

HAVIN NEWS

Helping All Victims In Need

SUMMER 2007

From the Executive Director...

My hat is off to HAVIN staff! Unfortunately for our community, our business is booming. The sad part is we do not reach many people who are impacted by sexual and domestic violence. It is estimated that only about ten to twenty percent of victims come forward to request intervention services.

We also completed yet another year where we did more with less. We continue to experience governmental cutbacks in funding. Thank goodness for our generous community and HAVIN's Board of Directors who work hard to help make up the fiscal deficits.

HAVIN staff consists of only nine full-time and five part-time employees who provided critical services 24/7 to a total of 996 persons, and yes we were even open Christmas Day.

Last fiscal year, July 1, 2006 through June 30, 2007 HAVIN staff and volunteers provided **3098 hours** of domestic violence services to **486** adult survivors as well as **106** children and **179** significant others. A total of 771 unduplicated persons. We provided **949 hours** of sexual assault services to **62** adult survivors as well as **52** children and **111** significant others, a total of 225 unduplicated persons. This is a combined total of 996 persons who received critical services at HAVIN. We also provided a total of **3506 days** of shelter to **81** adults and **55** children as shelter guests. These statistics show an increase of thirty persons receiving direct services, an increase of 640 direct service hours, and 616 more shelter days this fiscal year over the previous fiscal year.

Oh, did I mention that our two part-time Outreach/Education Department staff presented **174** school programs to **8730** students and **73** community programs to **2113** recipients! Yet another area where we have had to make cuts, and such a critical way to increase the likelihood that we reduce the incidence of sexual and domestic violence.

It is incredible what we have accomplished, and I need to reinforce this is not measured merely by the numbers. I am fortunate to get to witness the fruits of our labor, the lives that we touch and the support that we provide. I feel humbled by HAVIN staff, and I am even more humbled by the men, women and children who come forward to request our services. Thank you for allowing us to be a part of your healing.

Jo Ellen Bowman, L.S.W.

A special thank you to the FISA Foundation for their financial support and commitment to HAVIN. Thanks to FISA, HAVIN will be able to provide much needed prevention/education programs during the next fiscal year. We appreciate their dedication to help us end violence in our community.

Thanks to the generous support of
The Richard G. & Barbara A. Snyder Fund,
a component of the Armstrong County Community Foundation,
HAVIN is able to install a security system in the Kay Steiner Cottage and upgrade the security system for our emergency shelter. Thank you for helping HAVIN a safer place for the people we serve!

HAVIN would like to welcome on board our new Counselor/Advocate Sheila Knell. Sheila previously volunteered for HAVIN in 2000-2001. We are excited to have her back and look forward to working with her.

HAVIN'S 2007 MIXED SCRAMBLE & WOMEN'S GOLF CLASSIC

WINNERS CIRCLE

MIXED SCRAMBLE

1ST PLACE

Bob Hallman Stan Roberts
Jack Steiner Denny Stewart

2ND PLACE (TIE)

Dave Kohl Bob Mervis
Scott Rugh Ryan Shafer

2ND PLACE (TIE)

