

# HOPE Works!

VOLUME 13, ISSUE 1

~ A publication of Steps to HOPE ~

WINTER 2010

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## SAFE FAMILIES, SAFE HOLIDAYS

### Staying connected during the holidays

The joyful Holiday Season is upon us! Friends and families gather to share laughter, song and gifts. We feel a renewed sense of community, and of hope.

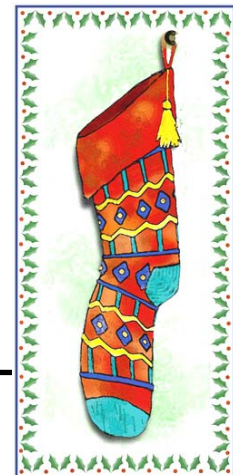
During these joyful times we need to be mindful of those who are less fortunate—parents who are unable to find work, or those who have jobs which do not allow for time spent with family during the holidays. It may be difficult for those who must wrap themselves in outerwear or blankets to stay warm at home to feel joyful or hopeful.

We at Steps to HOPE welcome our clients as “extended family”. These clients include: teen boys and girls attending our HOPE for Youth groups; men and women attending Anger Management classes; parents attending Parenting Support groups and/or Parenting Education classes; women and men experiencing domestic violence, some of whom attend weekly counseling sessions and women’s support groups.

Working with our clients, we ascertain their needs as parents and providers as well as the needs of their children—not only for the Holidays but for the season. For continuity, we continue to hold weekly group

meetings and are always willing to meet individually according to the client’s schedule.

Our hope is that by offering a comprehensive support system to our clients, the impact will be to lessen the incidence of domestic violence so that we might ALL enjoy Happy and Safe Holidays!



## ADOPT-A-FAMILY PROGRAM

### True Meaning of Christmas Demonstrated

Once again Steps to HOPE has been blessed by the caring support of our community. The generosity of 16 individual and group donors provided a wonderful Christmas for 67 children ranging in age from 5 weeks to 17 years. Donors provided clothes, toys, bikes, gift cards, and food for these

*Right: Waldman family donates gifts for a client and her 4 children*



children and their families. You should all feel the warmth of this holiday season from the glowing smiles on these children’s faces Christmas morning. With the slow economy hurting so many of our families, it is rewarding when others are able to dig a little deeper to help.

From all the staff at STH, thank you so very much and may your year be equally blessed.



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

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

### STEPS TO HOPE AVERAGE MONTHLY STATISTICS

For period September—  
November '09:

Steps to HOPE provided support to callers on 544 crisis line calls.

Safe shelter was provided to 4 women for a total of 10 shelter nights.

Our staff provided 124 services to 40 new female and 1 new male client.

180 men and 1 woman attended the weekly Domestic Abuse Intervention Program.

8 boys and 9 girls attended weekly HOPE for Youth and Adolescent Groups.

5 parents participated in the twice-monthly Parenting Support Group.

12 parents attended the Parenting Education classes

The Advocacy Center was used 1 time.

## DOMESTIC VIOLENCE AND ANIMAL CRUELTY

During these economically challenging times, so many families struggle to make ends meet. Never is it felt more than during the Holiday Season, when financial concerns may seem insurmountable and feelings of inadequacies can reach critical levels.

Those families who have already dealt with domestic violence often see an escalation in abusive behavior during these stressful times. Partners and children are not the only ones affected by abuse, however; silent and often unrecognized victims are family pets.



There is a distinct connection between perpetrators abusing their families and animal abuse. Too often victims refuse to leave an abusive situation feeling there are few if any options for safe shelter should they wish to bring their pets with them. These victims fear their pet may be abused in retaliation if left behind. Battered women have been known to live in their cars with their pets for months until an opening was available at a pet friendly safe house (NCADV).

According to the **American Humane Association** and the **National Coalition Against Domestic Violence**:

- 71% of pet-owning women entering shelters reported

that their batterer had injured, maimed, killed or threatened family pets for revenge or to psychologically control victims. Thirteen percent of intentional animal abuse cases involve domestic abuse.

- Between 25 and 40% of battered women are unable to escape their abusive situations because they worry what will happen to their pets or livestock.

### WHY BATTERERS ABUSE OR KILL ANIMALS

- To demonstrate or confirm power and control over the family;
- To isolate the victim and children;
- To eliminate competition for attention;
- To teach submission
- To force the family to keep violence a secret;
- To retaliate for acts of independence and/or self-determination;
- To perpetuate the context of terror;
- To prevent the victim from leaving or to coerce her/him to return;
- To punish the victim for leaving;
- To degrade the victim through involvement in the abuse.

