



Helping Hand

May/ June 2011
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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

Help-In-Crisis held its first ever Walk a Mile in Her Shoes event last month with much success. While not all checks have been received we have collected close to \$23,000.00! We understand that the event could not have been such a success without the help of sponsors, volunteers, staff and the local community. Also, we cannot forget the men that chose to put on their high heels in support for the women they know and the women they do not know. It takes someone with true courage to stand up and say, "this must stop" and of course look good doing it!

The following invocation was delivered by Rev. John Price before the walk began:

Creator, Liberator, and Sustainer of all life,
A lot of us have had a lot of fun getting ready for this day. We've joked and laughed and teased one another as we've shared our efforts to find shoes that fit, that are appropriately stylish, and aren't too likely to cause sprained or broken ankles as we walk the walk.
But we know there is

nothing funny at all about the cause that draws us together. We are here today, in this public place, to say, loudly and firmly, "Enough is enough!" We are here to say that every woman—and every child—and every man--has the right to live life free of fear. We are here to say that in our community, there is no place for words or deeds that devalue, demean, diminish or destroy another person. We are here to say a firm "no" to domination and subjugation as acceptable patterns in human relationships. Today we say, "Enough really is enough."

Today we walk in solidarity with those who are public survivors of violence, and we walk also in solidarity with those who have not yet emerged from the silent shadows of fear and hidden abuse. Let today bring a new awareness to our community and let today signal the hope, the promise, and the beautiful possibility of new beginnings. Let today be the day when we decide, this vicious cycle of violence can be broken.

Creating, liberating,

sustaining God of all life, we offer the laughter which punctuates this day, even as we offer our sorrow for the human brokenness which has called this event into being. We offer the money which so many have so graciously and generously contributed as their participation. And we offer the many soon to be aching feet. We offer it all into the unbounded and inclusive love which is your grace-filled gift to us here today, and to all humankind everywhere, and everywhen.

Amen

*("Walk A Mile"
Invocation, April 16,
2011. Delivered by
The Reverend John
R. Price)*

Thanks again,
Deana



BIRTHDAYS

May

Cecilia F.	1
Carolyn H.	1
Crosby C.	26
Jared D.	28

June

Terri B.	14
Cathy W.	16
Sue A.	17
Carolyn H.	28

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

The only journey is the journey within.

Rainer Maria Rilke

SHELTER NEEDS

Diapers 3 & 4

Baby Wipes

Deodorant

Hair Spray and Gel

Brushes

Meat

Well, summertime is here again and I am so excited. We have been busy little bees. April was Sexual Assault Prevention Month and we had our Proclamation Signings on the 1st of April for Sequoyah and Adair County which had a great turn out. So, thank you to all that participated in that. Help-In-Crisis also did the "Walk A Mile In Her Shoes" which turned out excellent. So, again, thank you to all that participated. There was an amazing turn out and it was lots of fun. It was a serious but fun event.

So, thank you again and have a great summer!

Rita Smithson

Position Available

Part-time position (20 hours a week) now open to work in Tahlequah as Sexual Assault Services Assistant. Position requires a high school diploma, some college work is preferred. Knowledge of the justice system, advocacy for victims and computer programs is helpful. The position will pay \$11.00 an hour and the candidate will be eligible to receive benefits.

Please mail resumes or drop them off at Help In Crisis 205 N. College Tahlequah, OK 74464 Attn: Sandra Dearborn.

The Faith Team meeting has been moved from May 10th to May 18th. It will be held at noon at the HRC office. Lunch will be provided and Sandra will be sending out a reminder letter.

Shelter News

Greetings to All

Life at shelter has been busy. We have been working on lots of projects. Spring cleaning has been high on our list and I would like to say THANK YOU to the students who came on the Big Event Day and helped us with that. You guys did a great job!!

