

Women's Crisis Support Team

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VOICES



From the Executive Director

Dear Friends of Women's Crisis Support Team,

Another six months have flown by since our last newsletter. Much has happened and our work continues.

We lost a valued staff member, Tammi Patterson, to a sudden illness that shook our world and brought a perspective of just how delicate life can be. She will be greatly missed. This heartbreak is a reminder of the fine balance that we all walk daily.

It is with gratitude that I acknowledge all of our faithful supporters, businesses, service clubs and foundations who have funded the programs of Women's Crisis Support Team during this last year. Every one of you has made a difference by donating financially to our programs, supporting our events, volunteering time or gathering household and clothing donations. With our state and federal funding shrinking, WCST must look to our community for sustainability. It does take the unity of our community to make every home a safe home.

WCST has been the recipient of forward thinking individuals who have gone outside the box to support our mission. From Hellgate Excursions and Home Valley Bank for their "Hope Floats" Event benefitting the Women's Crisis Support Team to a community member, who made WCST the beneficiary of her 80th Birthday gift donations. All of these events and special gifts are blessings to this agency.

In the coming weeks, we have the opportunity to support the Grants Pass Public Safety Department by supporting the operating levy in May. Please carefully consider this measure. The Public Safety Department is vital to our community and our mission of keeping every home a safe home.

I am grateful to live and work in a community that shows such care and support.

Warm Regards,

Krisanna

"Real change is brought about by gentle pressure relentlessly applied."

Her voice is silenced.
Her dreams are shattered.
Her soul now resides
In a body rated and battered.
Who does she trust?
Where does she turn?
She tries to speak up,
Her cries go unheard.
She's yearning to know
That someone believes
That it's not her fault,
He chose evil deeds.
Because of his choice
She now fixes the broken
Pieces of life,
As her thoughts go unspoken.
Together we will
Offer her choices,
Give of our hearts,
Give her our voices.
Give her our strength
When she feels too weak.
Give to her hope
She so desperately seeks.
A long journey she has
To heal all the pain.
But with courage and love,
She'll be whole once again.

**Written by
Tammi Patterson**



AmeriCorp Member by Katarina Kobor

I am now in my sixth month as the AmeriCorps member at the WCST, and have had an amazing experience thus far. AmeriCorps is a national service program, often referred to as ‘the domestic Peace Corps’. In exchange for a living stipend, I am committed to serving 1700 hours within an 11 month period. I have fallen in love with the Rogue Valley- the beauty of the landscape and the kindness of the people. I am passionate about the prevention and community outreach work that I am doing and am proud to be part of such an inspiring and driven team. I chose to do AmeriCorps for two main reasons: because of the experiences and educational opportunities it offers, and because I firmly believe that if we as citizens desire societal change, then we need to work in our communities to make it happen. I also believe that sexual and domestic violence will not end unless we work with young people towards prevention. With the (much-appreciated) help of other staff members and community volunteers, I am currently facilitating Young Women’s groups in four of the area high schools. These groups meet weekly to discuss gender, violence, drugs, sexual assault, bullies, allies, healthy communication, relationships, and our futures. The schools have been very supportive of this work and it has been well received by the young women. Group

members comments include:

“I have opened up to my group. In some ways they know more about me than my friends outside of this activity.”

“I absolutely fell in love with our group meetings. They really help to open our eyes to the damage that women receive on a constant basis, and how we can fight back with our inner strength through both action and words.”

“Amazing. I LOVE this group. It should be a class in school.”

I also table at Rogue Community College each week and have been working with the Women’s Resource Center, Student Government, and the Diversity Council there. I am in the process of planning an event, “Speak up Speak Out” for Sexual Assault Awareness Month (SAAM). It will be April 16th at 6:00pm at the Anne Basker Auditorium. If you would like to help out or want more information about AmeriCorps, the

Young Women’s groups, or SAAM please email me at katarina.wcst@gmail.com.



