

HOPE Works!

VOLUME 15, ISSUE 4

~ A publication of Steps to HOPE ~

AUTUMN 2012

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CALENDAR

- Tryon Arts & Crafts Festival—October 13 & 14
- Golf Tournament—Nov. 2
- Thanksgiving—Nov. 22
- Toy Run—Nov. 24
- Adopt-A-Family gift drop-off—until Dec. 20

**Steps to HOPE's
9th Annual
GOLF
TOURNAMENT
November 2, 2012**



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

DOMESTIC VIOLENCE AWARENESS MONTH: DOLLARS AND SENSE

THE ECONOMY AFFECTS DOMESTIC VIOLENCE

These are very tough economic times. Poverty, unemployment and economic recession may increase the risk of domestic violence.

- Women in disadvantaged neighborhoods are more than twice as likely to become victims of intimate partner violence than women in more advantaged neighborhoods.
- According to 56% of shelters, domestic violence is more violent now than before the economic downturn.
- *Domestic violence may cause financial problems for survivors and entrap them in poverty and abusive relationships.*
- Women in abusive relationships report battering obstructed their ability to find work, maintain employment, and use their wages to establish greater economic independence and safety.
- About 45% of participants in a survey of 1,500 domestic violence survivors reported expe-

riencing financial difficulties including many not being able to pay their bills.

- More than 3/4 of shelters indicate clients stayed longer in relationships due to the economy.

Economic stress and hardship may increase the demand for services, just as emergency domestic violence service providers struggle with fewer resources.

- 80% of domestic violence shelters nationwide report an increase in women seeking assistance from abuse; 73% of shelters attribute this rise in abuse to financial issues.
- 65% of women in shelters can't find employment due to the economy.
- In one day alone, domestic violence programs were unable to meet 10,581 requests for services because of a lack of funding, staffing or other resources.

DOMESTIC VIOLENCE AFFECTS THE ECONOMY

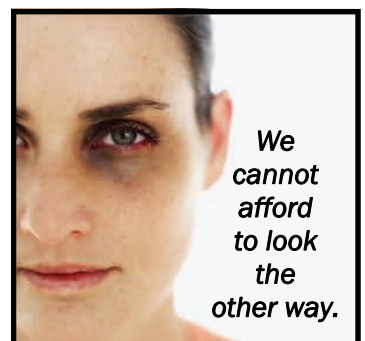
Domestic violence costs our nation billions of dol-

lars annually, including costs for medical and mental health care, lost productivity, and homicide lost earnings.

- Nationally, the medical costs of intimate partner violence against women 18 and older, within the first 12 months after victimization, range from an estimated \$2.3 to \$7.0 billion dollars.
- According to the CDC, costs of intimate partner violence against women in 1995 exceeded \$5.8 billion. Updating these estimates to 2003 and

**WE MUST KEEP OUR
DV FACILITY OPEN!**

Domestic violence is an epidemic. Help make Polk County a safe community by donating to Steps to HOPE, or donate to and shop at Second Chance Thrift Store. Thank you!



**We
cannot
afford
to look
the
other way.**

There is hope. Call 894-2340.

**STEPS TO HOPE
QUARTERLY
STATISTICS**

For period June - August '12

Steps to HOPE provided support to 520 callers on crisis line calls.

Safe shelter was provided to 3 women and 2 children for a total of 19 shelter nights.

An average of 18 adults and 8 children attended weekly educational groups at our facility.

Court accompaniment was given by advocates 13 times.

1867.5 volunteer hours were worked in the agency and thrift store.

ALSO
It's/a crime
to beat a ~~w~~oman.

 **Find us on Facebook**

Check us out on Facebook—and take a tour of our shelter and administrative offices. Don't forget to like us before you leave!



HUFFINGTON POST: DOHERTY ON DOMESTIC VIOLENCE AND BREAST CANCER

Kathleen Doherty wrote the following for the Huffington Post's Chicago Impact on October 18, 2011:

“October Is National Domestic Violence Awareness Month Too

Being a breast cancer survivor, I do double duty during the month of October. First, let me pay homage to the pink. You can't miss it -- the ribbons, the billboards and the pink lights...Now the double duty part - I'm also the Executive Director of Between Friends, a domestic violence agency in Chicago. So every October I go in search of those elusive purple ribbons, the billboards proclaiming that every family deserves a safe home, and the buildings that bathe the city in purple lights.

