

HOPE Works!

VOLUME 14, ISSUE 4

~ A publication of Steps to HOPE ~

AUTUMN 2011

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CALENDAR OF EVENTS

- Volunteer Training, October 11 & 12
- Thanksgiving, Nov. 24
- Toy Run, Nov. 26

**Steps to HOPE's
8th Annual
GOLF
TOURNAMENT
November 4, 2011**



Ward Street P.O. Box 518
Columbus, NC 28722
828-894-2340
www.stepstohope.org

HOPING, HELPING, HEALING: OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Hoping, helping, healing: three positive, powerful and meaningful words, which we have all experienced at some point in our lives.

HOPING

Hope is "A wish for something with expectation of its fulfillment."

It is with hope that we get through our most stressful of times, as well as our quiet and relaxed times. We *all* have hope countless times during our day, from the moment we wake up until we fall asleep at days' end.

It is important to recognize that some individuals have periods of hopelessness due to circumstances in their lives.

A victim of domestic violence who has experienced prolonged trauma of abuse will likely come to us with a loss of self-esteem and feelings of hopelessness.

Our mission at Steps to HOPE is to assist them in finding the path to transforming their lives and re-

storing self-esteem and hope.

HELPING

Help is defined as "The activity of contributing to the fulfillment of a need or furtherance of an effort or purpose."

Did you know that helping can...

- reduce stress and increase your happiness;
- bring good feelings to both the giver and receiver of good deeds;
- help you to feel more connected to your spirit, feel more grateful for what you have?

In order to restore hope, we must offer help. Steps to HOPE offers victims of domestic violence and sexual assault help with whatever resources are available to them. Because prevention through education is crucial in this work, Steps to HOPE offers a highly successful Domestic Abuse Intervention Program (DAIP) for both men and women. Call us at 828-894-2340 for class schedules.

HEALING

When a family leaves our shelter to a home free from abuse – children grinning and laughing because they feel at peace in the absence of daily turmoil; a mother anticipating a new job, or perhaps a return to school; self-esteem being restored and hope in everyone's eyes for a new and healthy future – we have witnessed healing. With the help of Steps to HOPE, the family has been returned to a sound state, and we can all smile!

If you need HOPE, HELP, and HEALING and want to live free from domestic violence or sexual assault, please call us. We are here to help.

Cherie Wright
Case Manager



There is hope. Call 894-2340.

SAVE THE DATE

*Domestic Violence
Sexual Assault*

**VOLUNTEER
TRAINING
October 11—12**

Watch for details in the Tryon Daily Bulletin and on our website: www.stepstohope.org

PROGRAMS TO BREAK THE CYCLE OF ABUSE

Steps to HOPE believes that education is key to preventing and breaking the cycle of domestic violence—working with male and female abusers to stop violence from occurring; with children to discuss healthy relationships; and with parents to introduce alternative parenting strategies.

Often there is a cross-over from one program to another, with participants attending both DAIP and parenting education.

DAIP

The goal of the 26-week Domestic Abuse Intervention Program is to educate abusers on healthy family relationships—to create healthier, happier families through feedback, participation, education and shared experiences. Participants...

- Learn impact of domestic violence on the victim and family;
- Are held responsible for their actions;
- Learn alternatives to violence and controlling behavior;
- Learn to identify healthy relationships;
- Learn the relationship between substance abuse, mental illness and domestic violence;
- Learn behavioral, emotional and physical cues that precede escalating violence.

Enrollment in the Domes-

tic Abuse Intervention Program is open regardless of participant's ability to pay.

**PARENTING
EDUCATION**

Following the Nurturing Parenting Program, participants in the 12-week Parenting Education Program, presented in collaboration with DSS, learn to become more effective parents through learning about...

- child development;
- children's needs;
- developing routines;
- domestic violence;
- safe environments.

Parenting Education is offered twice a year, and is free of charge.

**CHILD ADVOCACY
TEAM**

Steps to HOPE has established a Child Advocacy Team—a coordinated community response to interviewing sexually or otherwise abused children forensically. This approach produces evidence that will stand up in court if the investigation leads to criminal prosecution. Properly conducted forensic interviews are legally sound in part because they ensure the interviewer's objectivity, employ non-leading techniques, and emphasize careful documentation of the interview. These interviews

eliminate the need to interview children repeatedly.

