



A Safe Place

TRANSFORMING LIVES AFTER DOMESTIC VIOLENCE

SPRING 2016

ASAFEPLACEFORHELP.ORG

THE TRUTH ABOUT WHY SHE COULDN'T LEAVE

When it comes to domestic violence, nearly every casual observer has wondered: "Why doesn't she just leave?" So we asked survivors to help our supporters understand their plight by answering that very question. Here's what they told us ...

"I DIDN'T THINK IT WAS THAT BAD."

Abusers are artful in their ability to convince their partners that what they are experiencing is not unusual, abusive or as bad as what might befall her if she leaves. One of our largest challenges is helping our clients understand that emotional abuse, sexual abuse and excessive control are, in fact, forms of violence.

"I VOWED 'FOR BETTER OR FOR WORSE.' I WANTED TO GIVE IT A CHANCE."

Commitment to the relationship and a belief that her partner will change his behavior are powerful deterrents to leaving. "He hasn't always been this way," she might say. "He was so nice when we were first dating." And if divorce or single parenthood are taboo in her inner circle, she's even less likely to leave.

She doesn't leave lightly, because leaving is the hardest thing she'll ever do.

The only thing harder, in the end, would be to stay.

"I STAYED FOR THE CHILDREN."

In a home where the children themselves are not physically assaulted, a mother can believe it's best to endure the torture that is inflicted upon her so she can provide food, clothing and shelter for her children.

"I HAD NO WAY TO PROVIDE FOR MYSELF WITHOUT HIM."

Most victims of domestic violence have limited, if any, financial means. Perhaps she has been asked to give up her career or put it on hold. Even in the cases of affluence (see *Affluence* article, p. 7), there is often no monetary freedom. Explains Charlene Quint, A Safe Place supporter and herself a survivor, "Don't be fooled by the facade. I lived in a multi-million-dollar house with a wealthy spouse but was treated like a domestic servant. As a result of his strict financial control, plus pre- and post-nuptial agreements I was forced to sign, there were literally no assets in my name during our 21-year marriage."

"I WOULD HAVE ENDED UP HOMELESS."

Those among us asking why she doesn't leave have perhaps never had to question where we'd lay our head tonight or whether we could let our children sleep in the streets. Safe housing is priority #1, and for victims who don't have local resources like A Safe Place, it's one of the primary reasons they can't escape the abuse.



"WHO COULD I TURN TO FOR HELP?"

Others don't "get it"— she has no one to confide in and no one who has walked in her shoes, unless she knows about A Safe Place. When she considers who to talk to, she comes up short. Her own pastor, doctor, lawyer and even marriage counselors and therapists tend to have no training or experience with domestic violence. They simply don't know how to help her, emotionally or practically. (See *Partnership* article, p. 9.)

"WHAT WOULD PEOPLE THINK OF ME IF THEY KNEW?"

Abusers are masters of disguise — charming and outgoing in social settings, but cruel and abusive when no one's looking. It is a harsh reality that many victims live in fear of ostracism from family, friends, colleagues or their faith community, particularly if their partners are well liked and respected by others.

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“I DIDN’T REALIZE THE POLICE COULD HELP PROTECT ME.”

When you are being abused, stalked or controlled, it’s easy to think no one has the strength to help you. But court-issued Orders of Protection (OPs) are a tool that can provide added protection. In some cases, an OP can even require that the abuser leaves, allowing you and your children to stay in your home. A Safe Place filed 3,001 orders of protection on behalf of clients last year.

PERHAPS THE MOST SURPRISING ANSWER TO THE QUESTION, “WHY DOESN’T SHE JUST LEAVE?”

She does, and she has. Over and over. On average, she will leave her abuser seven times before she is able to make it to lasting safety.* And her abuser will do and say nearly anything to convince her to come back, feigning apologies and making false professions of love. Leaving is sometimes the riskiest thing she can do. And getting out of the relationship and out from under the same roof doesn’t always mean the abuse or control will end or that the danger goes away. It is nine times more likely that a woman will be killed when she leaves a relationship than if she stays. At the time of the writing of this article, two Lake County residents had just been found shot to death in the murder-suicide culmination of a relationship marked by domestic violence.

When we collectively ask “Why doesn’t she leave?,” we’re asking the wrong question. We must ask instead: “Why does he abuse her?” and “Why does society drive the getaway car?”

So let’s close the book on wondering why she couldn’t leave. Understand that leaving an unhealthy relationship takes courage and strength. And it’s difficult for her to muster both when she’s been stripped of her power and control.

