



Helping Hand

March/April 2010

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



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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
225 W. Cherokee
Wagoner, OK 74467
918-485-6500

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Volunteer Coordinator

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From the Director

A very long and cold winter has everyone thinking of Easter and spring time, with renewed hope and anticipation. The first buds of bulbs, the birds with a different song and the evenings lasting a little longer make us sure that warmer, sunnier days are just around the corner. Hope is one of the most important emotions we can have. Hope that spring will come, hope that a new born child will bring something special to the world, hope that we will get a promotion or a raise. Each of these situations oftentimes hedges on going the extra mile, keeping our eye on the prize and believing in ourselves enough to keep on going. Hope is sometimes the glue that keeps us together in hard times.

We often hear from survivors that they kept hoping that things would change, that they would get

better, that there would be peace in their homes that their partner will strive to be a good parent. Each of these hopes keeps them trying to make a violent marriage work. Our job is to help them deal with the reality of their relationships and begin to put in place the cornerstones of a strong healthy home. Some of the abusers can learn new skills; some of the relationships are not salvageable. Each family is unique and each one has different hopes and dreams. The goal of our Positive Choices group is to work with the perpetrators to stop the violence first and to share skills that will help nurture and support their relationship instead of destroying it. The goal of shelter is to help women learn how to keep themselves and their children safe and to move beyond "just

trying to survive" to having a life with joy, hope, peace and love. Not one of these alone will provide a healthy stable home, but in combination they are undefeatable.

My greatest hope in all of this is that we begin to see the importance of preparing people for relationships, marriage and parenting. Doing that work up front not only saves money in the long run, it also saves and enriches lives and allows people to reach their full potential. Our HUG program works with parents at risk. Our Sexual Assault Prevention educator empowers students to keep themselves and others safe from potentially violent situations. There are programs that work with Fathers and Daughters to stop the violence, there are Men of Strength and Men Against Violence groups that strive to educate, build skills

BIRTHDAYS

March

Donna R.	6
Pat G.	7
Margaret R.	21
Karrel S.	21
Stephanie M.	26
Jyme L.	27

April

Louise M.	24
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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 for Cindy Lea. They will then auction off a replica to benefit Help-In-Crisis.

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. Last time I checked we were up to charm # 9. Don't forget to cast your vote each month.

From the Director (Continued)

and change the social norms. The connections between violent homes and violent streets is strong, the intergenerational connections between domestic violence and child abuse are indisputable. The real question is when we will decide to place our hope in early education and prevention. Here at HIC that time is

now. Peaceful homes are possible. Keep prevention of violence in front of your family, your community and your elected officials. Each of us plays a part and can be a part of the solution.

Till next time, Deana
Executive Director

News from the CAC

Hello everyone and blessings! Things are moving right along in Wagoner County! April is Child Abuse Awareness Month and we are going to do a Blue Ribbon Tree for kids. The trees are a vivid reminder of the abuse that children suffer every year. The more trees that we have up in our neighborhoods, yards and offices the more people are going to be aware of what DOES happen every day, right here, in our own back yards. If you would like to know more about how you can help, or would like to know more about what other events are happening please contact Lanica Foskuhl at 918-485-6500.

Seek the wisdom of the ages, but look at the world through the eyes of a child...Ron Wild.

Sincerely, Lanica Foskuhl

WHAT'S HAPPENING IN WAGONER CO.?

Our new Associate Judge will be Dennis Shook. He will be sworn in on Monday the 8th of March by District Judge Darrell Shepherd. Open ceremonies are to be announced.

April is Sexual Assault Awareness Month; we will be having a proclamation signing for the city and county of Wagoner in April for further information please contact the Wagoner office at 918-485-6500.

Sincerely, Amy H.

SALLISAW JOB OPENING

We have a Court Advocate/Child Abuse Taskforce Coordinator position opening in Sallisaw. This position will be responsible for supporting clients in court, advocacy, coordinating child abuse taskforce efforts, and forensic interviewing of children. It requires strong oral and written communication skills, flexibility and good problem solving abilities. Knowledge of child welfare and court system preferred. Please email resume to cecilhedrich@yahoo.com if interested.

CCR TEAM BY TIM BROWN

The Coordinated Community Response Team (CCRT) continues working on the county wide safety audit. Close cooperation between team members has resulted in better tracking of ongoing investigations by the Police and Sheriff's Departments and enhanced prosecution by the District Attorney's office.