### HOW DV VICTIMS CAN PROTECT THEIR PETS

(*Humane Society of the United States*)

- Develop an emergency plan for sheltering the pets as well as themselves and their children.
- Establish ownership of the pets. (Obtain animal

license, proof of vaccinations, veterinary receipts in victim's name, etc.)

- Prepare pet for departure. (Collect vaccination and medical records, collar and identification, medication, food and bowls, bedding, etc.)
- Ask for assistance from law enforcement or animal care and control officers to reclaim the pets if left behind.



### YOU CAN HELP

How can you help raise awareness and protect animals from the effects of domestic violence?

- Support strong anti-cruelty laws
- Work with local animal shelters, veterinarians and boarding kennels to develop emergency housing programs for pets.
- If you suspect any kind of animal cruelty, report it to your local Humane Society. In Columbus, contact Foothills Humane Society at 863-4444.

## ANGER MANAGEMENT PROGRAM: WORKING TOWARD MAKING SAFER FAMILIES

The goal of the free 26-week Anger Management Program is to educate participants on healthy family relationships. Domestic abuse affects everyone in the family.

Taught in a weekly group setting by Family Outreach Educator Ruth Richardson, the Anger Management Program promotes feedback, participation and education. Participants hold each other accountable as they share appropriate experiences.

Benefits to the this program include healthier, happier families; better parents; break/influence the generational cycle of violence by covering topics which

include:

- How to stop violence NOW
- Responsibility for self
- Effective communication
- Respect
- Drug and alcohol involvement
- Honesty and accountability
- Trust and support
- Effects of violence on children
- Responsible parenting

One participant from the Anger Management men's group now attends on a voluntary basis. "Chad",

who often contacts Ruth by email or phone when unable to attend meetings, recently wrote in an email "Sure have missed you all and do think of you often. I cannot begin to say how many times conversations from your groups have come up in daily situations and in talks with others. Thank you!"

Currently, there are a minimum of 20 members of the men's Anger Manage group, 25% of whom are voluntary participants.

For more information about Steps to HOPE's Anger Management program, contact Ruth Richardson at 894-2340.

### Steps to HOPE

#### Staff

- Rachel Ramsey, Executive Director
- Ruth Richardson, Family Outreach Educator
- Helen Jacobs, Case Manager
- Priscilla Parker, Counselor
- Connie Orr, Office Manager
- Debra Backus, Receptionist/  
Public Relations
- Michael Carruth, Youth Advocate
- Darlene Brown, Shelter Staff
- Brenda Green, Shelter Staff
- Drenda Brennan, Shelter Staff

#### Second Chance

##### Thrift Store

- Ernestine Lewis, Manager
- Edith Lance, Assistant Manager
- Randy Conklin, Driver
- Ken Kitchen, Driver Asst.
- Chris Lindsey, Warehouse Asst.

## POLK COUNTY TOY RUN A HUGE SUCCESS!

On November 28th, 415 motorcycles and 600 people participated in the annual Polk County Toy Run—the biggest turnout ever, reports Toy Run Director Barry Gee.

In addition to three truckloads of toys which were distributed to needy families in Polk County, Gee pre-

sented a check in the amount of \$2,400 to Steps to HOPE, Polk County Department of Social Services and Thermal Belt Outreach Ministries—a surprising and much-needed increase from last year's \$700 Toy Run donation. These funds will help struggling families with seasonal clothing and

other necessities during this Holiday Season. Steps to HOPE feels extremely fortunate to be one of the chosen beneficiaries of this very successful fundraiser, and thanks Director Gee and the over 600 participants in the annual bike ride for their overwhelming generosity.

## SHELTER "WISH LIST"

Would you like to contribute toward making this a HOPEful season for the women and children at our shelter? Here's the WINTER edition of our Steps to HOPE Shelter Wish List:

- Ziplock-type gallon and

- larger storage bags
- Hair brushes
- Canned meats: tuna, chicken, salmon
- Prepaid phone cards
- Prepaid grocery/gas cards
- Hand sanitizers (pump bottle)

- Night lights

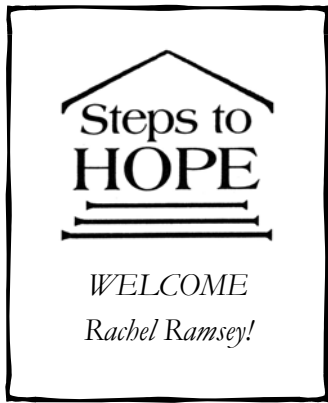
Additions to this list are made fairly often, so feel free to call 894-2340 for updates.

