



THE ADVOCATE

VOLUME 1, ISSUE 1

JUNE 2009

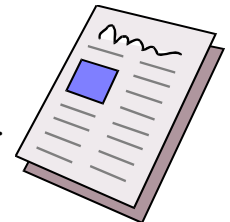
WELCOME TO THE ADVOCATE

It has taken a lot of hard work, but Project Woman is proud to send you its first issue of The Advocate, our semi – annual newsletter. The newsletter comes as part of the agency’s strategic planning goal to raise awareness about Project Woman.

The Advocate is designed to educate, inform, and empower our readers about domestic violence, sexual assault, and our

agency. We hope that you enjoy learning about our programs, services, and upcoming events. You can find a copy of The Advocate on our website at www.projectwomanohio.org.

If you have any suggestions or comments please direct them to Sarah Garten at 328 -5308, or sgarten@projectwomanohio.org.



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A MESSAGE FROM THE DIRECTOR

It seems unreal that this June I will be celebrating my 2nd anniversary as the director of Project Woman. Over the last two years, I have seen the agency strengthen its mission and expand its programming. Presently, we are enhancing our children’s program to provide childcare for clients during appointments, interviews, and support groups. The agency’s ability to respond to our clients’ needs is one of Project Woman’s greatest attributes.

As we start our new fiscal

year July 1st, the agency looks forward to an exciting new year. In October, Project Woman will be celebrating its 35th anniversary by kicking off its “Building Our Future” campaign.

Throughout the past 35 years, Project Woman’s services have expanded and our building needs have changed. In addition, the current location of our shelter will need to be vacated by 2013. The “Building Our Future” campaign will help Project Woman secure a safe location for our shelter

and other program needs.

The 35th Anniversary will also allow Project Woman to honor past and current board members and staff that have made the agency what it is today. It is through the dedication of the staff, board, volunteers, and donors that the agency has remained a vital part of the community for the past 35 years.

-Tyra Jackson

Executive Director

TRANSITIONAL HOUSING

In each issue, The Advocate will highlight one of Project Woman’s many services. In this issue, we are focusing on Women’s Transitional Housing (WT). WT is an independent and affordable housing program for people who are homeless and dealing with issues such as domestic violence and substance abuse.

There are five single room units with a shared kitchen, common area, living room, and bathroom. To ensure the safety and security of it’s occupants, the WT house has 24-hour video surveillance.

To be eligible for this program, individuals must meet the following requirements:

- Complete three or more months of treatment
- Have a Diagnostic Assessment through Project Woman
- Attend three to four NA/AA meetings weekly
- Provide verification of homelessness

Individuals who are part of the program receive counseling services such as AoD, mental

health, and group counseling.

They also meet with one of Project Woman’s case managers once a week. The case manager helps clients develop goals for their stay at WT, and also provides other services such as job readiness, health care assistance, financial budgeting, transportation, help finding permanent housing, victim advocacy, and links to community resources.

You can read about a woman who has completed the Women’s Transitional Housing program on page 3.

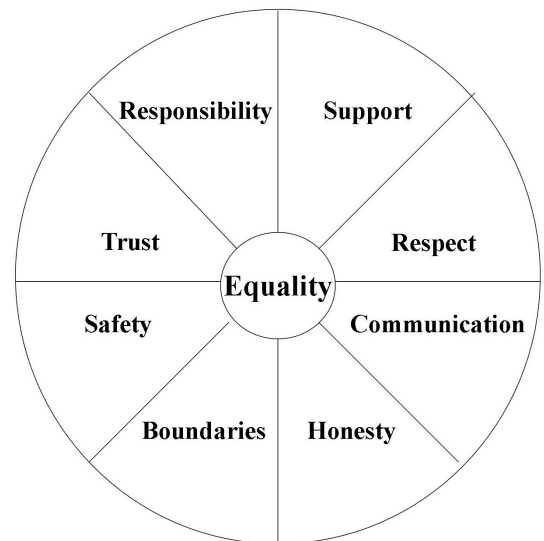
PREVENTION

As the school year has come to a close, so have the Expect Respect groups in the city schools. Expect Respect is a curriculum that promotes healthy relationships in school, at home, and in the community.