Community Educator-Prevention Program by Ray Dinkins

The Women’s Crisis Support Team has quickly become a recognized leader in the community for our efforts in implementing primary violence prevention programs and community building curricula in Grants Pass and Three Rivers High Schools. Primary prevention involves efforts to reduce the incidence of violent acts among an identified population before it occurs. In this effort, our prevention staff is given opportunities to meet with small groups of students in order to engage them in the greater discussion and difficult work of violence reduction in our community. Our strategies encourage students to explore new values, thinking processes and relationship skills that are incompatible with violence and that promote healthy, non-violent relationships.

While quantifying the success of WCST’s particular prevention strategies remains difficult, our work has been fully recognized by students, school administrators and community leaders alike as a significant asset to the collective Grants Pass community effort to reduce violence and sexual assault. Currently, the Prevention staff conducts 12 small groups at 4 high schools that have tallied roughly 2,000 contact hours with area students since the beginning of the school year. The Women’s Crisis Support Team owes a great deal of gratitude to school staff and administrators who have demonstrated intelligent foresight and an innovative spirit to help us implement these small groups on area campuses.

The students and prevention staff have worked hard this year to develop a new norm of non-violence, always aware that social change often requires a greater length of time. For the individual students attending the WCST groups, however, the results of this work have already been dramatic and far reaching. Join us in our hope and excitement as we look to the more peaceful future these young leaders will help create in Grants Pass.



Domestic Violence in the Workplace

Violence in America is now invading the workplace, putting at risk the safety, productivity and health of American workers, and this violence appears to be on the increase. Research clearly shows a significant increase in the amount of violence and conflict in the workplace in recent years.

Workplace Guidelines

What to do...

If you are experiencing domestic violence:

- Notify your supervisor and human relations manager about the circumstances regarding your situation.
- Discuss options available to you, e.g., scheduling, safety precautions, employee/family assistance benefits.
- Submit a recent photo of the perpetrator to your safety manager in the event of a confrontation at work.
- Request that all information be treated with confidence to provide for your safety and well being.

If you are the supervisor or manager of an employee who is experiencing domestic violence:

- Be aware of unusual absences or behavior and take note of bruises or emotional distress.
- Contact the human resource manager to discuss concerns, resources available and ways to support the employee, e.g., safety planning, employee assistance counseling, family resource referrals, flexible scheduling, security measures.
- Be familiar with community resources and referrals.
- Maintain confidentiality at all times; be sensitive to the seriousness of the situation.
- Assist the employee in documenting all incidents with the batterer that occur in the workplace.

A healthy workplace:

Welcomes diversity
Opens communication
Respects people's rights
Knows that prevention pays

Safe respectful workplaces attract quality employees and customers; enhance productivity and morale. Take an active role in preventing violence in your work environment.

Demonstrate respect for everyone:

- Lead by example- Explain to peers what a safe environment means to you.
- Interrupt insensitive comments, sexist jokes, demeaning emails or other forms of harassment.
- Recommend policies and practices that contribute to respect and productivity.

Prevention is about social change. Focusing on prevention may help create an environment where people are safer in their relationships, homes, neighborhoods, schools, workplaces and communities.

National Domestic
Violence / Abuse Hotline
1-800-700-SAFE
WCST 479-9349

What is sexual violence?

Sexual violence includes rape, sexual harassment, and incest. Making offensive jokes and comments, posting offensive images, grabbing or fondling someone, and stalking are some other examples of sexual violence.

How does respect prevent sexual violence?

Respect means treating people with consideration. This includes respecting their boundaries. Being aware of how we treat one another makes us less likely to hurt or offend someone.

What can I do?

- Treat other people with respect.
- Express your concern when you hear an offensive joke or comment.
- Offer to help when someone is needed.
- Reinforce positive behavior.
- Advocate for policies in your community designed to prevent and respond to sexual violence.

How is sexual violence a workplace issue?

While working or on duty, U.S. employees experienced 36,500 rapes and sexual assaults from 1993 to 1999. This excludes more than 12,000 annual reported acts of sexual harassment at work. Sexual violence that happens in the workplace is unfortunately common.

Due to the often devastating emotional and physical consequences of sexual violence, victims may have difficulty meeting ongoing work demands in the aftermath of an assault. Women who have been raped or sexually assaulted report decreased work functioning, sometimes for up to 8 months after the

attack.

