



Voices

From the Executive Director

*Never doubt that a small group of thoughtful
committed citizens
can change the world.
Indeed it's the only thing that ever has.
~Margaret Mead~*

Dear Friends of Women's Crisis Support Team,

The Women's Crisis Support Team was founded by a small grassroots group of committed Josephine County citizens in 1977. Our WCST family continues the tradition of sustainability as a group of committed and loyal staff, board members and volunteers who work tirelessly year round as stewards of this community non-profit. And, it can never be said enough, how grateful we are to all of the individuals, businesses and foundations who support our programs financially.

I am pleased to announce that with the generous funding from the Meyer Memorial Trust and the Oregon Community Foundation we have realized our dream of having a "public office". Our varied office locations over the years have been confidential; and for the last 10 years we have been housed at our safe shelter, Talsunne, where confidentiality is a high priority for the women and children we protect.

I am privileged to be a part of this change. We now have a dedicated space where both survivors and our benefactors can come to meet with our staff, board and volunteers. We welcome our friends to stop by and see our new office located at 2166 NW Vine St., Ste. C (across from Club Northwest).

Warm Regards,

Krisanna Albrecht

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



Empowerment

We are here to listen, not to work miracles. We are here to help discover feelings, not to make feelings go away. We are here to discuss steps, not to take the steps. We are here to help discover strength, not to rescue and leave vulnerable. We are here to learn about choice, not to avoid having to make difficult choices. We are here to provide support for change.

(attributed to

Carol Parsons)

Stop Domestic Violence

From the Intervention Team By Shannon Williams

Intervention Team

Intervention Team—Shannon Williams, Rochelle Hogge, Catherine Cofer, and Tanya Naverez.



It has been a very busy and eventful last three months in the intervention program! The move to our new offices has literally opened the doors to more survivors seeking our services. Having a public office has been very convenient for our advocates and survivors to work together on safety planning, temporary restraining orders, preparing for court, picking up 911 phones, or anything else they may need.

The Intervention team welcomed a new member in September, Rochelle Hogge. Rochelle has over two years experience working with survivors of domestic violence and sexual assault. She comes to us from Oklahoma and is enjoying Southern Oregon. Rochelle job-shares with Catherine Cofer, one week on, one week off. During her “on” week, each works in the office during the day and is on call 24/7 respond to law enforcement, the hospital, or at the scene. Please join us in welcoming Rochelle to the team!

Community Educator by Ray Dinkins

The WCST prevention staff and area students are already hard at work this school year to develop a new norm of non-violence in our schools. This work remains exciting and effective, and we are thankful for school administrators and counselors who welcome us into their schools to work with the students. However, this groundbreaking work does not exist in a vacuum and we know that success with each student depends greatly on other adult mentors and role models who are working in their lives to reduce violence and build community. It requires such a small effort to make a significant difference in our community and in the lives of area youth. Here are simple ways you can make a difference with area youth:

- ◆ Take an active role in your children's schools or the schools in your community.
- ◆ Act as positive role models. Settle your own conflicts without violence.
- ◆ Listen to and talk with children regularly. Learn what they think about.
- ◆ Communicate clearly that you do not tolerate violent behavior.
- ◆ Help children learn how to find non-violent resolutions to problems.
- ◆ Discourage name-calling and teasing, and don't engage in other behaviors that escalate to violence.
- ◆ Get to know the youth in your area. Know your children's friends, whereabouts, and activities.
- ◆ Work with other parents to develop standards for school-related events and activities, and require adult supervision.
- ◆ Make it clear to your friends and community that you support school policies that help create a safe school environment.
- ◆ Join with other concerned individuals through school, neighborhood, civic, or religious organizations, or through youth activity groups. Talk to each other about concerns regarding youth and violence in your community and explore solutions together.



Finally, and most importantly, stop waiting on everyone else. Area youth are waiting on you to help them explore different ways to relate to others, so join in this effort today and help us all build a stronger, safer community free of violence today.



Ray Dinkins in Africa August 2009

WCST In Africa

The WCST Community Educator, Ray Dinkins, had the unique opportunity of visiting Ethiopia, Africa this summer to work at a street children's rescue center in the capital city Addis Ababa. Ray's work there included teaching math and English, mentoring street youth, and providing support and encouragement to staff at the center. A goal of the rescue center is to socialize rescued children from the street in a manner that reduces often violent, antisocial behaviors and prepares them to re-enter a traditional school setting. Ray found the violence reduction work of the WCST to be a perfect fit for the children and staff at the center. He was able to spend 4 weeks at the rescue center and made a significant and lasting impact on the staff and children there, sharing the insight and work of the WCST. Ray also found inspiration in the strong sense of community shared amongst the very poor in Ethiopia and is exploring opportunities on how to integrate and inspire area students to build stronger community bonds, improve communication, and build alliances with each other in defiance of violence. What an amazing experience for Ray and the WCST!



Rachael Goodman-Williams

Welcome our new AmeriCorp member!

Hello! My name is Rachael Goodman-Williams and I am an AmeriCorps HOPE member thrilled to spend the year at Women's Crisis Support Team. Specifically, I will spend this year working closely with Community Educator Ray Dinkins as part of the prevention team.

