



Helping Hand

November/ December
2010

Volume 30, Issue 6

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

Adair County
P. O. Box 125
Stilwell, 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
225 W. Cherokee
Wagoner, OK 74467
918-485-6500

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Deana Franke

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Volunteer Coordinator

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From the Director

The Holidays are fast approaching and the question I hear most often this time of year is "What can I do to help at Help-In-Crisis?"

While I do not want this column to be about our economic woes, these are hard times for non-profits and especially non-profits in rural communities. Help-In-Crisis is no different. We have lost 4 positions in the past two. Cash donations allow us to stretch other funding sources, provide services that are not included in grants and show foundations and others that our community cares about the work we do enough to write us a check.

The second answer I give is, come and help out. We have special events and activities for shelter residents, HUG participants and others we work with to help them enjoy the Holiday

Season. There are many extra hours of work provided by staff, (who all volunteer time for our agency) board members (who are all volunteers) and other community agencies who partner with us to provide Christmas for the children we work with through- out the year. There are also those special people who work on holidays throughout the year to make sure there is a safe place for those who in need. Having extra hands during any Holiday Season is a blessing and the same is true at the shelter and the Child Advocacy Centers. Your time, talents and gifts are especially needed and appreciated during this time of the year. Each and every one of us has something to give and when we share those gifts we receive more than we give. May your Holiday Season be filled with family, friends, good food and good

times? May your sharing of yourself, your gifts and your talents be a light for our community as we strive to bring forth our vision of "a world that values compassion, respect, responsibility, justice and non-violence" What a perfect Holiday Season that will be! Till Next Time,

Deana Franke



Vision

Our Vision is a world that values compassion, respect, responsibilities, justice, and non- violence

Mission Statement:

Our mission is to eliminate family violence, child abuse, and sexual assault through advocacy, education, counseling, support and prevention services.



Birthdays

November

Robin G	5
Katy F	6
Teresa F	10
Jenny D	18
Ed B	19
Donna S	21
Donna s	30

December

Deana F.	1
Cindy B	2
Kristina G	4
Val D	6
Amy H	13
Kathy D	18
Rhonda S	23
Mary Jo C	25

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

Shelter Needs

Sz. 3, 4, & 5 Diapers

Baby Swing

Pacifiers

Razors

Shampoo & Conditioner

Hello again all. It looks like fall is here. The leaves are starting to fall and it thankfully has cooled off some. I have stayed very busy in Sequoyah and Adair County. Its election time and we are keeping our fingers crossed. We in all counties recently attended a CCR team training put on by the DAC which was very informative. The speakers were very knowledgeable. I definitely enjoyed it. We recently had our Domestic Violence Awareness Proclamation signed for Sallisaw on October 1st. We appreciate all that attended and showed your support. We had the Silent Witness Silhouettes here on the 15th of October. We had a great turn out this year. I was so very proud. There were over 50 people in attendance. Jerry Moore our District Attorney for District 27 spoke, Frank Loyd of the DA's office spoke, we had a survivor speak, Shelly, who we greatly appreciate. Deana Franke, our Executive Director spoke and myself. We sold for our CCR team, purple t-shirts that say Domestic Violence has NO Place In Our Community. The proceeds from this will be voted on by the CCR Team of Sequoyah County how they prefer to use the money. We sold purple lights for Help In Crisis. The lights will be burning each night for the entire month of October to show support in the fight against domestic violence. Later that night, Sarah Ridinger, of the Childrens Advocacy Center and myself attended the Purple Game, that Zenda Rutherford, and Casey Jo Hull put together along with the support of the City of Roland and Roland Police Department. The police officers sat in the dunk tank and tickets were sold to dunk them, in uniform. Garrett Lewis of Channel 5 News came, rode in the Patrol Car with light and sirens running at half time, went center field and declared that night Domestic Violence Awareness Night on behalf of the Barr children who lost their lives due to domestic. They also sold t-shirts and purple lights to benefit any and all who might be a victim in need.

The holidays are upon us and I hope everyone has a blessed one.



Our CCR teams court advocate, Sara Payton was nominated for, and received the 2010 Award for Excellence in Action against Domestic Violence. This award is presented by the Oklahoma District Attorneys Council, the Oklahoma Coalition against Domestic Violence and Sexual Assault, and the Office of the Attorney General. The award is intended to recognize individuals who dedicate their lives to responding to domestic violence incidents and / or provide services to victims of domestic violence. Nominees have shown outstanding efforts that go **above and beyond** what is expected to serve victims and domestic violence offenders accountable. And that is our Sara! The entire CCR Team and part of the staff was able to go to the Capital for the presentation by Drew Edmondson and a host of other notables.

