

HOPE Works!

VOLUME 16, ISSUE 1

~ A publication of Steps to HOPE ~

WINTER 2013

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CALENDAR

- January 21—Martin Luther King Day
- Valentine's Day—February 14
- Parenting Education—February 14



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828-894-2340
www.stepstohope.org

2013 FOCUS: PREVENTING AND BREAKING THE CYCLE OF FAMILY VIOLENCE

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. Toward that end, we accept that in order to successfully reduce the incidence of domestic violence we need to focus on prevention by providing services to victims' abusers and their children as well.

Most abusers are themselves products of abusive families and know no other way of interacting with their spouses, girlfriends/boyfriends and children when difficulties arise. They have not been shown non-violent alternatives to dealing with extreme stress and frustration, nor have they been surrounded by people who believe in them and see their potential.

Steps to HOPE offers a 26-week **Domestic Abuse Intervention Program (DAIP)** facilitated by Ruth Richardson, Family Outreach Educator. It is our hope that by working with the abusers we can get to the root of the domestic

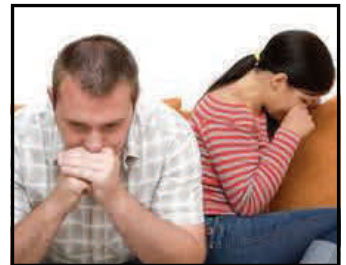
violence problem and eventually see a decline in the number of DV cases in our community and the nation as a whole.

DAIP goals are to help members:

- understand that abuse is about control, and that it is a *choice*;
- accept that ambivalence and negativity have adverse consequences;
- differentiate between *stress*—which most people experience as a result of normal life, and *distress*—which is self-induced, created by poor habits and unawareness, and can be eliminated;
- understand that drama is exhausting and especially harmful in childhood;
- learn to live with order and stability so that when a crisis happens they can manage the stress and deal with it in a healthy manner;
- recognize what their true needs are, accepting that *needs* and *wants* are different, understand that needs

drive behaviors, and be responsible for getting their own needs met;

- realize their full potential and discover what they are capable of;
- recognize their ability to make a difference within their families and community.



The **Domestic Abuse Intervention Program** is taught in a weekly group setting to promote feedback, participation and education. The program is offered to both men and women because we know partner aggression is often two-way, and men and women initiate domestic violence at similar rates. Participants hold each other accountable and share appropriate experiences. Enrollment is open.

For more information, contact Ruth Richardson.

There is hope. Call 894-2340.

**STEPS TO HOPE
QUARTERLY
STATISTICS**

*For period September —
November, 2012*

Steps to HOPE provided support to 767 callers on crisis line calls.

Safe shelter was provided to an average of 6 women and 6 children for a total of 588 shelter nights (each person counts as one shelter night every night).

An average of 23 adults and 8 children attended weekly educational groups at our facility, and 13 adults and 29 children attended offsite educational programs.

Court accompaniment was given by advocates 27 times.

1885.25 volunteer hours were worked in the agency and thrift store.

ONGOING DV PREVENTION CLASSES WITH PARENTS AND STUDENTS

**PARENTING
EDUCATION**

The 12-week **Parenting Education** class, co-facilitated by the Department of Social Services, offers fresh perspectives and insights to parents who might be challenged by or struggling with childrearing.

As the majority of DAIP participants are parents—80-100% of female participants alone—these individuals often attend Parenting Education as well. Enrollment is open to anyone interested. The next class will begin the second week in February.

**PCMS
CYBER-SAFETY**

Ruth Richardson, Family Outreach Educator, facilitated a series of classes at Polk County Middle School again this fall, working with approximately 500 students in grades 6-

8. Topics included Internet safety; texting and sexting; cyber bullying and threats; identity theft; conflict resolution; and alcohol and tobacco abuse.

Students were reminded that anything they put on the Internet or send by cell phone is accessible forever and can negatively impact their futures, as has been the case with some prominent adults. Healthy relationships and dating abuse were also discussed.