She doesn’t leave lightly because leaving is the hardest thing she’ll ever do. The only thing harder, in the end, would be to stay.

RATHER THAN QUESTION HER, APPLAUD HER. HELP HER.

When we collectively ask “Why doesn’t she leave?,” we’re asking the wrong question. We must ask instead: “Why does he abuse her?” and “Why does society drive the getaway

If someone you know is the victim of domestic or dating violence, there are simple things that you can do to help.

LISTEN when they are ready to talk about what’s happening.

BELIEVE their account of the abuse.

SUPPORT their decisions about leaving or staying in the relationship.

HELP them to identify ways to stay safe.

ENCOURAGE them to call A Safe Place’s 24-hour crisis line for support: **847-249-4450** or **800-600-SAFE**.

car?” The answers to those questions are the breakthroughs we need to end the epidemic of domestic violence. And you can help.

By supporting A Safe Place, you make it possible for victims to make their way to safety. If you’ve ever asked yourself “Why doesn’t she leave?” but haven’t yet made a personal commitment to helping make it easier for victims to escape their abusers, please consider sharing your time, talent, and/or treasure with A Safe Place. See p. 5 for details about how to become a volunteer, or make a donation online at www.ASafePlaceForHelp.org/Donate or by using the enclosed envelope.

Thank you.

Note: For the sake of consistency, we use the pronoun “she” in reference to victims in this article, but it should be acknowledged that 20% of our clients at A Safe Place are men. Unless otherwise noted, the anecdotes shared in this article are representative of survivors served at A Safe Place in the past and do not depict specific individuals. Charlene Quint is an actual survivor and advocate who is being identified because she believes “there is nothing to be gained by hiding. We need to expose the truth, encourage others to come forward, and discourage perpetrators from abusing.”

* At A Safe Place, we are proud to say that our survivors, on average, will try to leave their abusers only three to four times before reaching lasting safety, as compared to the national average of seven to eight times.

YOUR GIFT: HOW IT MAKES A DIFFERENCE IN SO

COUNSELING

“Bit by bit, I am healing. I never could have come so far alone.”

— Casey, age 32

COMFORT

“Our new home is beautiful and peaceful. A dream come true for my family.”

— Susan, age 41

CARE

“The people at A Safe Place treat this like a calling, and not a job. They care so much about me that they feel like family and friends.”

— Tina, age 50

“I APPLAUD YOU AND I THANK YOU:” REFLECTIONS ON THE POWER OF GRATITUDE

By Pat Davenport, Executive Director

When I first joined A Safe Place as its Executive Director, I knew I would play many roles — from CEO to fundraiser to community advocate. And I have been humbled by every endeavor that has been required of me. Today, four years into the most meaningful job I will ever hold, I have learned that perhaps the most important thing that I do is serve as the voice of gratitude for our survivors.

As a donor, volunteer or supporter of A Safe Place, you might never knowingly meet one of our clients because we work so hard to ensure their safety and confidentiality. So it's important to me that I do everything I can to help convey their gratitude to you.

- ♥ The women and children in our shelter thank you for giving them a safe, comfortable place to live as they transition to a life free from domestic violence.
- ♥ The survivors who are getting clarity and strength through our counseling services and support groups thank you for believing they deserve a brighter future.
- ♥ The youth at our apartment homes in Zion, who are playing games and doing homework and making new friends in our newly remodeled teen rooms (see p. 9), are so excited that their oft-forgotten voices were heard by our volunteers and donors this spring. They thank you.
- ♥ The thousands of callers to our crisis line, who found a lifeline when they needed it most, thank you for making it possible that someone would finally understand them, hear them and help them.
- ♥ The perpetrators of abuse who are working with our specialists to understand and bring an end to their violent behaviors thank you for making them into the kind of people they've always dreamed they could be.
- ♥ The children who laugh and play with abandon now that their lives are free from fear and violence thank you from the bottom of their sweet little hearts for giving them back their innocence so they can grow up and make us all proud.

They all thank you. And I thank you too. All that we accomplish, we accomplish together. **We could not do this without you.**

As we approach the end of our fiscal year (June 30th), I am honored to thank you again for the generosity you demonstrated this past year. And if you are able to help once again (by visiting www.ASafePlaceForHelp.org/Donate or using the enclosed envelope), let me thank you one more time.

In my work, I witness (and often feel) nearly every emotion every single day: fear, despair, confusion, anger, shame, surprise, pride, happiness, hope. But my favorite feeling of all is that of gratitude. There is no more beautiful thing than to realize you are surrounded by people — like you — who care enough to make the world a better place.



