



Helping Hand

January/ February 2011
Volume 31, Issue 1

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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Volunteer Coordinator

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From the Director

A New Year already here!! As we start a New Season we look forward to a **new Child Advocacy Center** in Tahlequah. **Child Advocacy Centers** are accredited by the National Children's Alliance and funded in part through CAMA (child abuse multi-disciplinary account) administered through DHS. There is a base amount to each county in a district attorney's district that provides for the team formation and staffing. Each district is allocated funding to operate **one Child Advocacy Center**.

In our district, these teams meet twice a month and bring all these wonderful people who care about children together and they work to investigate and prosecute cases of severe child abuse, neglect and child sexual abuse. They don't stop

there, they work together to make sure that child or children receive counseling and support and that they have a safety plan in place.

Help-In-Crisis is currently facilitating these teams in Adair, Cherokee, Sequoyah and **Wagoner Counties**. Additionally, in cooperation with the teams in each county we are operating a **Child Advocacy Center** in Sallisaw and in Wagoner. While there is a need for a center in each county the funding has never been available. We have worked hard to provide the best geographical locations for the teams to utilize and the addition of a center in Tahlequah is a great accomplishment. This expansion was made possible by our partnership with the **Cherokee Nation** and Pam Iron at the National Women's Health Resource Center. As a

part of their efforts to provide sexual assault services, we worked with them to develop a proposal to serve the very youngest of victims and it has been funded for the next three years! This funding will provide education and training to tribal staff and members will help us with equipment in each SANE room in each county and will open our **Child Advocacy Center**.

While the very best New Year would celebrate that there was no need for these services for young children, having them in place is a step in that direction. What a great start to a New Year! Till next time, Deana



BIRTHDAYS

January

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

February

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

SHELTER NEEDS

**SZ. 3, 4, & 5
DIAPERS**

BABY SWING

PACIFIERS

RAZORS

Well here we are jumping into a new year here at Help In Crisis. 2010 was a busy year. I am so looking forward to 2011. Hope you all had a wonderful Christmas and have a Happy New Year.

I am putting on a SANE training tentatively for the last week of January. So if you know anyone that is interested in becoming a SANE nurse please send them our way. I just want to say to you all that I appreciate all your hard work nurses and I know the clients you serve and take the time out of your day and generally the wee hours of the morning do as well. The things that the people you serve are generally in for the fight of their life with the emotional hardships that come from what has and is

happening to them. So, again, thank you.

I want to say a special "Thank You" to you all for all the hard work and long hours that you put into 2010. I look forward to working with you all in 2011. We will be seeing some changes in our District Attorney's office for district 27. We hope that 2011 will be a good year with many wins in our daily battle in the fight against Domestic Violence, Sexual Assault and Child Abuse.

Again thank you all for what you do. Here to a great 2011.

Rita Smithson

New Year- New Life

The New Year is well in swing and with the New Year comes the changes that we all want to see within ourselves. This brings about New Year Resolutions, one that you might not have thought about is helping in the community to better our town, the families that live in it and give back to with the gifts that are given to us.

At Help-In-Crisis there are many opportunities to do this in many areas. We offer free training and an ample list of volunteer needs.

If you have always wanted to volunteer but never had the time or if this article sparks something inside of you for the first time. Please help us to better serve our communities and volunteer.

Letters have been mailed to list of churches and pastors in Tahlequah to announce the 6 meetings of 2011 for our FAITH TEAM. This is a joint effort with local pastors and HIC to better take care of the needs of victims of domestic violence and sexual assault within our churches and community. Dates are January 11, March 8, May 10, July 12, September 13 and November 8. Lots of good things are being planned. Call for any additional information if you would like to participate!

Ask your Pastor if your church is involved if not help them get involved. Information is available to all denominations and our vision is for a world that values compassion, respect, responsibility, justice and non-violence. This cannot be achieved without an effort from us all and what better place to begin then



Shelter News

Happy New Year,

Hope everyone had a great Christmas and enjoyed their families and the reason for the season. We here at the shelter were very blessed again from the community with gifts, money, time, food, and lots of love. We so appreciate how the community rises to the occasion time after time. I know that you will bless in your own life as well as our community well be blessed.

As we begin the New Year we are looking forward to lots of activities with the women and children. Our staff here at the shelter have been brainstorming on ways we can help our families relax and destress during a very stressful time in their lives. Some of the things we have talked about is having a yoga class 2 or 3 times during the week, scheduling more activities during the week and on weekend especially to involve the whole family in some fun and relaxing. If you have any ideas or suggestion please let us know.

We served around 319 women and children in the year of 2010. It breaks my heart to know there are still so many people suffering from domestic violence and sexual assault in our community and surrounding communities. This is just the ones who came and spoke out. Let's all work together this coming year in educating people on all aspects of these areas. The victims from all sides. Until we acknowledge the problem and face it with non-judgmental, loving, and forgiving attitudes, I don't feel we can solve this problem. So let's all do our part and make a change in our communities.