Prior to beginning the three-week Middle School program, Ruth met with parents during Parent-Teacher Night to discuss bullying—how to identify that your child is being

bullied or is bullying and what to do about it, and the consequences of bullying.

**YOUTH SKILL-
BUILDING**

Topics of the weekly 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.

Participants have been taking martial arts instruction and recently received yellow belts for their accomplishments. This structured activity reinforces self-discipline and work ethic.

These and all of Steps to HOPE's programs are offered free of charge. For more information, contact Ruth Richardson.



PAM STONE AT WHITE OAK

Columnist Pam Stone entertained White Oak residents reading from her latest book, "I Love Me A Turkey-Butt Samwich" at an October fundraiser for Steps to HOPE .

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.

Proceeds from book sales were donated to STH.



From L: Rita Motter, White Oak Assistant Manager; Rachel Ramsey, Pam Stone.

RACHEL REFLECTS

This time of year, I look back, mentally reviewing the past year. Some of the memories make me wish for a do-over while others fill me with a sense of accomplishment and pride. Thus armed with the knowledge of what worked and what didn't, I look to the new year with a renewed spirit and anticipation, always optimistic.

We who provide services to victims of domestic violence and sexual assault know that we are not alone in our efforts to end violence. We truly appreciate those of you in our

community who we can always count on to "have our backs". It may simply be a kind word of support or a "thank you for what you do", a bag of groceries for the shelter pantry, snacks for the kids, volunteering at Second Chance Thrift Store or at the office, and maybe even an unsolicited monetary donation. All of this helps give victims hope for a safe future for them and their children.

Thank you for these wonderful gifts!

My wish for you is God's blessing for a happy, healthy, peaceful New Year!

~ Rachel



Warm Wishes
for the
New Year!

SHELTER WISH LIST

- Drinks: water, juice boxes, soft drinks
- Kid-friendly, easy-fix & microwavable meals: Spaghetti O's, Ravioli, Hamburger and Tuna Helper, pizza kits, pasta and rice dinners
- Quick breakfast foods: cereal, pop tarts, granola/breakfast bars, pancake syrup
- Canned goods: green beans, fruit, tomato sauce, evaporated milk, mushroom soup
- Individual fruit, applesauce, Jello, pudding cups
- Medicines: Tums, Tylenol—children's and adult, Ibuprofen, cough syrup, cold remedies
- Baby soap
- Diapers
- Tampons
- Laundry detergent
- Clorox
- Dishwashing detergent
- Pump hand soap
- Swiffer mop solution
- Furniture polish
- Air fresheners (Lysol spray & plug-in)
- Nightlights
- Trash bags—small kitchen and large black
- Prepaid phone cards

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

OTHER NEEDS

Parents attending our bi-annual Parenting Education classes are offered a light meal, as are their

children. We need donations of frozen dinners—mac and cheese, lasagna, BBQ—to feed these clients. The next Parenting class begins February 14.

We also need power drinks and water for our Youth Skill-Building Group.

If you are interested in contributing, please call Ruth Richardson at 894-2340.

Thank you for your generosity and continued support!



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
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

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



Natalie Harris regularly donates delicious baked goods for our clients in the shelter and attending Parenting Education or the Youth Skill-Building Group.

Thank you, Natalie!

POLK COUNTY TOY RUN A SUCCESS



Pictured from L: Michelle Reedy, Outreach Ministry; Ruth Richardson, STH; Barry Gee, Toy Run Organizer; Polk County Sheriff Donald Hill; Kim Wilson, DSS; Kim Pack, PC Sheriff's Office.

Thanks to Toy Run organizer Barry Gee, the 2012 Polk County Toy Run's motorcycle ride was extremely successful this year. The mission of this annual charity event is to provide holiday gifts to Polk County children through donated toys and

contributions. This year each of four Polk County non-profits—Thermal Belt Outreach Ministry, Polk County Sheriff's Office, Polk County Department of Social Services, and Steps to HOPE—received \$2,100 and countless bags of

toys to help their clients provide for their families this holiday season.

Many thanks to Toy Run organizer Barry Gee and Committee members Michelle Reedy, Ruth Richardson, Kim Wilson and Kim Pack!

