



Survivors, Inc.

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A PROUD MEMBER OF
THE PENNSYLVANIA
COALITION AGAINST
DOMESTIC VIOLENCE,
THE PENNSYLVANIA
COALITION AGAINST
RAPE, AND THE
NATIONAL COALITION
AGAINST DOMESTIC
VIOLENCE.

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Fall 2011

THOUGHTS FROM THE CEO

In late May/early June of this year, we had a cash flow crisis that threatened our existence. As I sat in my office on that sunny day, reeling from the news I had just received, I could hear children playing in Claudia House's back yard. I knew that we had to figure out something, anything... other than closing down and causing 32 people, nearly 22 of them small children, to return home to their abusers. What would happen when folks had to return home because they had no other place to go? What would happen if Survivors, Inc. was not open to answer the hotline at any time of the day or night... to admit someone into shelter, to provide support at the hospital or a police station, to be a nonjudgmental and affirming voice on the other end of the phone? As we know all too well, any act of abuse can escalate to lethality.

Thankfully, you were part of our solution. Our community is the heroes of those impacted by domestic violence and sexual assault. We needed a miracle, and we were answered... by you. We could not have stayed open and continued service provision without you. On behalf of the Board of Directors, the Staff, the women and children residing at Claudia House, and all those who called the hotline or needed service, we thank you.

In the days and weeks following our cash flow crisis, we are continuing our work to create a dynamic, ambitious, yet achievable strategic plan that will be multipronged- focusing on development and sustainability. A process we first began in late 2009, and a process that continues and should culminate in early December with a completed plan. I believe I speak for both the staff and the Board of Directors when I state it would be wonderful if we were not needed anymore, if sexual assault, stalking, domestic violence... all had been eradicated from our society... forever. Unfortunately, that is not the case, and actually we are moving the other direction. Last fiscal year that ended June 30, 2011, Survivors, Inc. had a record year for helping those choosing to flee domestic violence. We served 596 new clients, and served a total of 1165 unduplicated individuals (new and continuing clients). We are doing this with increasingly larger and bigger cuts and rescissions to State and Federal funding.

We have many exciting new things happening at Survivors, Inc.; many additional projects will unfold over the coming months. One shift we made a couple of years ago was to shift our Community Education to a Primary Prevention and Outreach focus. Survivors, Inc. strives to respond to community need ahead of funding mandates, and thus we were optimally positioned when our two major funding sources embraced Primary Prevention, Targeted and Peer-Based Outreach, Evidence Based and Promising Practices. As a result of the shift in our community education efforts and collaborative efforts, record numbers are accessing our services, and more importantly, the victim services continuum. We are focused on ending domestic violence, stalking and sexual assault in Adams County, and everywhere. Will you join us? We can make a difference. One person at a time.



Terri Hamrick, President/CEO can be reached at 334-0589 ext. 104 or via email at terri@survivorservices.org.

Advocate Spotlight

Survivors is pleased to announce the newest addition to our team of dedicated staff.

Angela Keen joins Survivors, Inc. as the new **Supervisor of Direct Services**. She lives in Lancaster with her husband Solomon and their two cats: Rocky & Taz. She has worked in victims' services for 13 years in a variety of community and statewide positions. Angela joins Survivors Inc. as the Supervisor of Direct Services and is excited to return to a community-based program where she can continue the systems change work in Adams County that supports the staff efforts to provide quality direct services. In her free time, Angela enjoys watching movies with Saul, cooking and all things chocolate.

SURVIVORS, INC. RECEIVES \$20,000 AS PART OF \$3 MILLION NATIONWIDE GRANT FROM THE MARY KAY FOUNDATION TO COMBAT DOMESTIC VIOLENCE IN ADAMS COUNTY

Survivors, Inc. has been chosen to receive a \$20,000 grant from The Mary Kay Foundation as part of the organization's annual \$3 million national domestic violence grant program. Survivors, Inc. is one of 150 domestic violence organizations participating in the program. The grant will be used for essential shelter repairs.

"This grant is such a blessing to Survivors, Inc. in a variety of ways," said Terri Hamrick, President/CEO of Survivors, Inc. "Not only does it make up for a deficit in funding this year but also gives us hope and strength to continue what we do. Domestic violence is not going away and deserves very serious attention. Programs to help battered women and their children require a lot of resources. That's why we are so thankful The Mary Kay Foundation is helping us help families in Adams County."