Heartfelt thanks for your generous contributions!

#### Board of Directors

##### 2009-2010

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



## GREETINGS FROM RACHEL RAMSEY, STH'S "NEW" EXECUTIVE DIRECTOR

"The more things change, the more they stay the same." Haven't we heard that old saying?

There have been a few changes here at Steps to HOPE. I have come out of retirement and am back as Executive Director. Being the new kid on the block here is a unique experience for me and an interesting one.



My heart has always been with the women, children and men who need our help. That is the part that has stayed the same. And, Steps to HOPE's commitment to helping victims of domestic violence and sexual assault will never change.

Victims who enter our door seeking safety, protection, nurture and encouragement will continue to get the best we have to give to help them and their families live their lives free from violence.

Even though our budget seems to have taken a direct hit, we always manage to find funding for the most important services we offer: safe-shelter, counseling, advocacy, education and

treatment programs. A miracle? Maybe so. I do know though that when we begin to wrestle with which services can take a cut and how we can operate with less, the funding seems to appear either in a grant announcement or the mail will arrive with two or three donations checks. Oftentimes someone will simply walk in and hand Debra a check saying, "Use this for the children". Or "Use this for groceries in the shelter".

It is truly a pleasure for me to be working again in such a generous, loving and caring community.

My best to all of you in this New Year!  
~ Rachel

## ADOLESCENT & TEEN SUPPORT GROUP: HOPE FOR YOUTH

Steps to HOPE adolescent and teen girls' and boys' groups, HOPE for Youth, meet weekly to develop strategies for conflict resolution; developing life skills and self esteem; getting along with parents, siblings and teachers; and taking responsibility for your own actions. "Positive Action" curriculum is used.

One goal of these programs is to develop feelings of empathy for those less fortunate, and encourage a sense of community and volunteerism. To that end, the girls' group visited Twin Lanes Retirement Home in Tryon before Christmas.



*Caroling at Twin Lanes Retirement Home*

The spirited girls distributed holiday cookies as they sang Christmas carols.

On January 4th, fifteen members of the HOPE for Youth boys' and girls' groups along with program facilitator Ruth Richardson, Youth Advocate Mike Carruth, and volunteer

Maddie Carruth attended a CPR demonstration and condensed training at the Polk County Emergency Medical Services facility, after which several group members expressed an interest in becoming CPR certified.



## TEEN DATING VIOLENCE

Dating is an exciting part of growing up for many teenagers. Unfortunately for some teenagers, dating can be a dangerous time in their lives. Many overlook domestic violence as *something that only happens to adults* but domestic violence is a real issue for young people as well. Teen dating violence crosses race, gender, and socioeconomic lines to cause physical, mental/emotional, and sexual abuse to another person. Teenage females, ages 16-24, are more vulnerable to intimate partner violence than any other age group—at almost triple the national average.\*

The subject of teen dating violence is taken very seriously at Steps to HOPE. To combat this issue, Steps to HOPE offers prevention programming to local schools on the subject of teen dating violence as well as building bystander behavior skills. For more information about

teen dating violence please contact Steps to HOPE.

*(U.S. Department of Justice, Bureau of Justice Statistics, Special Report: Intimate Partner Violence and Age of Victim, 1993-99. Oct. 2001, rev. 11/28/01)*

### DID YOU KNOW?

Approximately 1 in 5 female high school students report being physically and/or sexually abused by a dating partner. (Jay G. Silverman, PhD; Anita Raj, PhD; Lorelei A. Mucci, MPH; and Jeanne E. Hathaway, MD, MPH, "Dating Violence Against Adolescent Girls and Associated Substance Use, Unhealthy Weight Control, Sexual Risk Behavior, Pregnancy, and Suicidality," *Journal of the American Medical Association*, Vol. 286, (No.5, 2001).

Nearly ½ of adult sex offenders report committing their first sexual offenses prior to the age of 18. (Ron Snipe, et Al, "Recidivism in Young Adulthood, Adolescent Sexual Offenders Grown Up," *25 Criminal Justice & Behavior*, 109, 117, (1998).)