ADOPT-A-FAMILY

Steps to HOPE's annual Adopt-A-Family was a blessed success again this year. We felt overwhelming warmth and generosity this season from organizations, families, and individuals in the community

who donated food and wrapped gifts for those among us who have so much less. Dozens of beaming children in 24 families thrilled at the sight of gifts on Christmas morning as their par-

ents gave a sigh of relief.

From all of us to each of you, THANK YOU for the blessings you have shared so generously.

Cherie, Ruth, Drenda, Connie, Debra & Rachel.



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.



Elaine Belk delivers gifts from Jacksons Grove United Methodist Church for a family of eight.

STH'S 9TH ANNUAL GOLF TOURNAMENT

Red Fox Country Club was host to Steps to HOPE's 9th Annual Golf Tournament on November 2nd this year – arguably the most beautiful Autumn day ever! Steps to HOPE's tournament, which was attended by many new teams this year and nearly 100 golfers, is celebrated as the charity event of the season.

A new Toyota Camry was offered as a hole-in-one prize on Red Fox Hole #10 again this year. While no one drove the Camry home after the tournament, a few players – one of whom was Steps' Board of Directors President Paul Sutherland – came very close,

landing their golf balls within inches of the hole!

Congratulations to Robert Cochran, Keith Cochran, Bob Bailey, and Jr. Justice who were overall winners of the Steps to HOPE Golf Tournament this year. Jerry Johnson, FK McFarland, Billy McFarland and Glenn Hanford put together the "B Flight" winning team. Trophies and prizes were awarded to all winning golfers – including "closest to the pin" and "longest drive" winners.

Steps to HOPE is greatly appreciative of the overwhelming support shown by golfers, indi-

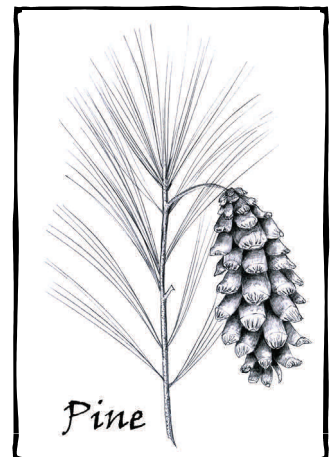
viduals and area businesses who not only offered financial support but made countless donations in the form of snacks and drinks, gifts for door prizes, breakfast biscuits – and, of course, *time* – to help ensure the success of this annual charity event. Special thanks to Gold Sponsors Dave Hunt of Rutherford Property Management/McDonalds and Jerry Johnson of Tryon Federal Bank for their very generous support, and to John Boyle of Raymond James, George Todd of Morgan Stanley Smith Barney, and Tryon Riding and Hunt Club for their tournament sponsorships.



"Step Sistas" (L to R) Drenda-micbell Brennan and Cherie Wright, with Tryon Estate's "Big Hitter" Harold Davis



See you next year!
Steps to HOPE's 10th Annual Golf Tournament
November 1, 2013



Pine – "Hope"

The Language of Flowers
Kate Greenway, 1846-1901

Sketch by Debra Backus



My Grandma's of New England COFFEE CAKES

\$15.00

Now available at Steps to HOPE

HONORING OUR VOLUNTEERS AT A HOLIDAY CELEBRATION

Steps to HOPE and Second Chance Thrift Store volunteers—who are so giving of their time and energy—were honored at a Volunteer Holiday Celebration on Friday, December 14th in the community room at Steps to HOPE's Ward Street facility.

These 63 men and women volunteer for hours on end in the Thrift Store, as court advocates, as receptionist

at the shelter, and on our Board of Directors.

LaurelHurst, Tryon Estates, and Sam's Club donated hors d'oeuvres for the celebration while cellist Sharon Gerber donated her time.

As with past years, certificates of appreciation were awarded to all volunteers. Five people received honorable men-

tion for having logged in the greatest number of hours in the past fiscal year: Bernardine Monroe with 531 hours; Sally McPherson with 403 hours; Joann Newman with 402; Tish Jaccard with 373; and Linwood Williams with 344 volunteer hours!