The groups are held during school in a small group setting. This gives students a safe place to learn, discuss, and ask questions about topics such as relationship violence, boundaries, respect, and the

responsibilities of being in a relationship. Each group session includes an activity as well as discussion.

To the right is a tool that illustrates the components of a healthy relationship. The wheel of equality is important because it not only shows students what a healthy relationship is, it also helps them learn to identify positive behaviors in relationships.



SAFETY PLANNING

It is difficult to imagine that anyone—especially someone you love— would ever hurt you. Unfortunately, the reality is that one out of every four women is abused by an intimate partner.

Leaving an abusive relationship may sound easy to do, but unfortunately it can be very dangerous. When a victim tries to leave, the abuser may feel like they have lost control, causing them to become more

violent and unpredictable. This is a time when a safety plan is valuable and necessary.

Looking at the statistics, it is easy to understand the need to have a plan to stay safe. Our Victim Advocates at Project Woman make safety planning with clients a priority. Since clients know what has worked in the past regarding their safety, they take the lead in forming the plan while the advocate is there for

support. This personalizes the plan to fit each individual client’s needs.

Since safety plans change depending on the circumstances of both clients and abusers, an advocate and client work together to determine risks, barriers, allies, and possible solutions regarding the client’s safety in every aspect of their life.

SURVIVOR STORY

My name is Jane* and I am a survivor of domestic violence and sexual assault.

Although my ex-husband never hit me, his words and lack of love, support, and respect were enough. At times, I wish he would have just hit me— the bruises would have gone away. We finally got a divorce after ten years.

After the divorce, I became addicted to crack cocaine. This led to mental, physical, and sexual abuse. At the time, I blamed the

drugs for everything that happened to me. Now I know that from years of being mentally abused, I had low self-worth.

While incarcerated, I met a woman who worked at Project Woman. She encouraged me and made me feel like no matter what I have done or what has been done to me, I am worthy of love and respect.

After completing a drug treatment program, Project Woman helped me establish housing. Since then, I have managed to obtain and keep a

full-time job, remain clean from all drugs, and reunite with my children.

As a result of Project Woman's help, I am very confident in my ability to be a responsible and loving mother again. Although I know I will face many trials, I have gained the tools needed to succeed with the help of my case manager. I have learned self-discipline, responsibility, and most importantly, self-respect.

*Client's name has been changed to protect his/her confidentiality.

OUR SERVICES

Emergency Shelter

Our shelter provides victims and survivors of domestic violence and their children with safe, temporary housing. Abused males are sheltered at a separate safe location.

24-Hour Crisis Line

The crisis line, (937) 325-3707 or toll free 1-800-634-9893, is for anyone in a crisis situation relating to domestic violence and/or sexual assault.

Support Groups

Support groups are offered to clients who wish to share and learn with others who have had similar experiences with domestic violence and sexual assault.

Counseling

We offer counseling sessions aimed at empowering men and women who have experienced domestic violence and sexual assault.

Case Management

Our case managers link clients to resources in the community to help further their independence.

Transitional Housing

Project Woman provides two housing opportunities. The first, Chrysalis Manor, is for women and children who have completed a stay in our shelter. The second, Women's Transitional, is for women who are dealing with domestic violence as well as substance abuse issues.

Hospital Advocacy

Trained employees are on call 24 hours a day, 365 days a year to provide information and support to victims of domestic violence and sexual assault in local hospitals.

Victim Advocacy

Victim advocates assist clients in filling out civil protection orders, accompany clients to court to explain legal terms, and help clients make safety plans.

Prevention and Outreach

Programs are available to educate the community, about topics relating to healthy relationships, domestic violence, and sexual assault.