Also, thanks to Lisa Blancher who is doing such a great job in helping with our grocery shopping every week and working with the ladies on healthy eating. Lisa also volunteers on Saturdays at the shelter and that is such a blessing. We love you and appreciate you. We have received Easter baskets this year from different people in the community and we are grateful. I know the children love getting the baskets and it is a great help to our mothers. As we all know ladies often come to the shelter with only the clothes on their backs so their children having a great Easter can ease their minds. Thank You. All the staff at the shelter is working on different projects with the women. We work

daily toward helping the families be safe and start their lives with the tools they need to reach their goals. I, as shelter manager, would like to say thanks all the staff and volunteers who dedicate their time, resources, and energy to helping us fight Domestic Violence and Sexual Assault in our community. Also thanks to Deana Franke, our director for her support and knowledge. We continue to need volunteers to help on group nights. We have group on Tuesday and Thursday night and need volunteers to help during this time. If you are interested in this volunteering opportunity please contact our Volunteer Coordinator, Jana Green at the office.

Summer is quickly approaching and we are looking forward to planning activities for the children and mothers. If you have any ideas or time please let us know. I know Amanda Crow, our Child Advocate is working on that and would appreciate any input.

Thanks again for all our community does to show their support in making a difference in our community.

Sincerely,
Davada Davis
Shelter Manager

Children's Safehaven

Children's Advocacy Center

10 Ways to set a positive EXAMPLE for your child.

1. Always remember that what you say and do greatly influences your child. Be a good role model everyday in everything you do.
2. Demonstrate good health habits, such as eating healthy foods, exercising daily, taking time to relax, and thinking positively.
3. Exhibit the character traits you want for your child. These can include respect, responsibility, courage, humility, kindness and caring.
4. Set rules, then be consistent. If discipline is needed, be firm but loving. NEVER HIT YOUR CHILD. It teaches aggressive behavior, and can cause harm as well.
5. Avoid using drugs or abusing alcohol. If you have a problem with drugs or alcohol, get help and serve as an example in that way.
6. Encourage your child's independent thinking by practicing it yourself.
7. Handle your anger appropriately. If you have a temper, learn to control it. If you can't do so on your own, seek professional help.
8. Take time out to read and show how much you enjoy it. Your child will imitate you and develop this valuable life skill.
9. Talk about your successes and failures with your child. When you make a mistake, say you're sorry then let your child see you make amends.
10. Do volunteer work – together if possible – so your child learns the value of helping others.

Our children are our best asset. Let's raise them up in the way that they should go, helping them to believe that anything in this life is possible if they only continue striving and never give up!

Blessings,

Lanica Foskuhl, CAC Director

Men Can Stop Rape - by Jyme Lowe

Most men are NOT violent! However, most violence is perpetrated by men. Violence against women is not just a women's issue. It is a society issue that impacts us all. To make an effective effort towards preventing violence in our community it is important that we reach out to everyone in our community. Thanks to a collaboration with National Indian Women's Health Resource Center, Northeastern State University and Help-In-Crisis. Joe Samalin from Men Can Stop Rape came into our community in March and delivered numerous presentations on the need for male involvement in our quest to end violence against women.

Men Can Stop Rape (MCSR) is an international organization that mobilizes men to use their strength for creating cultures free from violence, especially men's violence against women. Since its inception in 1997, MCSR has led the call to redefine masculinity and male strength as part of preventing men's violence against women.

Men Can Stop Rape provides agencies, schools, and organizations with direct services for youth, public service messaging, and leadership training. In Tahlequah MCSR provided training to Help-In-Crisis employees, Rotary Club, law enforcement, Sequoyah High School, NSU students and residential aides. The powerful messages delivered by Joe Samalin will no doubt have a lasting impact on our community as NSU is preparing to bring a Men Creating Change Chapter to the Tahlequah Campus.

To find out more about the Men Can Stop Rape organization visit: www.MenCanStopRape.org

Greetings from the Sexual Assault Services Coordinator and the SANE Program.....

