

HOPE Works!

VOLUME 25, ISSUE 1

A publication of Steps to HOPE

Summer 2022

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Did you know...?

1 in 5 women and 1 in 7 men report having experienced severe physical violence from an intimate partner in their lifetime.

1 in 5 women and 1 in 12 men have experienced sexual violence by an intimate partner.

10% of women and 2% of men report having been stalked by an intimate partner.

Data from Centers of Disease Control and Prevention cdc.gov/violenceprevention



828-894-2340

PO Box 518 • 60 Ward St.
Columbus, NC 28722

STEPS TO HOPE THRIFT BARN OPENS IN LANDRUM!

Formerly Hospice Thrift Barn, the newly updated and renovated Steps to HOPE Thrift Barn made its grand opening on January 24th. Adorned with a beautiful, purple balloon arch designed by Bodega Noir and a fresh, new sign out front displaying Steps to HOPE Thrift Barn, the ribbon cutting drew a massive crowd.

The staff of STH Thrift Barn worked tirelessly to clean and paint the inside as well as sort and stock donations from the community to have full clothing racks and shelves ready for customers on opening day.

Funds collected at the Steps to HOPE Thrift Barn (Landrum) as well as Second Chance Thrift Store (Columbus) will directly fund programs and services provided to victims of domestic violence and sexual assault. These enterprises will further ensure future sustainability of the organization for the clients and families we serve.

The Steps to HOPE Thrift Barn is open Monday-Thursday 10:00am-4:00pm and Friday-Saturday 10:00am-5:00pm.



Pictured left to right: Thrift Barn Store Manager, Cindy Crawley, STH Board President, Patty Otto, Mayor of Landrum, Bob Briggs, former Executive Directors, Rachel Ramsey & BJ Bayne.

Donations are always greatly welcomed. Please call Cindy Crawley at 864-457-1099 to schedule a pick up of your gently used items.

Those looking to volunteer at the store or interested in learning

more about Steps to HOPE's services should contact Stephanie Serrano at 828-894-2340 or email her at admin@stepstohope.org for more information.

MYTH: DOMESTIC VIOLENCE ONLY AFFECTS WOMEN

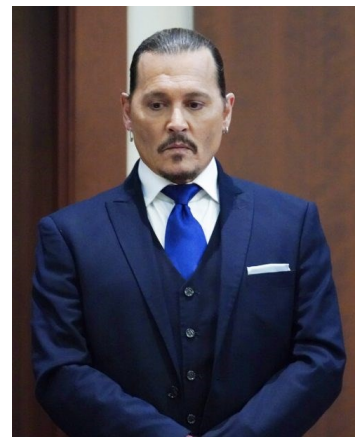
Fact: Men are victims of domestic violence also. Many of whom experience domestic violence often do not seek help.

Our society does not always recognize male victims of domestic violence as often and as fast as they acknowledge female victims. Because of gender biases and prejudices, male victims often find it harder to come forward with their experiences of abuse for fear of not being believed or taken seriously. Male domestic violence victims experience the same physical,

emotional and verbal abuse as female victims.

Steps to HOPE helps domestic violence victims of ALL genders, ages, ethnicities, race, and socioeconomic background. Steps to HOPE is a safe place for victims to tell their story and seek help from their abusive situation. If you or someone you know, would like more information on our services and ways to help, please call Sandra at 828-894-2340 or email her at services@stepstohope.org.

More myths and facts continued on page 7.



Pictured, actor Johnny Depp who recently came forward about the domestic violence by his ex-wife, Amber Heard.



Administrative Staff

Jessica Cashwell
Office Manager & Marketing Coordinator

Libby Chavez
Outreach Educator

Sandra Halford
Case Manager & Client Services

Connie Orr
Finance Manager

Stephanie Serrano
Administrative Assistant & Volunteer Coordinator

Cindy Wicklund
Program Coordinator

Shelter Staff

Cindy Thacker
Manager

Kitty Edwards

Annette Mucciolo

Cherie Rogers

2021-2022

Board of Directors

Patty Otto
President

Larry Wassong
Vice President

Mary Duran
Secretary

Chuck Elder
Treasurer

Cecil "Chip" Boyle

Piper Close

Marion Connor

Cindy Gramling

Charles Lingerfelt, III

Sandra McCormack

Sally McPherson

Margaret Thompson

Sheriff Tim Wright

19TH ANNUAL THE HOPE GOLF CLASSIC WILL BE FRIDAY, NOVEMBER 4TH!