Polk County's Child Advocacy Team meets monthly, and consists of members of law enforcement from Polk, Saluda, Tryon Police Departments as well as the Polk County Sheriff's Department; Family Preservation; State Bureau of Investigation; the District Attorney's office; members of the mental and physical health communities; the Department of Social Services Forensic Interviewer Kim Wilson; and Steps to HOPE's Family Outreach Educator Ruth Richardson. Both DSS's Wilson and STH's Richardson have attended Forensic Interviewing training.

The Child Advocacy Team is working toward becoming accredited with the National Child Advocacy Center (CAC) through ongoing participation in trainings.

For more information about Steps to HOPE's domestic violence prevention programs, contact Ruth Richardson, Family Outreach Educator, at 894-2340.



**STEPS TO HOPE
QUARTERLY
STATISTICS**

For period June—August '11

Steps to HOPE provided support to 559 callers on crisis line calls.

Safe shelter was provided to 4 women and 2 children for a total of 133 shelter nights.

An average of 30 adults and 4 children attended weekly educational groups at our facility.

2301 volunteer hours were worked in the agency and thrift store.

RACHEL REFLECTS

In August, I was honored to join with several wonderful pioneering women in celebrating the 30th anniversary of the North Carolina Coalition Against Domestic Violence (NCCADV). The Coalition was formed in 1981 as a resource for advocates who were working with victims of domestic violence—a grass-roots movement to give aid and support to our grass-roots programs. These women listened to victims and to advocates, helped develop protocols, opened shelters, interfaced with the North Carolina Council for Women and helped identify funding sources.

Steps to HOPE was chartered four years after the Coalition began, and that is how I came to realize what this work is all about. The Coalition scheduled area meetings to enable Directors from surrounding counties to meet and discuss problems, issues, what works/what doesn't, and provided trainings in the dynamics of domestic vio-

lence and advocating for victims.

Even though I came along a few years later, I was recognized as one of the advocates who had “dedicated their lives” to this work. I was, and am, in awe of those pioneers still working, after

thirty years, to make life better for victims of domestic abuse.

CONGRATULATIONS TO THE NORTH CAROLINA COALITION AGAINST DOMESTIC VIOLENCE FOR 30 YEARS OF SERVICE!

Rachel Ramsey



From L: Steps to HOPE Executive Director Rachel Ramsey with Judy Chaet, NCCADV Operations Director at a reception on August 16, 2011 at the Doris P. Duke Gardens in Durham, NC.

Steps to HOPE Staff

Rachel Ramsey, Executive Director
Ruth Richardson, Family Outreach Educator
Cherie Wright, Case Manager
Connie Orr, Office Manager
Debra Backus, Publicity Public Relations
Drenda Brennan, Receptionist Administrative Assistant
Cindy Thacker, Shelter Manager
Darlene Brown, Shelter Staff
Cherie Rogers, Shelter Staff

Second Chance Thrift Store

Edith Lance, Manager
Randy Conklin, Retail Assistant; Driver
Ken Kitchen, Retail Assistant; Driver Assistant
Billy Larnder, Warehouse Assistant

Board of Directors 2011-2012

Paul Sutherland, President
Pat Sutphin, V. President
N. Elaine Belk, Secretary
Larry Wassong, Treasurer
Michael Bowers
Denise Byers
Dr. Thomas Dashiell, Jr.
Helen Gilbert
Donald Hill
William Jones
Lynn Kirkwood
Sally McPherson
David Satterfield

SHELTER WISH LIST

- Dishwashing detergent
- Pump hand soap
- Cleaning supplies—Mr. Clean, floor mopping solutions
- Swiffer mop and dust refills
- Lysol spray
- AA batteries
- Prepaid phone cards
- 33 gallon trash bags
- Bottled drinks (water, juices, soft drinks...)
- Tampons
- Deodorant
- Medicines: Children's Tylenol; Tums; Pepto Bismol; Adult strength Tylenol and Advil
- Individual fruit, pudding, Jello and applesauce cups
- Kid friendly, easy fix meals: Spaghetti O's,

Ravioli, Hamburger Helper, Tuna Helper, pizza kits, pasta dinners, rice dinners

For updates to this list, please call Drenda at 894-2340. As always, thank you for your generosity and continued support!



