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SIGNS THAT YOU'RE IN AN ABUSIVE RELATIONSHIP:

- Feel afraid of your partner much of the time?
- Avoid certain topics out of fear of angering your partner?
- Believe that you deserve to be hurt or mistreated?
- Wonder if you're the one who is crazy?
- Feel emotionally numb or helpless?
- Your partner humiliates or yells at you?

DOMESTIC VIOLENCE AWARENESS

By: Lia Pelenato



October is Domestic Violence (DV) Awareness month. Domestic violence is defined as a pattern of abusive behaviors by one or both partners in an intimate relationship such as marriage, dating, family, friendship and cohabitation. Domestic violence and abuse are used for one purpose and one purpose only: *to gain and maintain total control over the weaker partner*. An abuser does not “play fair” and the abuser will use guilt, fear, shame, and intimidation to keep their victim under control. The abuse can also hurt your children and the people close to

or around you. The abuser can also hurt others close to the victim to intimidate and control their victim.

Domestic violence and abuse can happen to anyone, yet the problem is often overlooked, excused or even blatantly denied. Emotional abuse is often minimized, yet it can leave deep and lasting scars. DV has many forms including physical, emotional and sexual abuse. DV and abuse does not “discriminate”. It occurs within all age ranges, ethnic backgrounds and economic levels. While women are more commonly victimized,

men are also being abused, especially verbally and emotionally. Domestic abuse often escalates from threats and verbal abuse to violence. The bottom line is that abusive behavior is never acceptable, whether it’s coming from a man, woman, child and/or adult. Everyone deserves to feel valued, respected and safe.

The American Samoa Coalition Against Domestic & Sexual Violence and other agencies in American Samoa are standing together to raise Domestic violence awareness in our community.

BREAST CANCER AWARENESS

By: Lia Pelenato



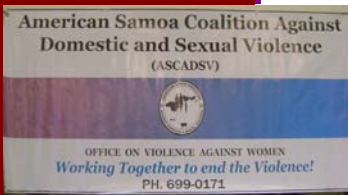
October is also Breast Cancer Awareness month around the world. Breast cancer is a cancer that forms in tissues of the breast, usually the ducts (tubes that carry milk to the nipple) and lobules (glands that make milk). It occurs in both men and women, although male breast cancer is

rare. Breast cancer symptoms vary widely from lumps to swelling to skin changes.

A breast self-exam should be part of your monthly health care routine, and you should visit your doctor if you experience breast changes. More and more women are diagnosed with breast cancer

each year. This month, the Department of Health (DOH) sponsored a walk for breast cancer to raise breast cancer awareness. Please visit your doctor if you notice any changes and get information on understanding this disease.

Domestic Violence Training By: Lia Pelenato



Domestic Violence training at Sadie's by the Sea in Utulei

The American Samoa Coalition Against Domestic and Sexual Violence hosted a 2-day training at Sadie's by the Sea in Utulei for local service providers who work for and/or with victims of crime in American Samoa. The Department of Human and Social Services (DHSS), Department of Public Safety (DPS), Department of Education (DOE), LBJ Social Services, University Center for Excellence on Developmental Disabilities (UCEDD) and local assistant attorneys from the Attorney General's (AG) office participated in the training, which solely focused on local victims. The guest speaker for this training was Ms. Suzanna Tiapula, a for-

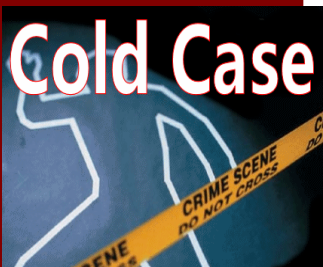
mer attorney for the AG's office who now resides in the U.S. Ms. Tiapula is the Director of the National District Attorneys Association's (NDAA) National Center for Prosecution of Child Abuse.

This training provided a wealth of information for service providers concerning approach, practice, awareness and conferences/workshops on preventing child abuse and domestic violence here in American Samoa. Assistant Attorney Mitzi Folau was another guest speaker who spoke about the importance of service providers coming together and working collaboratively to protect the

rights and dignity of the victim while at the same time helping put the perpetrator behind bars. The UCEDD staff presented on Abuse of Children with developmental disabilities and Elderly Abuse, including ways to interview a child with special needs, and signs of abuse (physically, emotional and financial) in elderly adults. As a result of the training, local service providers have come together to form a Multidisciplinary Response Team (MDRT) to approach investigation and prosecute child abuse and domestic violence cases in American Samoa.



