended. In 2015 there were 60 domestic violence related deaths in Oregon, including both victims and perpetrators[2]. Of the 60 killed, 42 were victims. By talking about this issue openly we can help end the stigma that domestic violence survivors are burdened with and help end domestic violence in our community.

The 2018 theme of DVAM Month is #1Thing, encouraging every member of the community to come together and collectively end domestic violence. Together we can shed light on domestic violence and show victims and survivors in our community that they are not alone. Be a resource, be a support, be part of the solution. All of our voices together can help end domestic violence.

[1]National Coalition Against Domestic Violence <https://ncadv.org/statistics>

[2]Oregon Coalition Against Domestic and Sexual Violence, Fatal Domestic Violence In Oregon 2105 <https://www.ocadsv.org>

## WHAT IS YOUR #1THING?

**Learn more about domestic violence:** Educate yourself on domestic violence, once you know how to recognize it you can learn how to provide non-judgmental support to those around you who are affected by it.

**Volunteer:** Receive training to answer calls at a local hotline or volunteer at your local domestic violence organizations.

**Donate:** Donate money to the organizations in your area to help meet program shortages of supplies and staff, donate clothes to help those who have fled violence, donate cell phones to help survivors access crisis services.

**Advocate and Inform:** Participate in community awareness events to help inform the public about domestic violence victims and the resources and services available to support them.

**Show support for the survivors in your community:** Wear a purple ribbon or shirt during domestic violence month to help spread awareness.

**Speak out:** Speak out to raise awareness, against misinformation, about your own experiences, vote in elections, and help give a voice to all survivors.

One person's actions may not seem significant, but what if we all commit to #1Thing to inspire change?  
Staff Attorney Emily LaBrecque



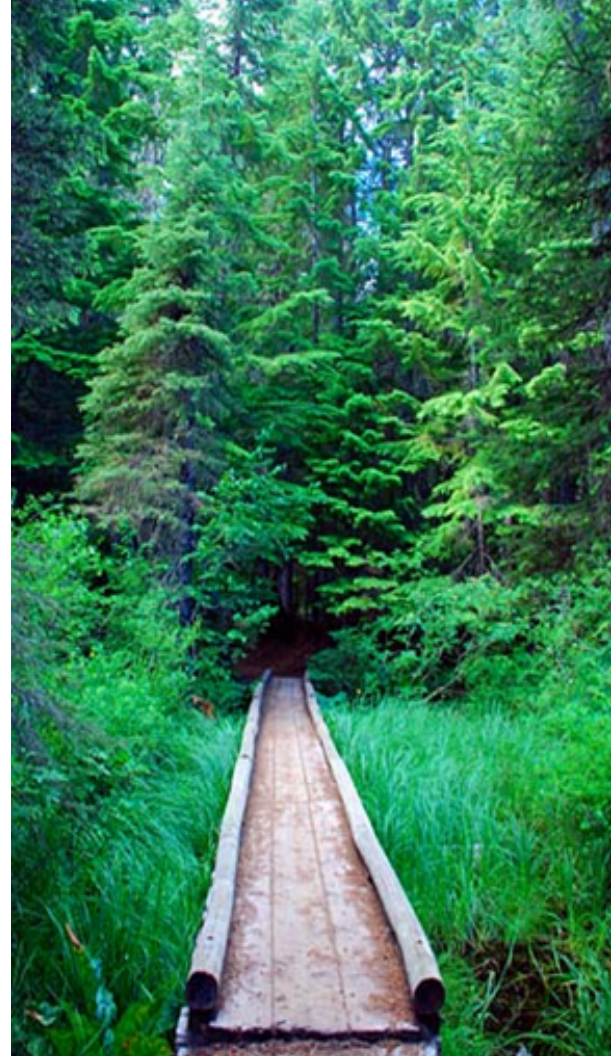
# SAVE THE DATE

## The Second Annual Hardy Myers Dinner Benefiting Oregon Crime Victims Law Center

---

April 10, 2019  
6:00 PM

The Loft at 8th Avenue  
2010 SE 8th Ave  
Portland, Oregon







# STAYING SAFE ONLINE: THE BASICS

This October marks the 15th annual National Cybersecurity Awareness Month. Technology has become an important tool in our daily lives – corresponding with distant family via e-mail, catching up with old classmates via social media, and buying daily necessities with just one click. However, technology can also be used as a tool by abusers as a means to monitor and control their victims. Below are some tips and helpful tools to make sure your identity remains safe online.

