

# HOPE Works!

VOLUME 13, ISSUE 2

~ A publication of Steps to HOPE ~

SPRING 10

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## Calendar of Events

- PJ's/Foxy Ladies Fashion Show April 20
- Second Chance Thrift Store: Shop "TEAL" You Drop April 27-30
- Second Chance Thrift Store Fashion Show May 6
- Hunter Pace May 17



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

## SEXUAL ASSAULT AWARENESS MONTH

The April 2010 Sexual Assault Awareness Month (SAAM) campaign focuses on preventing sexual violence on higher education campuses. College students experience disproportionately high rates of sexual violence – 1 in 5 college women will be a victim of sexual assault by the time she graduates. SAAM highlights sexual assault as a *preventable* problem.

### What classifies as SEXUAL ASSAULT?

Sexual assault takes many forms including attacks such as rape or attempted rape and any unwanted sexual contact or threats. Usually a sexual assault occurs when someone touches any part of another person's body in a sexual way, even through clothes, without that person's consent. Some types of sexual acts which fall under the category of sexual assault include forced sexual intercourse (rape), sodomy (oral or anal sexual acts), child molestation, incest, fondling and attempted rape. Sexual assault in any form is often a devastating crime. Assaultants can be strangers, acquaintances, friends, or family members who com-

mit sexual assault by way of violence, threats, coercion, manipulation, pressure or tricks. Whatever the circumstances, no one asks or deserves to be sexually assaulted.

Did you know that you probably talked to someone today who has been a victim of sexual assault — a family member, a friend, or a cashier at a convenience store? If not today, then at some point in your life, you've met someone who has dealt with the pain, the emotional distress, and countless other long-term effects of sexual abuse. We know that **1 in 5 women and 1 in 33 men will be a victim of sexual assault at some point in their lives.**

### How to become an ENGAGED BYSTANDER

Remember that responsibility for these appalling sexual assaults lies clearly with the perpetrator. Nothing that any victim does ever tips the balance away from that fact. As we move forward, however, it's important to focus on the things that we can all do to keep ourselves and others safe.

#### As individuals we can:

- Make arrangements to

travel with friends to minimize vulnerability.

- Utilize the local police they are available 24 hours a day.
- Trust our intuition and don't hesitate to call for help if we're feeling uneasy.

#### As bystanders witnessing a dangerous situation we can:

- Call police or someone else in authority.
- Tell another person. Being with others is a good idea when a situation looks dangerous.
- Yell for help.
- Ask a friend in a potentially dangerous situation if he/she wants to leave and then make sure that he/she gets home safely.
- Ask victim if he/she is okay. Provide options and a listening ear.
- Call Steps to HOPE for support and options.

[www.nsvrc.org/saam](http://www.nsvrc.org/saam)



There is hope. Call 894-2340 or 1-888-968-4283.

**STEPS TO HOPE  
QUARTERLY  
STATISTICS**

*For period Dec. '08 – Feb. '09*

Steps to HOPE provided support to 540 callers on crisis line calls.

Safe shelter was provided to 2 women and 3 children.

Our staff provided assistance to 37 new female and 2 new male clients.

61 Female and 5 male clients received assistance with 212 services.

Counseling services were provided to 73 clients.

An average of 42 adults and 22 children attended weekly educational and support groups at our facility.

RACHEL'S ROOST



Internet/cell phone safety tips and safety plan for teens are available at:

[www.webwisekids.org](http://www.webwisekids.org)

Other resources for information on SEXTING:

[www.symantec.com/  
familyresource](http://www.symantec.com/familyresource)

[www.teencheckup.com/  
parentalsupervision](http://www.teencheckup.com/parentalsupervision)

[www.bcybersafe.org](http://www.bcybersafe.org)

or call Steps to HOPE at  
894-2340

## DOMESTIC VIOLENCE COUNTS: 24 HOUR CENSUS OF DOMESTIC VIOLENCE SERVICES

### IN JUST ONE DAY...

1,648 of the 1,980 domestic violence programs in the United States and its territories participated in the National Census of Domestic Violence Services. These participating programs:

- Assisted 65,321 adults and children through shelter, transitional housing, and advocacy;
- Answered 23,045 hotline calls, over 16 calls every minute;
- Trained 30,735 attendees at 1,468 community education sessions.

