



Helping Hand

January/February 2010
Volume 30, Issue 1

Help-In-Crisis (918) 456-0673 Toll-Free 1 (800) 300-5321 Crisis Line 1 (918) 456-HELP (4357)



Happy New Year 2010!



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Stillwell, OK 74960
918-696-6865

Cherokee County
205 N. College
Tahlequah, OK 74464
918-456-0673 or
918-456-HELP (4357)

Sequoyah County
101 E. Chickasaw
Sallisaw, OK 74955
918-775-3300

**Safehaven Children's
Advocacy Center**
101 E. Chickasaw
Sallisaw, OK 74955

Wagoner County
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Wagoner, OK 74467
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Deana Franke

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Volunteer Coordinator

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From the Director

It is early January and the hustle and bustle of the Holidays is dwindling. Thinking about the new year feels like a stretch and the cold is somewhat distracting. This past year has been an exercise in patience, frugality and cost cutting and the coming year holds promise of the same. We have lost two full time equivalent positions and will not be filling either of them. One was the Education Director, a position I viewed as prevention. The other was a half time resource development staff and half of the Child Advocacy Center Director. The Resource Development position will not be filled and the half of the Child Advocacy Center Director position will be filled with Recovery Act funding. With the loss of our Emergency Shelter Grant funding

we no longer have funds for food, utility, insurance or outreach/transitional living services at the shelter. Each of these funding issues directly impacts survivors and staff. Therefore, we are asking for your prayers and support as we navigate these trying times. One of the strategies we are working on to help with these funding issues is our Encore project. Check out the ways you can help with this project on page 4. Thanks so very much to those who donate and volunteer!!

Doing more with less or doing something with nothing, has been the mantra of Help-In-Crisis from the beginning. As an agency that started with only a phone in the back of the fire station, we have experienced hard financial times throughout our

history.

The noted difference with this downturn is the increase in demand for services. The number of people who walk in our office on a weekly basis has doubled; those asking for shelter services is up by 35% and because we have been at maximum capacity our referrals to other shelters is up 25%.

Safety for all of our participants is the bottom line when we are making decisions about how to cut services and those painful decisions will be continual for the coming year (s).

While we struggle with our new economy we have the joy of people calling to volunteer, offering to help us with fundraising, and giving support in a multitude of ways. At a recent fundraiser, held by Scooters Music Tavern, four very different bands

BIRTHDAYS

January

Shawna M.	1
Jim L.	2
Sandy J.	6
Sylvia M.	11
Christina B.	12
Mary L.	18
Jennifer C. R.	19
Cecil H.	22
Brenda G.	25
Sarah F.	30
Tim B.	31

February

Willis G.	2
Yolanda E.	4
Beverly G.	6
Dawna B.	9
Janet S.	11
Sara D.	13
Kori B.	21
Beth M.	22
Connie K.	25

Happy Birthday to each of you. And I hope you have the best day of the year.

Pandora Bracelet Fundraiser

Meigs Jewelry and Lake's Country 102.1 is having the community help design a Pandora bracelet that they will donate to Help-In-Crisis in the spring for us to auction or raffle off. To help "build" the bracelet, please visit the Lakes Country web site at: www.lakescountry1021.com Click on "Shane & Cindy Lea" then the Pandora link (about 1/2 down the page). Visit each month to choose a different charm for that month.

From the Director (Continued)

participated in a battle of the bands raising over \$425.00 with the winning band donating their prize. During this event two of the best pies I have ever seen, made by Jim Campbell, were auctioned off. He offered to make more for us whenever we need them, it will be Pie Supper time soon and I will be calling him.

Allison Schwiezer of Private Quarters has named Help-In-Crisis as her charity of choice and has donated bedding, towels and pillows to our agency. As a home based business, she has also worked very hard over the course of the last year to make sure we have the most wonderful robes available for use at the hospital in each of our counties when we respond to rape survivors. This past week she gave super

soft throws for us to use as we work with children in the Child Advocacy Centers. Such comforts during a time of crisis make a lasting difference to those we serve.

Each of these individuals have looked at what they had available and offered to share in order to help people they will never see or know. We are eternally grateful for their support.

Every time we go into the community we meet people who have seen the devastation of domestic violence and sexual assault and want to offer us work, money, prayers, or just a word of encouragement. We need all of those resources everyday and we really appreciate the ongoing support from our community.