## Two (or Multi) Factor Authentication

Two factor authentication or 2FA requires the user to have two of three types of credentials to access an account. The three types include (1) a password, pin or pattern; (2) access fob, a code sent via text message; (3) biometric information such as a fingerprint or voice print.<sup>[1]</sup>

2FA protects your privacy when another individual may have your password or is attempting to fraudulently log in as you. Most major websites currently host 2FA: Google, Microsoft, Apple, Amazon. Additionally, social media platforms also host 2FA: Twitter, LinkedIn, Snapchat, Facebook, and Instagram.

## Turn Off Location Sharing

Particularly on cell phones, it's important for survivors to turn off location services on all devices and platforms. Phone apps such as "Find My Friend" can be used as a GPS locator by abusers. However, platforms such as Instagram, Facebook, and even Twitter can utilize your location to create a geotag of where you are. Location sharing can often be customized through each platform's privacy settings, allowing you to turn off location sharing or limit those who are able to see your location.

## Protect Your Password<sup>[2]</sup>

Most people know the basics of password security. However, we often disregard it because it seems trivial, or that hacking will never happen to us. For survivors, password security can be vital for safety.

1. Log off – Particularly with shared computers (including the home, public spaces, and libraries) it is important to log yourself out completely. Closing a browser window is insufficient to making sure all of your personal information will not be seen by others. Also make sure to uncheck the "keep me logged in" feature and don't allow the site to remember your password to automatically log you in.

2. Use Different Passwords – While you may think that no one knows your favorite actor is Helen Mirren, it's not wise to use "DameMirren123" for all your passwords. Passwords across platforms should be unique and not have the same root. It is recommended that passwords be at least 12-15 characters long and use numbers and symbols. If it becomes overwhelming to remember all of your passwords, use a password manager to encrypt and store your passwords.

3. Never share your password – Whether it be a loved one or a customer service representative on the phone, never give your password to anyone.

## Update Your Devices

That nagging red dot alerting you to update your device is important! Hackers, including abusers often learn how to circumvent a device's malware and spyware protections and can utilize software to log into your device. Keeping your phone, computer, and router updated to the newest firewalls can be a great deterrent for others wanting your information.

Visit [techsafety.org](https://www.techsafety.org) to learn more about technology, privacy, and safety as it relates to survivors of abuse and the programs that serve them.

Staff Attorney Yazmin Wadia

[1] Seth Rosenblatt, Jason Cipriani, "Two Factor Authentication: What You Need to Know (FAQ)", CNET, <https://www.cnet.com/news/two-factor-authentication-what-you-need-to-know-faq/>

[2] Adapted from: "Ten Steps to Maximize Privacy", National Network to End Domestic Violence, <https://www.techsafety.org/10-easy-steps-to-maximize-privacy/>; Passwords: Simple Ways to Increase Your Security, National Network to End Domestic Violence, <https://www.techsafety.org/passwordincreasesecurity>





# HELP US SPREAD THE WORD

Respecting crime victims' rights is a community issue. Join the conversation by staying informed about events, statistics, and cases by following us on [Facebook](#) and [Twitter](#).

## INTRODUCING BRETT CATTANI

Brett is a graduate from the University of California at Berkeley and Lewis & Clark Law School who has focused his legal career in public interest law and social justice. Before joining OCVLC, Brett worked as a staff attorney at the Bronx office of Legal Services NYC, where he specialized in housing and habitability issues for survivors of intimate partner violence. For the eight years prior, Brett worked as a staff attorney with Legal Aid Services of Oregon, representing domestic violence survivors in family law and protection order cases in addition to landlord-tenant and public benefit disputes. Brett is excited about returning home to Oregon and continuing his commitment to public service.



## WILLAMETTE WEEK GIVE!GUIDE KICKS OFF NOVEMBER 1

The 2018 Give!Guide kicks off November 1. Oregon Crime Victims Law Center is one of the nonprofits selected by Willamette Week. Give!Guide helps donors connect to local Portland nonprofits. Join us for the free kickoff party on November 2nd, 7 p.m. at No Vacancy Lounge, located at 235 SW 1st Ave, Portland.

Follow us on [Facebook](#) and watch your email to learn about additional parties and big give days, days on which donors will be entered to win one of many awesome prizes!

## JOIN OUR BOARD OF DIRECTORS

Are you interested in helping OCVLC continue its mission to serve crime victims throughout Oregon? We are looking for additional members for our Board of Directors. For more information or if you are interested please contact us at [info@ocvlc.org](mailto:info@ocvlc.org).

**DONATE**

## YOUR DONATION HELPS CRIME VICTIMS

OCVLC is a 501(c)(3) non-profit organization funded by grants and private donations. All of our legal services are offered at no cost to the crime victims we serve. By donating to OCVLC, you can make a huge difference in the life of a crime victim.