These are the incredible results of the fourth annual Domestic Violence Counts—a 24 hour census of Domestic Violence Shelters and Services. The survey was conducted on September 15, 2009 and the report released on March 8, 2010 in recognition of International Women's Day.

### FACTS

- 9,280 requests for services went unmet because of a lack of resources or staffing. 60% of the unmet requests were for emergency shelter or transitional housing and 40% of the unmet requests were for non-residential services.
- 17,445 children under 18 spent the night of September 15, 2009 in a do-

mestic violence shelter or transitional housing program - far more than the approximately 11,000 children who are born every day across the U.S.

### IN NORTH CAROLINA

On this Census Day, 63 of the 82 domestic violence programs in North Carolina participated in the 2009 National Census of Domestic Violence Services. In a 24-hour survey period

- 1,677 victims received services
- 636 domestic violence victims found refuge in emergency shelters or transitional housing provided by local domestic violence programs
- 1,041 adults and children received non-residential assistance and services, including individual counseling, legal advocacy and children's support groups.
- 857 hotline calls were answered. Domestic violence hotlines are a lifeline for victims in danger, providing support, information, safety planning, and resources. In the 24-hour survey period, North Carolina domestic violence programs answered approximately 36 hotline calls every hour.
- 727 individuals across the state attended 45 training sessions provided by local domestic violence programs, gaining much needed information on domestic vio-

lence prevention and early intervention.

### CHALLENGES FACED

Many of North Carolina's domestic violence programs reported a critical shortage of funds and staff to assist victims in need of services, such as emergency shelter, housing, transportation, childcare, and legal representation. Of these unmet requests, 39% were from victims seeking emergency shelter or transitional housing.

Programs were unable to provide services for many reasons:

- 44% reported not enough funding for needed programs and services;
- 22% reported not enough specialized services;
- 21 reported not enough staff;
- 11% reported no available beds or funding for hotels;
- 8% reported limited funding for translators, bilingual staff, or accessible equipment.

[www.nnedv.org/census](http://www.nnedv.org/census)

### YOU CAN HELP

You can help Steps to HOPE meet the needs of its clients in this time of budget cuts by volunteering your time, or by making a tax-deductible donation. We depend on—and appreciate—community involvement and support. Thank you!

### Steps to HOPE Staff

Rachel Ramsey, Executive Director  
 Ruth Richardson, Family Outreach Educator  
 Helen Jacobs, Case Manager  
 Connie Orr, Office Manager  
 Debra Backus, Publicity & Public Relations  
 Drenda Brennan, Receptionist  
 Administrative Assistant  
 Darlene Brown, Shelter Staff  
 Misty, Shelter Staff  
 Cindy, Shelter Staff

### Second Chance Thrift Store

Ernestine Lewis, Manager  
 Edith Lance, Asst, Manager  
 Randy Conklin, Driver  
 Ken Kitchen, Driver Asst.  
 Justin, Warehouse Asst.

### Board of Directors 2009-2010

Pat Sutphin, President  
 Katrina Daniel, Vice President  
 N. Elaine Belk, Secretary  
 Larry Wassong, Treasurer  
 Michael Bowers  
 Dr. Thomas Dashiell, Jr.  
 Helen Gilbert  
 William Jones  
 Lynn Kirkwood  
 David Satterfield  
 Dr. Gordon Schneider  
 Nathaniel Shields  
 Paul Sutherland

*We are pleased that Polk County now has a dedicated, full-time Domestic Violence, Sexual Assault and Child Abuse Investigating Officer, Tonya Lindsey. The addition of this position should impact the number of reported abuse cases in our community.*

## CHILD ABUSE AWARENESS MONTH: CHILD SEXUAL ASSAULT FACT SHEET

The following alarming statistics are posted on the North Carolina Coalition Against Domestic Violence website, [www.nccadv.org](http://www.nccadv.org). Select "DV Information", "Fact Sheets", "Child Sexual Abuse".

