



Domestic Abuse
& Sexual Assault
Crisis Center
of Warren County®



Enlightener

*Mission: To support and empower those affected by domestic violence and sexual assault
To develop a community where there is no acceptance of or tolerance for either*

September 2008

Rachel: A Survivor's Story

This is my story.

I was born into this world on April 15, 1977, weighing just a little over two pounds and addicted to heroin. I came into this world fighting just to live and, believe it or not, at 30 years old I'm still fighting, not to live, but to make it in this world.

I am a survivor of many things. I grew up very rough – I was put in foster care at one year old and stayed until I was 14. I don't remember when I was first molested, but at 14 I was raped by my foster father. Needless to say, I left the system, ran away and was completely on my own.

I had to grow up so fast and learned that it is not an easy world out there. I never had a role model to look up to so I made many wrong decisions. I had my first son at 28 and the man I chose to be the kid's father was abusive in every sense of the word. I stayed and put up with years of abuse because I wanted my sons to have what I never did, two parents. I was used to that way of life and not used to being shown love of any kind, so I thought that was love.

Then came my second son and soon after I had him, my abuser tried to kill me in front of our children. I finally had enough and left and went to a

domestic violence shelter near where we live. It took all of me to stay there and not return to my abuser. Well, in time, he found out where we were. So we came here where he could not find us. I know now that I am strong, that I can do this and make a better life for me and my sons, that they are my family. I know now that I have the means to make it and I deserve better than abuse in my life.

I hope that my story of survival will make anyone, from a desperate mother, to a teenage girl, or even a man, know that you can make it in this life, no matter where or what you came from.



Interfaith Task Force Forming

Faith-Based Community Leaders Invited

The Domestic Abuse and Sexual Assault Crisis Center recently established an Interfaith Committee of staff members and volunteers. The goal of this committee is to build a partnership with faith-based leaders in the community as part of an Interfaith Task Force that will work toward a "No Acceptance, No Tolerance, No Excuse" environment for issues related to interpersonal violence in Warren County.

"Domestic violence and sexual assault are at epidemic proportions in our communities," explains Lynn Webb of the committee. "The statistics show that every 15 seconds a woman is battered. One in four girls and one in seven

boys will be sexually assaulted by the age of 18. Our vision for the Interfaith Committee and Task Force is to work in collaboration with the Domestic Abuse and Sexual Assault Crisis Center to support victims of domestic violence and sexual assault from a faith-based perspective."

Letters have been mailed to 120 faith-based leaders in Warren County inviting them to a meeting on October 16, 2008 at 10:30 am. Refreshments will be served. Anyone interested in representing a religious organization should contact Angel McKamey at **908-453-4121 extension 105.**



Directly Speaking: Pam Farago, Executive Director

For the past few editions I have been telling you about the improvements going on at the shelter as a result of capital improvement grants that were awarded to the agency. In the last edition I talked about the outdoor security system upgrade, new paint and carpeting, new heating and cooling units, phone system, new van to transport clients, and electrical work needed for safety reasons.

Most recently we have completed a few additional projects. The windows on the Dorothy Blake House, our transitional living facility, have all been replaced to make the house more energy efficient. A new roof was put on the shelter and garage eliminating the leaks and mold problem. The cracked sidewalks and rusted railings at the shelter have been replaced to improve safety. New books, tapes, and training materials were ordered to improve

our primary prevention and community education programs.

Many thanks to our facilities manager, Robin Sielski, for her ability to keep all projects moving ahead, on track, and within budget.

For a shelter tour please visit our website www.besafewc.org and click on "Tour a Domestic Violence Shelter." To hear a survivor speak, please click on the "View a Survivor's Video Clip" button.



Primary Prevention Program Kicks-Off

This year the Center was very fortunate to receive a grant from NJ Division on Women to develop a primary prevention program in the area of sexual assault for Warren County. The grant will provide funding for a countywide sexual assault hotline, crisis counseling and accompaniment services for sexual assault victims, as well as sexual violence prevention activities in an effort to eliminate the incidence of sexual violence in Warren County.

Sheila Garry Avery, primary prevention and community education director, is responsible for overseeing this program for the agency. Some of the specific components of the primary prevention program include:

- coalition building and community mobilizing,
- sexual violence prevention planning,
- policy and social norms change.

Over time the program could include the development of educational seminars and training programs

as well as preparing informational materials on prevention-related topics.

The first step in this process was for Sheila to survey a variety of Warren County agencies to determine how much they know about the Domestic Abuse and Sexual Assault Crisis Center's services, how well the programs are doing, their assessment of different Warren County programs, success factors, barriers, and overall community needs. With the help of Ashley Young, a Centenary College intern, Sheila was able to determine the populations served, what made programs successful in Warren County, the barriers encountered, and the community needs.

The next step involved setting up face-to-face interviews with key stakeholders in the community to understand how their job functions relate to sexual assault, how working with issues surrounding sexual assault has changed over the last few years, what is unique about Warren County as it relates to sexual assault, and the greatest barriers to change in the

county. In all, over 20 interviews have been or are in the process of being scheduled with law enforcement, health care, educational, media, and social service organizations as well as elected officials. As a result of these interviews ten individuals have agreed to serve on the coalition to develop a primary prevention program that is specifically geared to the needs of Warren County residents.

