

HOPE Works!

VOLUME 15, ISSUE 3

~ A publication of Steps to HOPE ~

SUMMER 2012

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CALENDAR

- Independence Day—July 4
- Board Retreat—July 17
- Shrimp Fest—September 15
- Ache Around the Lake—September 17

**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

STEPS TO HOPE RELIES ON SECOND CHANCE

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 last 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 contribute in other ways.



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

DONATE TO SECOND CHANCE

Last fiscal year, Second Chance provided 48% 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 last fiscal year totaled 10,427, saving Steps to HOPE roughly \$177,259! WHAT A GIFT! Check how much fun our volunteers have on page 7.



There is hope. Call 894-2340.

**DAIP CLIENTS
SHARE
INSIGHTS**

"I am learning that I need to begin to repair broken trust by changing my behavior and doing it every single day."

"I am learning to respond instead of react."

"I know a lot of my stress is not my family's fault but I take it out on them. I am trying to separate outside stress."

"I want my family to feel safe. I want my kids to grow up different than I did."

"I am learning to be more consistent with good behavior so my kids will think of me as reliable."

" I AM TRYING TO NOT BE SO JEALOUS AND MAKE ASSUMPTIONS. BEING JEALOUS AND CONTROLLING SAYS MORE ABOUT ME THAN ABOUT HER"

"I know that saying I am sorry is not enough. I need to walk the talk."

"I want my kids to be all they can be which means I need to provide a good role-model."

"I am learning to listen instead of finding something wrong with everything she says."

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-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 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 support and encouragement.

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.



RACHEL REFLECTS

When you hear “Steps to HOPE”, what is your first thought? For some of you it’s probably “that thrift store beside the Brick Pizzeria in Columbus”, while for others it might be “the shelter for victims of domestic violence”, “the people who go with you to court”, “the place where they have groups for abusers and parenting classes”, or even “the lady who taught some classes at my school”.

If your answer is similar to any of these, you are correct! All of these statements define Steps to HOPE. The link and primary benefactor for all of these programs is the **Second Chance Thrift**

Store in Columbus. Income from the store makes it possible for us to provide all of these services to the men, women and children who seek our help.

Second Chance Thrift Store’s **benefits** are innumerable when you stop to think. It **benefits** those who donate their no-longer-needed clothing, furniture, books, housewares, etc. by giving them a tax deduction. It **benefits** shoppers by offering a large selection of merchandise to choose from at a great price. It **benefits** Steps to HOPE’s clients who receive Thrift Store vouchers for free, much-

needed clothing, household items, etc. It **benefits** Steps to HOPE by providing the income to pay the Shelter bills and support the groups, classes and other programs it offers free of charge. And, it **benefits** downtown Columbus by participating in their activities and by being a good neighbor to other merchants.

Everyone benefits, whether you’re donating, shopping or simply stopping to admire the beautiful window displays. And we truly appreciate every one of you.

See you at the store!

Rachel

Steps to HOPE Staff

Rachel Ramsey, Executive Director
Ruth Richardson, Family Outreach Educator
Cherie Wright, Case Manager
Connie Orr, Office Manager
Debra Backus, Publicity/Public Relations
Drenda Brennan, Receptionist Administrative Assistant
Cindy Thacker, Shelter Manager
Cherie Rogers, Shelter Staff
Shirley Bradley, Shelter Staff

Second Chance Thrift Store

Edith Lance, Manager
Randy Conklin, Retail Assistant; Driver
Clark Loro, Cashier/Retail Assistant
Alan Pritchard, Warehouse Assistant
Douglas Wofford, Warehouse Assistant

Board of Directors 2011-2012

Paul Sutherland, President
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SHELTER WISH LIST



LIFE IS FRAGILE! LIFE IS MESSY!

Last fiscal year, Steps to HOPE sheltered 20 families fleeing domestic violence situations.

We welcome these families as part of *our* family.

Some days are dirty and hard, and some days we celebrate and make messes. Together we can clean it up and start a fresh new life.

We need your help!

Steps to HOPE needs CLEANING PRODUCTS!

Paper towels, Lysol liquid and spray, Mr. Clean, Pledge, Windex, bathroom cleaners, hand dishwashing liquid, sponges, Swiffer mops and solutions ...

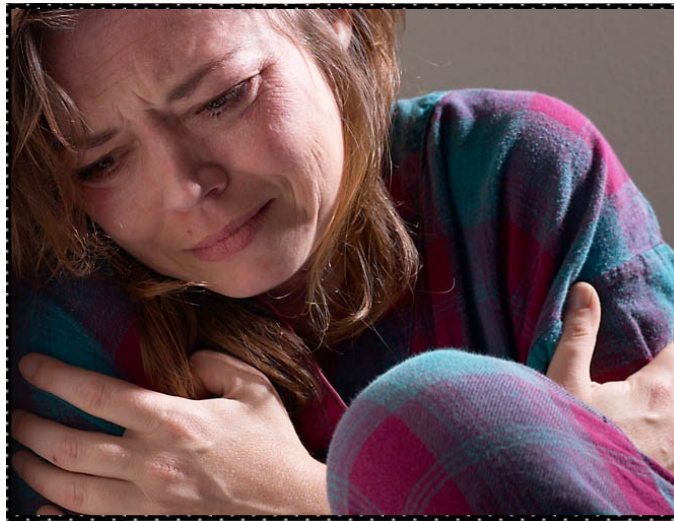
Donations may be dropped off at any time; our shelter is staffed 24/7.
Thank you for your support!

BE AWARE OF SEX OFFENDERS LIVING IN *YOUR* NEIGHBORHOOD!