81% of parents surveyed

either believe teen dating violence is not an issue or admit they don't know if it's an issue. ("Women's Health," June/July 2004, Family Violence Prevention Fund and Advocates for Youth, <http://www.med.umich.edu/whp/newsletters/summer04/p03-dating.html>, (last revisited 9/23/04)

Nearly 25% of 14-17 year olds surveyed know at least one student who was a victim of dating violence; 33% have actually witnessed an event of dating violence. (Empowerment Program, sponsored by Liz Clairborne, Inc. and conducted by Knowledge Networks, Social Control, Verbal Abuse, and Violence Among Teenagers, (2000).

57% of teens know someone who has been physically, sexually, or verbally abusive in a dating relationship. (Liz Clairborne Inc., Conducted by Teenage Research Unlimited (February 2005)

In the first 11 months of 2009, of the 63 domestic violence homicides in the state of NC, 13 were under the age of 25.

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

## EMERGENCY MEDICAL SERVICES TRAINING

### Avoid Re-Victimization of the Victim

In March of 2010 Steps to HOPE will offer in-service training for all full time and part time Polk County Emergency Medical Services employees on Domestic Violence Awareness. This training, called "Don't Re-Victimize the Victim", will discuss how first response to domestic violence victims can greatly impact their recovery and healing process.

Domestic violence fundamentals, why batterers abuse,

why victims may choose to stay in a relationship and statistics on domestic violence will be discussed, hoping to dispel domestic violence myths and explain the effect of domestic violence on the health care system. The training's focus will be on what members of EMS can do as individuals to prevent re-victimizing someone who has just experienced domestic violence when "on scene" and while on a call. Re-victimization could lead to the recanting of a victim's story. First responders will

be reminded that batterers are often unwilling to allow a victim to give a medical history or allow the victim to be alone with EMS personnel. By offering this training, Steps to HOPE hopes to encourage awareness within Polk County's Emergency Medical Services of domestic violence as well as raise empathy for those who have experienced it.

Domestic violence calls are life threatening, volatile situations for victims and EMS responders alike.

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of New England™  
Coffee Cakes  
Call for information!  
894-2340



**Save a tree!**

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## BRUNCH TO HONOR SECOND CHANCE & STEPS TO HOPE VOLUNTEERS

Once again this year, a Christmas brunch was held to honor the dedication and selfless support offered by dozens of volunteers at Second Chance Thrift Store and Steps to HOPE. Larkin's Carolina Grill hosted the gathering on December 10th as Steps to HOPE and Second Chance Thrift Store staff joined volunteers ranging from Court Advocates to Thrift Store volunteers to Board of Directors in the social event of the year!

During the 2008-2009 fiscal year, a total of 11,151 volunteer hours were worked at the Thrift Store and Steps to HOPE by 67 volunteers, all of whom received certificates acknowledging their contribution at the brunch. Special accolades were

given to Bernadine Monroe for her 423 volunteer hours; Dale Minkler for his 384 hours; Joyce Minkler for 380.5 hours; and both Marshall Monroe and Charles Leister for having each volunteered 346.5 hours. It should be noted that four of the five volunteers with the greatest number of hours had worked in tandem with their spouses!

The generous donation of the volunteers' time has made it possible for us to serve hundreds of clients—at the shelter, in support and educational groups and in counseling.

Roses were given to all volunteers in memory of Steps to HOPE volunteer Board of Directors member Rick Otto, whose exemplary character and larger than life personality touched so many. Rick

brought endless enthusiasm, energy and dedication to the Board after joining earlier last year. His creative energy and active participation in promoting and organizing Steps to HOPE's annual Golf Tournament and Hunter Pace fundraisers was vital to the success of both events. Rick's dedication to Steps to HOPE and the community in which he lived was inspiring. Rick will be greatly missed.



*Rick Otto  
1940-2009*

## STEPS TO HOPE'S DEDICATED VOLUNTEERS AS COURT ADVOCATES

On November 20, 2009, all five of the Steps to HOPE Court Advocates furthered their expertise by attending an all-day training in Asheville. "Fundamentals of Court Advocacy" included such topics as the Domestic Violence Protective Order Procedures; Navigating the Criminal Justice System; Avoiding the Unauthorized Practice of Law; Privileged Communications and Confidentiality; New Laws; and Legal Remedies for Immi-

grant Victims of Domestic Violence. This very successful training has led to further discussions on how we can best serve our clients.

Steps to HOPE's Court Advocates are Jeannette Schmeichel, Cheryl Wright, Ninallee Haynie, Beatrice Rolla and Alfred Haskell. We at Steps are very appreciative of our advocates, who accompany our clients throughout the legal process and provide immeasurable support.