When people ask how do you and your staff stand all the sorrow and pain you see everyday the answer is the support of our community, our volunteers, and our board. Those big and little contributions help to put the safety net around our agency and make it through these "extra" trying times. As we start the New Year, make a commitment to do that little extra to help those in need. You will always be proud you did.

*Till next time,
Deana*
Executive Director



CCR TEAM BY TIM BROWN

The Cherokee County Coordinated Community Response Team has closed out 2009 with several projects. Three "focus" groups were formed to gather information from victims of domestic violence about their individual experiences with law enforcement and the judicial system.

I have set several tentative goals and objectives for the CCR team for 2010. At the top of the list is a written policy and a set of guidelines for each county and city law enforcement agency in regards to domestic violence, sexual assault and stalking. Once developed, these policies can be used by any agency.

The schedule for the monthly CCR Team meetings has been set for 2010 and all team members were sent an e-mail about the schedule so they can plan ahead.

Finally I had a technical assist visit from Sandra Thompson, the CCR Team Program Specialist from the District Attorneys Council in Oklahoma City. Sandra was a wealth of information and provided me with the answers to every question I had.

Shelter News

Greetings to Everyone!
Well, another Christmas has come and gone. Christmas is a holiday that many look forward to, but more people than we realize, actually dread the holidays. I would like to say THANKS to all who helped make it a better holiday for those who are struggling. It always touches my heart to see how many people still know what Christmas is really about. I hope you had a blessed holiday.

As we start the beginning of a new year lets try to keep that holiday spirit all year long. We have a lot of things we are looking forward to this year. We hope to continue to help women and children as always, but we also have a few new projects we are planning on trying to implement into our program here at the shelter. I will let everyone know as we go and we will be calling upon the community to help

us. The first project we are going to work on is trying to find volunteers, who will come in a couple of times a week and help our ladies plan menus and prepare the evening meal. This community and the surrounding community's have been so good at helping and giving in the past that I know you will continue to help. Please refer to the items listed for a few of the needs here at the shelter.



As always **THANK YOU** and
HAPPY NEW YEAR!!!!!!
God Bless

Sincerely,

Davada Davis

Shelter Manager

Shelter Items

Needed

Shampoo
Conditioner
Toothpaste
Toothbrushes
Hair Brushes
Towels
Wash Clothes
Deodorant (Men & Women's)

ENCORE

The store has taken off to a great start. We have been so busy with all the community donations that our two full time staff is always in need of volunteers to help hang, sort, and arrange merchandise just to keep up with daily operations. We have compiled a list of tips so that you can help us keep up with the many donations that we receive daily.

- ◆ Bag clothes according to season and label on the outside Summer Clothes or Winter Clothes. Bag shoes separately.
- ◆ Bag clothes that are stained, stretched out or that have holes and label them Poundage (we can send these items to be reused)
- ◆ Please do not send worn undergarments or slips (we can only use packaged and new undergarments)
- ◆ Furniture must be clean and in good condition for resale (No broken parts)
- ◆ Small appliances - please keep all parts together cords, lids, etc.

Items we DO NOT take

- | | |
|-------------------------------------|---------------------------------|
| ◆ Wire hangers | ◆ Homemade VHS tapes |
| ◆ Books with a lot of wear and tear | ◆ Appliances with missing parts |
| ◆ Magazines | ◆ Mismatched containers |
| ◆ School books | ◆ Computers or parts |
| ◆ Broken what-nots | ◆ Dirty toys or stuffed animals |

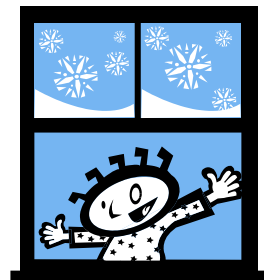
We are trying very hard to only put items out on the sales floor that are of the highest quality. Thank you for all your efforts and support. We truly couldn't operate without you!

Sincerely,
Connie Walker Store Manager

ENCORE **Items Needed**

- Coats
- Jackets
- Men's jeans
- Shirts
- Shoes
- Plastic bags
- Paper bags
- Plastic Hangers
- Children's Clothes

VOLUNTEERS



Thank You !!!

It has been a great few months since I have started what a great group of people to work with. I want to say thanks to all my co-workers, and to several people for helping me get my ducks in a row. First thank you to Davada, Julie and Shawna for all the help you have given me; special thanks to Shawna, Yolanda, Cindy Smith, Cecil and Donna Shockley who have been a great help to me in so many ways.