The CCR Team and ADA David Pierce attended a two day, advanced training session on Strangulation in Domestic Violence. The presentations were directed to the investigative techniques for law enforcement and enhanced prosecution techniques for the district attorneys with an emphasis on evidenced based prosecution as well as the signs and symptoms of strangulation and the use of expert witness testimony in court.

The CCR Team continues to upgrade and enhance the policies and procedures of Cherokees County's law enforcement agencies to keep pace with the latest information and legislative mandates and continued training needs of individual officers.

Shelter News

Greeting,

Time goes by so fast! I can't believe Thanksgiving and Christmas are upon us. I hope everyone is starting their holidays out on a positive note. We are excited here at the shelter as we begin to plan for the holidays for the women and children who will be at the shelter during this time. We know that this also can be a very hard time for those who have been forced to leave their homes due to domestic violence or sexual assault and we want to do everything possible to make this good holiday for the families.

We had a hay ride and cook out for the families for Halloween which was a big success and we thank all those including staff who pitched in and helped with their time as well as donations. I know that the same will happen as we plan our Thanksgiving dinner and Christmas activities. I am so grateful to live in this community where I know there is still so many giving hearts. If you have any ideas or just want to donate time, money, gifts, or food for these occasions please contact us here at HIC.

Some of the things we need for just everyday are on the following list:

- Baby Wipes
- Diapers 3 & 4
- Commercial Can Opener
- Brushes and Combs
- Razors
- Towels
- Wash Clothes
- Hand Towels
- Dish Clothes and Towels
- 3 ring notebooks
- Meat

Thanks again for all you do. Lets all remember what the holiday's are all about and give to those who aren't as blessed this year.

Happy Holiday's
Davada Davis



Children's Safehaven

It's been a very busy time here at the CAC. Thanksgiving and Christmas are just around the corner. At this time of the year most of us are thinking about getting together with families with presents and gifts, but let's take a minute to think about what our children really need. Our children need: A peaceful home with acceptance, bedtime stories, caring adults, communication, compliments and praise, education and encouragement, family, forgiveness, freedom for creativity and imagination, gentleness, goals, healthy self esteem and self worth, honesty and integrity, hope for a bright and beautiful tomorrow, hugs, life skills and listening, motivation, opportunities for exploration and discovery, opportunities to make mistakes, fall and get back up, patience, play, positivity, protection, personal space and privacy, quality time, quiet time,

respect, responsibilities and rules, role models and ethical heroes, support, spirituality, sports and exercise, structure and order, sufficient sleep, safe, secure homes and schools, togetherness, tolerance and understanding, trust, unconditional love, values, ethics and character, wholesome friends, X-tra loving and attention, yes more than no and lots of other silly things to laugh about together! These are the things that our children really need and toys and treats should be the extra filling for this holiday season!! Enjoy and have a blessed holiday!!
Lanica Foskuhl-CAC

Helping the Hidden Survivors - by Jyme Lowe

We pass these people on the streets of our communities: the young mother who is afraid to refuse sex because her partner is so intimidating when he drinks, the teen boy whose girlfriend ridicules him when he says he isn't sure he is ready for sex, the immigrant who has been taught that marital sex is obligatory, the college student whose dating partner takes nude pictures without consent and threatens to post them online after an argument, and the older woman who has endured a lifetime of sexual aggression from her physically abusive husband.

Sixty-eight percent of women who are being physically abused also report sexual violence in their relationship with the abusive partner. Yet Intimate Partner Sexual Violence (IPSV) is still something of a hidden issue. Why is it so important to identify this issue? First, so we can begin to address and prevent this highly damaging and traumatic form of sexual violence. Second, so that survivors can feel understood and receive appropriate services, whether they approach a sexual assault program or a domestic violence program. Third, because the presence of sexual violence in an abusive relationship heightens the risk of murder by the abusive partner. There are many other reasons to pay attention to IPSV, including the possibility of reproductive health consequences and the impact on children.

What can we do about this form of sexual violence?

- Educate ourselves. We need to become informed and aware of this issue.
- Build partnerships to raise awareness and coordinate services. Other victim service providers, schools, parents, community members, law enforcement, health care providers, and other systems partners need to know about IPSV.
- Learn how to ask appropriate questions and train others to do so. A recent [study](#) showed that having healthcare providers simply ask about reproductive coercion reduced the likelihood of reoccurrence by 70%.
- Incorporate inclusive language and activities into our prevention and intervention services so that the full range of IPSV victimization is addressed - from teen sexual coercion to marital or partner

Today is a pleasant cool fall day. We have enjoyed about 2 weeks of wonderful weather. The month of October has been such a welcomed change from the hot summer months. We now begin to look forward to November and December weather and holidays. So much will be happening to close out our year. We still have the **Toy Run** coming up to get us in the mindset of Christmas giving. We have Thanksgiving coming to get our spirits filled with gratefulness for all our many blessings. And we have a wonderful Christmas celebration to look forward to. With all of these events and holidays, we also know there times of depression for many. Our focus is on providing the best we have to those not able to have the things they need for a wonderful holiday season. Those provisions include; food, help with utilities, toys, gifts plus so much more. We also provide a safe place for many women and children who do not enjoy the safety of a loving home that is free from violence. Our shelter is the best place to be when home is not safe. You can help by donating your love gift of time and money to Help-In-Crisis.