Our biggest fundraiser is back on November 4th! The Hope Golf Classic will again be held at the Links O' Tryon with an 8:30am Registration and a 9:30am shotgun start. In the event of rain, the tournament will be held November 11th.

All upgrades, additions, and contests enjoyed by last year's players will be back for 2022, including the \$30 all-in-one

wristband that gives players numerous chances to win big prizes, including a NEW CAR. Breakfast and lunch as well as beverages and snacks along the course will be provided throughout the day!

Tournament cost is \$125 per player/\$500 per team. Players may register online at stepstohope.org or call Jessica at 828-894-2340 to reserve a team spot. Because

this tournament is very popular and supports a great cause, it tends to fill up quickly so please sign up early and secure your spot today!

We sincerely appreciate the support of the sponsors, players, volunteers, and the community. Without this generosity, we could not provide the services we offer to our clients.



19TH ANNUAL CHARITY
GOLF TOURNAMENT

FRI 2022
NOV. 4TH

Rain Date: Nov. 11th



LINKS O' TRYON

8:30am Registration

9:30am Shotgun Start

SIGN UP TODAY!

Call 828-894-2340



All proceeds benefit Steps to HOPE, the local domestic violence and sexual assault center serving Polk County, NC and Upstate SC.



For more information:

Contact Jessica Cashwell at office@stepstohope.org

Thank you to our 2021 major sponsors!



RUMMAGE FOR A REASON RETURNS!

After a 2-year hiatus due to the worldwide pandemic, Steps to HOPE was finally able to bring back Rummage for a Reason. Our annual event to help new and expectant families in our community provides much needed baby items free of charge. During a time when grocery bills, gas prices and inflation rates are at an all-time high, providing a small sense of financial relief to growing families, could not have come at a better time.

The free giveaway event was held on Saturday, June 18th at 9:00am and continued until supplies lasted. We helped over 30 mothers, fathers and grandparents, with brand new clothing, blankets, bibs, hats, socks, mittens, etc. for their baby. Diapers, wipes, crib sheets, and children's toys were also given away at the event. The only stipulation was that families needed proof of pregnancy or recent birth



Pictured left to right: Jessica Cashwell, Sandra Halford, Connie Orr, Stephanie Serrano, & Libby Chavez of Steps to HOPE stand beside the collection of brand new baby items ready for giveaway.

(within 1 year) in order to qualify. 828-894-2340 or email her at outreach@stepstohope.org.

Community members and organizations interested in collecting donations for the next Rummage for a Reason should contact Libby Chavez at 28722. Donations can be dropped off at Steps to HOPE's offices at 60 Ward Street, Columbus, NC 28722.

SHELTER WISHLIST

- Laundry Detergent/Softener
- Disinfecting Spray/Bleach
- Canned Fruits/Veggies/Meats
- Canned/Dry Pasta & Pasta Sauce
- Paper Towels/Toilet Paper

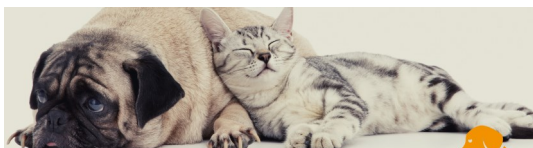


Victims of domestic violence often leave their abusive situations with little to nothing more than the clothes on their backs. Our shelter is here to ease that burden. We provide a clean and healthy environment where our clients can safely make a new plan. The above list includes items our shelter needs year round. Any donation is appreciated!

Our Clients Need

AFFORDABLE HOUSING OPTIONS

If you have a rental property or housing for sale, please call 828-894-2340 and speak with Sandra.



Pet Fosters Needed

Almost 50% of domestic violence survivors report delaying their decision to leave out of fear for their pet's welfare. We need your help taking care of our client's pets until they can get back on their feet. Please call 828-894-2340 or email services@stepstohope.org to apply.