Shawna, Yolanda, Amy, Sandra and I attended a training called "Train the Trainer" in Oklahoma City on the 19th of November to allow us to be able to assist Law Enforcement in training their officers on Sexual Assaults. It was informative as to how to interact with law enforcement in these types of situations that we deal with.

Last but not least, my plans for February in Sequoyah County include a SANE training

and a presentation at Roland High School on prevention of Sexual Assault, Date Rape and things in that direction. I will be asking for guidance in regards to this from Jyme and Sandra.

Thanks again to everyone for all that you do! Happy Holidays and many blessings.....

Sincerely,
Rita
Sexual Assault Coordinator

Winter

Sexual Assault Services and SANE NEWS:

LOOKING BACK TO 2009:

Our SANE nurses completed over 53 exams from January of '09 till December 1. Prevention and education is vital for all of us. We completed a great SANE training in November with 6 new nurses soon able to provide on call exams. Our agency's SANE program continues to be a model rural program within Oklahoma. We are so proud of all our nurses!

LOOKING TO THE NEW YEAR 2010:

January is National Stalking Awareness Month. Stalking is a series of actions that make you feel afraid or in danger. Stalking is a crime. In the United States, 3.4 million people are stalked each year. Women are three times more likely to be stalked than men. A new Web site was launched in January 2009 by the Stalking Resource Center of the National Center for Victims of Crime, check it out at <http://stalkingawarenessmonth.org>. Help-In-Crisis provides services to stalking victims.

We will be having our new year of Faith Team meeting beginning January 12th. If your church and or pastor are attending and you still would like to be a part, please contact me at the office for more information. If your church is not yet a member, perhaps you could talk to your pastor or youth pastor and suggest our Faith Team as a worthy involvement in serving our community. Our plan for 2010 is to meet 6 times to plan and pray for our churches and Help-in-Crisis to better provide services to crisis areas of family life before or during a breakdown. Many homes in our community are suffering from violence which is displayed in verbal, economic, emotional, spiritual, physical or sexual abuse. Within the church family are often hidden secrets. We can address these areas with educational information, scripture, and support for one another through prayer and action! Come join us.

Help-In-Crisis is active all year in providing the best of services. So much of what we do depends on our community involvement. We have many volunteers who offer their time and energy to work on the hotline, work with children, cook meals for our trainings, transport, work at Encore, office help, plus so many other "jobs". Thank you for your contribution!!

Going forward into our year...We look forward to a SANE training in Sequoyah County in February. Rita has been working really hard to recruit nurses from the area to better serve Sequoyah and Adair Counties. We will have a great team!

Let's hope and work toward a non-violent year for 2010! So much more to do this year! So much more to come!!

Children's Advocacy Center

As the Holidays wind down and the New Year begins let us remember the children. Those in shelter and those that are still in homes affected by Domestic Violence, although the effects are noticeable in older children even the youngest are affected. Here are some of the effects that have been identified.

- Infants and Toddlers (0-21/2) Failure to thrive; due to a chaotic, loud and harmful environment, Emotional withdrawal, cold, diarrhea, etc. Due to environmental stress Physical problems; frequent ear infections, cold, diarrhea, etc. Due to environmental stress Physical problems; frequent ear infections.
- Preschool Age (3-6 years) Developmental delay; delayed language developmental, Very low tolerance to frustration; the child cries easily and often, Acting out aggressively towards peers and adults, Emotional Withdrawal, Inability to play constructively; there may be a lot of throwing or kicking possibly even destruction of toys and books, Inconsistent or inappropriate display of emotion
- The School Age Child (7-11) academically delayed poor school performance. School, peer behavior problems. Aggressive acting out is more sever and purposeful. Fearful, nightmares, night terrors. Withdrawn, depressed, sense of hopelessness, despondent. Chronic headaches, stomachaches, physical complaints. Chronically, low self esteem
- Teen Years (12-17) Death by suicide or murder. Signs of physical injuries. Emotional neglect, Depression, Aggression, Poor school adjustment, Becomes more proficient at mimicking adult roles, early marriage and sexual activity, Alcohol and drug experimentation, expansion of violence in the community.

Please remember that this is just a list of common effects and that not every child that is in a violent home will show all of these symptoms. It is my hope that you will be able to help a child by recognizing these symptoms. Just providing referrals and resources could be the first step for that child to survive.

Sincerely, Brenda Gonzalis



Help us raise money by I Good Search & Good Shop for Help-in-Crisis searching the Internet with GoodSearch.com (powered by Yahoo), or shopping online with GoodShop.com

911 PHONES STILL NEEDED

Do you have old cell phones lying around? What a better way to help victims of Domestic Violence than to get rid of something you no longer use. We use the phones that still work for 911 phones and those that don't work we recycle for cash.