"In light of the economic downturn and alarming increases in domestic violence, The Mary Kay Foundation's mission is more critical than ever before. Survivors, Inc. has helped so many women and their families in the Adams County area. We know they will use these funds to benefit even more domestic violence survivors and their children and help end domestic violence," said Jennifer Cook, The Mary Kay Foundation board member.



THANK

Thank you to the Littlestown #2226 Eagle Riders for their donation of \$500 to Survivors, Inc. The mission of the Eagle Riders is to have fun in a family oriented organization dedicated to the enjoyment of motorcycles, safe riding, while promoting the Fraternal Order of Eagles.

YOU

The F-word

In the forward to her book, *Women in the Arab World* Nahid Toubia writes “To me, feminism is foremost a feeling--which I am not ashamed.”—Feminism guides my life. I would not be the Community Education Specialist for Survivors, Inc. if I wasn't a feminist. I knew this was the organization I wanted to work for because the employment ad said, “Do you want to work for a feminist organization?” It is frustrating to me when people say, “I'm not a feminist but . . .” and “Why do you have to use *that* word?” as if I'm saying the other f-word.

Feminism is NOT a dirty word! It is essential to our work as advocates and educators. We promote the equality of the sexes. It's what healthy relationships are all about. There are no power and control issues in equality. We know from the work we do or support there are plenty of unhealthy relationships. Equality amongst the sexes in a relationship is a healthy relationship. Isn't that what we are doing as an anti-violence movement, promoting healthy relationships? I educate the community on healthy relationships. I educate the community on feminism, though till now it has been a watered down version of it.

No more! The theme of this past Sexual Assault Awareness Month was “It's Time . . .” Time to get involved, time to promote equality. That's what the dry erase boards PCAR (PA Coalition Against Rape) sent us read, “It's time to promote equality.” I, for one, agree. It's time to say, “This is what a feminist looks like.” We are a feminist organization. We are feminists.

It surprises me to find people in this social justice movement to end violence against women who do not understand feminism. I wonder why they are afraid of equality? What's so scary about human rights? I've been called a radical feminist because of my beliefs. It's true; I am a radical feminist. Rad is the Latin word for root. Knowing the root causes of women's oppression helps to end violence against women.

I will close with a quote from former Ms. editor, Robin Morgan. “Of course, feminism itself—even without a qualifying prefix—can be the subject of debated definitions. At its most basic it can mean simply the struggle for female freedom against a male supremacist society—certainly a vital, valid fight in itself. It also can be, in part, an ethics, an aesthetics, even metaphysics. For me feminism (inherently & potentially so radical in itself as to make the prefix radical almost redundant) is also something more: it is the politics uniquely capable at this moment in history of quite literally saving the fragile blue & green biosphere named Earth. Which is why I call feminism The Politics of the 21st Century. To me, this is obvious, sensible, & reasonable. To me this isn't even radical.”



This is what a feminist looks like. Melissa Mattson, Community Education Specialist, can be reached at 717-253-5302 or melissa@survivorsservices.org.



VOLUNTEER TRAINING CLASS

Survivors, Inc. is looking for individuals who have an interest in working with adult and/or child victims of sexual assault and domestic violence in Adams County. All staff and volunteers of Survivors, Inc. must be certified through a state mandated 64 hour training program in order to provide direct services to victims and their families. Survivors is now enrolling men and women in the next training class which runs Saturdays February 4-March 24, 8:30am-4:30pm in Gettysburg.

We need help with a wide variety of activities from helping to organize and participate in fund raising activities to staffing our 24 hour hotline. Bilingual volunteers a great plus! Domestic Violence and Sexual Assault affects all ethnic groups, social classes, sexualities, religions, and genders. If you are interested in giving your time in other ways, our community events and our pet fostering program are great ways to volunteer for a great cause. Of course, donations of money or goods are always appreciated.

Anyone interested in the volunteering can fill out an application on our website, <http://www.adamscountysurvivors.com> or contact our Community Education Specialist at melissa@survivorsservices.org or 717-253-5302.

LET'S START A RYOT!