Steps to HOPE

Sherry Johnson
Retail Director of Operations

Second Chance Thrift Store

Staff

Edith Lance
Store Manager

Randy Conklin
Assistant Manager

Elizabeth Ballard
Warehouse Assistant

Ken Kitchen
Cashier

William Miller
Warehouse Assistant

Lucille Smith
Cashier & Retail Assistant

Steps to HOPE Thrift Barn

Staff

Cindy Crawley
Thrift Barn Manager

Brittany Cooper
Warehouse Assistant

Kacin Douglas
Warehouse Assistant

Amanda Hensley
Cashier

Donna Morgan
Warehouse Assistant

Darby Mitchell
Warehouse Assistant

Nakia Morgan
Warehouse Manager

Sandra Maness
Warehouse Assistant

Dea Smith
Cashier

A STORY OF SURVIVAL

The following is written by a victim of domestic violence. It is a raw account that some may find disturbing. Reader discretion is advised.

My first memory from childhood is sitting on my mother's bedroom floor and her telling me to continue reading because an education is the most important thing for a woman to have; it is the one and only thing a man could never take away. She was stuck in an emotional abusive marriage to my father and my entire life she instilled in me never to depend on a man. 'Get an education, make your own money and do whatever you want with your life,' is what she always told me and I did just that, I had my first college degree by 21 and my first executive position by 25. Never in a million years did I think I would become a victim of domestic violence but truly anyone can become a victim and may not realize it until it is too late.

My world changed the day my mother passed away, I was lost and did not know how to deal with the grief. I started drinking, not caring about my career, and ended up losing my job. I needed to change my environment so I decided to move to North Carolina. I could start fresh, heal and be anyone I wanted to be. I met my abuser shortly after I moved. He had just lost his father and was grieving as well so we bonded instantly. He had inherited his family's property that had not been taken care of for many years and asked me to help him because he was overwhelmed with the amount of work needed to be completed. I said yes not knowing that the moment I drove my car onto that property my life would change forever.

The isolation phase started day one. With all of my friends and family still living in Florida, I had only met a few people locally and had no ties yet to North Carolina. Isolation started small. He would say he did not want me drive home late at night or he'd give me cocktails during the day so I wouldn't drive home and I would just stay the night with him. After 2 weeks of this, I wanted to go home but when he did not want me to leave, we got into our first fight and he scared me. I got in my car and started to drive away. He followed me outside and, unbeknownst to me, slashed both of my back tires with his pocketknife. I was unaware he did that until I my car could not drive anymore. I pulled over in a church parking lot to call roadside assistance and saw his car's headlights across the street; he was just sitting there watching me. Within a few minutes I was surrounded by police officers and taken to jail. I found out later that he had called 911 and told them I was drunk, on drugs and suicidal. I had never been in any kind of legal trouble before. They took my car, took me to jail, and was

released within 24 hours to him. When I asked him to take me to my home I had no idea that I no longer had a home to go to. He had moved my belongings out of my house and into his and I was 'evicted' from the property. All of this happened in 24 hours and I am still confused how it all happened. He took me back to his house, convinced me he was saving me, and I remained there for the next year.

The emotional abuse started immediately. I was basically stranded on his property with no car of my own, no phone, no internet and no money; he had drained my accounts using my debit cards. He fed me vodka all day and night and we would argue almost every day. He began destroying what little belongings I had, would burn my mother's clothes because I was 'misbehaving', and smashed every electronic I had access to. Between April 2018 and December 2018, the police were called 13 times, and nothing was ever done to help me. The police officers knew my abuser from high school so



they never took me seriously. They told me I was an emotional drunk, my bruises were 'too old' and that he was not the type of guy who would do that. After the police would leave, he would walk up the driveway and laugh. One time after the police left, he grabbed me, threw me on the rocks and said, "This is my town b**** - you are an outsider, and they will never believe you over me." He then punched me across the face so hard I blacked out and when I woke up I was in one of the unfinished bedrooms in the house where he beat me with a glass coffee table. I do not know how long the attack took place but the next thing I remember is laying on the floor in the dark, covered in blood. I could feel glass shards all over my body and all I could think was to get them out as fast as I could. He locked me in that room for a few days with no electricity, no food, and no water. All I did was pick glass out of my body in the dark. I still have glass in my leg that has caused permanent nerve damage and I struggle every day to do normal activities. After that, I never called the police again because it was not worth it;

the beatings after the police left were unbearable. He was right about one thing, it was his town, and I was nothing but an outsider, I knew from then on, I was the only person that could get me out alive.

