



Barriers to Gaining Independence



Why don't victims of domestic violence "just leave?" Leaving may seem like a simple solution, however, it is rarely that easy. Each abusive relationship and each domestic violence case is complex and the dynamics are unique. There are many reasons why a victim may not be able to, or may not want to leave an abusive partner.

Fear of harm—The victim may be afraid that the abuser will injure or kill a child, loved one, pet, or themselves.

Lack of finances —Victims are often restricted from accessing financial resources, or the abuser may not permit a victim to work.

Lack of personal support—Abusers often isolate their victims from friends and family, so when the victim is ready to leave, there is no one there to help them out.

Lack of personal resources—The victim may not have the job skills or education required to support themselves. The victim may not even have a driver's license.

Hope that the abuser will change—The victim may love the abuser and they may hope that the person will change.

Personal values —The victim may not want to get divorced or break up the family due to personal or religious values.

Past experience with abuse—A victim may have grown up in an abusive household and have the assumption that relationships are supposed to be that way.

Legal issues—The victim may fear losing their children in a custody battle, or they may fear having to go into a courtroom and talk about the abuse they have suffered.

July is UV Safety Month!

Sunshine has some pretty great perks, such as providing **Vitamin D and increasing serotonin levels**. But sunshine also comes with risks, particularly from **harmful ultraviolet (UV) rays**.



Protect Yourself!

- Choose a sunscreen with a SPF of 15-50 —and make sure it says "broad spectrum" for best protection.
- Seek shade, especially during the hours of 10 a.m. to 4 p.m.
- Cover up with protective clothing, including a hat and sunglasses with UV protection.
- Check your own skin once a month and make sure to go to your doctor for annual skin exams.



For more information, visit <https://www.cancer.org/cancer/skin-cancer/>

Do you have a kid going to college in the fall?

Send them to the clinic for their first dose of Bexsero! Bexsero is a vaccine against Meningococcal B. Currently Oregon State University requires ALL incoming students to be vaccinated against Meningococcal B. Bexsero is a two dose series, with the second dose administered one month after the first dose. It is also a good time to make sure they are up to date on all other immunizations. For more information, visit <http://studenthealth.oregonstate.edu/menb-faq>

July 5th & 19th

Girls' Group

Siletz Clinic - Behavioral Health

5:00 - 7:00 pm

July 19th

Diabetes Luncheon

Tribal Community Center

12:00 - 1:00 pm

July 31st

"Resilience" Screening

Siletz Recreation Center

6:00 - 8:00 pm