Calling all teens in Adams County! Join me in starting a RYOT at your school! RYOT (Rallying Youth Organizers Together) Against Rape is a group by teens for teens that give socio-dramas to their peers in the community. These socio-dramas deal with issues relevant to teens such as teen dating violence, the impact of family violence on youth, and sexual harassment. The group is yours and the possibility is endless. Teens decide the issues, create the socio-dramas, and decide how those dramas will be presented (live, movie, music video, etc.). Attend state meetings to collaborate with other Pennsylvania teens. Be a leader in your school and community, make a difference, and fight the good fight! Groups are already forming in Gettysburg & Fairfield High Schools! For more information on how you can join or start a group contact Melissa Mattson at melissa@survivorsservices.org.

EDUCATION IN OUR SCHOOLS

With the recent passage of HB 120, schools are now highly encouraged to provide anti-violence and healthy relationship education. Survivors, Inc. is here to help our schools do that. We know it's not easy and no one can do it by themselves. Why reinvent the wheel when there is an agency that will provide the education to your students *and* staff free of charge? For a description of some of the programs we have to offer, see page 5. This is just a small list of our programs. If there is an issue you would like us to cover please let us know because chances are we have a program to fit your needs. My card is located under this article. Please give me a call or send me an e-mail and we will find a program to suit the needs of your students. Parents, encourage your child(ren)'s and/or teen(s)' teachers, guidance counselors, and school administrators to utilize us as a resource.

HOLIDAY SHOPPING SPREE. . . Gifts That Show You Care!

ADAMS COUNTY COMMUNITY FOUNDATION invites you to attend a county-wide event on Thursday, November 17, 2011 from 3pm until 7pm at The Gettysburg Hotel on the Square in Gettysburg. Get a head start on the holidays by attending this Holiday Shopping Spree which features the non-profit organizations serving Adams County. Instead of buying Mom another bottle of perfume this holiday, honor her with a gift that sponsors a child for one day of after-school care. Instead of buying Dad another tie, honor him with the gift of a meal for a homeless man at the local food kitchen. Want to teach your child to be generous? Give your child the opportunity to sponsor a child in need to attend an art class. These and many more gifts will be available for you to purchase. Adams County non-profits will be featuring their programs and offering you an opportunity to purchase some very unique gifts for your loved ones this year. Modeled on the concept of Heifer International and Oxfam, this event will solve your holiday shopping dilemmas and help our own community.

If you cannot attend, contact the Foundation at 337-0060 and ask for our Holiday Gift Book.
GIVE THE GIFT THAT SHOWS YOU CARE. . . AND REACHES OUT TO OTHERS.

SURVIVORS SUPPORTS THOSE WHO EXPERIENCE DOMESTIC VIOLENCE OR SEXUAL ASSAULT AND STRIVES TO CREATE A WORLD IN WHICH VIOLENCE AGAINST WOMEN AND CHILDREN IS UNTHINKABLE

Melissa Mattson
Community Education Specialist

Community Education Direct Line
717-253-5302

24 hour Hotline/Shelter:
717-334-9777 or 1-800-787-8106

Administrative Office: 717-334-0589
Fax: 717-334-3576

E-mail: melissa@survivorsservices.org
www.adamscountysurvivors.com



Survivors
Inc.

COMMUNITY EDUCATION PROGRAMS

Touching Safety Puppet Show

This puppet show is intended for presentation over three sessions. This risk-reduction program utilizes behavior skills training which is designed to provide opportunities for children to practice self-protective responses. This valuable tool-which includes complete instructions, scripts, facilitated discussion guide, and activities.

BUILDING HEALTHY RELATIONSHIPS: SEXUAL HARASSMENT PREVENTION AND RELATIONSHIP SKILLS

CURRICULUM

K-2ND GRADE

"Building Healthy Relationships" is a ten-session program in which students will begin to understand that we are all different and deserving of respect. They will learn what bullying is and why kids do it. Students will also learn to identify and express their feelings in order to disclose them, if necessary, and to identify trusted adults at school and/or at home. Toward the end of this program, students will be encouraged to look through the lens of friendly words and caring deeds to offer a picture of what a peaceful school might look like. Through the combination of five lessons, students become aware of their own and others' uniqueness and feelings, understand how to react to bullying, and begin working together to ensure a more peaceful school environment in which to learn and grow.