The tireless efforts of our Court Advocate, Sara Payton, in working with our law enforcement team members, the District Attorney's office and the courts has had the most positive impact on developing a close working relationship between the CCR Team members, and reaching our ultimate goal of identifying trends, gaps in service, and strengthening services to victims.

Team members, Bateman, Young, Stricker, Felts, Baker and I attended a one day training session on Domestic Violence and Sexual Assault training in Oklahoma City.

Team members, Bateman, Young, Felts and Brown will attend a three day conference on Crimes Against Women in Dallas, Texas in early March. I should have more on that in our next report.

I attended a one day conference of 30 + CCR coordinators from all parts of the State, in Oklahoma City, sponsored by the Oklahoma District Attorneys Council. Topics covered were, Pre and post conviction tracking of offenders, community awareness and marketing, effective communication with prosecution and presentation of a model strangulation evaluation form for law enforcement.

Shelter News

Hello to Everyone,

Life at the shelter has been very busy. We have had some really heartbreaking situations over the last couple of months, but have hopefully been able to put a bright spot in these families's situations. Sometimes seeing the violence and the toll it has taken on women and children can be overwhelming. This is why we so appreciate all your support as a community. The volunteers that continue to come on Tuesday and Thursday nights to help with the groups, the volunteers who help with cleaning, and moving our clients when they are ready, we just appreciate all of you so much.

We are beginning to look at different things we can do this summer with our families. We want to be able to provide a summer to our women and their children that might help give them an extra burst of hope. As always we will plan trips to the skate house, bowling, and to the pool. However if you have any ideas or would like to help with these trips cost wise or volunteering please let us know.

As we approach the Spring and Summer seasons let's all work together on giving as many families as possible in our community and the surrounding areas a new beginning.

God Bless All!

Davada Davis
Shelter Manager

Shelter Items Needed

Lg. Shampoo

Lg. Conditioner

Hair Brushes

Bath Towels



PREVENTION

WHAT PARENTS NEED TO KNOW ABOUT TEEN DATING VIOLENCE

Watching your teen experience abuse can be both frustrating and frightening. But parents are critical in helping their teens develop healthy relationships, and can provide life-saving support if their teen is experiencing abuse. Remember, dating violence occurs in both same-sex and opposite-sex couples, and that girls can abuse boys, just as boys can abuse girls.

What Do I Need to Know?

Parents can look for some early warning signs of abuse that can help you identify if your teen is in an abusive relationship before it's too late. Some of these signs include:

- Your teen's partner behaves in a way that is extremely jealous or possessive, such as checking in on your daughter or son often
- You hear verbal abuse, such as name-calling and demeaning comments
- Your teen gives up things that are important, such as time with friends and family, activities, or other interests
- Your teen has unexplained injuries
- Your teen's partner abuses other people or animals

What Can I Do?

- **Tell your teen that you are concerned for his or her safety.** Point out that what is happening is not "normal." Everyone deserves a safe and healthy relationship. Offer to connect your teen with a professional, like a counselor or attorney, who they can talk to confidentially.
- **Be supportive and understanding.** Stress you are on their side. Provide information and non-judgmental support. Let them know that the abuse is not their fault, and that no one "deserves" to be abused. Make it clear that you don't blame your teen and that you respect his or her choices.
- **Help develop a safety plan.** One of the most dangerous times in an abusive relationship can be when the victim decides to leave. Be especially supportive during this time and try to connect your teen to support groups or professionals that can help keep them safe.
- **Remember that ultimately your teen must be the one to make the choice to leave the relationship.** There are many complex reasons why victims stay with their abuser.

Your support can make a critical difference in helping your teen find his or her own way to escape the abuse and become safe.

This is

By Carrie Harger

-So this is what lonely is.
Lost friends
Love that cannot mend
Character descends
I never thought I'd bend.

-So this is what weak is.
Courage lost
Confidence slowly droppin' off
Losing will to reach the top
I never thought I'd stop

-So this is what lost is.
No desire
Used to being admired
Do I run or try to rewire?
I never thought I'd lose my fire.

-So this is what Hope is.
Found friends
Love I don't need to mend
Character that cannot descend
I Will Never Bend!

-So this is what Pride is
Shame has dropped
Confidence that rocks
Know I will reach the top
I Will Never Stop!

-So this is what Courage is
Chasing desire
To Love and Admire
Never run-Can always rewire
For I Will Never Lose My Fire!!!

DO YOU HAVE A DAUGHTER?

