

HAVIN NEWS

Helping All Victims In Need

WINTER 2007

From the Executive Director...

	2001-2002	2002-2003	2003-2004	2004-2005	2005-2006	2006-2007	2007-2008	Overall Loss by Funding Stream
PCADV	273,886	274,537	275,779	271,372	271,372	271,372	268,865	-6,914
PCAR	101,988	100,309	94,189	91,367	85,822	80,845	78,200	-21,797
VOCA	92,814	103,555	95,352	91,799	86,842	83,342	82,433	-21,122
VAWA	Unknown	101,529	84,000	70,560	65,621	65,621	65,621	-35,908
		579,930	549,320	525,098	509,657	501,180	495,119	-85,741
Loss from Previous Year			-30,610	-24,222	-15,441	-8,477	-6,061	

This is the gloomy picture of HAVIN's governmental funding, or lack thereof. PCADV (Pennsylvania Coalition Against Domestic Violence), PCAR (Pennsylvania Coalition Against Rape), VOCA (Victim of Crime Act), and VAWA (Violence Against Women Act). The overall loss by funding stream is equal to deducting our current level of funding from the highest year of funding for the respective funding streams. For PCADV, \$4,000 of the loss shown was a one year grant for a Media Advocacy Project.

I am sharing this to help explain the challenges we face. HAVIN's staff, volunteers and Board of Directors work long, hard hours to provide victim services in Armstrong County. We are passionate about what we do. I am truly concerned that we will not open for services if this trend continues.

We also are exceptionally fortunate because we are supported by our community. We genuinely appreciate every penny and in-kind donation we receive from our faith community, businesses, organizations, schools, foundations and individuals. I would like to mention all those who help HAVIN, but would be concerned about an accidental exclusion. Last fiscal year HAVIN received nearly \$70,000 of in-kind donations, and \$45,000 in cash donations. Our fundraising activities netted us nearly \$43,000. We also receive support from Westmoreland and Allegheny County United Way. Our annual budget, including in-kind donations, is approximately \$650,000. To some, that may seem like a great deal of money. To an Executive Director trying to keep a 24/7 crisis center open it is simply not nearly enough.

I am asking that you support HAVIN by contacting your legislators, both Federal and State and ask them to adequate support victim services. Join in our national VAWA, FVPSA, and VOCA call-in week starting today! Call your Members of Congress on NNEDV's toll-free number 1.888.256.7413. To find your Senators and Representatives names, go to: www.senate.gov or www.house.gov.

Call the toll-free number and ask for your member of Congress. Tell your Member of Congress your name, and that you are their constituent. Include your state, town and zip code. Urge them for the Fiscal Year 2009 Congressional Budget, to

- Fully fund the Violence Against Women Act and the Family Violence Prevention and Services Act;
- Raise the Victims of Crime Act Fund Cap to \$717 million; and
- Protect the Victims of Crime Act from elimination."

Hearing from you, our community, will help ensure we regain much needed funds.

Jo Ellen Bowman, L.S.W.



2007 SANTA'S SNIPPERS...The best year ever!

On December 2nd, the Kittanning Beauty School held its 16th Annual Santa's Snippers fundraiser. Director Tammy Stiles organized the event, she and her husband Jerry even dressed up as Mr. and Mrs. Claus! Students shampooed customers, preparing them for a cut and style by 13 professional stylists. Students sold raffle tickets and student elves solicited donations and provided delicious treats for all customers! Santa's Snippers helped 161 customers look wonderful for Christmas and donated \$1,519.90 to HAVIN which included their tips! This spirit of giving, from the students, staff and professionals, is truly a wonderful way to start the holiday season. A special thanks to Candy Swartz and Jess Kerr from Candy Swartz Styling Salon in Apollo, David George from The Man's Way in Indiana (Candy and David have participated all 16 years!), April McDonald from Hidden Secrets Salon in Templeton, Judy Decker from Polished 2 Perfection in Natrona Heights, Cara Steffan from Tans, Hands and Hair in Natrona Heights, Shannon Bryan, Katrina Oravec and Kanessa Wills from Philip Pelusi at Pittsburgh Mills, Stacy Boguslawski from The Scissor Shoppe in Worthington, Lisa Fedder and Brian Colgan from "Twist" in Indiana, and Barb Grey from Golden Scissor in NuMine. Barb also donated an additional \$50.00 to the cause!