...Most of us know what breast cancer is, know a friend, family member or colleague who has the disease, know what to do if we discover a lump in our breast, and sadly, many of us know the unimaginable grief when breast cancer claims the life of a loved one. No one is immune and we still need to find a cure.

Now let me wear purple. For the past 10 years my role, among many others, has been to educate the community about the impact of domestic violence. How hard can that be?

Surely everyone knows that domestic violence is a crime and NOT a private family affair? Surely we know that it is NEVER okay to hit your wife, husband, girlfriend, or partner? Surely the community values safe and healthy families? The tragic truth is that most don't know what domestic violence is. Don't recognize when a family member, friend or colleague is impacted by this problem, and don't know what to do if someone reveals that they are being verbally, financially, sexually, and/or physically abused by their partner! Yet many have experienced the unimaginable grief when domestic violence claims the life of a loved one. No one is immune and we still need to find a solution.

Domestic violence is...a pattern of abusive behavior that is used by one partner in the relationship to gain or maintain power and control over the other partner...It is a social and public health epidemic especially for women and girls who make up 85% of domestic violence victims.

...Every nine seconds a woman is beaten by her intimate partner and one in four women or 25% will experience domestic violence in her lifetime with an estimated three million women physically abused by their husband or boyfriend each year. Approxi-

mately one in five female high school students reports being physically and/or sexually abused by a dating partner and studies show that between 3.3-10 million children witness some form of domestic violence annually. Boys who witness such violence are more likely to grow up to perpetuate this violence against their partner and girls are more likely to become the victims of such violence.

Every year at this time, I ask myself, "Why do we celebrate breast cancer survivors but shame survivors of domestic violence? We ask these women "Why do you stay?" instead of "Why is he abusive?" We never blame women for the lump in their breast. We support them...and most importantly, we look for a cure.

...We still have much work to do to eradicate this epidemic -- changing laws and policies that devalue women and girls, educating others to recognize the signs of domestic abuse and how to help their friends and family, working with youth early on to prevent this abuse, and putting the blame where it belongs—on the abuser. It will take much more than ribbons, billboards and lights to end this epidemic, but...I'd like to see just one building...shine purple."

RACHEL REFLECTS

Hardship: 1) hard circumstances of life; 2) a thing hard to bear, as poverty, pain, etc. This is Webster's definition of hardship. Both of these definitions certainly apply to the women who are currently living in our shelter, and the children who are with them. Hard circumstances, poverty, pain. I would also add the word "fear" – fear for your own safety and for the safety of your children; fear of what the abuser will do if you go back; fear of how you will survive as a single parent if you don't go back; fear of the unknown.

Trying to break free from abuse is not only a struggle economically, but a personal struggle for approval, acceptance, encouragement and support from family, friends and the community. And, we

ask why she doesn't just leave, blaming her instead of her abuser. So typical.

When I read Kathleen Doherty's article in the Huffington Post, I began to ask myself, "When the issue is domestic violence, where are the big cooperate sponsors who pay for the billboards?" and "Where are the PSA's on TV making people aware of the tragedy of domestic violence?" When 3.3-10 million children in this country witness domestic violence annually, what happens when they grow up? What then? The cycle repeats itself generation after generation.

We, as a community, a state, a nation simply must take domestic violence seriously and see it for what it is – an abomination, a blight on our entire

country. Other crimes are taken seriously; domestic violence is also a crime and should be taken equally as seriously.

The cost to businesses and taxpayers is in the billions of dollars. But the cost to survivors who are trying to live in, and raise their children in, a safe nurturing environment, teaching them to be strong, non-violent adults, is far greater.

Everyone can help bring an end to the epidemic of Domestic Violence by refusing to tolerate it. Speak up, openly discuss it, become an active volunteer, financial contributor, or mentor for an at-risk youth. The opportunities are there; the time is now. Let's get serious about it.