- Incest, the sexual abuse of a family member, is estimated to occur in 14% of all families. Incest commonly begins when the victim is about 10 years old and continues until intervention.

- Eighty-five percent of child sexual abuse takes place with a family member or friend in the home. Sexual abuse cuts across all racial, religious and socioeconomic boundaries.

- More than 6 out of 10 of all rape cases (61%) occurred before victims reached the age of 18. Twenty-nine percent of all forcible rapes occurred when the victim was less than 11 years old, while another 32% occurred

between the ages of 11 and 17.

- Eleven percent of pregnant adolescents reported becoming pregnant as a result of a sexual assault, mostly incest.

- Approximately 35% of women and 20% of men in the United States were victims of sexual abuse as children.

- Studies have not found differences in the prevalence of child abuse among different social classes or races. on secrecy. Most victims feel isolated from the rest of the world. The effects of incest are devastating. Short-term ones include behavioral problems, addictions, sexual promiscuity, and a sudden drop in grades. Long-term effects include anxiety, chronic depressions, sleep disorders, addictions, low self-esteem, suicidal urges, feelings of isolation, shame and guilt, and sexual and relationship difficulties.

- Incestuous behavior is not confined to sexual intercourse. Incest can include nudity, disrobing, genital exposure, kissing, fondling, genital penetration or sodomy.

- It is estimated that there are 60 million survivors of childhood sexual abuse in America today.

- Approximately 31% of women in prison state that they had been abused as children.

- Approximately 95% of teenage prostitutes have been sexually abused.



- It is estimated that children with disabilities are 4 to 10 times more vulnerable to sexual abuse than their non-disabled peers.

**HOW CAN YOU HELP** put an end to child sexual assault? Report concerns about child abuse to your local school personnel, Department of Social Services, law enforcement, or Steps to HOPE. Trust your instincts!

**TALK TO YOUR KIDS** about inappropriate touch /language and keeping secrets. Tell your children it is always okay to tell you if someone touches or speaks to them in a way that makes them feel uncomfortable. Develop a safety plan.

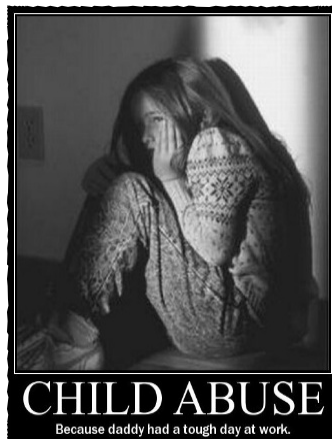
Websites to help you get started:

- [www.stopitnow.com](http://www.stopitnow.com)
- [www.stopcsa.org](http://www.stopcsa.org)
- [www.asacp.org/page.php?](http://www.asacp.org/page.php?)

Steps to HOPE offers programs for the prevention and treatment of BOTH domestic violence and sexual assault. Steps to HOPE offers Rape Prevention Education programming as well as counseling, court advocacy, and legal services to those affected by sexual violence.

For more information about STH's RPE Program and volunteer opportunities, please contact Dollie-Brooke Reid, RPE Coordinator, at 894-2340.

**Steps to HOPE:  
Working Toward  
Preventing  
Sexual Violence**



## STH ADOLESCENT AND TEEN BOYS' AND GIRLS' GROUPS

ZUMBA and girls

### LARKIN'S CAROLINA GRILL AWARDED STH CERTIFICATE OF APPRECIATION

At a recent HOPE for Youth group meeting, Steps to HOPE's Executive Director Rachel Ramsey and Family Outreach Educator/Program Facilitator Ruth Richardson presented Brad Miller – Larkin's Carolina Grill of Columbus Head Chef and Assistant Manager – a certificate in appreciation of Larkin's generosity, commitment and support of its youth programs.