STRIKE OUT VIOLENCE!



Project Woman held it's second bowling fundraiser, Strike Out Violence, on Saturday, April 18th. The event was held at Victory Lanes Bowling Alley.

The fundraiser was a success— we raised \$1,848.07! All of the money is going toward providing services at Project Woman that help victims and survivors of domestic violence and sexual assault.. Many businesses donated



services or items for our door prize drawings— the picture on the bottom left shows them displayed at the event. Some examples of donated prizes were free putt-putt games, a free massage, movie passes, and gift certificates to restaurants.

We would like to especially thank Kohl's. They sent volunteers to help with setting up, registration, and cleaning up afterward. They also donated \$500 to Project Woman!

Upon registration, bowlers received a ticket that entered them into door prize drawings. Throughout the afternoon as teams bowled, they could also buy tickets for the 50/50 raffle drawing.

It was a great afternoon. Project Woman would like to thank everyone who donated and bowled. The event wouldn't have been a success without you!

SEXUAL ASSAULT AWARENESS MONTH 'SHOWER'

In recognition of Sexual Assault Awareness Month, Project Woman collaborated with several local churches to host a 'shower' for our shelter. The event was held at New Hope Church with women from The Vineyard Church in Springfield.

There were two topics of the evening. One was Project Woman's shelter-

what we do and services we offer. The other was about sexual assault— what it is, what to do if it happens to you or someone you know, and prevention tips.

Similar to a baby or wedding shower, there was food, entertainment, and door prizes. Ladies from The Vineyard brought gifts. As you can see in the photo, we were overwhelmed with the

generosity of our guests. Piled on the table were towels, kitchen gadgets, hygiene products, and other needed household items.

Project Woman would like to thank both The Vineyard Church for participating and donating as well as New Hope Church for allowing us to use their space.



CHILDCARE NOW OFFERED



Project Woman has recently added a position at our agency: a Childcare Coordinator! The position will

start out as part-time, eventually becoming full-time in July. The Childcare Coordinator will plan weekly activities for children staying in the shelter as well as in Chrysalis Manor.

She will also be available during the week to take care of clients' children while they are at appointments, interviews, and support groups.

Childcare is a much-needed service for many of our clients. It is difficult to meet with a case manager or fill out paperwork with a victim advocate when your children need constant attention.

Having someone on staff that can keep children safe and entertained will be a great change for staff, clients, and their children.

YOU DO MAKE A DIFFERENCE

Project Woman is very thankful for the support the agency receives from the community. This support comes from all sectors, churches, schools, individuals, and foundations. Project Woman receives used cell phones that can be charged and used to call 911. Project Woman also receives used ink cartridges from businesses and individuals that are sold for general funds. One of our volunteers/donors clips coupons for us to use at our shelter.

This past year, Project Woman has been the recipient of two special projects. In April, Catholic Central 8th graders presented Project Woman with handmade blankets and care boxes for our clients. Each box was decorated with encouraging words. As the students crowded into Project Woman's little office to present their gifts, the smiles on their faces showed a sense of accomplishment and servitude.

In June, three children (with the assistance of an adult) decided they

wanted to do a community service activity. Briley, Baily, and Hannah collected over \$55.00 for Project Woman. Once again, their faces showed a sense of achievement and self efficacy. The funds will go towards purchasing a children's item in our new childcare area.

Project Woman appreciates the time, money, and talents volunteers share with the agency. It is through your support, the agency thrives. We want you to know that you do make a difference!

VOLUNTEER OPPORTUNITIES

Your time is valuable to Project Woman! There are countless ways to volunteer with us— as many ways as there are talents and people to share them. The following are brief descriptions of volunteer opportunities at Project Woman.

Administrative Volunteer

An administrative volunteer performs light clerical work and provides administrative assistance at Project Woman's facilities.

Special Events Volunteer

A special event volunteer helps the staff and board with fundraisers and events. *Project Woman is currently planning our 35th anniversary event.