~ Rachel

STH SHELTER STAFF: ALL IN A DAY'S WORK



Pictured from L: Cindy Thacker, Carmen Shipman, Cherie Rogers, and Stacey Moore.

Answering a midnight call from a battered woman in tears. An inebriated, frightened caller, looking for a sympathetic ear, calls at 3:00 and 4:00 AM. Police

officer calls en route to the shelter, transporting a woman and her children following a 10:00 PM domestic violence call. Consoling and assisting fright-

ened women and children. The shelter staff's busy and varied daily routine is critical to the success of Steps to HOPE's domestic violence services.

Steps to HOPE Staff

Rachel Ramsey, Executive Director
Ruth Richardson, Family Outreach Educator
Cherie Wright, Director of Victim Services/
Case Manager
Connie Orr, Office Manager
Debra Backus, Publicity/
Public Relations
Drenda Brennan, Receptionist
Administrative Assistant
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 2012-2013

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IT'S NO WONDER...

How can it be, in this day and age—with the Violence Against Women Act, drafted by vice-president Biden and signed into law by President Clinton in 1994, and creation of national and regional coalitions that bring awareness to the epidemic—that so many incidents of domestic violence go unreported? Perhaps a 'blast from the past' might help explain our somewhat stunted growth.

POWERFUL LIFE LESSONS

The following are excerpts from a 1950s home economic textbook intended to prepare high school girls for married life:

- Be...a little more interesting for him. **His boring day may need a lift and one of your duties is to provide it.**
- Greet him with a warm smile and **show sincerity**

in your desire to please him.

- ...Let him talk first—**remember, his topics of conversation are more important than yours.**
- Never complain if he comes home late or goes out to dinner, or other places of entertainment without you. Instead, try to understand his world of strain and pressure and his very real need to be at home and relax.
- Don't greet him with complaints and problems.
- Don't ask him questions about his actions or question his judgment or integrity. **Remember, he is master of the house and as such will always exercise his will with fairness and truthfulness. You have no right to question him.**
- **A good wife always knows her place.**

You may have chuckled when reading these excerpts, thinking the suggestions made decades ago are ludicrous—but who among us does not know at least one man who *still* expects his wife or girlfriend—who no doubt works outside the home as he does—to adhere to at least *some* of these practices? And sadly, many women accommodate because it is what they've been taught.

With national hot-lines, media coverage, and domestic violence prevention and treatment centers such as ours, we may have come a long way—but if you consider the ongoing glamorization of violence against women in video games, movies and song, it's clear we still have far to go toward changing generations of engrained attitudes intended to 'keep women in their places'.

WORKING WITH PARENTS AND THEIR CHILDREN TO BREAK THE CYCLE OF VIOLENCE

PARENTING EDUCATION

Coping with unemployment or underemployment and the skyrocketing cost of living present challenges that can impact parents' ability to raise their children. These challenges are exacerbated when family violence is present, especially if an individual is forced into single parenting after leaving an abusive relationship.

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.

YOUTH GROUP

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.

Parenting Education, the Youth Group, DAIP and all of Steps to HOPE's programs are offered free of charge. For more information, contact Ruth Richardson, Family Outreach Educator.

A Women's Support Group at Steps to HOPE



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.

Break the Cycle
Empowering Youth to End
Domestic Violence

BREAKING ABUSIVE PATTERNS

It's simple: in order to break the cycle of family violence we need to not only help victims and their children with emergency services and safe shelter—we must work with perpetrators of abuse.

DOMESTIC ABUSE INTERVENTION PROGRAM (DAIP)

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-engrained 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 partici-

pants 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 support and encouragement.



Clients get pulled off course by familiar and, therefore, “comfortable” habits that are counter-

productive. 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.

DAIP NEEDS YOUR HELP

While some of Steps' programs receive very minimal (and ever decreasing) funding through grants, we receive no assistance for our Domestic Abuse Intervention Program. Because prevention is paramount to stopping the domestic violence epidemic, ***we need to keep this program running.*** Please consider a donation.

