

HOPE Works!

VOLUME 16, ISSUE 3

~ A publication of Steps to HOPE ~

SUMMER 2013

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CALENDAR

- Shrimp Fest—September 21
- Ache Around the Lake—September 21

**Steps to HOPE's
10th Annual
GOLF
TOURNAMENT
November 1, 2013**



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

SECOND CHANCE SUPPORTS STEPS TO HOPE

Recent budget cuts on a state and federal level have forced the closure of several Domestic Violence and Sexual Assault shelters in North Carolina—making your donations more important than ever.

Steps to HOPE provided services to 750 clients in the 2011-2012 fiscal year—clients who would otherwise be forced to stay in abusive relationships or relocate in order to receive shelter and critical services, commute to attend educational programs, or simply do without services and support.

HOW YOU CAN HELP

There are many ways of supporting Steps to HOPE. While donations of money are always welcome and greatly appreciated, some may find it easier in these trying economic times to



Steps to HOPE's Second Chance Thrift Store, E. Mills St., Columbus

contribute in other ways.

DONATE TO SECOND CHANCE

Last fiscal year, Second Chance provided 49% of Steps to HOPE's operating income, and may be asked to provide even more as funding reductions continue. *We need your donations at the store!* Gently used clothing, accessories, household items, furniture, books—we need it *all!* After store hours donations are received at Steps to



HOPE, or pick-ups may be arranged by calling the store at 894-2373.

SHOP AT SECOND CHANCE

Often referred to as “the Belks of Columbus”, Second Chance offers quality, affordable merchandise for the entire family! Men's, women's, and children's “like new” clothing, as well as books, furniture, household goods, appliances, tools, electronics...the list goes on! Stop in to see what the buzz is all about!

VOLUNTEER!

Volunteer hours worked at Second Chance Thrift Store and Steps to HOPE totaled 7,406 last fiscal year, saving us roughly \$125,902! WHAT A GIFT! Where we would be without our volunteers?

There is hope. Call 894-2340.

DAIP CLIENTS' INSIGHTS

"I can see that thinking my way is the right way. I have learned most of all to think about why the other person in the relationship acts the way they do. I understand some things much better now and believe it will help me pay more attention and listen better to what people are really trying to tell me...before I get out of sorts with them."

"I felt like everything that I worked for and fought for earned me the right to more than what I was getting. I was angry when I didn't get what I thought I needed."

"Growing up, I learned that the male was the 'big dog' in the family—period. At critical points in my marriage I tried to take control. The result was very different—it was CHAOS."

"I was raised that the male is the dominant person, and what he says goes. I am learning that to trust, share and communicate is much healthier than forcing ones own opinion."

"I am now aware that people don't make you mad or upset; it is you yourself that gets worked up...and to take a step back to think and not react. I am going to continue to attend when I can even after I don't have to. I think anyone can benefit by talking about this stuff.."

PROGRAMS TO NURTURE THE ENTIRE FAMILY

Offering shelter and services to victims is essential for their safety and the safety of their children—**but abuse does not stop when victims leave.**

By working with male and female abusers in the Domestic Abuse Intervention Program (DAIP), with parents in the Parenting Education Program, and with adolescents and teens in schools and in Youth Groups at our facility, Steps to HOPE works toward preventing and breaking the generational cycle of abuse.

DOMESTIC ABUSE INTERVENTION

The goal of the 26-week DAIP is to educate abusers on healthy family re-

lationships—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.

PARENTING EDUCATION

Participants in the 12-week Parenting Education program become more effective parents through learning about...

- Child development;
- Children's needs;
- Developing routines;
- Domestic violence;
- Safe environments.

ADOLESCENT AND TEEN PROGRAMS

Topics of the ongoing youth programs include:

- Resolving conflict in an appropriate manner;
- Developing life skills;
- Self esteem;
- Getting along with family and teachers;
- Taking responsibility for your own actions.

For information call Ruth Richardson, 894-2340.

BREAKING ABUSIVE PATTERNS



In order to break the cycle of family violence we need to think beyond the victim; we need to work with perpetrators of abuse and their families.