Speaker's Bureau

This is an opportunity to deliver presentations about Project Woman's services, domestic violence, and sexual assault. *Training is provided.

Newsletter and Mailings

This volunteer would assist staff with stuffing envelopes, making labels, and putting together newsletters.

If you see an opportunity that interests you, or have a special talent that isn't listed (teaching people to knit, for example), please call Kristi at our office, 328-5308.

MENTAL HEALTH & RECOVERY BOARD'S LEVY

Project Woman is pleased to introduce the readers of The Advocate to one of our funding partners in Clark County. The Mental Health & Recovery Board (MHRB) has been a long-term supporter of Project Woman and its mission as a domestic violence and sexual assault prevention and intervention agency. We are one of twenty-five agencies in Clark County that is supported by the MHRB and the local levy.

The MHRB is the local authority for planning, funding, and

evaluating mental health and alcohol/drug services in Clark County. As a partner agency, Project Woman receives an annual allocation from the MHRB to provide mental health assessments, group and individual counseling, case management, and residential care.

Approximately one third of the Mental Health & Recovery Board's funds in Clark County are generated through the mental health levy.

Without these funds, Project Woman would have to significantly curtail services. Women and children would likely face a higher risk of harm without the support of local levy dollars through the Mental Health & Recovery Board's levy.





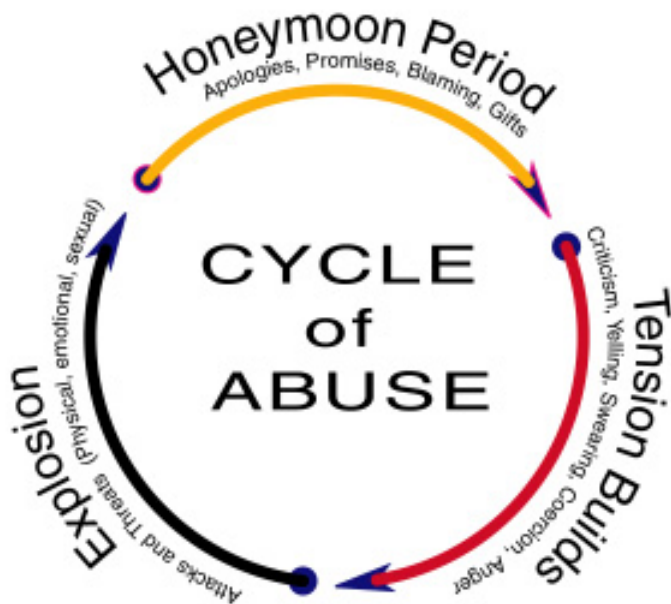
WARNING SIGNS AND RED FLAGS

How do you know if you are in an unhealthy relationship?

The following are signs and red flags that can help you assess your relationship. You may be in an unhealthy relationship if your partner:



- Gets serious about the relationship too quickly (says I love you, wants to move in together)
- Is extremely jealousy and possessive
- Is bossy, gives orders, makes all of the decisions
- Threatens you to get what they want
- Has a history of violence, hot temper
- Pressures you for sex and makes you do things you are not comfortable with. May say, “If you loved me you would...”
- Abuses drugs and alcohol and pressures you to do the same
- Has ever abused animals
- (if abuser is a man) Believes men should be in control and women should be submissive
- Constantly checks up on you by following, calling, and/or texting
- Says partner provoked abuse or blames them for it
- Has hit, pushed, shoved, strangled, restrained or physically hurt you
- Doesn't let you spend time with your friends and family
- Controls the money, gives you an allowance, doesn't let you have a job



Cari had been in a relationship for a few months with Jim. She really liked him and thought **things were going well in their relationship**.

One day while Cari was working, Jim walked in yelling that he had been calling and texting her all morning. He came to the store to check up on Cari. A few weeks later, Jim showed up at her work again. He got very jealous and told Cari she could not talk to male customers or he'd have her fired. Cari felt **tension** when they were together and felt like she had to **'walk on eggshells'** so Jim didn't get angry with her.