3RD-5TH GRADE

"Building Healthy Relationships" is a ten-session program in which students will begin to understand and value uniqueness, work on developing the necessary skills needed for combating sexual harassment and bullying, and acquire new communication skills with which they can build bridges to new friendships. Through discussion, activities, and role-plays, students will learn to express themselves more accurately and more assertively. They will also identify a few trusted adults to whom they can turn for support. Students will combine the knowledge and skills of all five lessons and will work with a partner to discard stereotypes, establish commonalities and build bridges to new friendships.

BUILDING HEALTHY RELATIONSHIPS: SEXUAL HARASSMENT PREVENTION AND RELATIONSHIP SKILLS

CURRICULUM

"Building Healthy Relationships" is a ten-session program in which students will examine gender roles (what it means to be male or female), and learn to identify and respond to sexual harassment. They will also learn the skills needed for creating healthier and more satisfying relationships. Through discussion and role-plays, students will learn that mutual respect and effective communication will not only serve to decrease the incidence of sexual harassment, but will also allow them to create and maintain healthier relationships with their family, friends, and dating partners. It is through the combination of five lessons that students will begin to understand the gender roles in our society and how they contribute to sexual harassment in our schools and workplaces. This program will teach students the skills needed to respond to situations of sexual harassment as well as to some of the difficult and awkward situations that can arise within interpersonal relationships.

6TH-8TH GRADE

Lesson 1: Exploring Personal Identity, Lesson 2: Fostering Mutual Respect, Lesson 3: Developing Effective Communication Skills, Lesson 4: Negotiating Successful Solutions, Lesson 5: Defining a Healthy Relationship

9TH-12TH GRADE

Lesson 1: Exploring Self-Awareness, Lesson 2: Fostering Mutual Respect, Lesson 3: Developing Effective Communication Skills, Lesson 4: Finding Successful Solutions, Lesson 5: Defining a Healthy Relationship

Consensual Sex or Rape?: A Mock Trial

Based on a mock trial, this product addresses drug facilitated sexual assault. It includes a "how to" guide and a 10-minute video, that is an excellent tool for presenting drug-facilitated sexual assault information to high school and college students.

Respect Works!

Respect WORKS! integrates Hazelden's evidence-based *Safe Dates* with Break the Cycle's *School Policy Kit*, [*Ending Violence*] and *Speak.Act.Change* programs to give middle and high schools, youth service providers and domestic violence agencies the tools they need to respond effectively to teen dating violence issues on and off campus. This comprehensive, best-practices model includes everything from how to implement a school-wide dating violence policy to teaching students how to be leaders in combating dating violence.

Step 1: Develop a comprehensive school policy that addresses teen dating violence. If your school already has a policy in place, it's important to revisit the policy and update it with the most current information and state laws. Break the Cycle's *School Policy Kit* will help guide your school through this process.

Step 2: Educate students about dating abuse and how to recognize the difference between caring, supportive relationships and controlling, manipulative relationships. Hazelden's *Safe Dates*, is an evidence-based program that has been proven to reduce incidents of teen physical and sexual dating violence. *Safe Dates* is the only dating violence prevention program currently listed on the National Registry of Evidence-based Programs and Practices (NREPP). *Safe Dates* is a strong, introductory curriculum for students in middle and early high school.

3: Reinforce student learning with Break the Cycle's interactive [*Ending Violence*] program, designed to educate students about their rights and responsibilities in a dating relationship. [*Ending Violence*] builds on key prevention skills from *Safe Dates* while educating students about how to access the civil and criminal justice systems for protections. [*Ending Violence*] is an essential prevention and early intervention program for high school students.

Step 4: Activate student leadership on the issue. Designed for students ages 13 and up, Break the Cycle's *Speak.Act.Change: Youth Advocacy Kit* is a service-learning program that engages students through youth activism and peer-leadership to address teen dating violence on their campuses and in their communities. *Speak.Act.Change* trains the next generation of anti-violence advocates.

Reconstructing Norms

Because alcohol and other drugs are involved in most acts of sexual assault on campus, college and university administrators are under increasing pressure to acknowledge this connection and take steps to reduce the consumption of alcohol on campus as part of a comprehensive strategy for rape prevention. This manual was developed in response to the growing need for combined alcohol/sexual assault prevention programs. Toward the goal of reducing the number and severity of alcohol-related sexual assaults, this manual describes the problem of non-stranger sexual assault on college campuses, addressing its scope, contributing factors, and effects; and provides detailed, ready-to-implement workshops for various campus groups. These groups are college men, college women, campus police, college administrators & campus judicial officers, healthcare staff, and faculty & staff. By involving the entire campus community in the movement to end sexual assault and by influencing their ideas and actions, we can affect societal change.