DAIP members are clients of Steps to HOPE who face the added challenge of overcoming other destructive habits, issues and behaviors while at the same time working toward breaking patterns of

abuse. These well-ingrained habits—taught by example in the home while growing up—make overcoming abusive behavior a daunting task, marked with “relapses” and periods of discouragement. When these DAIP participants return home to partners who are not invested in breaking the cycle of family violence, their challenges may seem insurmountable.

The 26-week Domestic Abuse Intervention Program is designed to carry participants through these highs and lows by offering encouragement as

they learn to become accountable and responsible for past abusive behaviors.

One client who recently stated “All I ever wanted was a happy family” knows which path to take but gets pulled off course by familiar and, therefore, “comfortable” habits that are counterproductive. Steps to HOPE is committed to helping their clients stay the course, so that *their* children will be shown a different approach to dealing with anger and conflict—and the cycle of abuse may be broken in time.

YOUTH PROGRAM



Teens from the STH's Youth Program tested for their yellow and orange belts last month. Karate instructor Sam Etheredge has been working with the boys for the past 11 months. Program participants invited family to attend their belt testing, after which everyone enjoyed dinner and individual demonstration.

Freedom from Domestic Abuse

HELP BREAK THE CYCLE

Unable to find affordable housing, many victims of domestic violence return to their abusers in order to provide for themselves and their children, thus continuing the cycle of abuse.

When you donate to Steps to HOPE, you help make it possible for these victims to start over and maintain independence from their abusers - AND THE CYCLE IS BROKEN.

Steps to HOPE • PO Box 518, Columbus, NC 28722 • 828-894-2340

THE CYCLE OF ABUSE

Steps to HOPE Staff

- Rachel Ramsey, Executive Director
- Ruth Richardson, Family Outreach Educator
- Cherie Wright, Victim Services Director/Case Manager
- Connie Orr, Office Manager
- Debra Backus, Publicity/Public Relations
- Drenda Brennan, Receptionist/Administrative Assistant
- Brianna Dill, Summer Intern
- Stacey Moore, Shelter Staff
- Cherie Rogers, Shelter Staff
- Carmen Shipman, Shelter Staff
- Cindy Thacker, Shelter Staff

Second Chance Thrift Store

- Edith Lance, Manager
- Randy Conklin, Retail Assistant; Driver
- Joyce Neely, Cashier/Retail Assistant
- Alan Pritchard, Warehouse Assistant
- Douglas Wofford, Warehouse Assistant

Board of Directors 2013-2014

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

Many thanks to Grace Foothills Church, Mercy Ministry Team & Congregation, for purchasing, delivering and distributing **MULCH** at our shelter. This donation represents a significant savings in annual operating expense—a savings that we will pass along to our clients.

**Thank you,
Grace Foothills
Church!**

**A Women's
Support Group**

**"NEW LOCATION"
ASHLEY MEADOWS**



**WOMEN
TO WOMEN**

**1st & 3rd Tuesday
5:30 - 6:30 PM**

A women's group for all women in a relaxed setting to encourage conversation, sharing and support.

DEVELOP A SAFETY PLAN...NOW!



From January 1, 2013—June 18, 2013 there were *already* a total of 28 homicides in North Carolina—eight of which were murder-suicides.

If you are or have been experiencing family violence, be prepared by developing a safety plan.

**IF YOU ARE STILL
IN THE ABUSIVE
RELATIONSHIP...**

- Think of a safe place to go if an argument occurs. Avoid rooms with no exits (bathroom), or rooms with weapons (kitchen).
- Think about and make a list of safe people to contact.
- Keep \$50 or more in cash with you at all times.
- Keep a small bag with extra clothing and an extra supply of medication for you and your children.
- Memorize all important numbers and keep a list with your important papers.

- Record your partner's date of birth, place of employment, vehicle make, model, year and tag number.
- Make an extra set of house and car keys.
- Establish a "code word" or "sign" so that family, friends, teachers or co-workers know when to call for help.
- Think about what you will say to your partner if he/she becomes violent.
- Remember, you have the right to live without fear and violence.

**IF YOU HAVE
LEFT THE ABUSIVE
RELATIONSHIP...**

- Change your phone number.
- Screen calls.
- Save and document all contacts, messages, injuries or other incidents involving the batterer.
- Change locks, if the batterer has a key.
- Avoid staying alone.
- Plan how to get away if confronted by an abusive partner.