As part of the grant, the agency will be assigned a consultant to assess our progress, assist in setting up the plan for further work, and offer technical assistance. This person should be available to the agency this fall, and once in place, we expect to build momentum with the coalition and the Program.

Anyone interested in being considered as a candidate for the coalition should call Sheila Garry Avery at 908-475-8581 extension 300.

Center Welcomes New Outreach Director

In September the Domestic Abuse and Sexual Assault Crisis Center welcomed Licensed Associate Counselor Gita Patel as the new Outreach Director. Gita will be responsible for supervising the mobile outreach counselor, legal advocate, primary prevention/community education director, bi-lingual Spanish outreach counselor,

and part time outreach counselor. Prior to joining our team, Gita worked at the Morris County Sexual Assault Center where her responsibilities included providing individual counseling, group counseling, and advocacy services; supervising 25-30 SART Advocates, and providing educational seminars on sexual assault

prevention to schools, social service, and law enforcement organizations. Gita holds a BA in Psychology from Rutgers University, a Masters in Counseling from Seton Hall University, and an Educational Specialist Degree in Mental Health Counseling from Seton Hall University. Welcome to the agency, Gita!



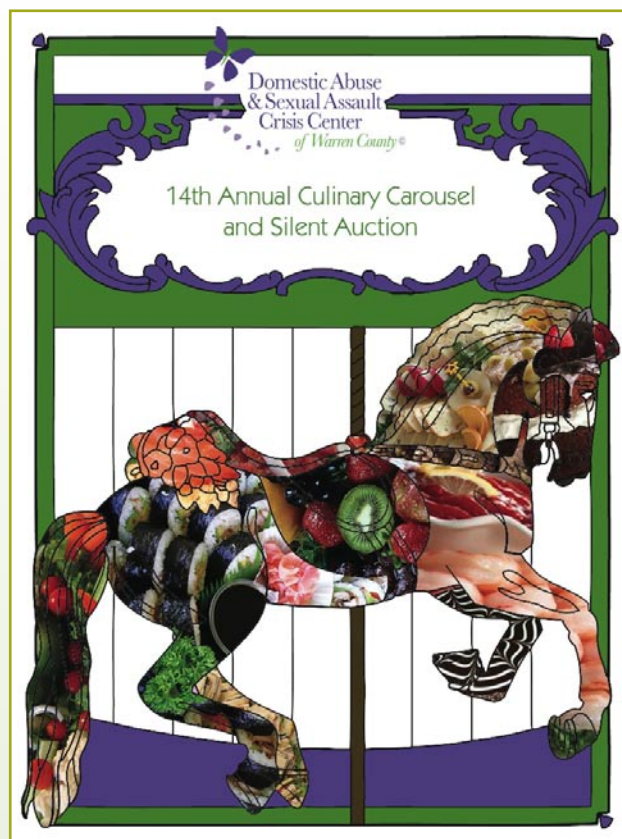
Get Your Taste Buds Ready:

The Culinary Carousel is Coming October 20!

Our 14th annual Culinary Carousel will take place on Monday, October 20 at the beautiful Hawk Pointe Golf Club in Washington, NJ. The Culinary Carousel is a gourmet tasting benefit featuring specialties from the following area restaurants and specialty shops: Charlie Brown's AngelFood, Antoinette Chocolatier, Glen Gardner Inn, Hawk Pointe, Madison Chocolatier, Mediterranean Bistro, Prickly Pear, Stella G's, Teaberry's, Thyme, Top of the Green, and Vintage to name just a few.

This year's Honorary Chair is Dr. Deborah Diamond Fisch, Director of the Northwest New Jersey Regional Women's Center located at Centenary College.

The event starts with a fabulous cocktail hour and silent auction, followed by dinner and classical music. This year's silent auction will include a Nintendo Wii, yoga package from Awakening Point, Hawk Pointe golf package, agency "Rising" pin, Sensations Spa package, framed artwork, jewelry, golf packages, gourmet baskets, baskets of cheer, sports tickets, NFL memorabilia, gift certificates, winery getaways, mystery chest, signed Ann Reeves print, and a Jon-Etta's basket.



Tickets are \$135 per person. If you would like an invitation, information on sponsorships or ad journal opportunities, or wish to donate an item to the silent auction please call Pam Farago at 908-453-4121 x 102.

October is National Domestic Violence Awareness Month

Candle Light Vigil Scheduled for October 1 in Hackettstown

Domestic Violence Awareness Month evolved from the first Day of Unity observed in October 1981 by the National Coalition Against Domestic Violence (NCADV). The intent was to connect battered women's advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became a special week when a range of activities were conducted at the local, state, and national levels.

These activities were as varied and diverse as the program sponsors, but had common themes: mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence.

In October 1987, the first Domestic Violence Awareness Month was observed. That same year the

first national toll-free hotline was established. In 1989 the first Domestic Violence Awareness Month Commemorative Legislation was passed by the U.S. Congress. Such legislation has passed every year since with NCADV providing key leadership in this effort.