Thanks to everyone again for your support and prayers.

Davada Davis
Shelter Manager



Children's Safehaven

2011 has finally rolled around. What are the New Year resolutions that you have made? Have you set out to save money, lose weight, or maybe even to exercise more regularly? While all of these things are good it is a proven fact that most of the resolutions that we make fade away after the first couple of months. So...why not make a resolution that can last this year. How about a family resolution?..... Make up your mind to build up your family structure, strengthening the bond that you have with each other. Extra little hugs here or a kind word there and how about even a family night of games and laughter? Even the littlest things that we do cause great change within us, so let's break the cycle of the fade away and cause something great to happen within our families. Wishing you and your families a wonderful 2011 year.

Lanica Foskuhl

February is Teen Dating Violence Awareness Month - by Jyme Lowe

Help-In-Crisis Prevention program will join Congress in recognizing February as Teen Dating Violence Awareness Month. Through collaboration with Tahlequah Public Schools and Sequoyah schools, as well as area churches we will be providing Tahlequah area youth with presentations and activities that will assist them in identifying and preventing dating violence.

The following information on teen dating violence is provided by www.endabuse.org.

While dating, domestic and sexual violence affect women regardless of their age, teens and young women are especially vulnerable. Women age 16 to 24 experience the highest rates of Rape and sexual assault, and people age 18 and 19 experiences the highest rates of stalking. Add To that the 15.5 million U.S. children who live in families in which partner violence occurred at Least once in the past year and you have a huge number of young people in this country whose lives are affected – sometimes shaped – by violence.

Prevalence of Violence

- Approximately one in three adolescent girls in the United States is a victim of *physical, Emotional* or *verbal abuse* from a dating partner – a figure that far exceeds victimization rates For other types of violence affecting youth.
- Nationwide, nearly one in ten high-school students (8.9 percent) has been *hit, slapped or Physically hurt* on purpose by a boyfriend or girlfriend.
- Nearly one in three *sexually active* adolescent girls in ninth to twelfth grade (31.5 percent) Report ever experiencing *physical or sexual violence* from dating partners
 - One in four teen girls *in a relationship* (26 percent) says she has been threatened with Violence or experienced verbal abuse, and 13 percent say they were physically hurt or hit.
 - One in three teens reports *knowing a friend or peer* who has been hit, punched, kicked, Slapped or physically hurt by a partner, and 45 percent of girls know a friend or peer who has been pressured into having either intercourse or oral sex.
- One in five tweens – age 11 to 14 – say their friends are victims of dating violence and nearly half who are in relationships know friends who are verbally abused. Two in five of the youngest tweens, ages 11 and 12, report that their friends are victims of verbal abuse in relationships.

HAPPY NEW YEAR

Americans love new beginnings! Our forefathers came to America to begin a new life...a new beginning! There were many reasons for the venture, risk were involved, even to the point of life and death. Many colonists did not survive the first colony at Jamestown due to weather conditions, lack of food, even other survival skills. One of the early colonies was a safe haven for convicts to settle in a make a "new beginning"! Freedom came with a high price and would even become more costly as the "new world" grew into the present day America we love.

What are new beginnings that we face today? We can look at our economy today and see new opportunities to make new beginnings out of the depressed climate of our economic life. Restructure is necessary, or, is it new thoughts and plans that need to create our new beginning? Americans have lost jobs, houses, retirement's investments and we count that as severe. Yet, we are a nation of over comers! All loss can be redirected to a new beginning. But, we take with us into that new beginning the wisdom of failure to protect ourselves from the same failure. Or do we????

The FBI reports to America that rape is the most dangerous crime that our nation deals with...even more so that homicide. In death there is a closure. In rape and intimate partner violence there is an end

of life as previously known, living death. Part of processing the horrific event to the healing of life: emotional, physical and, spiritual well being may require a fresh start. Maybe a move is necessary or other changes, which require a new chain of events. A support system of friends, family and counselors is essential. Victim blaming results only in past failures and not in new beginnings for those in crisis.

As Jamestown settlers learned to work together for life, we also can learn to work together for life! Today, 1 in 6 women will be the victim of sexual violence or rape. The number for men is 1 in 33 men will be assaulted in their lifetime. Children have a higher incidence if

reoccurrence if they are sexually abused before age 12. What obstacles to overcome! Here are a few of suggestions as to what we can do for victims of sexual violence.

1. Get involved... write a letter to the editor or blog post about sexual violence and prevention.

2. Organize a fundraiser... for Help- In-Crisis or your local crisis agency.

3. Volunteer ... to help organize sexual violence awareness events or other tasks.

4. Intervene if you see a situation that is high risk for sexual violence...**Break the silence!**

Happy New Year...make it a new beginning!!