Mary Ann Costan Billy Varhola

WOMEN'S GOLF CLASSIC

1ST PLACE

Crystal Kochka Charlene Knopfel
Cathy Rash Barb Schneider

2ND PLACE

Pam Cernicky Kelly Clouser
Linda Malley Barb McMahon

3RD PLACE

Monica Avi Kathy Dimond
Lynda Harasty Marie Yobp

DONORS

Allegheny Energy; Armstrong Beer Distributing Co.; Armstrong County Community Foundation; Babe Horning; Billie White; Birdsfoot Golf Course; Cameron Mitchell Restaurants; Carnegie Museums of Pittsburgh; Charapp Chrysler Jeep & Dodge, Kittanning; Cindy Lias; Claywood Lumber; Jim Hune, Creese, Smith & Co. LLS; Dairy Queen, Kittanning; Danielle Cribbs; Dick's Sporting Goods; Elks Country Club; Mr. Tile, Inc./Furniture World East; Foodland, Kittanning; Garda's Restaurant; Gwen Hickman; HAVIN Staff; Helen Bella; JoAnn Nickleach, M.D.; Jodi Beers; Jo Ellen Bowman; Kathy Valasek; Kittanning Beer Distributor; Kittanning Country Club; Kristen Samosky; Laura Lendyak; Lenape Heights Golf Course; Madeline Rupert; Maria LeClaire; Marsha Sprandel; Mike Joyce; Nitro Welding; Pittsburgh Children's Museum; Pittsburgh CLO; Pittsburgh Opera; Pittsburgh Pirates; Pittsburgh Public Theater; Pittsburgh Steelers; Pittsburgh Zoo & PPG Aquarium; Rosemary Johnson; Rukas Beer Distributor; Scott Andreassi; Senator John Heinz History Center; Sherrie Allshouse; Shop 'N Save, Kittanning; Suzanne Hogamier; The Meadows; The Links at Spring Church; Toys Golden Dawn; and Typhoon Restaurant.



SPONSORS

All sponsors were recognized at both golf outings.

PLATINUM SPONSOR

*ARMSTRONG COUNTY BUILDING & LOAN
ASSOCIATION*

GOLD SPONSORS

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Hallman Insurance Agency
JoAnn Nickleach, M.D.
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*Farmers National Bank
J.R.C. Electric Co.
National Material Corp.*

**On behalf of the survivors that we serve - thank you to all of our sponsors,
donors and golfers for making the outings a huge success!!!**

SAVE THE DATE NEXT YEARS OUTINGS ARE JUNE 12 & 13, 2008!

SEE YOU THEN!!!

Events



Purchase Your Tickets Now!!!
“Tastes of Distinction” 2007 Art Auction ,
Wine and Food Tasting Event
sponsored by
The Greater Alle-Kiski Area Board of Realtors
Saturday September 22, 2007
5:00—7:00 Wine and Food Tasting
7:00—9:00 Ross Galleries Art Auction
Laube Hall, Freeport
Admission: \$25.00 per person
All proceeds benefit domestic violence services
of the Alle-Kiski HOPE Center and HAVIN
For information contact Brandy Fabry at 724 831 2370
Or brandyfabry@remax.net or
Jo Ellen Bowman at 724-543-1180 ext. 221
Or jebhavin@windstream.net

HAVIN GETS SOME HELPERS!!!

On May 6, 2007, the Keystone Tall Tree Girl Scout Troop #68 volunteered their time for five hours that day to come help clean up HAVIN's landscape. The girls spent the day pulling weeds, raking up leaves and debris, and planting beautiful flowers. We can't express enough appreciation to all the girls and their scout leaders for all their hard work and helping HAVIN look a little nicer. Thanks to all who participated!!!



NATIONAL SEXUAL ASSAULT CONFERENCE

The National Sexual Assault Conference is a two and a half day, advocacy-based conference providing advanced training opportunities and information to sexual violence prevention educators, anti-sexual violence advocates, counselors, health care professionals, law enforcement officers, prosecutors, social workers, psychologists, and public health workers.

The conference will provide a forum for dialogues on sexual violence prevention and intervention as well as offer advanced training and professional growth opportunities. Workshop topics include advocating multiculturalism and the impact of sexual violence on people of color.

The conference will also feature educational exhibits and art exhibits--including artwork from the Juarez Photo Exhibit--all taking place in Renaissance Harborplace Hotel in the heart of Baltimore, Maryland. Don't miss this national training opportunity!