ADOPT-A-FAMILY HOLIDAY PROGRAM

The times we live in today are challenging for so many who struggle each day to provide basic necessities such as food, housing, medical, clothing, and transportation. Costs are high and jobs are difficult to find, especially in rural communities such as ours. If you can imagine adding family/domestic violence to this scenario, we can only envision the anxiety encountered day-to-day.

Many of us are fortunate and blessed to anticipate a joyful holiday season this year. Help us to be thoughtful and aware of those less privileged and share our blessings where we can. The visualization of a smiling child at Christmas brings a ray of sunshine to the heart.

Once again, Steps to HOPE will conduct its **Adopt-A-Family** program this Christmas, a chance for you and/or

your organization to "adopt" one of our struggling families.

Using a "Wish List" provided to STH by the family, adoptive families (who remain anonymous if they wish) provide holiday gifts. The blessings of giving are like no other.

To adopt a family, please contact Cherie Wright at 894-2340.



Save a tree!

If you would rather receive an electronic version of this newsletter, or read a copy online at www.stepstohope.org/newsletterarchives.html, send an email (from your preferred email account) to pr@stepstohope.org. Please include your name and mailing address.



ADVENT, ANGELS
DOVES, DOLL, DELIGHT
ORNAMENTS, OFFERING, OPEN
POINSETTIA, PRESENTS, PARADE, PJS
TWELVE DAYS OF CHRISTMAS, TOGETHERNESS
A FAMILY with Steps to HOPE

WIN, WIN: STH RECEIVES CAR DONATION

Ralph and Paula Jordan donated a 1996 Mercury Sable last month.

WIN: The Jordan's make a **tax deductible donation** to a non-profit organization.

WIN: Steps to HOPE receives a car in good running condition, which will eventually enable a client to free herself and her family from an abusive situation, hold down a job, and live independently.

WIN: Children learn that abuse is *not* OK. They are shown respect, responsibility and caring.

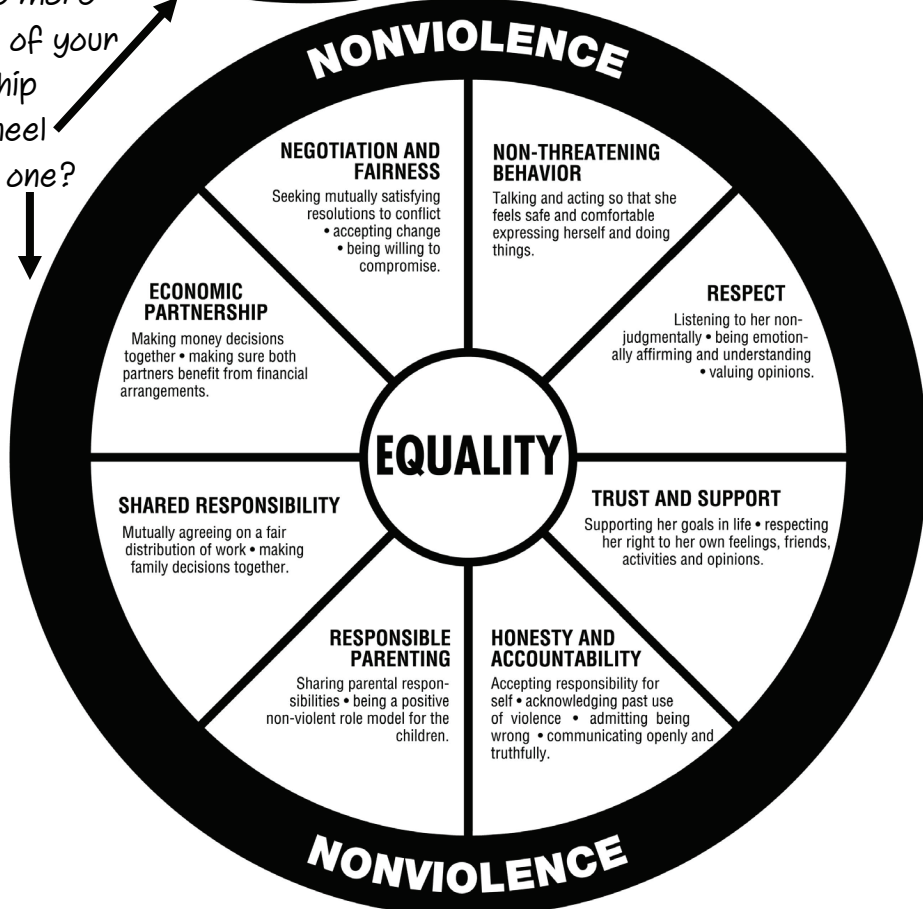
Donating to Steps to HOPE is a **WIN, WIN** situation!