MANY LIVES

SHELTER

“I thought I had nowhere to go. And then I found A Safe Place, my true shelter in the storm.”

— Pamela, age 26

SAFETY

“I’m not afraid at night anymore.”

— Ethan, age 6

EMPOWERMENT

“Before we got here, being quiet was the only way to be safe. Now, I can say what I’m thinking or feeling. I found my voice.”

— Jordan, age 14

VOLUNTEERS GIVE PRICELESS GIFTS OF TIME, TALENT AND HEART

In 2015, volunteers and interns donated an astounding 12,849 hours of their time to A Safe Place. These hours equate to more than six full-time staff members, the cost savings for which gave us the ability to help 1,447 additional victims last year. Without our dedicated volunteers and interns (currently 118 individuals and 19 businesses), we simply could not operate at the capacity for which we strive.

“Fulfilling the role of more than six full-time employees is huge in the non-profit sector,” explained volunteer specialist Marissa Gray. “But not only that, our volunteers are passionate about the work. They advocate in the community and help us reach new communities every day, spreading the message further than we ever could alone.”

A wide variety of volunteering options are available at A Safe Place for persons of all ages, backgrounds and capabilities. Most volunteers are considered indirect service volunteers, and help with everything from events, organizing donations and putting together welcome kits to beautifying and painting our facilities and much more. Volunteers who work directly with our clients are known as direct service volunteers. “These volunteers must first

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”

— Marjorie Moore

complete a 40-hour training session in domestic violence education. They can then fill roles such as answering our crisis line, becoming court advocates, overseeing children’s groups, and tutoring or mentoring,” said Marissa.

WHO CAN VOLUNTEER?

Volunteering is truly an all-ages experience, from childhood through retirement. “We have parents bring in their young kids to help with things like goodie bags and planting flowers,” described Marissa. “We have many teens who volunteer their time to organize drives for necessary items, like paper goods. And we have our more experienced volunteers who have worked with us for years in direct service roles.”

One such volunteer is Betty Kamy, who has answered our crisis line for more than 18 years. “Sometimes callers just want to talk. Sometimes they want to know more about our services. And sometimes they need referrals to other agencies,” said Betty. “It is rewarding when you’re able to calm them and give them hope.”

Nancy Liace and Joyce Hogan are legal advocate volunteers at D-100, our court advocacy program at the Lake County courthouse. “We work with clients who are seeking an order of protection, helping them to fill out the mountains of paperwork needed,” explained Joyce. “We accompany the clients in the courtroom and stand with them when they are called to testify before the judge. I feel incredibly humbled by what many of these clients are going through. If I can help in a small way, in this first step to keep them safe, it is rewarding for me.”



“When I go home on the days that I volunteer, I know that in some small way I have helped a person at an awful time in her life,” agreed Nancy. “Filing an order of protection is a very difficult thing to do, and most clients are emotionally torn when they come to the courthouse.”

FILLING A CRITICAL NEED

As the demand for services continues unabated, and staffing and financial resources tend to be constrained, the selfless work of our volunteers fills a critical need. We are overwhelmed with gratitude for how individuals and groups (including corporate groups from area companies, big and small) have helped to grow our volunteer program by nearly 23% this past year.

THE VOICES OF GRATITUDE: UNDERSTANDING WHAT

MENTORSHIP

“I always wanted someone to show me how to be a good man. My mentor has done that.”

— Wyatt, age 12

PREVENTION

“The program on healthy relationships really helped me see that love doesn’t hurt. I feel confident I’ll make smart choices in the future now.”

— Jessica, age 19

HOPE

“After 8 years of control and abuse at the hands of my partner, I am free and full of hope for the future.”

— Adam, age 37

Volunteers come from all walks of life and all professions, and interns are an important part of our volunteer force. Interns at the Bachelor's level come from Lake Forest College and the College of Lake County, and Master's level interns come from Loyola, Trinity, UIC, Dominican University and other institutions.

Won't you help us give our clients the time and support they so desperately deserve? Please see the box below to learn about the many ways that you can volunteer for A Safe Place, and then contact Marissa Gray at MGray@ASafePlaceForHelp.org or 847-731-7165 x103.

How You Can Help: Getting Started as a Volunteer

At A Safe Place, there are as many ways to contribute as there are skills, personalities and interests of our wonderful volunteers. Here are some of the ways that you can help.