For more information contact Ruth Richardson.

ADOPT-A-FAMILY

It's time again for us to share our blessings and good fortune, in the spirit of the holidays, with those who may struggle to pro-

vide for their families. If you'd like to adopt one of our client families this Christmas and provide gifts for their children,

please call Cherie Wright at 894-2340. Thank you for your continued support of this very much needed program.

ADVENT, ANGELS

DOVES, DOLL, DELIGHT

ORNAMENTS, OFFERING, OPEN

POINSETTIA, PRESENTS, PARADE, PJS

TWELVE DAYS OF CHRISTMAS, TOGETHERNESS

A FAMILY with Steps to HOPE



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.



My Grandma's of
New England
COFFEE CAKES
\$15.00
Order by November 1
for Thanksgiving!
Call STH at 894-2340



**TEAM
McDONALDS**
Defending
Golf Tournament
Champions—*two years*
running—challenges you
to try your luck de-
throning them!

*Pictured from L:
Dr. Jerald DeLaGarza;
Dave Hunt;
Bill Squadroni; and
Bill Sorochak.*

9th Annual Charity Golf Tournament

Friday, November 2, 2012
Red Fox Country Club
9:30 Shotgun Start



BREAKFAST ★ LUNCH ★ SNACKS
BEVERAGES ★ GIFTS ★ DOOR PRIZES

First & Second Place Prizes in Each Flight
Longest Drive & Closest To The Pin Prizes

HOLE-IN-ONE PRIZE:
2013 Toyota Camry



\$100 Single Player

\$400 4-Person Team

For more information call 894-2340

MYERS DONATES TO TOURNAMENT'S SILENT AUCTION

Walt Myers has very generously donated one of his original pieces for silent auction sale at this year's golf tournament. This handsome steel and bronze trinket box, complete with a 90% fine coin silver replica of a Spanish silver dollar mysteriously embedded in its lid, will be displayed along with others in Myers' limited collection. The highest bidder chooses any one of the boxes displayed.

Interested in bidding on one of these exquisite boxes but can't make it to the tournament? Call about an advance bid.



**THE
SPANISH
SILVER
DOLLAR,
'Peso de Ocho
Reales' or
Piece of
Eight, was
legendary in
the days of
Privateers
and Pirates.**

**Each Textured Steel and
Bronze Box has a silver
piece securely trapped
in its lid, and is one of a
limited edition
series of six.**



PAM STONE FUNDRAISERS

Columnist Pam Stone entertained dozens of Tryon Estates residents reading from her latest book, "I Love Me A Turkey-Butt Samwich" at an August fundraiser for Steps to HOPE .

Earlier this summer, PJ's Fashions on Main in Landrum, SC also hosted a benefit Stone book signing, where guests enjoyed refreshments, the company of friends and neighbors, conversation with Pam Stone - and of course, a bit of shopping!

Stone, award-winning comedienne, actor, radio host, and writer moved from Los Angeles to a farm in South Carolina

with her partner, Paul, where she doggedly pursues the art of having too much time on her hands.

Stone's column, "I'm Just Saying" appears regularly in the Bulletin as well as other area newspapers.



Pictured at Tryon Estates fundraiser, from L: Rachel Ramsey, Executive Director, Pam Stone, and Paul Sutherland., Board President.

AUTUMN AT SECOND CHANCE THRIFT STORE



Pictured from L: Alan Pritchard, Edith Lance, Randy Conklin, Joyce Neely, and Douglas Wofford.

Second Chance Thrift Store is fresher and more inviting than ever! After

their recent semi-annual face lift, patrons notice a touch of Fall in the air



with cool-weather clothing filling the racks and holiday decorations making their way to the shelves. While donations are down a bit, spirits are very are HIGH! This dynamic team is ready to greet donors and patrons alike. Plan to stop by soon to see what the buzz is all about!

JOYCE NEELY

recently joined the Second Chance Thrift Store team!

**WELCOME,
JOYCE!**

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

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



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 trained crisis counselors and referral to a LPC.
- **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."



Domestic Violence Awareness Month

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