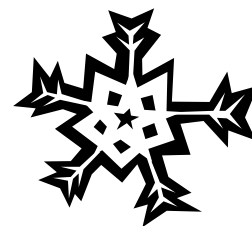
We want to thank families, individuals, agencies and businesses that helped provide food and gifts for the holidays for the families that we serve: Reasor's, Wal-Mart, Cherokee Nation, Tulsa Teacher's Credit Union, Reflections, Tahlequah Lumber, Oasis Health Food Store, Armstrong Bank, Redmen Office Supply, Wagoner's Boomarang, OSU Extension, 4th In Action 4-H Club, Woodall OHCE, Cherokee County OHCE, Korbin Jarvis family, John Hauson, Bryce Felts and many more. Our newsletter will be collected before we have everyone's name, so many thanks to all of you for giving at Thanksgiving and Christmas.

We would also like to say thank you to Christina Bowlin and the HIC staff that have helped us accomplish the angel tree project.

Family support workers continued to do home visitation, hospital screenings and assessments (collecting information from a family stress check list) in December as well as the angel tree project. Also, two of us still had trainings in Oklahoma City. Family Support Group met twice: once for children to have pictures taken with Santa and again to have a Christmas pictures presented to parents and let children make a Christmas craft. By now angels have been filled and picked up, Christmas trees taken down and staff has had a nice break to recuperate. January will be a time to prepare for our February site visit. Our day at the Capitol Building will also be in February this year.

Sara Davidson

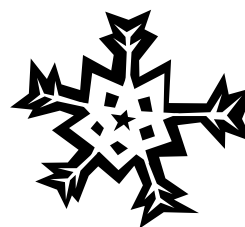
HUG Program Coordinator



HUG

Items Needed

- ❖ Baby Furniture
- ❖ Cribs/bassinets
- ❖ Baby Wipes
- ❖ Diapers: sizes 3,4 & 5
- ❖ Nursing Pads



Volunteer Corner

A WHITE Christmas can you believe it? Well I can hardly believe it or that I have already been here for 2 years. Time flies when you enjoy your work. The volunteer program still needs a lot of volunteers but we are a lot better off than when I started.

We had lots of volunteers to help with the Angel Tree this year and it made such a difference. Thanks to the support of the community we were able to get all the angels out in time for Christmas. I would like to say a special **Thanks** to those of you who helped to purchase gifts for these children and the people and organizations that put up the Angel Trees in their offices, because the children would not have had the Christmas they had without you. You're #1 in our eyes!

I would also like to say Thank You to John Houseman Realtors for the Thanksgiving Dinner and to the volunteer who came and cooked Thanksgiving Breakfast for the women and children at the shelter. These are the small wonderful gifts that the women and children will remember the most about the holidays.

Sincerely, Christina Bowlin

For more volunteer information: 456-0673 or hicvolunteer@sbcglobal.net



Company Name

Help-In-Crisis
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Phone

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Fax

(918) 456-1868

Toll-Free

(800) 300-5321

Crisis Line

(918) 456-HELP (4357)

If you wish to be removed from the newsletter mailing list, have a change of address, would like to receive the newsletter by e-mail or would like to make comments you may contact Christina Bowlin at 456-0673 or e-mail hicvolunteer@sbcglobal.net.

Up Coming Events for January/February 2010

Office Closed New Years
January 1st – 5th

January Stalking Awareness Month

Faith Team Meeting
January 12th

Hotline Training
Starting January 14th
Thursdays at 5:30 to 9:00.

Group at Tahlequah and Wagoner, contact Katie (Tahlequah) 456-0673 or Alicia (Wagoner) 485-6500

Vagina Monologues
February

Call for more info.

April Sexual Assault & Child Abuse Awareness Month

Violence Against Women Day @ the Capital
April 28th

About Our Organization

Mission Statement:
Our mission is to eliminate family violence, child abuse, and sexual assault through advocacy, education,

counseling, support and prevention services.
Help-In-Crisis was established in 1979 by a group of concerned volunteers

to provide safety and shelter to battered women and their child Sexual Assault and Children's services were added in subsequent years.

Our Vision: "A world that values compassion, respect, responsibility, Justice, and non-violence."

HELP-IN-CRISIS
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We're on the Web!

See us at:
www.helpincrisisinc.org