November 9th is the last meeting of our FAITH TEAM for 2010. Pastors and youth pastors come and together we talk about the needs of our community and church families. This month we will be praying for a greater peace and grace to fill the homes in our communities. With holidays

come extra stress and depression that some will experience. We will be offering all within our means to those who suffer from domestic violence or sexual assaults a greater measure of support through our counseling services and within our churches.

As of October 20, 2010, Help-In-Crisis have served over 40 clients of sexual assault by providing a free forensic sexual assault exam. We have had **11 new RN's complete SANE** (Sexual Assault Nurse Examiner) **Training.** We have served over 25 secondary victims of the horrific crime. Our Women's Support Group has met weekly and has had an average of 6 survivors drawing strength over the trauma they endured. Soon we will have Sexual Assault Advocacy Training for those who have completed Hotline training who wish to become an advocate for rape victims. Yes, as long as there are victims of sexual violence Help-In-Crisis will provide aid for them. A special thanks goes out to **Stephanie Collins**, who received this year's **Judy Marzullo's Award** for special recognition for her efforts in serving victims of sexual assault. Let's make this year's Thanksgiving and Christmas a true blessing to all we love and all who have needs! You have a part in serving in our homes, churches and communities to eliminate sexual violence and disrespect entirely!

Sandra Dearborn

Volunteer Corner

*Excitement is in the air as the holidays are here to share
Tis the season to give
And volunteering is the only way to live
So as you prepare for your year of new
Start off on the right shoe
Lending your gifts and time
To Help In Crisis
And help make a difference in your town and*

ENCORE Needs

Furniture

Clothing

Shoes

Baby furniture & other baby items

As we all know October was Domestic Violence Awareness month, we would like to thank our local police departments Wagoner P.D, Coweta P.D and their Chief Derrick Palmer, Broken Arrow P.D and L.T Brandon Berryhill, Porter P.D and Cliff Capers and Sam Weygan, Okay P.D and Fred Winters as well as our County Sheriff's Department and District Attorney's office for all their work and help with our Tailgate fundraiser. A special thanks to Major Bob Haley from the Sheriff's Dept. and L.T Brad Harding from the Wagoner P.D for going into the dunk tank! As well as Chief Hornbuckle from the Wagoner P.D for making us wonderful smoked polish dogs. Also special thanks to all the Judges and community members who made it out and our special guest Tim Brown. We would also like to thank the Boomer Rang Diner for their help with the Silent witness project. Many people and agencies in our community have been coming forward in helping with their time or donations no matter how big or small every bit is appreciated and we are very grateful for. Last year we placed 3rd in the Christmas Parade for our float on Home should be a safe place. This we hope to take 1st place not only for the fun but I believe every little moment that causes someone to look at us and ask hey who is that or what are they doing? Gives us the opportunity to get the word out or plant that seed of change. The parade will be in Wagoner on Dec. 2nd at 7pm on Cherokee ST. On that note I will leave you with a poem I found inspiring

Break the Silence.

Though you broke my bones, you did not break my spirit.
For I am breaking the silence, and I will let the whole world hear it!
Shout it from the roofs, of the tallest buildings all around,
I AM A SURVIVOR AND MY VOICE I HAVE FOUND!
The once terrified young woman, is now bellowing with pride,
So close to becoming a statistic, but thank the Lord I am ALIVE!
Alive to spread awareness, and speak for the ones who now cannot,
Using my voice as a weapon to fight the battle so many have lost,
I break the silence and scream, DOMESTIC VIOLENCE IS NOT
OKAY!
Love should not hurt you, Love should not cause you pain...
I plead with you to become a Survivor, and grasp my hand in this quest,
Find not only your voice of your own, but for also the ones who
were laid to rest.
WE STAND TOGETHER UNITED, BREAKING THE SILENCE ALL
AROUND, WE ARE SURVIVORS! AND OUR VOICE WE HAVE
FOUND!
By Lucy-Mag
I hope everyone has a great holiday season.
Amy Hollingshed
Court Advocate, Wagoner County

ENCORE

**Donation Hours are Tuesday –
Friday from 10am – 6pm & Sat
10am – 2pm.**

Tis the season, to clean out our closets and shelves to make room for the new, and don't forget to take your donations to ENCORE!!! And while you are there shop for those hard to buy for people on your list and you just might find the perfect gift hidden on one of our shelves. Not only is shopping resale smart on the wallet it is also smart for our planet.