After threatening Cari many times, Jim **pushed Cari into the wall** telling her that next time will be worse if she doesn't do what he says.

The next day, Jim **apologized, blaming** Cari for what happened. Then he **promised** that he wouldn't hurt her again.

Unfortunately, this is not just a one time cycle. It can happen over and over. Project Woman strives to educate and empower men and women to break this cycle and break free of relationships that are about power and control.

VOLUNTEERS

The following people have offered their time and talents to Project Woman in the past six months. Their help has been greatly appreciated.

Emily Beavers, intern	Samantha Coffill, intern	Jeff Hively	Rebecca Kendrick
Nonie Behymer	Brandy Hamilton	Joshua Hively	Tim Lecocq
Bonnie Brady	Alex Hegyi	Tyler Jackson	Rhonda Smith



MONETARY SUPPORT

Thank you to the people/organizations who have supported Project Woman with monetary donations.

Megan Acton	Susan Finster	Phil Kenzora	Brooklyn Radlowski	Thomas Trempe	Springfield Firefighters
Hugh Alderson	William Fippin	Sam Lees	Barbara Roark	Marcia and Samuel Wade	VFW of Ohio Charities
Gayle and John Baker	Barbara Flesher	Martha Long	Thomas and Cathryn Rolf	Randy Wade	Wallace and Turner
Cynthia and Rod Batie	Marie and Richard Flickinger	Erendira Lopez-Garcia	Elaine and Francis E. Roller	Shelia Wansing	Wittenberg Urban Studies Group
James Bodenmiller	Nancy Flinchbaugh	Susan Loudenback	Kenneth Ronk	Barbara Weaver	Ohio Beta Beta Master
Elaina Bradley	Wendy and Eddie Ford	Sam and Christian Lough	Valerie Root	Jamie Wells	Project Woman Designated Funds and Endowments through Springfield Foundation:
Kara Bredemeyer	Sarah Garten	Kathy and Wayne Maurer	Mary Jane and William Salyers	Josephine Wilson	
Shari Brock	Jill Gianola	Julie McGregor	Kelly Schumann	Quila Wilson	
Leslie Buerki	Betty Gillium	Nancy McHugh	Geeta Shanker	Augustina Wingate	Elisabeth R. Cole
Brenda Cobb	Sammye Greer	Dr. Olga Medvedkov	Kathy and David Sharkis	Lee Winters	Marguerite Morris
Dr. Martin Cook	Jay Gwinn	Pam Meermans	Jennifer Shutz	Shirley and Philip Young	Local Foundations:
Jo Etta Cooper	Martha and Robert Harley	Karen and Stanley Mickel	Cynthia Skeens		
Clara Copeland	Amanda and Alex Hegyi	Stephen Moody	April Smith	In Memory of:	American Association of University Women
Karen Copeland	Ann and Dallas Hembree	Thomas Mulkey	Kay and Geoffrey Steele	Steve Zartman (Mary and Michael Manoloff)	Clark County Medical Society Alliance
Dr. Cathy Crompton and Rep. Ross McGregor	Chris and Jeff Hively	Baily Nelson	Hannah Nelson	Constance Owing (Betty O'Neal)	Fifth Third Bank
Jo Ann and Robert Davidson	Wendy and Marc Holt	Judith O'Connor	Linda and Charles Oliver	In Honor of:	Hoppes Foundation
Karen and Ronald Duncan	Lou Ann Horstman	Briley Palmer	Michael and Rebecca Peyton	Clara Copeland (Brooklyn Radlowski)	Junior Services League
Kay Elam	Kathryn Howard	Nancy Parker	Deb Phelps	Local Businesses:	Mental Health Foundation
Sarah Erlewine	Mable Jackson	Dan Pearl	Michael and Rebecca Peyton	Air National Guard 178 th Fighter Wing	Raymond Schiff Fund
David Eyestone	Robert Jackson	Michael and Rebecca Peyton	Deb Phelps	Boy Scouts	Reynolds and Reynolds
Stephen Feagins	Tyra Jackson	Michael and Rebecca Peyton	Deb Phelps	Clark County Genealogical Society	Springfield Foundation
Stephen Fifer	Karlene Keating	Deb Phelps	Deb Phelps	Dayton Foundation	United Way
David Finster	Jack Kennedy	Deb Phelps	Deb Phelps	Antioch Co. Fund	Verizon Hopeline
	Joel Kennedy	Deb Phelps	Deb Phelps	Grimes Kohl VFW Ladies Aux.	Young Woman's Mission
		Deb Phelps	Deb Phelps	Guarantee Insurance Agency	Churches:
		Deb Phelps	Deb Phelps	Kohl's	Covenant Presbyterian Church
		Deb Phelps	Deb Phelps	Moms Club of Enon	Crossroads UCC
		Deb Phelps	Deb Phelps	Morgan Machine Tool	Enon United Methodist
		Deb Phelps	Deb Phelps	Northwestern Middle School	Lagonda United Methodist Women
		Deb Phelps	Deb Phelps	Ohio Phi Master Beta Sigma Phi	Story-Hypes Church United Methodist Women
		Deb Phelps	Deb Phelps	Springfield Savings Bank	United Methodist Women— South Charleston
		Deb Phelps	Deb Phelps		Vineyard Church