Thank you, Volunteers! We appreciate you more than you know!



From L: Sally McPherson; Linwood Williams; Joann Newman; Tish Jaccard; Bernardine Monroe.

SUTPHIN HONORED AS STAR PERFORMER

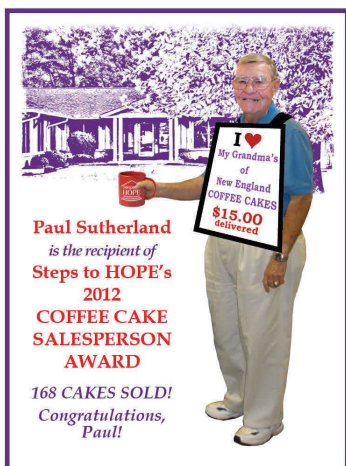
Pat Sutphin was recently honored with the Star Performer Award. Pat has volunteered as Chairperson of STH's Golf Tournament since its inception nine years ago, and has served on its Board of Directors for eleven years, as President and in her current capacity as Vice-President.

The Star Performer Award is presented by Board President Paul Sutherland to those who give selflessly of their time in service to our community and Steps to HOPE's clients,

who depend heavily on our services for safe shelter, legal assistance, education and support.



Pictured from L: Paul Sutherland and Pat Sutphin,



Paul Sutherland is the recipient of Steps to HOPE's 2012 COFFEE CAKE SALESPERSON AWARD

168 CAKES SOLD!
Congratulations, Paul!

TRYON ESTATES DISPLAY AND RAFFLE

Last year, Tryon Estates offered local non-profits the opportunity to have a display in their lobby for one month.

Steps to HOPE happily took advantage of this opportunity and had a modest display for the month of December. The display's main mission was to recognize the nine Tryon Estates residents who volunteer on a regular basis for Steps to HOPE—on the Board of Directors, as Court Advocate, or at our Second Chance Thrift Store.

Dottie Bright was the winner of a holiday wine and cheese gift basket, raffled on December 19th. All proceeds from the raffle benefit STH's domestic violence and sexual assault programs.



Dottie Bright, left, with Steps to HOPE's Executive Director Rachel Ramsey.

SECOND CHANCE THRIFT STORE NEWS

Columbus' favorite 'department store' has brightened the holidays for so many this season.

Why we need your donations...

By keeping prices low, Second Chance provides a means by which those who are struggling financially can provide Christmas gifts for their families. And very importantly, Second Chance makes it possible for Steps' doors to remain open, providing much needed shelter for victims of domestic abuse as well as programs to break the cycle of violence.

As domestic violence funding decreases, Steps to HOPE has relied more heavily on proceeds from Thrift Store sales.

Forty-nine percent of Steps' income was gener-



ated from Second Chance last fiscal year (July 1, 2011—June 30, 2012). Comparatively, 29% of Steps income came from grants and 22% from donations, fundraisers or miscellaneous.

Thrift Store sales increased last year, which can be attributed to:

- The generous and continued donations by Polk County residents, which keep the racks and shelves well stocked. There's always a great selection from which to choose!
- In this economy, more

people than ever are shopping for deals—and there's no better place to find one than Second Chance!

- Our Thrift Store boasts of a daily turnover of merchandise. Items are reasonably priced to sell quickly—not to remain on display (thank you, Edith!).

Stop, Drop and SHOP!

If you haven't visited Second Chance in a while, it might be time to swing by—to shop, or to drop off those unwanted treasures from your home! Pick-up can be arranged should you have larger items to donate.

Many thanks for your continued patronage and support! May the New Year bring peace, joy and good health to you and your family.

DONATE
your unused
CELL PHONES
and help
Steps to HOPE!

We collect unwanted cell phones for emergency use by our clients.



Supporting Steps to HOPE is easy!

You'll find a collection basket in our lobby for convenient drop-off of your old phones!

Tryon Estates Wine Gift Basket winner Dottie Bright with Steps to HOPE Executive Director Rachel Ramsey.

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.

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



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.
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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 New Year!