INDIRECT SERVICE VOLUNTEERS

- Organizing donations
- Preparing welcome kits
- Painting
- Gardening
- Cleaning
- Bookkeeping
- Human resources
- Marketing
- Coordinating mass mailings
- Event assistance
- Much more

DIRECT SERVICE VOLUNTEERS

Crisis line: Answering our 24-hour help line and offering comfort and assistance to callers

Court advocacy: Providing information and advocacy at the Lake County courthouse and assisting victims in obtaining an order of protection

Family visitation: Overseeing safe custody exchanges and supervised visits

Children's programs: Mentoring and tutoring the children of victims, reading storybooks, helping with homework

Administration: Answering phones, greeting clients and visitors, maintaining records and files, data entry

Note: Direct service volunteers require 40-hour domestic violence training.

ONE-TIME VOLUNTEERS

One-time individual volunteers may come to A Safe Place to share their talents for a "special skills night," demonstrating everything from couponing to pampering to yoga and more. And one-time corporate volunteer groups can lead a special project, like building a trail, redecorating a space for residents, planting trees and more.

Don't see your area of interest above? We can usually fit your interests to benefit our survivors.

To get started as a volunteer at A Safe Place, contact Marissa Gray at MGray@ASafePlaceForHelp.org or 847-731-7165 x103. Learn more at www.ASafePlaceForHelp.org/Content/Volunteer-Opportunities.



YOUR GENEROUS DONATION TRULY BUYS

OPPORTUNITY

"Before getting to A Safe Place, my children were failing in school. Last week, my son graduated high school with honors, and my little girl is thriving socially and academically."

— Selena, age 40

AWARENESS

"As a member of the clergy, I often have parishioners come to me for help. A Safe Place has given me the tools to recognize when someone's in crisis."

— James, age 62

AFTER THE STORM: HOW COUNSELING AFTER CRISIS CAN BE AS CRITICAL AS CRISIS INTERVENTION ITSELF

The road to recovery for survivors of domestic violence can be long and arduous. As we shared in our cover story, victims often make seven or more attempts to escape their abusers before making their way to lasting safety.* But freedom from violence is just the beginning, and there are many steps to take: healing emotional scars, finding justice, and building safe lives for themselves and their children. When on the path toward reclaiming their lives, how can victims of domestic violence gather the tools necessary to prepare for a better future?

“Having a safe place to process what they’ve been through and having access to crisis counseling and mental health counseling is critical to their survival,” noted Dr. Ozella Barnes, Director of Programs at A Safe Place. Dr. Barnes related that the majority of survivors experience post-traumatic stress disorder (PTSD), a debilitating condition that develops when someone has experienced a traumatic event and feels terror, fear or helplessness. “In situations that involve domestic violence, the occurrence might additionally cause confusion, disassociation and loss of a feeling of security,” explained Dr. Barnes. “It’s also

Last year, 558 adults and 158 children received life-changing counseling and therapeutic healing at A Safe Place.

important to note the physical elements of trauma that are present in the majority of domestic violence incidents. Injuries to the body and to an unborn child may be present, as physical violence tends to escalate during times of pregnancy. Counseling and therapy are so important to help her with the process of healing from the inside out.”

Of equal importance are victims’ children, who are at risk of long-term behavioral and psychological consequences and are the lost voices after the storm of domestic violence. “They have no say over where they go or how long they stay. No one talks to them about what’s really going on; they have to suffer in secret,” said Dr. Barnes. “We have lots of children’s therapy groups to support their healing process as well: art therapy, recreation activities, and individual and family therapy.”

Donors and supporters of A Safe Place might not realize that, in addition to comprehensive therapeutic services for survivors and children, A Safe Place also provides services to perpetrators. It is critical that we never lose sight that abusers are often the dads of our child clients, and that they are the future intimate partners of others who could be at risk if these individuals don’t get intervention to help them stop their violent behavior. Explains Dr. Barnes, “We absolutely can not impact the cycle of violence without also addressing the other parent and how their cycle of violence is affecting themselves and, more importantly, their innocent children.”



In 2015, a budget crisis in the state of Illinois left A Safe Place scrambling for enough dollars to stay afloat, forcing the cutback of crucial counseling services — a devastating 37% decrease — putting sufferers of PTSD at increased danger of flashbacks, crippling symptoms and even suicide. Your gift of \$100 provides up to three hours of life-changing therapy. Please give today by sending your donation in the enclosed envelope or making a gift online at www.ASafePlaceForHelp.org/Donate.

* At A Safe Place, we are proud to say that our survivors, on average, will try to leave their abusers only three to four times before reaching lasting safety, as compared to the national average of seven to eight times.