- If you have to meet your partner, do it in a public place.
- Vary your routine.
- Notify school and work contacts.
- Call Steps to HOPE at 894-2340 for shelter, support and assistance.

**TAKE
IMPORTANT PAPERS**

If you leave the relationship or are thinking of leaving, you should take important papers and documents with you to enable you to apply for benefits or take legal action.

Important papers you should take include:

- Social Security cards and birth certificates for you and your children;
- your marriage license;
- leases or deeds in your name or both yours and your partner's names;
- your checkbook;
- your charge cards;
- bank statements and charge account statements;
- insurance policies;
- proof of income for you and your partner (pay stubs or W-2's). If unavailable, know the abuser's date of birth and place of employment;
- any documentation of past incidents of abuse (photos, police reports, medical records, etc.).

For more information contact Steps to HOPE at 894-2340.

ANIMAL ABUSE AND DOMESTIC VIOLENCE

STARTLING STATISTICS

- 71% of pet-owning women entering women's shelters reported that their batterer had injured, maimed, killed or threatened family pets for revenge or to psychologically control victims; 32% reported their children had hurt or killed animals.



- 68% of battered women reported violence towards their animals. 87% of these incidents occurred in the presence of the women, and 75% in the presence of the children, to psychologically control and coerce them.
- 13% of intentional animal abuse cases involve domestic violence.
- Between 25% and 40% of battered women are unable to escape abusive situations because they worry about what will happen to their pets should they leave.
- Pets may suffer unexplained injuries, health problems, permanent disabilities at the hands of abusers, or disappear from home.
- Abusers kill, harm, or

threaten children's pets to coerce them into sexual abuse or to force them to remain silent about abuse. Disturbed children kill or harm animals to emulate their parents' conduct, to prevent the abuser from killing the pet, or to take out their aggressions on another victim.

- In one study, 70% of animal abusers also had

records for other crimes. Domestic violence victims whose animals were abused saw the animal cruelty as one more violent episode history of indiscriminate violence aimed at them.

- Investigation of animal abuse is often the first point of social services intervention for a family in trouble.
- For many battered women, pets are sources of comfort, providing strong emotional support: 98% of Americans consider pets to be companions or members of the family.

DID YOU KNOW...

- More American households have pets than have children. We spend more money on pet

food than on baby food. There are more dogs in the U.S. than people in most countries in Europe - and more cats than dogs.

- A child growing up in the U.S. is more likely to have a pet than a live-at-home father.
- Pets live most frequently in homes with children: 64.1% of homes with children under age 6, and 74.8% of homes with children over age 6, have pets. The woman is the primary caregiver in 72.8% of pet-owning households.
- Battered women have been known to live in their cars with their pets for several months until an opening was available at a pet-friendly safe house.

HOPE FOR PAWS

Steps to HOPE is working with Foothills Humane Society and area kennels to provide temporary shelter for pets belonging to women seeking shelter from abusive relationships.

WHAT YOU CAN DO

- Have your pets vaccinated against rabies and licensed in your name to help prove ownership.



- If you're a pet owner needing to flee an abusive relationship, call Steps to HOPE 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.



**STEPS TO HOPE
QUARTERLY
STATISTICS**

For period March - May '13

Steps to HOPE provided support to 549 callers on crisis line calls.

Safe shelter was provided to 7 women and 12 children for a total of 187 shelter nights.

An average of 27 adults and 9 children attended weekly educational groups at our facility.

Court accompaniment was given by advocates 16 times.

1962.75 volunteer hours were worked in the agency and thrift store.

**WOULD YOU LIKE TO BE
ADDED TO OUR
EMAIL LIST?**

Simply send your email address to
pr@stepstohope.org

and we'll keep you apprised of news, upcoming events and opportunities.

THANK YOU!

10TH ANNUAL GOLF TOURNAMENT

BACK BY POPULAR DEMAND!



**Steps to HOPE's
10th Annual Charity
GOLF TOURNAMENT**

*\$400 4-person team includes
breakfast, lunch, snacks, drinks.*

**Friday, November 1, 2013
Red Fox Country Club**



Limited to 27 teams so register early!
Call Steps to HOPE at 894-2340.