December 18th, 2018 was a normal and happy day, we had went grocery shopping, and I was standing in the kitchen putting the bread away when suddenly my abuser started shooting right next to me. The bullets went through the wall inches from my head. He fired multiple rounds and smashed the house phone when I tried to call for help. I ran and locked myself in the bathroom but he got an axe and put it through the bathroom door to get to me. The axe missed my head by only a few inches. When he managed to get in the bathroom, he tried to pour a bottle of tequila down my throat, strangled me and threw me into the bathtub. The police showed up but nothing was done. They did not even file a police report. They found all the casings from the gun, saw the bullet holes and the damage to the bathroom door but did nothing. They said I smelled like liquor and that my story changed. They left a few minutes after and my abuser then locked me in the unfinished bedroom again and all I could think was he is going to kill me. I realized the only way he was going to let me out of that house was in a body bag.

December 19th, 2018, I climbed out the unfinished bedroom's window (of which had been nailed shut previously) and tried to escape. I had hidden a pair of car keys outside prior to this event in preparation for an exit when I could get away. He must have heard my car leaving the gravel driveway, immediately called 911, and told them I was drunk, suicidal and a danger to myself and others. He then messaged his best friend from high school, one of the police officers who had been to the property numerous times in the past, to be on the lookout for me and my car. I was parked behind a community building in hopes the police would give up so I could get away but they ended up finding me and this lead to arrest #2. I was arrested and taken to the local detention center and was given a \$1000 secure bond. After I was booked the officers asked if I wanted to make my phone call and I declined. I had no one to call, he had isolated me to the point where I had no contact with anyone. All I wanted was to take a shower and go to bed. Jail meant freedom to me. I could rest in peace and not worry about being attacked in my sleep. I met two girls in jail and they gave me the best advice I had ever received. They told me the only way to survive such a

relationship was to be sober, alert, document and record anything possible. I believe these women saved my life because after that night I never drank again on that property. The next day the officers told me I had been bailed out and I begged them not to release me to my abuser but they did.

December 20th, 2018 thru June 6th, 2019 I was held against my will, beaten regularly and locked in a room for countless days at a time. I was not allowed to leave the house, use the house phone without it being on speakerphone, or use the computer without him monitoring it. He would disappear for days, sometimes weeks, at a time taking the internet modem and house phone with him. He would nail all the windows and doors closed and would also have people stay on the property to 'protect it.' In other words, they were there to make sure I did not leave or have anyone come get me. I had no control of my life, he controlled everything, from what time I could sleep to whatever medications he made me take.

June 6th, 2019 the 14th and final 911 call was made by my abuser. Earlier that day, I had my final court appearance and was sentenced to 18 months' probation. I was expecting jail time but was sent home with him again. I had purposely lied to him and my lawyer about the circumstances surrounding the arrest to ensure jail time. Jail meant freedom for me. I would have access to a phone, a shower, clean clothes and food all of which I currently did not. Going to jail also meant my safety and I did not have to be in fear for my life anymore. During the court proceedings, the truth was revealed. He knew I had lied and I knew what that meant. The cycle started immediately. He began with his intimidation by blasting music, pacing around the house, yelling and destroying anything that belonged to me. He finally threw me on the front porch and locked me out of the house with only the clothes on my back. I stayed out there til late when I walked across the street to the newly built building because there was a police officer parked in the parking lot. My abuser saw me walk over, followed me, and told the police officer I was not allowed back on his property and that he wanted me arrested for trespassing, and to not be allowed to go back inside the house. The police officer explained to him that I lived there legally and I had no other place to go. This was the first time Steps to HOPE was mentioned to me. However, my abuser agreed to allow me to spend the night in the trailer located on his property and I agreed. I proceeded to walk up to the trailer, made myself a bed in the living room, and went to sleep. That morning, I woke up to him kicking me in the head, pacing and screaming at me that I was cheating on him with someone in Florida. I had no clue what he was talking about; he was not making

any sense. When he was finished yelling, he took my pillows and hit me with them numerous times and left. He returned four more times after and each visit the abuse got worse and worse. The last attack happened when he came in the trailer and started hitting me with what felt like a book and then suffocated me with my pillow to the point where I blacked out. While he was suffocating me, he held a gun to my head and told me he could make me disappear and no one would even notice. He said he would bury me with my dog that he shot and killed on the property. I have no idea how long I was blacked out but the next thing I remember is him over me with a razor blade and blood all over his arms. I thought he was going to cut me but instead he wiped his blood all over me and put the razor blade under my pillow and left. He returned to the main house, called 911, and told them I stabbed him. The police arrived and I was beaten, could barely walk, and covered in blood. I thought I was going to be arrested and I remember being so thankful; I would do anything to get out of that place. Instead, when I told them exactly what happened, they believed me. They arrested him and took me to Steps to HOPE where I resided for over 9 months.