Every month for well over a year, the Steps to HOPE boys' group, HOPE for Youth, has been treated to a hot and *delicious* meal prepared

and delivered by Larkin's. This meal is intended to energize and sustain the boys throughout their hour of strength and fitness training at Tryon Fitness Club, which immediately follows their group meeting at Steps to HOPE.

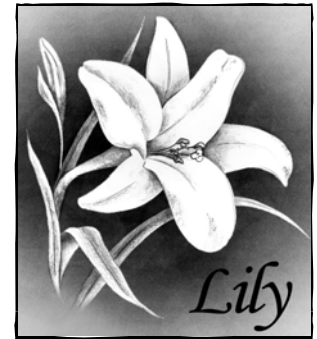
After the certificate presentation Brad, who is also a Youth Minister at a local church, spoke to a captivated group about making appropriate choices and the consequences of not listening to your heart when confronted with challenging situations.

The boys' and girls' HOPE for Youth groups meet weekly to participate in character building exercises and enrichment programs before heading to Tryon Health and Fitness Club for cardio and fitness training. These groups, which meet at Steps to HOPE after school – the girls on Monday and the boys on Wednesday – are open to any interested adolescent or teen. There is no charge for participation in any of Steps to HOPE's groups. Transportation from Polk County Middle and High Schools to Steps to HOPE as well as to the Fitness Club is provided.

For more information about the HOPE for Youth Program—or to volunteer to provide one light meal a month—contact Family Outreach Educator and Program Facilitator Ruth Richardson at Steps to HOPE, 828-894-2340.



*Pictured from left: Ruth Richardson, Brad Miller, Adam, Rachel Ramsey, Tyler, Marc, Jesse, Brett, Mark, Mike Carruth, Jonathan, Jacob and Dillon.*



Lily—"Purity; sweetness; innocence"

*The Language of Flowers*

Kate Greenway, 1846-1901

London: Routledge, 1884

Botanical name: *Lilium*

Sketch by Debra Backus

*Thank you **Landrum Quilters** for your generous donation of twelve beautiful hand-made quilts and several pair of curtains to brighten and warm the shelter's client bedrooms!*

*Landrum Quilters are regular donors of paper products, cleaning supplies, snacks—and whatever our current shelter needs are.*



Margaret Freedman, Landrum Quilters, with STH's Connie Orr and Cheryl Womack

*STH's Second Chance Thrift Store could not operate at a profit without its many volunteers.*

*During the '07/'08 fiscal year, 40% of STH's income was generated from Thrift Store sales, while 31% came from grants and 29% from donations, fundraisers or other sources.*

*To learn more about volunteer opportunities, please call Connie Orr at 894-2340.*

*Steps to HOPE thanks and greatly appreciates our volunteer Court Advocates Donna Radich, Jeannette Schmeichel and Bea Rolla; our volunteer Parenting Support Group Facilitator Matt Hamilton; and our volunteer Board of Directors.*

## VOLUNTEER APPRECIATION WEEK

National Volunteer Week, commemorated April 19-25, dates back to 1974 when President Nixon signed an executive order establishing the week as an annual celebration of volunteering. Since then, every President has signed a proclamation promoting National Volunteer Week.

This year's theme, "Celebrating People in Action", captures the meaning

behind this signature week—honoring individuals who dedicate themselves to taking action and solving problems in their communities.



## SECOND CHANCE THRIFT STORE HONORS "MARATHON" VOLUNTEERS

Steps to HOPE would like to acknowledge and thank the 65 volunteers who continue to "go the distance" by donating their time at the Second Chance Thrift Store. These tireless volunteers share the common desire to make a difference by giving back to the community in which they live.

### Second Chance Thrift "MARATHON MEDALISTS"

**IN FOURTH PLACE**, for up to one year of volunteer service: Catherine Benson; Lee Berry; Susan Brooks; Ina Constance; MiMi Darr; P.J. Darr; Jimmy Dorsett; Ruby Drew; Barbara McEwan; Joni Fielding; Sarah Gilbert; Lone Krarup; Edith Riley; Abbie Yandle.