North Carolina has a Sex Offender Registry, where you can see if there are any sex offenders living in close proximity to you. You may also sign up to be notified by email when sex offenders move into your neighborhood. Visit

[http://
sexoffender.ncdoj.gov/
search.aspx](http://sexoffender.ncdoj.gov/search.aspx) .

DEVELOP A SAFETY PLAN...NOW!



From January 1, 2012—June 16, 2012 there were *already* a total of 28 homicides in North Carolina—three 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.

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.

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 or livestock 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 in a long history of indiscriminate violence aimed at them and their vulnerability.
- 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.

Animal cruelty problems are people problems. When animals are abused, people are at risk.

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.

IF YOU NEED HELP

Contact your local humane society, animal control agency, or veterinarian to see if they have temporary foster care facilities for pets belonging to battered women.

WHAT YOU CAN DO

- Have your pets vaccinated against rabies and licensed in your name to help prove ownership.
- Do not leave pets with your abuser. Take your pets with you, or arrange temporary shelter.

<http://www.americanhumane.org>



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.



CONGRATULATIONS PAUL SUTHERLAND!



Paul Sutherland, Steps to HOPE Board of Directors President, was named **Rotarian of the Year** by the Rotary Club of Tryon.

STEPS TO HOPE QUARTERLY STATISTICS

For period March - May '12

Steps to HOPE provided support to 500 callers on crisis line calls.

Safe shelter was provided to 4 women and 4 children for a total of 77 shelter nights.

An average of 26 adults and 10 children attended weekly educational groups at our facility.

2544.75 volunteer hours were worked in the agency and thrift store.

9TH ANNUAL HUNTER PACE FOR HOPE

It was a spectacular, cool Sunday for this year's Hunter Pace for HOPE benefit—which provided entertainment for nearly 130 riders and their four-legged counterparts while generating much-needed funds for our shelter.

A special thanks to Greenspace of Fairview and Golden Hills of Fairview, to Patty Otto of the Hare and Hound for providing the delicious grilled lunch; to Costco and Kim Adams for providing beverages and snacks—including carrots for horses; to event organizer Heidi Mendez; to Board of Directors members who baked delectable

desserts and manned the grill alongside Joe Kirkwood; and to the countless volunteers who

worked diligently to insure that this year's event was more enjoyable than ever!



Pictured, from L: Event sponsor Patty Otto; STH Board members Larry Wassong, Elaine Belk, Pat Sutphin; STH Executive Director Rachel Ramsey; STH Board members Helen Gilbert and Lynn Kirkwood.

INTEGRITY ABOUNDS AT SECOND CHANCE THRIFT STORE

Imagine making a donation and then, days later, discovering that you've accidentally given away something valuable in the process. Or looking down at your hand only to realize that a stone in your engagement ring is missing!

These are both situations that recently presented themselves at Second Chance Thrift Store. Harry Walker, a volunteer who assists with the store's Book Nook, opened a donated book to discover it was a "fake book", hollowed out for the storage of valuables.

The 'safe' held important papers and a considerable amount of cash. The owner was promptly contacted and the property returned.

After hearing that a volunteer had lost the diamond in her engagement ring, Randy Conklin, Second Chance's Driver/Retail Assistant, kept his eyes peeled for it as he worked. He eventually found the stone in the pricing room—and if you've ever caught a glimpse of the store's back room, you can appreciate that this was indeed a "needle in a hay-

stack" situation!

Randy also came to the aid of a toddler who was walking along a busy road this past winter—alone, shoeless and only partially dressed despite the cold. Randy brought the girl into the store to warm up and contacted the Columbus Police Department who located the child's parents.

Harry and Randy are but two of 70 honest, respectful and committed Second Chance Thrift Store volunteers and employees who genuinely care about the community in which they live.

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.

SECOND CHANCE VOLUNTEERS RECOGNIZED

Volunteers Bernardine Monroe (146 hrs.), Joann Newman (119.5 hrs.), Liz Quattlebaum (102.25 hrs), Sally McPherson (101.75 hrs.) and Don Cobb (98 hrs.) worked the greatest number of hours at Se-

cond Chance Thrift Store during the first quarter of 2012.

Of these five volunteers, Sally McPherson was the winner of a scented Swan Creek Soy Wax pillar can-

dle at a recent drawing.

Heartfelt thanks to all Second Chance Thrift Store volunteers for your continued dedication and support!

WELCOME, CLARK!



CLARK LORO
joins Second Chance Thrift Store team

Second Chance recently welcomed Clark Loro as Cashier/Retail Assistant. With a background in videography, Clark moved from New York City to this area to be near his mother. He recently won first place in the table sculpture category of the Tryon Painters and Sculptors "Green Piece" show. When not working at Second Chance, Clark occasionally chefs at both Brights Creek and Melrose Inn. In addition to sculpting and shooting video, Clark, who once had a band, enjoys music.

VOLUNTEERING AT SECOND CHANCE IS FUN!



Steps to HOPE/Second Chance Thrift Store volunteers don their cowboy duds and step out to enjoy an annual appreciation event, complete with two-step dance and BBQ!

MOTHER'S DAY AND FATHER'S DAY GIFT BASKET RAFFLE



Mother's Day Gift Basket winner Barbara Foster.

GIFT BASKET RAFFLE WINNERS

Barbara Foster of Forest City and Rhoda Kenney of Columbus were the lucky winners of the Second Chance Thrift Store's Mother's Day and Father's Day gift baskets raffled off in May and June. Proceeds from raffle ticket sales support Steps to HOPE.

Look for gift basket raffles throughout the year!



Father's Day Gift Basket winner Rhoda Kenney



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
Order
Protection
Encouragement**

"The mission of Steps to HOPE is to create a community free from the violence of domestic and sexual abuse through education, advocacy and victim assistance."

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



Happy Independence Day!