I will never forget my first day at Steps to HOPE. I immediately was taken into my case worker's office where I felt safe for the first time since I met my abuser. She was warm, kind, and most importantly, she believed me. I remember I was given a questionnaire to access the level of danger I was in and this was the first time I realized the severity. I was overwhelmed with emotions and could not grasp the situation. I was numb, exhausted, mentally and physically drained. I do not remember the next few days, but the staff tells me I slept nonstop. I was lost, confused, and depressed. My memory returned after I was taken to my first women's support group and first therapy session. This is when I realized I was not alone because there are other women going through similar situations. I was being taken seriously and they believed my story. To me, this meant more than anything.

Steps to HOPE provided me with everything I needed from a toothbrush to a warm smile. I had not had a real friend since I met my abuser or human contact with anyone outside of him and his circle in over a year. Not only did I lose all my possessions, I lost myself in the process. I did not know who I was anymore and I was so brainwashed that I did not know who I used to be. I was trauma bonded to the extent that I did not know how to exist without my abuser. Steps to HOPE taught me that my feelings were validated and built a program for me to heal and get my life back. They always knew what I needed before I did. I followed their program by

going to support groups and counseling. The staff was always willing to help me in any way possible and was extremely patient with me. They never made me feel like I had to rush my recovery. I began working again and started getting my personality back. I started making friends and having normal relationships again.

Steps to HOPE is exactly what their name portrays. They gave me hope that I lost a long time prior and walked me through the steps to gain my independence back. I will never be the same person I once was but I have become a better version of myself because of the people that have helped me along the way. I am now almost 2 years away from my abuser but I am still fighting him in court and Steps to HOPE is still right by my side fighting with me. I have become so close to these amazing women that I consider them my family. They are my people here in North Carolina, they are the army that I have on my side. Steps to HOPE saved my life in more ways than one but more incredibly, they brought me back to life. I am truly blessed to have these women in my life and in my corner. I look at them like my angels on earth sent by my mother to show me love and encouragement. As I always tell them, they are stuck with me forever. I will never be able to give them back what they have given me, but I can spend a lifetime trying. I am now working, living on my own, in three support groups, have a life coach and taking classes to become an advocate for victims of domestic violence. My end goal is to educate and/or train law enforcement in handling domestic violence calls. I want to be the advocate that goes with the officer to speak to the victim. I never thought about going into this field for a career before and I think I have found my true path in life. I feel like I am exactly where and with whom I am supposed to be and I never would have gotten here if it were not for Steps to HOPE.

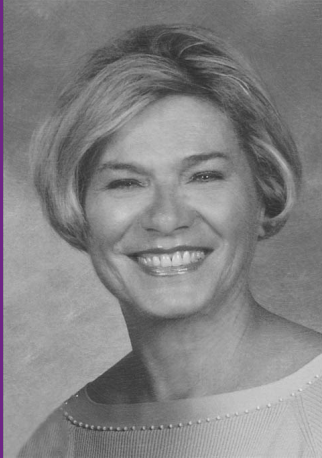
For all victims of domestic violence,



For more
information, please call
828-894-2340
or email
info@stepstohope.org

NEWSLETTER DEDICATION

This issue of HOPE Works! is dedicated to Helen Gilbert and Samuel Etheredge.



Helen served on Steps to HOPE's Board of Directors for 11 years. She worked tirelessly to promote Steps to HOPE and our mission to end domestic violence since 2005. With her beautiful smile and warm personality, she will be greatly missed by our organization, staff, and volunteers alike. There will never be another Helen Gilbert and we are all so lucky to have met and loved her.



Sam worked at Steps to HOPE as Program Facilitator since 2012. He shined as a positive influence on countless group participants and was a bright light in our community. His enthusiasm and dedication to the success of STH's programs was unmatched and because of his genuineness and love for Steps to HOPE, our organization will always feel his loss.