WHEN AFFLUENCE MEETS INDIFFERENCE: WHY WE'VE INTRODUCED SUPPORT GROUPS IN MIDDLE- AND UPPER-INCOME COMMUNITIES

"Domestic abuse happens everywhere — including the North Shore," explains Charlene Quint, group co-facilitator at A Safe Place and herself a survivor of domestic violence. "Abusers here in the affluent North Shore are often doctors, lawyers, businessmen, even pastors who are charming, smiling, life of the party, church-going Dr. Jekyll by day, but evil and abusive Mr. Hyde behind closed doors. And many of them are too smart to leave a bruise on their partners — so they inflict other forms of abuse."

There is a tendency among the general population, and perhaps even among our own generous and kind-hearted supporters, to assume that domestic violence happens only in low-income families or in communities that are underrepresented in terms of education and socioeconomic opportunity. Those assumptions can be dead wrong. In fact, in 2014, four people in Lake County, Illinois, lost their lives in domestic violence-related homicides. Most of these victims lived in middle- and upper-class communities.

In an effort to provide life-changing and life-saving support and intervention for individuals in these communities who are in abusive and controlling relationships, A Safe Place has established the first "Betty Toser Groups" — informal support groups named in honor of North Shore resident

Women in affluent communities often are less likely to understand that what is happening to them is abuse.

and long-time Board member and benefactor, Betty Toser. The groups are made possible by generous support from the Chicago Bears and the Buchanan Family Foundation. "Our first group opened in Lake Forest, and we will soon expand by offering services in Highland Park and Lake Zurich," said Executive Director Pat Davenport. "The attendees of our groups are currently involved in unhealthy relationships or are in the process of getting out and need help. Interestingly, women in affluent communities often are less likely to understand that what is happening to them is abuse."

More and more, this type of emotional denial among victims in affluent communities is hard to ignore. Just weeks before the publication of this newsletter, Pat was contacted by a police officer on the North Shore, asking to her to speak with a victim. The officer was concerned for the woman's safety, as her husband had just attempted to run her over with his car. But despite Pat's appeals, the victim insisted that her husband was just "having a bad day" and she had "made him upset."

In communities where socioeconomic opportunity allows the average resident more social standing, being a victim of domestic violence or control doesn't fit the expectations of others. It may come as a surprise that most women in abusive affluent homes have no access to bank accounts and

funds, over which the spouse/partner has complete control. Few people understand that the worst abuse sometimes occurs after the victim has left, when a vindictive spouse/partner turns her own children against her, in what mental health professionals call "parental alienation."

Years after escaping her abuser and going into long-term hiding, Charlene still fights the stigma bestowed on her by members of her former community and church, even after announcing that she had given up her corporate law practice to help other women escape domestic abuse. "If your life had been as bad as you portrayed, why did you stick it out for 20 years?," asks a judgmental former neighbor and church member in a recent email responding



to Charlene's news of volunteering with A Safe Place. For victims in affluent communities, coming forward about their partner's crimes is met with disbelief and considered taboo. It's not unusual in high net worth communities for friends, family and even older children to blame the victim, side with the abuser, refuse to believe the truth about abuse and even demand a cover-up.

"The Betty Toser Groups are an outstanding movement in the right direction, and I'm so proud of A Safe Place for introducing them," said Board member Kate Colbert. "These resources will help the current generation of victims, and it's my hope that upcoming generations can be spared the trauma of domestic violence through an improvement in how middle schools and high schools approach the teaching of healthy relationships in their core curricula. Until we stop teaching little girls that happiness and success come via 'marrying well' to a wealthy 'Prince Charming,' our work will continue to be cut out for us. But we're making strides ... incredible strides."

To learn more about the Betty Toser support groups, contact Pat Davenport at PDavenport@ASafePlaceForHelp.org or 847-731-7165 x105. To support innovative and critical programs like this one, please make a donation using the enclosed envelope or by giving online at www.ASafePlaceForHelp.org/Donate.

OUR LITTLEST SURVIVORS

Organizations like A Safe Place have done remarkable work to bring attention to the epidemic of domestic violence, giving voice, strength and opportunity back to survivors. But if we are not careful, we can easily overlook the children whose families have been impacted by domestic violence. They are our littlest and most vulnerable survivors, and their voices must never be forgotten. At A Safe Place, most of our clients have children, and 75% of them have children in the home who were themselves abused or neglected.

"The youth don't usually have a voice and a say in things like this," explains a 13-year-old boy whose family received services at A Safe Place. "I've learned that domestic violence hurts everyone, especially those who are not in a position to protect themselves."