BRIDGES TO SOCIAL CHANGE

Renaissance Harborplace Hotel
Baltimore, MD

September 12 - 14, 2007

3 Ways to Register

Online: www.pcar.org

Fax: 717-728-9781

Mail: PCAR
125 North Enola Drive
Enola, PA 17025

Sponsored by:



HAVIN continues to experience funding cutbacks yet our requests for services and the costs for providing those services increase. On behalf of HAVIN's Board of Directors, Staff and Volunteers and most importantly the people we serve, we thank you for your generous support. Every donation enables us to provide critical supportive services to survivors of domestic and sexual violence.

SHELTER WISHLIST

Non-Perishable Food	Prepaid Phone Cards
Grocery/Dept. Store Gift Cards	Laundry Detergent
Fabric Softener	Towels/Washcloths
Twin Comforters	Pillows
Curling Irons/Hair Dryers	Laundry Baskets
Alarm Clocks	Plastic Bins
Hand Lotion	Cleaning Products
Mops/Brooms	Paper Products
New Socks, Underwear & Bras	Blankets
Money for Client Relocation & Direct Service Needs	

Thank you for supporting HAVIN!!!

HAVIN provides **FREE** and **CONFIDENTIAL** services to survivors of domestic violence and sexual assault as well as their significant others. Our services include a 24-hour hotline, group and individual counseling and advocacy, information and referral, emergency shelter, and medical and legal accompaniment. If you or someone you know needs HAVIN's services, please call our hotlines at 724-548-8888 or 800-841-8881.

HAVIN's Outreach/Education Department is available to present educational programs to schools, church groups, physician's offices, and organizations throughout Armstrong County. For more information on programs or to schedule an event, please contact Heather DeMeno at 724-543-1180 ext. 222.

What Parents Should Know About Drug-Facilitated Sexual Assault

Sexual assault violates a person's trust and feeling of safety. It is considered *sexual assault* any time a person is forced, coerced, and/or manipulated into unwanted sexual activity. Sexual assault includes rape, incest, child sexual assault, date and acquaintance rape, statutory rape, marital or partner rape, sexual exploitation, sexual contact, sexual harassment, exposure, and voyeurism. Drug-facilitated sexual assault is when an offender uses an "anesthesia-type" drug on a victim (usually placed in a drink), which renders her/him physically helpless and **incapacitated - making the victim incapable of giving consent** to sexual activity. Commonly used drugs are alcohol, Rohypnol (typically a round white pill but may also be crushed into a powder), GHB (clear or light liquid but may also be white powder or putty), Ketamine (typically a colorless, odorless and tasteless liquid), and Ecstasy (a small, colored pill with an imprint).

Perpetrators use drugs and alcohol as a weapon to commit sexual assault. In providing the victim with drugs and alcohol they can manipulate them. Perpetrators can blackmail the victim (especially adolescents) into not going to the police because the victim was doing drugs or alcohol. Perpetrators can also use drugs and alcohol as an excuse stating that they did not know what they were doing or that they misread the victim. When victims are under the influence, it impairs their ability to make smart decisions, lowers inhibitions, renders them unconscious and makes it easier for someone to force them into a dangerous situation. Some red flags to look for are familiar drinks taste strange, a stranger or acquaintance offers to take you home, waking up refreshed but with no memory, sudden collapse or head snap, hallucinations, teeth grinding and euphoric rush, and/or only having one drink but getting drunk.

It is a common misconception that most sexual assaults are committed by strangers when in fact it is estimated that 70% of all rapes are committed by someone known to the victim. Sexual assault can happen to anyone regardless of gender, race, age, socio-economic status, or religion. However, there are protection techniques that can be used. Do not leave your drink unattended, do not accept drinks from anyone you don't know well, use the "Buddy System" (come together, check in, and leave together), do not drink from punch bowls, and if the drink looks or tastes different, don't drink it. If your child is a victim of drug-facilitated sexual assault, don't let them bathe, shower or wash their clothing or bedding (if applicable); collect the first urine; go to the nearest hospital; tell the nurse/doctor you believe your child was drugged; and explain the symptoms. If your child tells you they were sexually assaulted, believe them. Listen to what they have to say and tell them they are not to blame for what happened. Encourage them to get medical attention. If they are having a hard time dealing with their emotions, encourage them to seek counseling.