I will take this opportunity to introduce myself more fully. Originally from Michigan, I recently graduated from Knox College in Illinois, where I studied political science and women's studies. During my four years at Knox, I had many opportunities to work in the field of sexual assault prevention. In January of 2006, I began a project called And It Was Wrong

(www.anditwaswrong.com) compiling women's experiences of sexual assault with the goal of redefining sexual assault as we experience it, rather than as it is experienced by the media and by perpetrators. These submissions formed the basis of a sexual assault prevention program which I wrote and facilitated for first-year college students in the fall of 2008. I am eager to begin prevention work once again, and honored to be a part of the groundbreaking prevention program instigated and carried out by WCST staff. Thank you for welcoming me into this family— I could not be more excited about this opportunity!

From the Shelter- *Talsunne House*

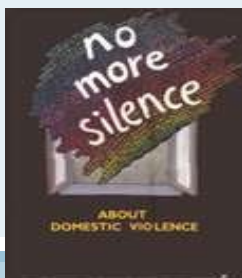
Wish List for WCST

- Three new or gently used twin beds
- Two dressers
- Twin bedding
- Towels
- Pots and Pans
- T.V. stand
- Night stands
- Two end tables
- Drinking glasses
- Diapers in all sizes
- Socks
- Underwear
- Gift cards for residents
- School supplies
- Spiral notebooks
- Flip Flops or slippers

Love letter to WCST

Just a small note holding huge thanks for all and everything that this wonderful place and all the blessed staff has been and done for me and my children. I can't begin to thank you all enough! I've learned so much I am amazed! This environment couldn't possibly have been more perfect. Angels live here. Diana is a God sent; I love her. I'm so grateful beyond words!

Letter from past Talsunne resident



New and exciting things are happening at our Talsunne safe shelter. When the rest of the team moved to the public office, we found ourselves with lots of new space to work with. We have nearly finished converting the old intervention office into a new playroom for the children. We have plans to convert the old playroom/family advocates' office into more living space for families fleeing domestic violence. The shelter has been busy and full throughout the summer and into the fall months. We have been witness to the positive impact our work has made in the lives of the women and their children. It is not uncommon to see children come to the shelter afraid and shut down. Almost without fail, they are laughing and interacting within a short time. It doesn't take them long to realize that they are safe and supported. The women tell us that they feel supported and valued, often for the first time in their lives. I am very proud to be part of such an awesome shelter staff.

Once again the wonderful people from River Valley Community Church helped us with our annual spring cleaning. Among other things, they removed ivy from the house, planted beautiful flowers and painted. A grant from The Grants Pass Rotary Club supported our rock garden project, which was completed with the help of our volunteer, Bill Newman. The children loved putting their kiddie pool in the garden and pretending they were on the beach. A big thank you goes out to our local Soroptomist group, whose monthly donation buys our paper products.

I would like to thank all in the community who support us. We couldn't do what we do without you.

Diana Amble, Shelter Coordinator



New Rock garden at WCST

Family Resource Advocate by Chris Nichols

After fleeing an abusive relationship, a young first-time mom sought shelter for herself and her four-month-old son. Upon arriving, she was so scared that all she could do was cry and attempt to make sense of her newfound freedom and safety. Her son was jumpy, cried constantly, and would not look at anyone nor take notice of his surroundings—classic signs of an infant exposed to violence in the home. After two days, the mother came to us and said that she was so amazed at how her son was responding to being in shelter. She reported that he had quit crying, was happy and making contact with everyone. She told us that at home her son cried and flinched when he heard a loud noise or the sound of his father’s raging shouts—all reasons for getting out of her violent home and seeking something better for her son. And she was able to find that at Talsunne.



- ◆ It is estimated that in the United States 3.3 to 10 million children are exposed to domestic violence each year.
- ◆ Babies held by their mothers in an attempt to protect them are often hurt while the mother is being abused.
- ◆ Babies who are exposed to neglect and domestic violence, both verbal and physical, may show signs of failure to thrive and a heightened startle response.

“Our lives begin to end the day we become silent about things that matter.”

Martin Luther King

Thank You!

Many thanks to all the individuals, groups, and private foundations who made financial contributions to Women’s Crisis Support Team. Your generous contributions help by increasing the long-term financial sustainability of WCST programs. Your support allows us to continue our mission of dedicated to ending domestic violence and sexual assault through intervention, prevention, and safe shelter. We invite you to come by and see us at our new location, at 2166 NW Vine Suite C.



Domestic Violence Awareness Month~ RCC Wiseman Gallery October 2009

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We Need Your Help!

For some in our community, home is not a sanctuary but a place of danger and fear. Since December 1998, our *Talsunne Safe House* has provided shelter to more than 2,053 Adults and children fleeing domestic violence and sexual assault. Advocates and volunteers fielded more than 3,500 calls related to domestic violence and more than 125 related to sexual assault in Josephine County in 2008. All WCST services are confidential and free to victims and survivors.

Unfortunately, state and federal funding is shrinking, and we must depend increasingly on local support. Please help us to end the cycle of violence by using the enclosed envelope to mail your tax-deductible donation. We Thank You in advance.

Another way to support WCST is:

We are an Albertson's Community Partner. Go onto their website at www.albertsons.com and link to WCST ID # 49001021516 and a percentage of your purchases come directly to WCST.

WCST 24/7 Hotline: 541 479-9349

www.wcstjoco.org

Women's Crisis Support Team
560 NE F Street, Suite A 430
Grants Pass OR 97526

Business phone: 541 476-3877
24/7 Crisis line: 541 479-9349
FAX 541 472-8244
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