Call for Holiday Gifts!

The time is upon us once again to ask for donations gift cards for our residents this holiday season. We are especially in need of gift cards to Wal-Mart, Giant, and Kennie 's, This allows our clients to buy gifts for their children and to purchase items for a new start. For more information or to make a donation please contact the Administrative Office at 717-334-0589.



Call for Donations!

Thank you to everyone who has donated items from our wish list. It is greatly appreciated. These items go fast and we are in need of more. Please consider donating the following items: paper products (toilet paper, tissues, paper towels), shampoo/conditioner (no sample sizes please); hand soap, cleaning supplies, canned goods, feminine products, contact solution, and shaving supplies for women and men. We regretfully decline toothbrushes or toothpaste at this time as we have plenty. Please refer to our donation policy on page 7 for other items needed and donation drop off hours. Thank you!



Donations

Survivors, Inc. will thankfully accept:

- Items on our Newsletter or website wish list
- Gift cards to Wal-Mart, grocery store, gas stations, etc
- Unopened non-perishable food items
- New toiletries: soap, shampoo, deodorant, etc.
- Office supplies
- House wares: dish sets, glassware, kitchen utensils, pots and pans, silverware, baby bottles/sippies -(new)
- Linens, sheets, blankets (no stains or holes)
- Furniture in good to excellent condition
- Plug-in alarm clocks
- New mattress sets
- Baby clothes (3T and under, like new, no stains or holes)
- Diapers, diaper genie refills and wipes
- Like new strollers
- Good condition small kitchen appliances
- Dish soap or laundry soap
- New towels and washcloths
- Monetary donations
- Your time! Join our group of devoted volunteers!

Please call ahead to make arrangements to donate during our donation acceptance times!

Wednesdays and Fridays, 10am-3pm

Survivors, Inc. will regretfully decline:

- Stuffed animals
- Left over items from Garage, Yard, or Rummage Sales
- Expired (or close to expiring) food items
- "Hotel" sized toiletries
- Used suitcases
- Opened or used toiletries
- Clothing or shoes
- Large appliances
- Sofa Beds
- Cribs
- Furniture that is broken, torn or stained
- Decorating items
- Used baby bottles
- Used children's toys, games, or puzzles
- Exercise equipment
- Damaged books
- VHS tapes and cassettes
- Tea cups and coffee cups
- Used/stained Tupperware
- Items dropped off outside of donation acceptance hours
- Anything Survivors, Inc. would be expected to pick up

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 Questions? Need to  
 arrange drop off of  
 accepted items?  
 Please call our Admin  
 Office at 717-334-0589  
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SURVIVORS, INC.
Post Office Box 3572
Gettysburg PA 17325

SURVIVORS, INC.
HOTLINE
1-800-787-8106
717-334-9777

Staffed by trained
Survivors, Inc. staff
24 hours, 7 days a week, 365
days a year.

Visit us on the web!

Our website:
www.adamscountysurvivors.com

Facebook:
[www.facebook.com/
SurvivorInc](http://www.facebook.com/SurvivorInc)

Twitter:
www.twitter.com/SurvivorsInc



Vision statement: Survivors supports those who experience domestic violence or sexual assault and strives to create a world in which violence is unacceptable.

Mission statement: Our mission is to provide diverse, client-driven services to those impacted by domestic violence and sexual assault by being compassionate, non-judgmental, and believing in the equality of all people. Our goal is to empower our clients, staff, and community through education and promotion of non-violence so that we may all live in a world free of violence.

Nonprofit
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17325
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Donations are welcomed by Visa/MasterCard or check made payable to Survivors, Inc.: _____ \$25 _____ \$50 _____ Other

Name (as it appears on card) _____

Billing Address _____

Credit Card Number _____ Expiration Date _____

The official registration and financial information of Survivors, Inc. may be obtained from the Pennsylvania Department of State by calling toll free (800)732-0999. Registration does not imply endorsement. Our registration number is 3789.

HELP UPDATE OUR MAILING LIST: If you no longer wish to receive our newsletter, or if this newsletter is coming to your residence but not to an addressee currently living there, please let us know by calling our administrative office at 717-334-0589. Thank you for your help!