NEW TO THE STEPS TO HOPE TEAM!



Stephanie Serrano, Administrative Assistant & Volunteer Coordinator

Stephanie Serrano previously interned at Steps to HOPE where she learned the inner workings of a non-profit and got "first-class training" in the work we do. Stephanie answers the crisis hotline, monitors security, assists clients as needed, and serves as Volunteer Coordinator.

When she is not handling the daily operations of Steps to HOPE she enjoys reading and spending time with her family.



Gracie Edwards, Student Intern

Gracie Edwards is the Student Intern at Steps to HOPE. She will be a junior at Polk County High School. She will also attend virtual classes at the North Carolina School of Science and Math. She is a member of Student Council, Key Club, Interact Club, and Unified Champions. Gracie is also a member of the varsity football and basketball cheerleading squads. In her free time, Gracie enjoys reading, drawing, and spending time with her family.



Cindy Wicklund, Program Coordinator

Cindy Wicklund joined Steps to HOPE in June and has a background in administration, community engagement, and law enforcement. She is BLET (Basic Law Enforcement Training) certified and has a Bachelor's Degree in Human Services.

Cindy is a Polk County native and is fluent in English and Spanish. She is married to Rutherfordton Police Sergeant Tony Wicklund and looking forward to working closely with the community.



Sherry Johnson, Retail Director of Operations

Sherry Johnson has worked with nonprofit organizations for the last 11 years supervising retail operations. Sherry works directly with the store managers and assistant managers to oversee the financial resources generated by the stores. Sherry is very happy to be part of the Steps to HOPE organization and is dedicated to helping achieve the mission. Sherry lives in Polk County, NC enjoys hiking, bird watching and gardening. Her greatest delights are her children and grand children.



Cindy Crawley, Thrift Barn Manager

Cindy Crawley has worked in retail most of her professional career. She is the Manager of the Steps to Hope Thrift Barn. She joins the Steps to HOPE team as Manager of the newly opened Thrift Barn (January 2022, story page 1). Cindy's goal is to make the shopping experience or donating at "The Barn" a pleasant one.

She enjoys interacting with the customers and staff. When not at "The Barn" Cindy enjoys being on the lake or hanging out with her husband and 4 dogs.



Volunteers Needed!

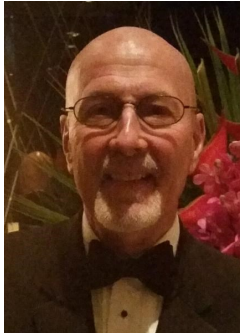
We need your help!



FOR MORE INFORMATION ABOUT VOLUNTEER OPPORTUNITIES:

call 828-894-2340 or email admin@stepstohope.org

WELCOME NEW BOARD MEMBERS!



Cecil "Chip" Boyle,
Board Member

Cecil (Chip) Boyle, Jr. joined the STH Board of Directors in October 2021. Chip retired from the practice of law in Illinois and Michigan in 2008 and moved to Landrum, SC in 2011. Chip has served on a number of BODs of private and non-profit entities in management and record keeping capacities. Chip is an avid duplicate bridge player and a devotee of classical music. He also is a member of the Tryon Concert Association BOD which serves to bring world-class, classical musicians to the Western NC and the SC Upstate regions.



Piper Close,
Board Member

Piper Close moved to Tryon, NC in 2018 from Southern California. While in CA, she was owner of a marketing company and comes to STH with extensive knowledge in brand management, creative campaigns, golf events and non-profit organizations. She currently serves as a substitute teacher for Polk County Schools and is a board member for Tryon Hounds. Piper enjoys equestrian sports, spending time with her husband, Jeff, traveling, trail riding, entertaining and gardening.



Sheriff Tim Wright,
Board Member

Tim Wright is a Polk County, NC native and has been the elected Sheriff since 2018. Before becoming Polk County Sheriff, he served in the U.S. Navy and worked for the Town of Tryon Police Department. Sheriff Wright has an Associate's Degree in Criminal Justice Technology, Bachelor's Degree in Human Services and Master's Degree in Justice Administration. Sheriff Wright has three children, Katie, John and Henry. When not tending to the needs of the county, he loves to fish and enjoys time on the water.