Prevention means stopping sexual violence before it happens. This requires us to change how we treat one another, and how we look at sexual violence in our society. Employees and employers have a role to play in prevention. Here are some examples:

- Employees treat one another with respect and dignity, regardless of gender, race, or religion.
- Employers have a well-publicized company policies for reporting and responding to acts of sexual harassment and violence.
- Businesses support Women's Crisis Support Team through donation of time and/or money. By showing they care, others in the community are inspired to learn more about how to help.



Actions for Employers

How you can help:

- Display Sexual Assault Awareness Month (SAAM) poster in community area.
- Distribute free SAAM palm cards to each employee; stuff them in paychecks.
- Hold a workshop about respect in your workplace.
- Pass out flyers on a community workshop about respect to your staff.
- Sponsor a community event to raise money for Women's Crisis Support Team.

For more resource information:

<http://www.oregon.gov/boli>

<http://www.ocadsv.com>

<http://www.aidv-usa.com>

<http://www.nsvrc.org.com>

Hotlines:

Rape Abuse and Incest National Network (RAINN)

1-800-656-hope

Women's Crisis Support Team

541 479-9349

Prevent
Sexual
Violence
IN OUR WORKPLACES



The Women's Independence Scholarship Program (WISP) began as a project of The Sunshine Lady Foundation (SLF) and a dream of Doris Buffett of North Carolina. In 2008, WISP Inc. was established as a separate foundation. A primary focus of WISP is to continue, develop and enhance efforts to end domestic violence.

Education breaks down barriers and opens doors of opportunity. Wisp's objective is to help survivors of partner abuse complete an educational program that is crucial to secure employment and financial stability necessary for independence and self-sufficiency.

First priority candidates are single mothers with young children who have great financial challenges (childcare costs, etc.) as they gain the work skills necessary to support their families. Our funds target women who are in desperate financial situations and absolutely must have both an education and our funds to assist them.

In 2008 Women's Crisis Support Team sponsored 10 Women in the WISP program. WCST secured \$31,450.00 in grants from WISP, which is disbursed through WCST for living expenses as they continue their education. For more information contact WISP at

www.wispinc.org.

By Anna Collver

At age fifteen, I ran away from an abusive home and started living on the streets. I met my husband -to -be at the park and went home with him because I was tired of sleeping in the rain. Soon after we were married, I found my husband getting drunk every night. One evening I fell asleep before he came home ,and I woke up to him punching me. Lucky for me, some of his friends arrived and he left with them. I called the Women's Crisis Support Team for help. I would have never made it without their support. They helped me find resources, housing, and I even went back to school. I just completed my associate's degree and plan on attending PSU this fall to complete my bachelor's degree.

Thank you WCST!

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." John F. Kennedy

Awareness Day



WCST Executive Director, Krisanna Albrecht, State Senator Jason Atkinson, and Sue Ann Le Page, Board Chair at Awareness Day.

The Oregon Alliance to End Violence Against Women had an Awareness Day in Salem on February 27, 2009. Members, including our executive director and board president, met with state legislators to advocate to end domestic violence and sexual assault in Oregon.

Save the Date



May 29, 2009 For tickets call 479-7204 www.thehopefloats.org

October 10, 2009
Women Sing the Blues

Speak up Speak out!
Anne Basker Auditorium
6:00pm
April 16, 2009

**The Domestic Violence
Leaders Summit**
October 2009
Watch for more information!

Board of Directors

Sue Ann Le Page, President
Scott Swindells, Secretary
Mary Korbolic, Past President
Catherine Healy, Treasurer
Hyla Lipson
Georgia Moulton
Karen Zimmer
JJ Eldridge

If you are interested in becoming a board member, please contact sueannie46@hotmail.com.



Use goodsearch.com or igive.com as your search engine and designate WCST as your charity. For all of your online purchases and searches, a portion goes directly to our agency. We thank you in advance!

If you would prefer to receive this newsletter by email, please let us know at wcst2@epicisp.com.

www.wcstjoco.org

Mothers and Fathers Day!
Make a special contribution in honor of your parent, and we will send a card from WCST on your behalf. Your donation allows us to continue to help families live violence-free lives.



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