It is estimated that 90% of all acquaintance rapes involve alcohol. For more information, visit HAVIN's website at www.havinpa.org or the Pennsylvania Coalition Against Rape at www.pcar.org.

What Parents Should Know about Bullying

Bullying means repeatedly picking on or hurting another person. This includes hitting, tripping, kicking, name-calling, making threats, spreading rumors, purposefully excluding someone, manipulating friendships, etc. It can have lasting effects on the victim, the bully, the school and the community. Victims often feel worthless and powerless. Others may feel ashamed for not helping to stop it. Even the bully may feel badly about his or her behavior, but not know how to stop. When a known bully is hurting others, no one knows who will be bullied next. People may avoid certain places or activities out of fear. Some even stop going to school. Some people may even respond to fear of bullies by carrying weapons or taking other violent measures. Bullies are at an increased risk of substance abuse, academic problems and trouble with the law. Bullies also have a higher risk of going on to be abusers in their adult relationships.

Many children who are bullied keep it a secret. They may be scared or ashamed to tell. They may think telling will make matters worse. Knowing the warning signs can help you in helping your children. A victim may seem quiet or depressed, have bruises or other injuries, have headaches or stomachaches, come home with missing or damaged belongings, ask for more lunch money, do poorly in school and/or avoid school or certain places. These signs don't prove your child is being bullied, but they could be a warning that something is wrong. Any child can be a victim of bullying.

If you learn your child is being bullied, there are ways for you to help. Tell your child that nobody deserves to be bullied and it's okay to feel angry, sad or afraid. Reassure your child that you will help him or her. Think of peaceful solutions together. Brainstorming ways to solve the problem nonviolently can help your child gain the confidence he or she needs to face the bully by him or herself. Tell your child to stick with a group and avoid being alone. Tell your child not to fight back or seek revenge; it makes matters worse. The MOST important thing to tell your child is whether they are a victim or a witness to report the bullying to an adult. Reporting can help stop the bully and protect others.

Your child could also be the bully. Many parents sense if their child is bullying others. They may receive reports from school, other authorities or parents of other children. There are warning signs that can tell if your child is bullying others. Children who bully enjoy putting others down, don't care about others' feelings, need to have power over others, use others to get what they want, and disrespect authority as well as people who are different from them. Children who bully may also make jokes about violent acts or enjoy violence, disregard rules and have an attitude of superiority. If your child is bullying others, talk about it. Ask them why they are bullying others. Help them find healthy ways to deal with their feelings. Make it clear that you think bullying is wrong and set clear, non-violent consequences for future bullying behavior. Also, consider your own behavior. Children often learn by watching their parents.

Help is available. If you are worried about your child, or want to learn more about how you can help prevent bullying, contact HAVIN at 724-548-8888 or 800-841-8881 or visit HAVIN's website at www.havinpa.org or the Pennsylvania Coalition Against Domestic Violence at www.pcadv.org.



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**P.O. Box 983
Kittanning, PA 16201**

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**24 Hour Hotline
(724) 548-8888
1-800-841-8881**



*HAVIN is a
United Way agency.*

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_____ I would like HAVIN to use this donation where it is most needed.

_____ I would like HAVIN to use this donation for _____.

\$30 will provide food and shelter for one day.

Send donations to: HAVIN, Inc., P.O. Box 983, Kittanning, PA 16201.

HAVIN, Inc. is funded in part by grants from the Pennsylvania Coalition Against Rape, Pennsylvania Coalition Against Domestic Violence, Pennsylvania Department of Public Welfare, the Pennsylvania Commission on Crime and Delinquency, and the United Way. A copy of the official registration and financial information for HAVIN may be obtained from the Pennsylvania Department of State by calling toll-free in Pennsylvania 1-800-732-0999.