April is a wonderful month! All crisis agencies in the United States spend the month raising awareness to the issue of sexual violence and also raise awareness for child abuse prevention. Many people pause to raise their voices in accord with us. Oklahoma has some of the highest stats in our nation on both issues. However, we are addressing this horrible social problem within our judicial system, educationally within our schools, with our faith communities and community events like *Walk A Mile In Her Shoes*. With the help of media some change is being reported. We long to see a day with no sexual violence or child abuse! Part of my job as Sexual Assault Services Coordinator is to contact each victim of sexual assault and offer counseling services. Not all victims want to come in for counseling or even to report to police for prosecution. However, those who do opt to come in for counseling services can process the trauma and begin healing. Many who do not seek counseling services are often frozen in the horror of the rape. Healing may never come for those victims. We can help if we are live. It is all confidential. allowed. If you know someone who is hurting from past sexual assault please try to encourage them to seek our services or services at a Certified DV/SA Agency where they thank you

for any support you may lend to a friend or to Help In Crisis. In May, Help In Crisis with National Indian Women's Health Resource Center and Cherokee Behavioral Health are collaborating t in a new grant to offer a SANE and SART (Sexual Assault Response Wind Team) training in Tahlequah. Red Consulting is giving technical support and providing the forensic nurse and trainers to come for the week of May 9th - 13th. This is an excellent opportunity for RN's who wish to take the SANE (Sexual Assault Nurse Examiner). Please contact me immediately if you have questions or would like to join in the training.

Also in May our CCR/SART team will be attending the **6th Annual SART Training Conference** which is in Austin, TX from May 25th through May 27th. Our team was awarded a team scholarship for 4 members which consist of Advocate, Sandra Dearborn, law enforcement, Robert G. Jones, SANE nurse, Rhonda Stanley, and OSBI lab member, Kelly Taulbee. Also Sara Payton will attend the conference as CCR /SART Coordinator with Catherine Leston representing Cherokee Behavioral Health. We are all looking forward to learning better how to serve the victims of sexual violent crimes. So.....what does all this produce? We hope to better educate our community and have improved services and care of victims of crime !

Sandra Dearborn

Volunteer Corner

Help others.

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*

SANE Needs

The SANE rooms need:

Shorts and summer tops. **All sizes.**

What's happening in Wagoner?

We are buzzing with excitement this spring! The Wagoner County CCR team had a great time training in Oklahoma City and have come back with a goal (well a lot of goals).. We will begin planning for two events. First, a fundraiser to better equip our officers when they investigate domestic abuse crimes. Second, a community event that stretches across our county for domestic abuse awareness month. If you would like to be involved with these events or help plan please contact Amy at 918-485-6500. I would also like to thank the men from Wagoner County, the young men from Wagoner Takedown Club and friends who came out to support the Walk A Mile In Her Shoes event. Good job guys! ---Amy H.

ENCORE

Hours of Operation
Tuesday – Friday 10am to 6pm
Saturday 10am to 3pm
Closed Sunday and Monday

ENCORE RESALE SHOP

May 15th marks the second anniversary of the Encore Resale Shop opening. The store has been a tremendous success on many levels, including:

1. Income to help support Help-In-Crisis services
2. A place for area residents to donate gently used items
3. Tax revenue for the City of Tahlequah
4. An opportunity for volunteers
5. Location for shelter residents to earn income and learn retail skills

Encore Manager, Connie Walker notes that this is the beginning of the garage-sale season, and Encore is happy to have the "left-overs," so long as they are in good condition. Remember: Do not bring unusable items such as appliances that don't work, clothes with stains or rips, broken furniture, or other things you couldn't sell, even for five cents. Encore depends on the generosity the people who donate articles for resale, but donations should only be brought when the store is open: *Tuesday through Friday from 10 am to 6 pm, and on Saturday from 10 am to 3 pm.* Donations that are dropped off after business hours can be ruined by bad weather or stolen by people who dig into the boxes of unattended items, leaving things scattered around the ground. Unfortunately, Encore is not able to offer a pick-up service. The resale shop will accept clothing, shoes, furniture, household items (dishes, glassware, cutlery, pots and pans), appliances, books, jewelry, televisions and other electronics in working order, sporting goods, games, toys, baby items, VHS tapes and DVDs, seasonal decorations, and the list goes on..... Especially needed at Encore is FURNITURE, FURNITURE, FURNITURE of all types, but please no mattresses since Health Department regulations prohibit their resale. Also, Encore will not accept any computers, keyboards, or printers.