If you have an interest in participating in a Steps to HOPE court advocate volunteer training, watch the local newspaper for an announcement of our next training in the Spring.



**VOLUNTEER!**



Star of Bethlehem—"Hope"  
*The Language of Flowers*  
Kate Greenway, 1846-1901  
London: Routledge, 1884  
Botanical name: *Ornithogalum umbellatum*; lily family

## SECOND CHANCE THRIFT STORE: OPEN HOUSE, FASHION SHOWS & SILENT AUCTION

Second Chance Thrift Store hosted another Open House and Fashion Show on December 9th, coupled with the culmination of its Silent Auction. All models—many of whom were Thrift Store volunteers —



wore holiday and seasonal fashions from the thrift store. Silent auction items included such Thrift Store treasures as a stained glass fireplace screen and handmade quilt. Delicious homemade goodies and refreshments were served.

To kick off the holiday season, Second Chance hosted a Holiday Fashion Show on November 5th in the Steps to HOPE for the Daffy Jills Garden Club.

Both events were well attended and everyone had a fabulous time!



*Pictured on left: Mary Wofford; on right: Dyanne Ward and Liz Quattlebaum*

*When you donate to and shop at Second Chance Thrift Store, you are directly helping to keep Steps to HOPE's much needed DV/SA prevention and education programs running.*

*Thank you for your purchases and donations!*

## STEPS TO HOPE'S 6TH ANNUAL CHARITY GOLF TOURNAMENT RESULTS

On November 6th, Steps to HOPE held its 6th Annual Golf Tournament at Red Fox Country Club. The weather – and for several, even the golf – cooperated as nearly 100 golfers turned out to play in this very successful charity tournament.

Tournament excitement reached a new level this year with the addition of hole-in-one prize offerings by area



*Pictured from left: Tom Wuerful, John Calure, Tagg Bowman, and Richard Barraud.*

businesses of a 2010 Toyota Camry and a Kangaroo Hillcrest Special Edition Motorcaddie. While no one was lucky enough to shoot a hole-in-one this year, a few skilled golfers came *very* close!

Congratulations to John Calure, Tagg Bowman, Tom Wuerful and "Sir" Richard Barraud, overall winners of the Steps to HOPE Tournament this year. "A Flight" team winners were Dale Musselwhite, Roy Gibson, Jason Magnum and Greg Moore. Golfers who won the "longest drive" challenge were Jan Wilson and Scott Nordurft, while Pat Sutphin and Rusty Cruthfield were winners of the "closest to the pin" contest. Trophies and prizes were awarded to all winning golfers.

Steps to HOPE, Polk County's Domestic Violence and Sexual

Assault treatment and prevention center, is extremely appreciative of the overwhelming support shown by golfers, individuals and area businesses who not only offered financial support but made countless donations in the form of snacks and drinks, gifts for door prizes and golfers' "goodie bags", breakfast biscuits – and, of course, *time* – to help ensure the success of this annual charity event.



MARK YOUR CALENDARS: Steps to HOPE's 7th Annual Golf Tournament will be held on November 5th, 2010!

Remember that all Steps to HOPE and Second Chance Thrift Store donations are tax deductible!

To arrange for a pick-up of merchandise for donation to the Thrift Store or Steps to HOPE, call 894-2373.



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



### 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)

## STEPS TO HOPE'S SERVICES:

- **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 Teen Support Groups** – weekly character and skills building groups and enrichment activities for adolescent girls and boys.
- **Support Groups** – Weekly group meetings, facilitated by trained professionals, for women victims and male and female abusers; bi-monthly parenting support and parenting education 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.

### DISPLAY A PURPLE RIBBON Raise Awareness About Domestic Violence

What began close to two decades ago in scattered communities as a visible gesture of support for survivors and victims of domestic violence, today has become one of the most widely recognized symbols of the domestic violence movement—the purple ribbon.

Across the country, families and friends of victims have adopted the purple ribbon to remember and honor loved ones who have lost their lives at the hands of a person they once loved and trusted. Shelters and local domestic violence programs use the purple ribbon to raise awareness about the crime of domestic abuse in their communities.

In addition to the demonstration of support for victims and advocates, the display of purple ribbons throughout a community conveys a powerful message that there's no place for domestic violence in the homes, neighborhoods, workplaces or schools.



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

### *HOPE Works!*

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