We must
LISTEN to those who are afraid.

WHICH BEST DESCRIBES YOUR RELATIONSHIP?

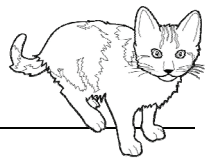


Are there more elements of your relationship in this wheel or in this one?



Community lends helping hand to care for stray cats.

Many thanks to Foothills Humane Society's Po' Kitties Community Cats Project and Bi-Lo for their donations of cat food to keep our stray shelter cat, Hope (and her best friends) well fed!



- WANTED**
- 2 picnic tables—one for clients' use and one for the facility's front garden area
 - Small leaf blower, to clean off shelter deck, etc.
 - Handyman for occasional jobs (as above)

Steps to HOPE

*Sweet
Fundraiser!*

My Grandma's of
New England

**Coffee
Cakes
\$15.00**



Order now for
Thanksgiving!
894-2340

Varieties: Cinnamon Walnut; New England Blueberry; Granny Smith Apple; Banana Walnut; Golden Raspberry; Cappuccino; Red, White & Blue Patriot* (blueberries and cranberries); Pumpkin Spice; Cape Cod Cranberry; Chocolate Chip; Lemon Poppy*; Ted Williams All-Star Chocolate. *Nut Free.*

**OUR BIGGEST FUNDRAISER:
ANNUAL GOLF TOURNAMENT**

The golf tournament committee has been working extra hard this year to ensure that this year's event is the best one yet!

ALL NEW THIS YEAR:
9 or 18 hole options—

both starting at 9:00 am.

Back by popular demand are many of the events enjoyed by participants last year, including Big Hitter for Hire; Mulligans; Closest to the Pin Prizes; Ball Drop; and

Hole-in-One Prize of a 2012 Toyota Camry.

Players should plan to arrive around 8:00 am for registration, biscuit/coffee breakfast, team picture and practice. Lunch will be served at 1:00 pm.

**Steps to HOPE 8th Annual Charity
GOLF TOURNAMENT**

Red Fox Country Club

November 4th, 2011*

**9:00 AM
Shotgun Start**

*RAIN DATE: Nov. 11th

NEW THIS YEAR: 9- and 18-Hole Options!

**HOLE-IN-ONE PRIZE
2012 TOYOTA CAMRY**

**DAVE EDWARDS
TOYOTA**



Breakfast, lunch, snacks & beverages included!

FANTASTIC DOOR PRIZES!

LONGEST DRIVE & CLOSEST TO THE PIN PRIZES for Men & Women

BALL DROP! *Purchase a chance for \$10 to have your ball dropped from above the 10th green. If it lands in the hole, you win half the pot!*



First and Second Prizes in Each Flight!

This tournament raises funds to assist victims of domestic violence and sexual assault, and insure a continuation of programs designed to prevent and break the cycle of violence in our community.



For more information, contact:
Steps to HOPE
828-894-2340

Thank you for your continued support. Our tournament team's mission has been to improve on the outing, offering you an even BETTER time this fall!

SECOND CHANCE THRIFT STORE REPORTS RECORD-BREAKING DAY OF SALES!

Thanks to the very generous support of its community, both as donors and patrons, Second Chance Thrift Store, on E. Mills Street in Columbus, had an all-time record-breaking day of sales during its annual Fall Change-Over Day on September 1st!

After its ever-popular bag sale in late August, the Thrift Store closed for four days, during which time the store's staff and 55 volunteers diligently

cleaned, painted, organized and displayed its new Fall line of clothing. Were it not for these dedicated volunteers, an overhaul of this magnitude would not be possible.