PS

Don't forget to check out our section of Christmas Décor!!!

**Thanks,
Connie Walker**

ENCORE Daily Specials

Tuesday: All Clothing \$1

Excluding Formals, Dresses, & 2 Pc. Suits

Wednesday: Work & Evening Attire \$5

Including: Formals, Dresses & 2 Pc. Suits

Thursday: Brown Bag It Special \$5

1 per customer

Friday: 50% off Non-Clothing

Excluding Furniture

Saturday: 50% off everything

HUG Program

HUG Parent Support Group held a hot dog sale at Atwood's in October and made enough to cover our zoo trip in the spring. We plan to do a Chili Dog Fund Raiser at Encore November 27 from 11am to 1pm.

Staff will be screening for new parents and using this as an outreach. Parents will man the fundraiser.

November 21st through the 27th is Oklahoma and National Family Week. HUG will be designing Family Posters with the help of our children to display around town, to encourage families to celebrate Oklahoma Family Week.

Indian Nation Oklahoma Chapter of BACA is holding a Toy Run on November 6th at 1pm, from the NSU Stadium to the Elks Lodge. We invite you to join us waving them on in appreciation of our Angel Tree Event. We are thankful to Keri Ross for drafting her mother, Pat Avery, to organize and head up Angel Tree. We do have our sponsors in place, Tahlequah Teacher's Credit Union, Armstrong Bank, Tahlequah Lumber, Reflections, Urgent Care and Boomerang in Wagoner.

We do not have plans for food baskets for the holidays this year, but if food comes in, we'll distribute it.

The Parent Support group will continue the theme of Cultural Diversity by attending Northeastern State University next week to hear "Jerusalem's Women" speak at the Net Building.

Staff continues to stay busy with enrolling new families and doing Home Visitation. Staff was able to attend training in Tulsa in October on "The Angry Child". Malcolm Smith, PhD, who is now at the University of New Hampshire but studied and worked for years at the Meniger Clinic in Kansas, was the Presenter. He discussed identifying three types of anger in young people's expressions of anger; Expressive, Passive, and Explosive Anger. He then explained the four stages of Implosive Anger and how to deal with them, but it is no easy task. Anger is always a secondary that is preceded by fear.

Strategies he listed for creating an Anger-Safe environment are:

Stop denying anger, clearly define and individualize rules and expectations, use behavioral contracts, when possible, allow youth to give input, feed the need for instant gratification with experience-based learning and service work, give out unsolicited positives, take role modeling seriously, demonstrate integrity by making promises you plan to keep, and, finally, apologize, laugh, and be human.

We still have Diaper Cakes to sell and will take orders. Our base price is 50.00.

WE WISH YOU A HAPPY THANKSGIVING AND A MERRY CHRISTMAS!!!!

HUG Program Coordinator,
Sara Davidson



HUG NEEDS
Formula
Diapers
Wipes
Cleaning Wipes
Cribs and baby
Furniture
Tinker Toys or
Lincoln Logs

Company Name

Help-In-Crisis
205 N. College
P. O. Box 1975
Tahlequah, OK 74464

Phone

(918) 456-0673

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 Keri Ross at 456-0673 or e-mail hicvolunteer@sbcglobal.net.

Up Coming Events for November/ December 2010

Women's DV Group at
Tahlequah & Wagoner
Contact:
Katie (Tahl.) 456-0673 or
Alicia (Wag.) 485-6500

Faith Team Meeting
Nov. 9th 12:00-1:00pm

Hotline Training
Coming Soon Call for
times. 918-456-0673

Sexual Assault
Advocate Training call
for more details: 918-
456-0673

Domestic Violence
Advocate Training- Dec
2nd and 3rd from 9-1

**Angel Trees
Located at
Tahlequah
Teacher's Credit
Union, Armstrong
Bank, Tahlequah
Lumber,
Reflections,
Urgent Care and
Boomerang in**

About Our Organization

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. Volunteers are the heart of the success of our

organization. They are truly priceless and a necessity for our organization and our purpose. If you're not a volunteer come try it!

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

HELP-IN-CRISIS
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TAHLEQUAH, OK 74465
ADDRESS SERVICE
REQUESTED

Non Profit
Organization
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PERMIT 147



We're on the Web!

See us at:
www.helpincrisisinc.org