If you have some free time that you would like to put to good use by helping others, consider volunteering at Encore for as few or as many hours as is convenient for you. Stop by the Help-In-Crisis Office at 205 North College, or call 918-456-0673 and visit with a staff member who can get you started. If you have specific questions concerning Encore, you can reach the resale shop at 918-453-0466 and speak with the manager, Connie Walker. Also, visit Encore on Facebook, or email Encorehic@yahoo.com.

HUG News

April 1st was the Family Matters Conference in Moore, OK and the HUG Coordinator was able to attend. The material received, See the World from My Eyes and Managing Stress, were used in our library display for April. April was Child Abuse Prevention Month, so we took pictures with Mayor Ken Purdy who signed the Proclamation to report and prevent child abuse.

Shelly Boyle, Dr. Ahmad's Physician's Assistant, was a guest speaker at our Parent Support Group. She is interested in being an HIC Volunteer and helping us with pediatric exams. She is certified to do the pediatric exams in two other states, but not yet credentialed in the state of Oklahoma. We look forward to her help.

Kori Bartholomew, Susan Osborne and Sara Davidson went to the Capitol Building on April 12th to talk to our legislators about funding for 2011-2012. Our new year starts July 1st. Terry Cline, the Commissioner of the Oklahoma State Health Department has said he can afford no more cuts to the State Health Department Budget and if he gets any cuts, he will defund the 17 Start Right Programs (Home Visitation/ Child Abuse Prevention Programs). Our Representatives and Senator are very Supportive to our programs and encouraged to continue our work; however, we are only three counties: Cherokee, Wagoner and Adair. We have been collecting signatures at our office in support of our program and have asked for people to write letters to our legislators.

We joined Casa in the Child Abuse Prevention Rally in the Cherokee Square and were able to tie ribbons on a Blue Ribbon Tree to represent our stand against child abuse. Again, the following Saturday we tied ribbons on a tree at Norris Park for the Walk a Mile in Her Shoes event. We also provided games for the children.

Norris Park was the site of our Easter Egg Hunt the following week. We were glad that we hunted eggs before it rained, and so were the 20 children participating.

HUG will participate with Jyme Lowe and the Purses for Prevention fund raiser April 29th.

We are continuing to screen, assess and enroll families into our program. We are now down 1 Family Support Worker, as Sarah Frank is on maternity leave awaiting the arrival of their little girl.

The HUG Family Group will have a Zoo Outing in May and we hope to go to Walk About Wildlife. It is within 30 miles and we are mindful of the hiking gas prices. Outings are funded by fund raisers.

Some of us will be on vacation in June and anxiously awaiting the news of our funding.

Sincerely,

Sara Davidson, HUG Coordinator



HUG Needs

Diapers (all Sizes)

Baby furniture
(cribs, bassinets,
toddler bed, high
chair, swing

Baby clothes

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 Jana Green at 456-0673 or e-mail hicvolunteer@sbcglobal.net.

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

Up Coming Events for May/ June 2011

Crisis Hotline Training will begin May 12. Contact Jana Green for more details. 918-456-0673

SANE Training May 9th through 13th. Please contact Sandra Dearborn 456-0673

Members of the local SART (Sexual Assault Response Team) will be attending training May 25-27th in Austin Texas.

Annual Health Fair May 5th at Hastings. 9am to 1pm.

Thanks to all of you for your support.

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 children. 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!

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