Lined up outside, a record number of shoppers waited patiently for the doors to open, admiring the window displays while peeking in to plan their shopping routes once inside. People bustled around the store, filling shopping carts with a fervor similar to that dis-

played on Black Friday.

Second Chance Thrift Store provides outreach for Polk County's domestic violence and sexual assault prevention and treatment center, Steps to HOPE. Funds from the store's affordable, gently used items support programs that provide services to victims of domestic violence and sexual assault as well as programs to prevent and break the generational cycle of violence.

Add your name to the **SECOND CHANCE THRIFT STORE EMAIL LIST**

to receive notifications of Thrift Store sales and special events! Send an email to pr@stepstohope.org and put "Thrift Store email sign-up" in the subject line.

CERTIFICATE OF APPRECIATION AWARDED

Steps to HOPE's Board of Directors President presents a Certificate of Appreciation to Second Chance Thrift Store Staff and representative Thrift Store Volunteers from Tryon Estates for their dedication and hard work, which led to a banner sales day.



Pictured from L: Inge Ege; Billy Larnder, Warehouse Assistant; Myrtle Heitman; Rachel Ramsey, Steps to HOPE Executive Director; Edith Lance, Second Chance Thrift Store Manager; Ken Kitchen, Assistant Driver and Retail Assistant; Bonnie Zelinski; Randy Conklin, Driver and Retail Assistant; Gertrud Godlewski; Carolyn Daily; and Paul Sutherland, President of the Board of Directors.

<p>Present this 'certificate coupon' and take \$1.00 off any single item.</p> <p><i>Expires 10/31/2011</i></p>	<p>CERTIFICATE OF APPRECIATION</p> <p>awarded to</p> <p>DONORS AND PATRONS OF</p> <p><i>Second Chance Thrift Store</i></p>	<p>Present this 'certificate coupon' and take \$1.00 off any single item.</p> <p><i>Expires 10/31/2011</i></p>
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Donating to and shopping at **Second Chance Thrift Store** is a WIN, WIN, WIN!



STEPS TO HOPE: SERVICES PROVIDED

- **24-Hour Hotline** – for crisis intervention and assistance.
- **Confidentiality** – all services are guaranteed confidential.
- **Shelter** – emergency safe shelter for victims of domestic violence or sexual assault.
- **Counseling** – individual counseling with a licensed counselor.
- **Referrals** – hospital (staff will transport and assist); court (free legal aid may be provided through Pisgah Legal Services).
- **Court Advocacy** – trained volunteers accompany and support clients through the judicial process.
- **Case Management vs. Crisis Intervention** – holistic support of clients.
- **Youth Group** – character and skills building groups for adolescent girls and boys.
- **Support Groups and Education Programs** facilitated by trained professionals: women victims, male and female abuser, parenting education, and support group meetings.
- **Family Mediation** facilitated by a trained professional.
- **Community Education** – through schools, organizations and civic groups.
- **Public Awareness** – presentations and workshops.
- **Resource Library** – videos, pamphlets and brochures are available.
- **Advocacy Center** – forensic interviewing of children.
- **Rape Prevention/Victim Services**
- **Second Chance Thrift Store** – outreach to victims; gently used, quality merchandise.

Steps to HOPE, Inc.

Ward Street · P.O. Box 518

Columbus, NC 28722

828-894-2340 · 1-888-968-4283

www.stepstohope.org

E-mail: steps@stepstohope.org



Visit us at
www.stepstohope.org

HOPE Works!

*A Quarterly Newsletter of
Steps to HOPE, Inc.*

Steps to HOPE, Inc. is Polk County's Domestic Violence and Sexual Assault Prevention and Treatment Center. For all victims of domestic violence or sexual assault in this community, there is:

Help
Orders
Protection
Encouragement

"The mission of Steps to HOPE is to create a community free from the violence of domestic and sexual abuse through education, advocacy and victim assistance."

**BULK RATE
U.S. POSTAGE
PAID
Columbus, NC
Permit No. 25**



October is Domestic Violence Awareness Month:
HOPING, HELPING, HEALING