FOOD AND PHONE RAISER

Thanks to Kittanning Charapp Chrysler Jeep & Dodge and Kittanning Shop 'N Save for sponsoring this event benefiting HAVIN. On November 30th, December 1st, December 7th, & December 8th, Charapp had a vehicle available outside of Shop 'N Save for people to fill up with non-perishable food, paper products, gift certificates, money and cell phones. Charapp also had a vehicle in their showroom. This year the total collected was valued at an unbelievable \$2,019.52, almost double last year with cash donations and gift cards totaling \$386. Those donating entered to win a \$300.00 gift certificate from Shop 'N Save. This year's winner was David M. Graham from Elderton. A special thanks to the staff and management of Charapp and Shop 'n Save for being so great to work with. Thanks to Jodi Beers, Anne Craft, Grace Presbyterian Church Youth Group, Gwen Hickman, Maria LeClaire, Kay McKelvey, Sonie Mervis, Holly Riggle, Madeline Rupert, Kristen Samosky, and Virginia Steimer who helped at the event. On behalf of the survivors of domestic violence and sexual assault, we would like to thank everyone who donated to make this event a great success!!

SANTA CLAUS AND HIS ELVES COME TO HAVIN!

On December 19th, Santa made an early visit to HAVIN to bring a little joy to the children. He and his elves, along with HAVIN staff, helped pass out little goodies to all the children who came to visit. A special thanks to "Santa" and his three elves for brightening the holiday season for children of survivors of domestic violence and sexual assault.



Lenape Tech's Mr. and Ms. Lenape Pageant

All proceeds go to HAVIN

"Tough guys in miniskirts? I'd pay to see that!"

Every year, Lenape's Student Government holds a Mr. and Ms. Lenape pageant. Students form teams of two (one boy and one girl). The girls dress as boys and vice versa. This year's theme was the television show "Beauty and the Geek."

The "beauties" and "geeks" dressed up in their most impressive gear and competed in three different areas during the pageant. During the makeover round, the beauties each chose one audience member to makeover. In the next round, the geeks had to hammer three nails into a board as straight as possible. In the last round, each team had to answer a series of questions. The geeks were asked "smart" questions such as "What is the Latin name for the 'Northern Lights?'" and "Who is your all-time favorite super hero and why?". The beauties were asked questions such as "Who is the hottest actor you know of and why do you think so?", "Would you get plastic surgery? If so, what would you get done?", and "What's in your purse?" .

The pageant was just for fun, however, because the real winners were the team that raised the most money the week before. The week before the pageant, each team collected money from students, teachers, and members of the community.

Student Government members used the money raised to buy Christmas gifts for HAVIN's "Adopt a Family" program. What a great group of students!



Pictured above: Carrie Yancy, Direct Services/Shelter Supervisor; Jo Ellen Bowman, Executive Director; and Students & Teachers from Lenape Tech

ADOPT-A-FAMILY

HAVIN once again coordinated the Adopt-A-Family program this holiday season. Gifts, food, money and gift certificates were provided for survivors of domestic violence and sexual assault as well as their families. Thanks to many individuals, churches, schools and civic organizations, HAVIN was able to provide 40 adults and 90 children with a brighter holiday! We would like to thank Carrie Yancy, Direct Services/Shelter Supervisor, for again doing a great job organizing this activity.

A special thanks to Kittanning Rotary Club (pictured to the right) who helped purchase gifts for a family. Another group who visited HAVIN and brought gifts were teachers and students from Lenape Tech (pictured above) who have continuously supported the Adopt-A-Family.

Thanks to everyone for your support over the holidays for those impacted by domestic and sexual violence!



JANUARY IS STALKING AWARENESS MONTH

Stalking behaviors often occur in conjunction with domestic violence and dating violence situations where the perpetrator feels they have the right to monitor their victims. They use stalking as one more form of control. We have seen an increase in stalking reports, yet oftentimes victims do not identify or define their experiences as “stalking”. Pennsylvania has laws against stalking and the stalking victims who meet the relationship qualifications of “intimate partner, former intimate partner, spouse or former spouse, or related by blood or marriage” may be eligible for a Protection From Abuse Order against their stalker.

Most people associate stalking with celebrities; yet celebrity stalking cases, though dangerous and serious, are relatively rare. More commonly victims are ordinary people pursued by someone they know. Many victims don’t understand that stalking is criminal and they don’t recognize that stalkers may jeopardize their lives. Stalking behavior can range from annoying and intrusive to terrifying and dangerous. Stalking can escalate to violence and end in murder. Stalking is shockingly common. More than one million women and 370,000 men are stalked every year in the United States.

Stalking can dominate and devastate victims’ lives. Victims feel unsafe and vulnerable, in constant fear of what their stalker might do. Victims may also feel isolated and frustrated because people do not understand why they are so afraid. Particularly threatening to victims is stalkers’ increasing use of high-tech devices to stalk. In recent years, many stalkers have used computer and communications technology to increase their power over their victims. They use global positioning systems, miniature video cameras, listening devices, cell phones and “spyware” (secretly installed software that records every keystroke) to track their victims and secretly invade their lives.