IN KIND SUPPORT

The following businesses and people have donated items or services to Project Woman for 2008 and 2009 fundraisers. Thank You!

Kohl's	Putt-Putt Fun Center	Chakeres Cinema	Lees Famous Recipe Chicken
Fazoli's	Cassano's	Play It Again Sports	Chuck E. Cheese
T.G.I. Friday's	Los Mariachis	Oasis	Arbys
Family Video	Kentucky Fried Chicken	Wendy Holt	Fazio
Frisch's Big Boy	Perkins	Chris Hively	Cincinnati Reds
Red Lobster	Burger King	Victory Bowling Lanes	CVS
Wal-Mart	Olive Garden	Reflections	Wendy's
Domino's		Auto Zone	



PROJECT WOMAN

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Phone: (937) 328-5308
Fax: (937) 328-5324

24-hour crisis line:

(937) 325-3707

Toll free:

1-800-634-9893

We're on the Web!

www.projectwomanohio.org



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MARK YOUR CALENDAR!

Project Woman is celebrating our 35th anniversary this year! In 1974, Project Woman was founded as a rape prevention program. Over the past 35 years, changes have been made and services have been added.

Since we have added several services and programs and will continue to do so, we

are outgrowing our current space.

On Saturday, October 17th, Project Woman is hosting an event to celebrate the past 35 years, and look toward the future.

The celebration will be held



in the evening at the Springfield Marriott. Tickets are \$40 a person and includes dinner. There will also be a silent auction.

Mark your calendars and plan on joining us to kick off our "Building our Future" Campaign on October 17th!

Board Members

Chairperson

Wendy Holt

Vice Chairperson

Phillip Kenzora

Treasurer

Barbara Stewart

Secretary

Jan Spier

Kim Bishop-Gnau

Cindy Batie

Jo Etta Cooper

Clara Copeland

Marie Flickinger

Erendira Lopez- Garcia

Jill Gianola

Stephen Moody

Naureen Qasim

Cynthia Skeens

Racille Smith

Leanne Wierenga



Project Woman welcomes **Kim Bishop – Gnau, Cindy Batie, Racille Smith, and Leanne Wierenga** to the Board of Trustees.

We are sad to say **Judy O'Connor** and **Marie Flickinger** are retiring from the Board of Trustees after 8+ and 9 years respectively.

Your dedication and commitment to the agency has always been appreciated!