Victims of Cold Case Webinar By: Lia Pelenato



Cold Case usually refers to a crime that has not been solved and is not the subject of a current criminal investigation, but from which new information could emerge as a result of new witness testimony, re-examined archives, retained material evidence, and/or any new activity involving the case. Typically, cold cases are violent or of a major felony crime (murder or rape) and sometimes a disappearance can become a cold case if the individual is not found or heard from a

year into the investigation. UCEDD staff Lia Pelenato joined the "Victims of Cold Case" webinar conducted on Thursday October 28, 2010 by Scott Snow, Director for the Victim Assistance Unit of the Denver Police Department and Mrs. Sarah Chaikin a Program Director for Cold Case Victim and Family Outreach Program in Denver. This webinar discussed the importance of knowing the rights of your clients (the victim and/or family of the victim) and being able to

collaborate and communicate with your client, families and service providers regarding information concerning a case. It is vital to be "truthful" to the victim. Allow the victim to be notified about any information concerning the case. It is important to protect our victims and their dignity. American Samoa offers programs that will and can assist victims of crimes. These programs can be found at the Department of Human Social Services (DHSS) in Utulei.



2010 Southwest Conference on Disability

October 6-8, 2010

Albuquerque Convention Center, Albuquerque New Mexico

By: Tafa Tupuola

The American Samoa University Center for Excellence on Developmental Disabilities (UCEDD) participated in the Southwest (SW) Conference on Disabilities hosted by the Center on Developmental and Disabilities (CDD) at University of New Mexico.

A wide spectrum of topics was presented that covered all facets of life that impact a person with a disability. Topics from Sign



Language Interpreter to Behavioral Health to Employment were covered

on the three-day conference agenda. The most interesting and well attended was the

Americans with Disability Act (ADA). Marking its 20th Anniversary this year, the ADA Amendment Act specifically defines disability, major life activities and substantial limitations.

The various ADA sessions provided a wealth of information on building codes, school children and self advocacy, and qualification criteria. The SW Conference also hosted its 2nd Annual Disability Film Festival, which featured "Including Samuel", a film that documents a family's efforts to include a disabled child in every facet of their lives, and how this transforms each of them. This is a "must have" video for any training, workshop, or course that addresses inclusion.

The Mayor of Albuquerque at-

tended the 2nd day event to declare October 7th Center on Developmental and Disabilities Day.

Over the last twenty years, advances in technology have resulted in increased inclusion, independence and participation by people with a wide range of physical and cognitive disabilities. It is important that we promote advances in therapies and treatments as well as qualified professionals, changes for better service delivery systems and policies, programs and services that promote independent living and inclusion in the community for families of children with DD.



Thanksgiving Donations

By: Lia Pelenato

The Phi Theta Kappa (PTK) Honor Society at the American Samoa Community College (ASCC) will be having a 3-week CAN and PENNY DRIVE. And ALL proceeds will go to the Fatuoaga "HOPE HOUSE" for this years THANKSGIVING DONATION.

PTK society's members will be distributing jars around the community to help Fatuoaga

"HOPE HOUSE" have a Happy Thanksgiving. Starting next week, we will be asking local businesses to help sponsor our PENNY DRIVE by placing jars in their stores. The following week on November 8th, there will be tables set up on the ASCC campus.

The tables will be accepting CAN FOODS AND ANY PERSONAL PRODUCT. If you have any questions, please con-

tact PTK President, Ms. Amber Fuaga at (684) 252-0531

Donations can be:

- Can Food
- Clothes
- Toilet paper
- Toothpaste
- Tooth brushes
- Towels



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OUR MISSION

The University Center for Excellence on Developmental Disabilities (UCEDD) assures that individuals with developmental disabilities of all ages and their families participate fully in activities that will design and promote self determination, independence, integration and inclusion in all facets of life in American Samoa. The UCEDD will ensure the delivery and purpose of the Developmental Disabilities Act through culturally competent activities.

*If you would like to receive this newsletter in an alternative format, please call the American Samoa Community College UCEDD at: 699-9155 ext. 441 or 438
Fax: (684) 699-8843*

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ACRONYMS/MEANINGS

- ADA:** Americans with Disabilities Act
- AG:** Attorney General
- ADA:** Americans with Disabilities Act
- ASCC:** American Samoa Community College
- CDD:** Center on Developmental Disabilities
- DD:** Developmental Disabilities
- DHSS:** Department of Human & Social Services
- DOE:** Department of Education
- DOH:** Department of Health
- DV:** Domestic Violence
- DPS:** Department of Public Safety
- LBJ:** London B. Johnson Hospital
- NDAA:** National District Attorney Association
- PTK:** Phi Theta Kappa
- SW:** Southwest
- UCEDD:** University Center of Excellence on Developmental Disabilities