To combat stalking, both victims and communities must take it seriously. Victims should trust their instincts and understand that stalkers are unpredictable and dangerous. Victims need to know that help is available. Information gathered from the National Center for Victims of Crime (www.ncvc.org).

Warming the Hearts of Those in Need

On November 14, 2007 the Apollo-Ridge Elementary Just Say No! Club did just that! Thanks to a \$500 grant from the Apollo-Ridge Education Foundation (AREF) these 80 students were able to make over 30 no-sew fleece blankets that were donated to HAVIN.



HAVIN would like to thank the AREF for this generous donation. Thank you also to Jo Ann Fabrics in Lower Burrell. When approached about the material for this project, Jo Ann Fabrics graciously donated an extra \$500 in fleece.

A special thanks to A-R Elementary teachers Carrie Alwine and Janie Fryer for writing the grant and organizing this undertaking. Their care and compassion for our survivors was passed on to the students who worked so hard to complete all of the blankets in an hour and a half! These colorful creations were used both in our shelter as well as given as gifts with our Adopt-A-Family program.

Thanks also to all of the donations the students brought for HAVIN.

Pictured from left: Julia DeMeno, Hannah Thompson, and Kayla Cooper.

SEXUAL VIOLENCE

Sexual Violence violates a person's trust and feeling of safety. It occurs any time a person is forced, coerced, and/or manipulated into any unwanted sexual activity. The continuum of sexual violence includes rape, incest, child sexual assault, ritual abuse, date and acquaintance rape, statutory rape, marital or partner rape, sexual exploitation, sexual contact, sexual harassment, exposure, and voyeurism.

Rape is a crime. It is motivated by the need to control, humiliate, and harm. It is not motivated by sexual desire. Rapists use sex as a weapon to dominate others.

Sexual Violence can happen to anyone regardless of gender, race, age, socio-economic status, or religion. It is a common misconception that most sexual assaults are committed by strangers. You are more likely to be sexually assaulted by someone you know—a friend, date, classmate, neighbor, relative—than by a stranger in a dark alley.

Risk Factors

Drugs and Alcohol: Drugs and alcohol are the number one factor that leads to non-stranger (date/acquaintance) rape. Many victims say that their ability to react was impaired because they were drinking or taking drugs, or that their date had been drinking and became sexually aggressive. Drinking offenders committed over a third of the rapes or sexual assaults of people over the age of 12.

Different Expectations: Acquaintance rape often occurs as a result of misunderstood sex role behaviors and/or communication styles. Don't assume that one form of sexual contact opens the door to other sexual contacts. Also, communicate your sexual expectations with your partner. If you think you are getting mixed messages, ask.

Believing No Means Yes: People who regard sex as "scoring" often believe "no" can be changed to "yes" with a little more pressure or force. Acquaintance rape often masquerades as seduction, with perpetrators rarely feeling they have done anything wrong. They believe that pressure is a legitimate way to get what they want.

Risk Reduction

Although sexual violence can never be prevented, here are some suggestions to help you reduce your risk of being assaulted.

- Trust your gut. If you don't feel comfortable in a situation, leave.
- Be in charge of your own life. Don't put yourself in a situation where you have to rely on other people to take care of you. Also, when on a date, don't feel you "owe" that person anything.
- Be cautious inviting someone into your home or going to someone else's home. Three out of five sexual assaults occur in the victim's home or the home of the acquaintance.
- When going out with someone new, don't feel you have to go alone. Go on a group date or meet in a public place.
- Be aware of date rape drugs. Don't accept beverages from open containers and don't leave your drink unattended.
- Be assertive. Respect yourself enough not to do anything you don't want to do, say "no".

Despite the significant milestones attained in the anti-violence movement over the past several decades, sexual violence continues to permeate our communities at alarming frequency. Statistics show:

- 1 in 4 girls, 1 in 6 boys will be sexually assaulted by age 18 (Finkelhor, et al., 1990)
- 7 in 10 rape and sexual assault victims know their attacker prior to the assault (Rennison, 2000)
- Juveniles are responsible for victimizing 40% of the child sexual assault victims under 6 years of age (Snyder, 2000)

Information gathered from Pennsylvania Coalition Against Rape (www.pcar.org).

loveisrespect

Loveisrespect, National Teen Dating Abuse Helpline is a national resource that can be accessed by phone or the internet. The Helpline and loveisrespect.org offer real-time one-on-one support from trained Peer Advocates. The National Domestic Violence Hotline operates loveisrespect, National Teen Dating Abuse Helpline from their call center in Austin, TX.

Peer Advocates are trained to offer support, information and advocacy to those involved in dating abuse relationships as well as concerned parents, teachers, clergy, law enforcement, and service providers.