"I've learned that domestic violence hurts everyone, especially those who are not in a position to protect themselves."

Many people think that the only victims of intimate partner abuse and control are consenting adults. They have never thought about the as-yet-unborn babies in wombs while trauma is happening to their moms. They haven't thought about the toddlers hiding under blankets in the corner, wishing the shouting would stop. They haven't considered the middle schoolers who only feel safe when they are at school and yet — even there — they are burdened by their memories and their secrets. And maybe they've never heard the voices of the teenagers and young adults who are learning to fear and hate a parent or step-parent, who agonize over whether they should have the courage to defend their parent who is being abused, and who themselves are beginning to believe that love is supposed to hurt.

NEW PLAYGROUND FOR THE CHILDREN: A 10-YEAR DREAM COME TRUE

We're thrilled to share our exciting plans to construct a playground for the children living at our Zion campus! "We have more than 90 kids and most of our clients don't have cars, making it difficult for them to take their kids to the park," related Executive Director Pat Davenport. "Now children can play right at home!"

Special thanks are given to the Chicago Bears, a primary benefactor and A Safe Place partner since 1988, as well as to the family of Gene Minsky, a long-time volunteer at A Safe Place and coordinator of the boys' mentoring program, who gave a generous donation in honor of his 70th birthday. The playground is shaping up to become a community build in which local men, women and youth can help with the efforts, headed by the Chicago Bears. The playground will be designed in the vibrant orange and blue colors of the Chicago Bears, and will be complete later this year.

We encourage you to stop asking the cliché questions of "Why doesn't she leave?" (a question we address on p. 1 of this newsletter) and start thinking about the children within those families — children who have no power, no control, no voice.



When you make a gift to A Safe Place, you give voice and power back to the children. You provide them with therapeutic healing in counseling and art therapy; you give them access to mentors who show them what healthy relationships look like and who renew their faith in grown-ups; you give them safe and joyful places to be themselves (like our teen room, see p. 9); and you even give them new homes and new hope for the future.

To make a gift, visit www.ASafePlaceForHelp.org/Donate or use the enclosed envelope. Thank you.



A SPECIAL PLACE FOR OUR TEENS

Thanks to the generosity of numerous donors and supporters, teenagers at A Safe Place now have a new space to call their own.

“The story of the teen room is very neat,” said Executive Director Pat Davenport. “In fact, it’s now two rooms. We were able to build a whole new room with beautiful, natural lighting. Our former teen room was a glorified storage room. It was a dedicated space for our teens, but it only had one electrical outlet, making it difficult to plug in computers. And it wasn’t attractive or inviting. Our teens deserved better.” The young adults at A Safe Place had long wished for a study area, and the newly constructed room provides them with a modern, welcoming environment where they can do homework or enjoy a good book.

Beyond the academics, teens are using the expanded and remodeled Teen Rooms to come together to relax and have fun in the midst of a time when they may be feeling lost or displaced. The previous teen room was converted into a game room stocked with donated games and activities, and a team of decorators is updating both rooms to create the perfect hang-out place.

Funds for the new teen room were raised through the Giving Tuesday campaign, and several companies donated their time and resources to make this project possible. Thank you to Power Construction, Shamrock Electric Co., Inc., F.E. Moran Fire Protection, Edwards Engineering, and WM Meyers Movers for their help in establishing a safe, happy place for our teens.

Wondering how you can help fund meaningful projects like this? Please take a moment to send your donation in the enclosed envelope or give online at www.ASafePlaceForHelp.org/Donate.



PARTNERSHIP FOR A SAFER LAKE COUNTY TO BREAK DOWN SILOS IN ADVOCACY & RESPONSE FOR ABUSE

The ambitious vision for a holistic and integrated Human Abuse Network in Lake County, IL, is now a reality. The Partnership for a Safer Lake County works to end domestic violence, sexual assault, child abuse, elder abuse, LGBTQ crimes and human trafficking, all under one umbrella. A look at our own client base is proof that there is alarming overlap of these issues. In our population of domestic violence survivors, 80% have also been sexually assaulted by their intimate partner, 75% have children in the home who were abused or neglected, 15% of cases involve elder abuse, and 5% of cases involve human trafficking.

The Partnership is modeled after the Chicago Battered Women’s Network and is dedicated to public awareness, service coordination and advocacy. In the coming year, major initiatives may include the establishment of a local “First Call for Help” number (similar to a 911 system) for responding to the needs of victims, as well as a coordinated effort to advocate for and collaborate on an Orders of Protection database that crosses county borders so fewer perpetrators will slip through the cracks.