November 1st is rapidly approaching and with it, our 10th Annual Charity Golf Tournament! Our tournament is limited to 27 teams this year—and we're already more than half way there with many early registrations.

We are happy to announce that this year's Hole-in-One car will be a Ford Focus donated by Stott's Ford.

Prizes will be awarded to the first and second place teams in each flight, and to both men and women for longest drive and closest to the pin.

Stop by the office for a registration form, or visit www.stepstohope.org (link on homepage).

PRESIDENT'S CORNER

I know that I speak for all of our Board in saying that Steps to HOPE is so blessed to have the dedicated, professional and talented staff and volunteers that we call our own. They are not only hard working and totally dedicated, but are always cheerful and project such a great image of Steps to HOPE. We are fortunate to have the best of the best! Thank you all for choosing to be with us.

I must single out our Executive Director Rachel Ramsey for her leadership and vision. Rachel came out of retirement several

years ago when we needed her again. She is the guiding light for Steps to HOPE and has been so key in making our organization what it is, both in the past and today. It is an understatement to say that Rachel is the heart and soul for us. She *is* Steps to HOPE. Thank you Rachel for all that you do.

We thank so many in our community for your generous, continuing support both financial and the many donations to our Second Chance Thrift Store. Your support enables Steps to HOPE to continue providing ser-

vice as Polk County's Domestic Violence and Sexual Assault Prevention and Treatment Center.

Paul Sutherland
President, Board of Directors



Rachel Ramsey

TOURNAMENT SPONSORSHIPS MAKE FOR GREAT ADVERTISING OPPORTUNITIES!

\$2500 – Double Eagle Sponsor

- ◆ Enter two teams in tournament;
- ◆ Place logo ad in STH's quarterly newsletter, *HOPE Works!* (1600+ Distribution in Polk County and vicinity) for one year;
- ◆ Place large logo ad and display in Second Chance Thrift Store window;
- ◆ Large sponsorship mention in Golf Tournament brochure;
- ◆ Large tee box sponsor sign on #1 tee box.

\$1500 – Eagle Sponsor

- ◆ Enter one team;
- ◆ Place logo ad in two issues of STH's *HOPE Works!* Newsletter;
- ◆ Place small ad and display in Second Chance Thrift Store window;
- ◆ Sponsorship mention in Golf Tournament brochure;
- ◆ Large tee box sponsor sign on #2 tee box.

\$500 – Birdie Sponsor

- ◆ Place logo ad in one issue of STH's *HOPE Works!* newsletter;
- ◆ Sponsorship mention in Golf Tournament brochure;
- ◆ Large tee box sponsor sign on #3 tee box.

BRIANNA DILL, SUMMER INTERN

Steps to HOPE has received a grant from the Polk County Community Foundation to provide a summer internship opportunity for a local high school student, and has selected Brianna Dill to fill that part-time position.

Brianna, a rising Senior at PCHS, is an Honors Student who maintains a 4.25 GPA. She possesses strong interpersonal skills, has a

background in volunteering in an office setting, and has an interest in pursuing nursing after high school.

We are very excited to have Brianna join our team—and welcome the extra set of hands over this busy summer season. We are always happy for young adults to gain an understanding of the domestic and sexual abuse

and its impact in our community.



Brianna Dill

SHELTER WISH LIST

- 6 chairs for kitchen table
- Picnic table for play area
- Umbrellas
- Light Bulbs (40-60 watt, energy-saving)
- Swiffer dusting refills
- Trash bags (33 gallon)
- Batteries
- Pre-paid phone cards
- Laundry detergent
- Adult frozen dinners
- Quick-fix meals

For updates to this list, call Drenda at 894-2340.

Thank you for your continued support!



Second Chance Thrift Store

challenges you to...



Stop by

232 E. Mills Street

to see the myriad of options for buying nearly new—and saving a **bundle!**

Drop off your unwanted treasures, or call 894-2373 to arrange a pick-up.

Join Second Chance's

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.



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, including Women to Women—a support group for *all* women.
- **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.
Debra Backus, Editor*

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
Oder
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
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