Check out this web site for fathers.

Because we have daughters:

<http://www.menstoppingviolence.org/BWHD.php>

GR E E T I N G S

I am writing this article as we celebrate Valentine's Day this week. We always think of **LOVE** at this time of month. Naturally, we all LOVE our families, pets, chocolate candy, flowers, cars, homes and so many other things! But my thoughts have also turned to things that we **admire**. Do we love and admire the same things? What does love really mean? What does admire mean? Are they related? Webster's dictionary defines: **Admire**; *to regard with delight or affection*. So thoughts go to what or whom do we admire and why? We admire leaders and often wish to be like some that we respect. We admire heroes. We can admire our spouse for the example that they set. We admire hard workers! We also love some of our teachers, leaders, heroes and spouses.

We can also admire over comers. Often, people exhibit a quality of kindness or straight forwardness that we admire and even respect. We can love that quality and perhaps that person as well. Many of our sexual assault victims are people that we come to admire. In fact, many victims move to "survivor" in overcoming huge issues of blame, guilt, anger and emotional upheavals, even as this crime has been committed against them! We, here at HIC, love and admire the strong victims who work so hard at overcoming the issues of sexual assault.

Already we are looking forward to **March** and some warmer weather. On **March 9th** we will have our **Faith Team Meeting**. Pastors, youth pastors and other church leaders meet, eat, plan and pray for our community. Every church has received letters of invitation, please be sure your pastor or leader attends and contributes suggestions. Spiritual impact from our churches and leaders can go a long way in the recovery process for our clients.

So, as we move forward to **April as Sexual Assault Awareness and Child Abuse Prevention Month**, let's admire and

hold up the strength of so many sexual assault victims who work so hard in overcoming the crime committed against them. Let us "Celebrate Live" with those we love. There will be several events that will be open to those who wish to join in with us as we plan a month of awareness activities. Many plans will take place for April's Sexual Assault Awareness and Child Abuse Prevention Month. More information will be coming. There is a Sexual Violence Summit in Oklahoma City on March 5th-6th where we will be learning more about helping victims. We continue to learn and improve services for all victims. Then, April 28th is the Day at the Capital for Sexual Assault Awareness. All are invited to join in and can contact our office if you wish to arrange a ride to this all day event. The State Coalition against Domestic Violence and Sexual Violence will host all visitors, members and survivors. We have an opportunity to talk to our representatives about important bills and make our voice heard. Come and join us!

So how can you make your voice heard? Speak up to lawmakers, judges, law enforcement, pastors, friends, teachers, and to victims. **I want to leave you with some simple things that you can say to a victim of sexual violence. These are admirable comments to encourage someone.**

1. **It was not your fault.**
2. **There's nothing you have done to make what happened to you right.**
3. **You've survived a horrible experience and it is okay to have these feelings.**
4. **Whatever you did to survive was the right thing.**
5. **I'm here to listen if you want to talk.**

Sexual Assault (Continued)

To date, we have completed **8 SANE exams for 2010**. As we move forward to offer additional services, such as counseling, shelter or other services, remember to admire and love those struggling with their traumas. How can you offer love and admiration? Donate some monies for our expenses since we have had budget cuts! Speak encouraging words to the many that may cross our paths that may need emotional support during a crisis. Donate sweat pants with sweat shirts, tee shirts, socks...just basic stuff! We could not serve the needs of our communities without your help. Thanks for all you do to support all of our clients!

SANE NEWS:

Due to the current economic climate in our nation, many states and federal programs have been cut or funds reduced. We at Help-In Crisis also have experienced major budget cuts and even a donation decrease. A reduction has also hit our SANE program. The **Crime Victims**

Compensation Program will still pay the SANE's per exam as they have in the past. However, Help-In-Crisis's budget for mileage reimbursements has been reduced. We will not be able to reimburse mileage monies per exam beginning March 1, 2010. This and other issues will be discussed in our **March 20, 2010 Mandatory meeting.**

All of our SANE nurses are very special people and do this work because of wanting to help sexual assault victims. Many SANE's feel that it is a pay back to their communities to provide these services. Money is not on their radar! Supporting victims by providing forensic exams is key to the sense of justice to the victim during a time of crisis. We truly appreciate and treasure what important work our SANE nurses provide.

Sandra Dearborn

Sexual Assault Services Coord.