**IN THIRD PLACE** for one to five years of volunteer service: Gavyn Bannister; Judith Becker; Carolyn Cobb; Don Cobb;

Lynette Conrad; MarJean Dahlgren; Ingeborg Ege; Kathleen Foerster; Lynn Geier; Gertrud Godlewski; Mary Hales; Teri Hulzenga; Tish Jaccard; Ron Maltoney; Dianne McCraw; Marshall Monroe; Joann Newman; Connie Orr; Bob Quattlebaum; Liz Quattlebaum; Barbara Rowe; Dorie Rumsey; Harry Walker; Ginger Wheaton; Billy Williams; June Wilson; Jimmy Wofford.

**IN SECOND PLACE** for five to ten years of volunteer service: Marie Butler; Mary Davies; Vayda French; Myrtle Heitman; Charles Leister; Dale Minkler; Karen Molnar; Dallas Seiler; Leona Seiler; Mary Swift; Betty Williams; Cheryl Womack; Bonnie Zelinski.

**IN FIRST PLACE** for more than ten years of volunteer service: Carolyn Daily; Ruth Doig; Wylma

Guilfoil; Jean Jeanson; Anne Lafkoff; Sally McPherson; Joyce Minkler; Bernardine Monroe; Betsy Schenkel; Dorothy VonGlahn; Mary Wofford.

**Second Chance Thrift Store** provides outreach for Polk County's domestic violence prevention and intervention center, Steps to HOPE. Funds from the sale of 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. All this would not be possible were it not for the dedication and commitment of Second Chance's many volunteers. With their help, we feel optimistic about staying ahead in the race to put an end to domestic violence and sexual assault in our community.

## SECOND CHANCE THRIFT STORE IS NEWLY RENOVATED

Renovations for a fresh and improved Second Chance Thrift Store began in March—just in time for the store's seasonal "Change Over" from its Winter line to Spring.

Immediately apparent when visiting the Thrift Store are the new front windows and door. Once inside you'll find freshened and repositioned changing rooms, a customer rest room, swinging doors separating the store from the work area,



and the addition of a second register! Behind the scenes, volunteers and staff are enjoying the manager's office door and expanded storage area with easier access.

Continuing renovations will result in a greatly improved shopping experience. Stop by to see what's new—and of course, shop for the much anticipated WARM weather!

# *Second Chance Thrift Store* **WIN BIG!**

## **WIN when you shop:**

Amazing low prices for clothing & home furnishings.

## **WIN when you give:**

Donate and get a tax deductible contribution.

## **WIN for Steps to HOPE**

Income goes to the STH shelter to protect families and prevent domestic abuse.

It's a win, win, WIN deal when you shop at the Second Chance Thrift Store. Amazing shopping bargains in womens'/childrens'/mens' clothing, housewares, furniture, seasonal decorations...

Come in and WIN!

***Second Chance Thrift Store***  
**232 East Mills St., Columbus 828-894-2373**

## *Second Chance Thrift Store* **Shop "TEAL" You Drop**

*Teal ribbons are worn to draw attention to the prevalence of sexual assault in our society, and encourage people to take action.*

Those shopping at Second Chance Thrift Store this April 27, 28, 29 and 30 can purchase any item marked with a teal dot for HALF PRICE!!

### **MARK YOUR CALENDARS**

and take advantage of huge savings while supporting Steps to HOPE!



***Save a tree!***

*If you would rather receive an electronic version of this newsletter, send an email (from your preferred email account) to [pr@stepstohope.org](mailto:pr@stepstohope.org). Please include your name and mailing address.*





## 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.
- **HOPE for Youth and Adolescent and Teen Support Groups** – weekly character and skills building groups and enrichment activities for adolescent girls and boys.
- **Support Groups and Education Programs** facilitated by trained professionals: weekly women victims, male and female abuser, and parenting education group meetings; bi-monthly parenting support group meetings.
- **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 Program** – focused on primary prevention.
- **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

E-mail: [steps@stepstohope.org](mailto:steps@stepstohope.org)



Ward Street • P.O. Box 518  
Columbus, NC 28722

### *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  
Order  
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**