Sandra Dearborn, Sexual Assault Services Coordinator

Volunteer Corner

*Start the Year off
blessing others with
your gifts,*

VOLUNTEER!!

*We have many
opportunities to help
and serve our
community,*

Hotline

Advocate

Child Services

Cleaning

Donations

Health Fairs

Call for more info

918-456-0673

Volunteer Needs

Child Services

Advocate

Hotline

Encore

Shelter

Office

I would like to thank everyone who walked in the Christmas parade this year we had 20+ men, women, and children walk in the parade this year, from the crowd's reaction I believe it was a very powerful moment in our community and even though we did not place this year we did receive a special thanks from the judges during the parade. Beginning in January the Wagoner Co. CCR is hoping to begin some new projects for community awareness, such as videos and billboards as well as trainings and community events. We have high hopes this new year to experience a shift in community awareness unlike ever before, by deeming 2011 as the year we break the silence! I hope everyone has a Wonderful Holiday and

a Happy New Year!

Amy Hollingshed
Court Advocate
Wagoner Co.

NEWS from the Sexual Assault Services

Announcements:

In early December Help-In-Crisis completed sexual assault advocacy training for 7 new advocates. These volunteers will be able to complete their 2 observations and then be on call for a victim of sexual assault as they go to the hospital for an exam. Hooray!!!!!!!!!! What a great group of volunteers!

As of today, December 16, 2010, Help-In-Crisis has completed 44 sexual assault exams. Our 8 nurses have been busy! Our advocates are always first on scene at the hospital to talk with the victim of sexual violence.

Also, Help-In-Crisis has received a new sub grant, known as **SASP, Sexual assault Services Program**, for 10 months for Adair and Sequoyah counties. It will begin March 1, 2011 and end December 31, 2011. This grant will offer services to all victims of sexual assault to include: peer counseling, advocacy for the victim in a SANE exam, court advocacy, education of services, a Hispanic resource guide, and ongoing attendance at the CCR Team and MDTF Teams meetings. Great help is on the way!

Pam Iron, Executive Director of NIWHRC wrote a grant which has been funded and awarded to Cherokee Nation. As new partners **Help-In-Crisis** and **Cherokee Nation Behavioral Health** and **NIWHRC, National Indian Women's Health Resource Center**, will be providing SANE training and Child Advocacy Center for forensic interviews for Cherokee Nation. This funding will provided much need equipment for the SANE rooms and CAC's. Teamwork is where it is at!!!!!!!!!!!!!!

ENCORE

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

Happy New Year
Start the New Year off fresh and donate your excess and unneeded items to Encore. And as you shed those unwanted holiday pounds don't forget to shop for your new clothing at Encore. See you soon

*Thanks,
Connie Walker*

ENCORE

Donations

Needed!!

Clothes

Toys

Baby Items

Furniture

Household Items

HUG Program

This is a letter from one of our HUG Parents that we thought we would share this month.

As a parent we face so many obstacles. We may not know how to handle. And as many parents will learn some things do not come naturally they have to be taught. Which is why having the HUG program has been so important in my life. Everybody should have a support system of some kind to help teach important things like: Discipline, potty training, how to handle money or how your child is developing socially, emotionally or physically. Parents also need to know that other parents may be experiencing the same things you are. This is where group meetings have helped me. It gives you a chance to talk to other parents and to learn how they may handle different situations. I use many of the techniques I have been taught thru this program. One of my favorites is using positive speaking for discipline. We say things like "We walk in the house, not run" or "We sit on the couch, not jump". This has helped my kids better understand what is to be expected of them. Our home visits are even better it shows us how our kids are developing and what to work on. They also teach is how to teach them how to do things they should be already doing. Before I was in HUG program I didn't know any other parents and had no idea how to do many things I was facing. This program has helped me become a better parent for my children. I have come to understand them so much better, and keep them in a routine. I could not thank the HUG workers enough for all their support. I have grown so much in my parenting and people skills and now a more confident parent from this program. I now will someday be able to teach my children to be better parents to their children. This experience is still teaching me not only to be a better parent but also a better person. For me personally it has given me confidence, better people skills, and self-esteem as a parent. I could go on and on about all the things the program has helped me with. Now all I can do is show my gratitude by saying thank you to everybody for helping me so much and making me a better person and parent, and giving me the resources I need to be able to do it!!!

Thank You
Tosha Phillips



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 January/ February 2011

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

Faith Team Meeting
January 19 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

Thanks to all of you for Helping provide Christmas to over 150 Children

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
P. O. BOX 1975
TAHLEQUAH, OK 74465
ADDRESS SERVICE
REQUESTED

Non Profit
Organization
Standard
U. S. POSTAGE
PAID
PERMIT 147



We're on the Web!

See us at:
www.helpincrisisinc.org