MYTH OR FACT

Myth: Domestic violence does not happen in Polk County, NC or Upstate SC.

Fact: Domestic violence happens everywhere—even here.

Myth: Domestic violence happens only in low-income families.

Fact: Domestic violence happens in all families, rich and poor, urban, suburban and rural, in every part of the country, in every racial, religious and age group.

Myth: Alcohol and drugs cause domestic violence.

Fact: Alcohol and drugs do not cause domestic violence. Domestic violence is a choice.

Myth: Domestic violence is a private matter and it is none of my business.

Fact: It is our responsibility to watch out for one another. If you witness domestic violence, say something - before it is too late.

PROGRAMS & CLASSES COMING SOON!

Monday

Men's Domestic Violence Intervention Program: 5pm-6:30pm

*\$10 per session

Tuesday

Women's Domestic Violence Intervention Program: 5pm-6:30pm

*\$10 per session

Women's Support Group 6pm-7:00pm

Wednesday

Stretch & Flow Yoga: 5:30pm-6:30pm

**monetary donations are welcomed to assist clients who would like to attend.*

Thursday

Al-Anon: 7pm-8:00pm

Upcoming Programs

Life 101: Teaches our clients valuable life skills including basic car maintenance, nutrition/meal prepping, budgeting, how to create a proper resume and attend a job interview.

Women's Self Defense: Instructs attendees on effective self-defense and personal safety strategies to gain confidence and a sense of empowerment.

Kids Karate: Trains at-risk children healthy ways to deal with anger and frustration as well as coping skills in a safe and healthy environment.

Call
828-894-2340
for more information.

IMPORTANT ANNOUNCEMENT

It is with a mix of sadness and gratitude that the Board of Directors announces the departure of B.J. Bayne as Executive Director of Steps to HOPE effective May 12, 2022. B.J.'s experience as Captain with the Polk County Sheriff's Office and with the Tryon Police Department greatly benefitted our organization in the work of "creating a community free from the violence of domestic and sexual abuse through education, advocacy, and victim assistance." We are a stronger organization because of her contributions. We appreciate B.J.'s time with Steps to HOPE and wish her all the best as she pursues other opportunities.



Support Steps to HOPE when you shop! **amazon**smile
You Shop. Amazon Gives.



Look for us on social media!

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

Domestic Violence and Sexual Assault Center Serving Polk County, NC and Upstate SC

For all victims of domestic violence and sexual assault, 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.

HOPE Works!

A Semi-annual Newsletter of Steps to HOPE, Inc.

Jessica Cashwell, Editor

Many thanks to generous donors who make printing and mailing this newsletter possible!



Addiction Medicine. Saving Lives.

Steps to HOPE, Inc.
Ward Street · PO Box 518
Columbus, NC 28722

828-894-2340

stepstohope.org
501(c)3 Non-profit Organization

Steps to HOPE: Services Provided

- **24-Hour Hotline** – for crisis intervention and assistance.
- **Annual Assistance Programs** – i.e. Adopt-a-Family, Rummage for a Reason, etc.
- **Basic Need Resources** – such as food, clothing and hygiene.
- **Case Management** – ongoing guidance through resources and referrals.
- **Community Education & Public Awareness** – presentations and workshops in schools, organizations, civic groups, and at community events.
- **Confidentiality** – all services are guaranteed confidential.
- **Court Advocacy** – trained staff accompany and support clients through the judicial process. Free legal aid may be provided by Pisgah Legal.
- **Crisis Intervention** – immediate emergency assistance to identify, assess and intervene to lessen the impact of the crisis.
- **Domestic Violence Intervention Program (DVIP)** – 26-week program facilitated by a trained professional.
- **Free Counseling** – licensed counselor on staff for domestic violence and sexual assault victims. Call for an appointment.
- **Hospital Transport** - staff will transport and assist.
- **Resource Library** – videos, pamphlets and brochures available.
- **Second Chance Thrift Store and Steps to HOPE Thrift Barn** – outreach to victims; gently used, quality merchandise.
- **Shelter** – emergency safe shelter for victims of domestic violence or sexual assault.
- **Support Groups and Education Programs** – facilitated by trained professionals.
- **Supportive Services** – directional guidance for medical, job and judiciary processes.
- **Victim Services** - outreach and education.

Call for more information
828-894-2340