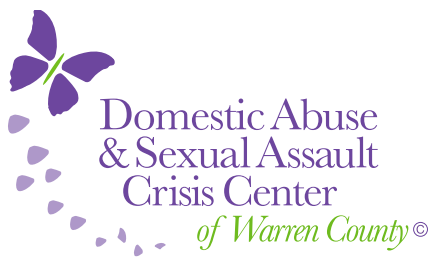
In October 1994 NCADV, in conjunction with Ms. Magazine, created the "Remember My Name" project, a national registry to increase public awareness of domestic violence deaths. Since then, NCADV has been collecting information about women who have been killed by an intimate partner and produces a poster each October for Domestic Violence Awareness Month, listing the names of those documented in that year.

The Day of Unity is celebrated the first Monday in October. NCADV hopes that

local events in communities and regions across the fifty states will culminate in a powerful statement celebrating the strength of battered women and their children. Here in Warren County the Domestic Abuse and Sexual Assault Crisis Center celebrates with an annual Candle Light Vigil

To mark this year's occasion the Domestic Abuse and Sexual Assault Crisis Center will be partnering with the Hackettstown Business Improvement District to hold a Candle Light Vigil on Main Street, Hackettstown at 7:00 pm Wednesday, October 1. The program will start at the Gazebo and conclude with luminary being lit in front of all of the businesses on Main Street. Please come out and join us as we present a short program, light the luminaries, and then socialize with light refreshments.

 **Warren** Community Partner Sponsor
County Community College for this newsletter
Lean, Compassionate, Accountable



P.O. Box 423 • Belvidere, NJ 07823
Return Service Requested

NONPROFIT ORG.
U.S. POSTAGE
PAID
PERMIT #62
BELVIDERE NJ 07823



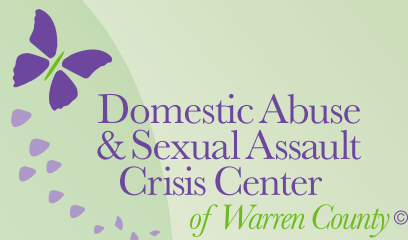
Warren
County Community College
Lean, Compassionate, Accountable

Community Partner Sponsor
for this newsletter

Wish List

Caring members of the community always ask us how they can help and what items we need. Our shelter is currently in need of items for our clients. Following is our current wish list. If you would like to donate any of these items (new items only please) you may contact Robin Sielski at 908-453-4121, extension 107.

Alarm Clocks/Clock Radios
Baby Wash
Baby Wipes
Bath Gel
Batteries (9 volt, AA)
Body Lotion
Cleaning Products (no ammonia or bleach): all-purpose floor cleaners; bathroom, tub and tile cleaners; countertop cleaners
Composition Books, Day Planners, Journals
Cotton Swabs (Q-tips)
Diapers
Fabric Softener, Dryer Sheets
Feminine Sanitary Products
Feminine Shaving Gel
Freestanding Paper Towel Holders
Garbage Bags (small, kitchen and large)
Hairbrushes
Ibuprofen, Tylenol (current dates only please)
Latex Gloves (powder free)
Light Bulbs (40 Watt, 60 Watt standard medium base)
Liquid Dish Detergent
Liquid Hand Soap
Mops, Brooms, Dust Pans
Night Lights/Flashlights w/batteries
Paper Towels (rolls)
Sponges, Dish Brushes, Scrubbers
Toilet Paper (Scott, ShopRite, or Marcal, single-ply white preferred)
Tweezers, Nail Clippers



Contact information and phone numbers:

Hotlines: 866-6BE-SAFE
908-453-4181
908-453-2553 (TTY)

Office: 908-453-4121

Outreach: 908-475-8581

Fax: 908-453-3706

Website: www.besafewc.org



How To Donate

If you would like to make a donation to the agency there are a number of ways to do this. With a PayPal account you can quickly and easily make a donation online at our website www.besafewc.org. Or, you can call Sue Allan at our office to make a credit card donation over the phone. Alternatively, you can mail a check to the agency at:

Domestic Abuse and Sexual Assault Crisis Center
P.O. Box 423 Belvidere, NJ 07823

Room sponsorship is another lovely way to support the clients we serve. For an annual donation of \$1,000 a plaque will be placed in a room either at the Morningside Shelter or the Dorothy Blake Transition House. Your donation will assure that the room has furniture, lighting, a supply of linens, towels, rugs, etc. A portion of the donation will be set aside so that when large purchases for the facility such as refrigerators, roof repairs, painting, etc. are needed we will be able to take care of those items in a timely manner.

EDITOR:
Pam Farago

DESIGN, LAYOUT, & PRINT:
Williams & Phillips Graphic Design

The Enlightener is published by the Domestic Abuse and Sexual Assault Crisis Center of Warren County as a public service in addressing the issues and consequences of domestic violence and sexual assault. Readers are encouraged to send articles, letters and information on issues for publication. Please send materials to: Domestic Abuse and Sexual Assault Crisis Center, PO Box 423, Belvidere, N.J. 07823. ATT: Editor, Enlightener. The Enlightener is funded by Warren County Community College.