Sallisaw & Adair County

Hello all. Hope you are all doing well. We are staying extremely busy over in Sequoyah and Adair County. We have just completed a hotline training here in Sequoyah County. We added five more workers to the hotline. I am also planning to do a DV training and an SA training soon. In April of course we will be extremely busy going to other trainings. The CAC has been doing a lot of interviewing and we have had several sexual assaults already this year. It is unfortunate that it looks like our numbers if it keeps at this rate will be higher this year than the last year. I did however do a presentation on Coercion, Rape and Sexual Assault to the senior class at Roland High School. There were about 120 students. I believe that it really well. They were very attentive and responsive to the topic.

On another note, I ask that you all remember Sandra Dearborn and her family since her mother just passed away. Also, please remember Shawna Morris mother. Her home just burned and they have nothing left from it. We are all trying to get stuff together for them so any help you can give will be appreciated.

Sincerely, Rita Smithson

ENCORE

The *Encore* resale shop is in need of a working washer and electric dryer to use in the store's laundry area. If you have one or the other—or even both—and would like to donate them, you can help Encore and receive a tax deduction at the same time. Arrangements can be made to pick up the appliances. Just call Connie or Melanie at *Encore* (453-0466) or the Help-In-Crisis office (456-0673).



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

February was the month for our site visit from our Oklahoma State Health Department Consultant, Suzy Gibson. She was very helpful, giving us tips to fine tune our program and accommodate the budget cuts that we have already experienced. We have reduced our Parent Support Groups from 50 to 40 which is about 1 per month. That gives us more time to conduct home visits and helps us with our food budget for group.

We have not been able to meet the needs of families who drop in to the office for diapers and formula. They have been scarce commodities since Christmas. Many families are having difficulty providing these essentials for their babies and we have concerns that parents may water down formula if they cannot supply formula. We know that is a serious problem for the infant who will be deprived of brain growing nutrients that are needed for growth and development. Some infants require special formula due to allergies or problems with digestion that may cost at least \$25 a can. Often families cannot pay for the extra cans needed when their WIC supply runs out. Then, baby does not get enough formula for growth or cannot digest the formula that families are able to afford.

This week HUG Staff attended the CASA Training, Children in Trauma which reaffirmed the importance of prevention programs to at risk families prenatal of with infants. Nutrition and attachment are so critical to baby's development. Mothers and fathers need to get on the floor and play with their children and speak to babies at eye level. Television is not a good replacement for parental involvement with the child because there is no interaction. A baby needs that stimulation, as well as hugs and kisses every day.

A current article, in The Medical News, cited a study and recommendations by the Academy of Pediatric to prevent SIDS, the third leading cause of infant death. Infant deaths from Sudden Infant Death Syndrome have been reduced 50% since the onset of public health initiatives during the 1990's with the "Back-to-Sleep" campaign and risks of smoking around babies. Babies are safer sleeping on their back than their side or stomach, and without pillows, quilts, loose bedding or toys that could block their breathing.

A trip to the Oklahoma Capital Building to visit our Legislators to remind them we still need funds to operate happened the last week in February.

In March we will continue to screen and assess new families for our program. We will be graduating some families and adding new ones. Pregnant mothers and families with infants under 1 year are eligible to be screened and assessed and picked up as we have available family support workers, if the family is a good fit for us. We try to connect families to the right program and will do referrals if needed.

Our Parent Support Group hopes to visit the Nature Center at Sequoyah Park during Spring break.

April is Child Abuse Prevention Month and we are planning to work with Kid Connections and Hope House to have a program at the square in down town Tahlequah. Watch for the date and time in our local news paper.

Sara Davidson

HUG Program Coordinator

HUG Needs

Diapers (any size)

Wipes

**Clothes
Baby & Toddler**

**Furniture
Baby & Toddler**

Dressers

**Computer
With MS Word**



Company Name

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Crisis Line

(918) 456-HELP (4357)

Up Coming Events for March/April 2010

Hotline Training in
Tahlequah
Thursdays at 5:30 to
9:00.

March 20th 11:00-1:30
Required SANE & SA
Advocate Update

April Sexual Assault &
Child Abuse Awareness
Month (Events TBA)

April 16th Child Abuse
Cookout Lunch @
Sallisaw
for more info call 775-3300

April 28th Violence
Against Women Day @
the Capital

Group at Tahlequah &
Wagoner Contact:
Katie (Tah.) 456-0673 or
Alicia (Wag.) 485-6500

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.

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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Non Profit
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We're on the Web!

See us at:
www.helpincrisisinc.org