Additionally, the Partnership is working to create educational and interventional resources for professionals, and planning is underway for an October 13th conference that will educate clergy, attorneys, human services professionals, and doctors and frontline healthcare providers about abuse in their midst and how they can be a force for change for their community.

“We are ecstatic to see this level of collaboration among our community partners,” said Maggie Morales, manager of community engagement at The Lake County Community Foundation, which has provided generous funding to help establish the Partnership. “Our hope is that this network will build awareness about the many facets of human abuse and will also coordinate efforts to streamline comprehensive service provision so that our most vulnerable neighbors can receive the highest quality of care.”

To support the Partnership for a Safer Lake County, please make a donation using the enclosed envelope or by giving online at www.ASafePlaceForHelp.org/Donate.



LA PALOMA: HELPING HISPANIC VICTIMS IN MEANINGFUL WAYS

Domestic violence is a universal epidemic that affects all racial, economic and cultural groups. Though abuse is prevalent in all kinds of families, Hispanic victims are twice as likely as their Caucasian counterparts to identify domestic abuse as a serious issue in their community, according to a 2014 national survey released by the Allstate Foundation. The survey revealed that nearly two-thirds of Hispanic women have personally known a victim of abuse, while 30% have been victimized themselves.

The term “La Paloma” means “dove” in Spanish, and is a term often used by domestic violence organizations to represent “Domestic Violence Ends,” or “Dove” for short. The dove is also a universal symbol of peace.



Hispanic victims face a unique set of challenges that isolate them and further aggravate an already difficult situation. To address these special cultural and linguistic needs, A Safe Place is proud to announce the formation of La Paloma, an affinity group with the mission of addressing and conquering the complex needs of the Hispanic community.

The La Paloma group will provide the same range of services that are provided to clients of all cultural backgrounds, but with a targeted approach to offer the unique support and counseling necessary to help Hispanics navigate the additional complexities faced when seeking help from domestic violence. “By connecting with each other through the La Paloma group, survivors can form relationships and develop systems of support,” said Pat.

Pat identified lack of proficiency in English as a primary challenge for many clients at A Safe Place. “Domestic violence victims are impacted by isolation, and the inability to speak English further isolates them,” she observed. “Hispanic victims are, therefore, at very high risk of social

isolation, which evidence has shown can be more dangerous to a person’s health than cigarette smoking.” A language barrier can prevent victims from understanding what services are available to help free themselves from abusive relationships. The impact to society if Hispanic victims and children are not fully served through programs like our La Paloma Group can be dire.

As always, meaningful progress at A Safe Place is only possible through the goodwill of others. Thanks to a generous grant awarded by The Baxter International Foundation, A Safe Place is currently in the process of hiring a bilingual coordinator and will also focus on the development of bilingual interns. Today, 30% of adults and children receiving services at A Safe Place are Hispanic; with these new resources in place, those clients will be offered the most supportive possible environment in which to heal and thrive.

OUR WISH LIST: CAN YOU HELP?

A Safe Place depends upon the generosity of the community for many of our operational needs, as well as personal items for our clients. If you are able to donate any of the items from the list below, or from our complete wish list available at www.ASafePlaceForHelp.org/Content/Wish-List, please call Colleen Cramlet at 847-731-7165 x110.

- Paper towels
- Toilet paper
- Laundry detergent
- Tissues
- Bath towels
- Razors
- Shaving cream
- Trash bags
- Gift cards (Walmart, Target, Jewel, etc.)

Donations are accepted at our Zion location from 9:00 a.m. to 3:00 p.m., Monday through Friday. Please note that due to budget cuts, staffing and storage constraints, A Safe Place is no longer able to accept travel-sized toiletries, large electronics or large furniture, nor can we accept donations at any other locations. Due to health and sanitation standards, we are unable to accept used mattresses, used clothing, used baby items, used stuffed animals or expired/open food.



4TH ANNUAL EMPOWERUN 5K A HUGE SUCCESS



At A Safe Place, we believe it's possible to empower and educate the community through our fundraising efforts. That's why so many of our events, like our annual EmpoweRun 5K, are about strength, health, fresh air and fitness.

This year's EmpoweRun 5K was held on Mother's Day weekend at Independence Grove in Libertyville, IL, and attracted more than 30 teams and 341 runners/walkers. On a brisk but sunny morning, we raised \$51,795 (a 7% increase over last year). Thank you!

So, who won the race? Everyone wins when we spread awareness about domestic violence, but our big celebrants at the finish line were Colleen Lill, the overall winner with a race time of 21:19, and Anatoliy Isnyenko, who won the male division in 21:49. Second- and third-place winners were Kylie Brazado and Laura Pikel in the women's division, and Tom Kephart and Daniel Doyle in the men's division.

Please join us in thanking our generous sponsors:

Northbrook Toyota; the Glenview Women's Club; the Waukegan Police Department; Senator Melinda Bush; Senator

Pam Althoff; The Law Offices of David R. Del Re; Eder, Casella & Co.; Ferrer Electric; Joyce Mason Human Resource Consulting; Schlesinger & Strauss and Sam's Club. And our top individual fundraisers were Jude Rake, Damaris Lorta, and Stacie Chukerman. Thank you!

Since its inception in 2013, the EmpoweRun 5K event has raised \$145,000 and revenue has grown 350% in its four-year history.

For more information about events where you can support A Safe Place, feel empowered and learn what you can do to be a force for change, see our Upcoming Events listing on the back of this newsletter.



IN MEMORIAM

Marie High (1934-2016)



Marie High, a volunteer at the family visitation center and a bright light for the clients at A Safe Place, passed away from pancreatic cancer on March 29. "Marie was funny, warm, and so compassionate," related Director Susan Maday. "Everyone who came in contact with Marie talked about what a wonderful person she was." In lieu of flowers, Marie's family asked that memorials be directed to A Safe Place. We greatly appreciate Marie's dedication, and she will be truly, deeply missed.

NOW AVAILABLE! 2015 ANNUAL REPORT



Our 2015 Annual Report is an important publication that provides donors and supporters with the statistics and organizational financials you need to assess the value of investing in our mission. Request your copy by contacting Pat Davenport at PDavenport@ASafePlaceForHelp.org or 847-731-7165 x105, or download a PDF of the report at www.ASafePlaceForHelp.org/Content/Annual-Report.





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- When Affluence Meets Indifference
- The Life-Changing Power of Volunteering
- Counseling in the Wake of Crisis
- Enhanced Services for Hispanic Survivors

UPCOMING EVENTS

14TH ANNUAL "DRIVE OUT DOMESTIC VIOLENCE" GOLF OUTING

Presented by the Board of Directors at A Safe Place

Tuesday, June 13th, 2016, 11:00 a.m.
Ravinia Green Country Club, Riverwoods, IL

A day on the links to raise funds and support for A Safe Place. Register, purchase a sponsorship or learn more at www.ASafePlaceForHelp.eJoinMe.org/Golf.

4TH ANNUAL EMPOWERALLY VOLLEYBALL TOURNAMENT

Presented by the Young Professionals Board at A Safe Place

Saturday, July 16th, 2016
9:00 a.m. Check-in; 10:00 a.m. Games Begin
Jesse Oaks, Gages Lake, IL

Welcoming up to 20 co-ed teams. \$30 registration per person include tournament t-shirt and team meal. Learn more and register at www.ASafePlaceForHelp.eJoinMe.org/EmpowerRally.

THE 2016 SYMPOSIUM FOR A SAFER LAKE COUNTY

Presented by The Partnership for a Safer Lake County

Thursday, October 13, 2016
College of Lake County, Grayslake, IL

Our 1st annual symposium on human abuse will educate clergy, attorneys, human services professionals, healthcare professionals and others about domestic violence, sexual assault, child abuse, elder abuse, LGBTQ crimes and human trafficking. For more information, contact Pat Davenport at 847-731-7165 x105.

7TH ANNUAL "BREAK THE SILENCE ... UNMASK THE VIOLENCE" GALA

Presented by the Board of Directors at A Safe Place

Friday, October 21, 2016, 6:00 p.m.
DoubleTree by Hilton, Mundelein, IL

The Gala is a unique chance to come together with other friends and supporters of A Safe Place to celebrate the achievements of the past year and to raise funds and awareness for our mission. Learn more and RSVP at www.Gala2016.Whindo.com.

WINE, WOMEN & SHOES

Presented by the Board of Directors at A Safe Place

Summer 2017

The popular Wine, Women & Shoes series will debut its first Lake County event in Summer 2017 as a ladies-only special event to benefit A Safe Place. This sophisticated event will bring together women who enjoy fine wine, great style and female camaraderie for an unforgettable evening to support a noble cause. More details to come.

Need more information about sponsoring or participating in an event? Contact Pat Davenport at PDavenport@ASafePlaceForHelp.org or 847-731-7165 x105.