Dating abuse can happen to anyone, at any age, no matter what race or religion they are, and no matter what their level of education or economical background. Dating abuse also occurs in same sex relationships. Dating abuse is a pattern of controlling behavior that someone uses against a girlfriend or boyfriend.

Abuse can cause injury and even death, but it doesn't have to be physical. Abuse can include verbal and emotional abuse—constant insults, isolation from family and friends, name calling, controlling what someone wears—and it can also include sexual abuse.

In March 2006, Liz Claiborne Inc. commissioned Teenage Research Unlimited (TRU) to conduct a survey to delve deeper into the issue of **teen dating abuse**, gauging the degree to which teens have been involved in abusive/controlling relationships and to understand youth perceptions regarding what is and is not acceptable behavior in a relationship.

The findings were astounding. **The results show that alarming numbers of teens experience and accept abusive behavior in dating relationships.** Many teens also feel physically and sexually threatened.

SAVE THE DATE!!!

HAVIN'S 2008 GOLF OUTINGS

WHEN:

**MIXED SCRAMBLE
THURSDAY, JUNE 12, 2008**

&

**WOMEN'S GOLF CLASSIC
FRIDAY, JUNE 13, 2008**

WHERE:

THE LINKS AT SPRING CHURCH

TIME:

TEE OFF 9 A.M.

**More information coming soon!
Applications on www.havinpa.org.**

- **1 in 5 teens** who have been in a serious relationship report being **hit, slapped or pushed by a partner.**
- **1 in 3 girls** who have been in a serious relationship say they've been concerned **about being physically hurt** by their partner.
- **1 in 4 teens** who have been in a serious relationship say their boyfriend or girlfriend has tried to prevent them from **spending time with friends or family**; the same number have been pressured to only spend time with their partner.
- **1 in 3 girls** between the ages of 16 and 18 say **sex is expected of people their age** if they're in a relationship; half of teen girls who have experienced sexual pressure report they are afraid the relationship would break up if they did not give in. **Nearly 1 in 4 girls** who have been in a relationship (23%) reported **going further sexually than they wanted** as a result of pressure.

Information gathered from loveisrespect.org.

SHELTER WISH LIST

Non-Perishable Food Items	Grocery/Department Store Gift Cards	Prepaid Phone Cards
Pillows	Blankets	Towels/Washcloths
Alarm Clocks	Plastic Bins	Paper Products
Cleaning Products	Mops/Brooms	Hair Dryers
Curling Irons	Laundry Detergent	Laundry Baskets
Fabric Softner	New Socks, Underwear & Bras	Hand Lotion

Money for client relocation and direct service needs.

HAVIN continues to see an increase in requests for HAVIN's services and for the costs for providing our services.

Even with our challenging financial times, we are fortunate to be located in Armstrong County, a community who is aware of and supportive of those impacted by domestic violence and sexual assault. On behalf of HAVIN's Board of Directors, staff, volunteers, and most importantly the people we serve, thank you for supporting HAVIN!

Domestic Violence/Sexual Assault Volunteer Advocate Crisis Intervention Course

Anyone wanting to volunteer at HAVIN's shelter or hotline is required to take this course.

This class is open to anyone wanting to enhance their knowledge of domestic violence and sexual assault.

Some Topics Covered:

(All related to Domestic Violence & Sexual Assault)

- Confidentiality
- Domestic Violence 101
- Sexual Assault 101
- Safety Planning
- Active/Reflective Listening
- Crisis Intervention Techniques
- Community Resources

Classes are **FREE!**

Classes begin in March 2008 and are held at the Kay Steiner Cottage. To register, please contact Laurie Johns at 724-543-1180 ext. 230.

HAVIN provides **FREE** and **CONFIDENTIAL** services to survivors of domestic violence and sexual assault as well as their significant others. Our services include: 24-Hour Hotline, Emergency Shelter, Individual & Group Counseling, Medical & Legal Advocacy & Accompaniment, and Information & Referral. If you or someone you know needs HAVIN's services, please call our hotlines at 724-548-8888 or 800-841-8881. Or visit www.havinpa.org to learn more!

HAVIN's Outreach/Education Department provides **FREE** educational programs to church groups, schools, community organizations, workplaces, etc. Programs can be modified to meet your needs. For more information on programs, please call Laurie at 724-543-1180 ext. 230.

C.H.A.L.L.E.N.G.E.S. FOR POSITIVE RELATIONSHIPS©

Set the example

Enlighten others about the real you

Get over the past hurts

Never assume

Expand your appreciation of others

Let go of your ego

Learn to listen to understand

Address yourself honestly

Have realistic expectations of others

Commit to treat others as equals

*"Plant the seeds—Set the Example
by your*

attitude, word, and action"©

C.H.A.L.L.E.N.G.E.S. inc.

www.challengesinc.com

1-888-273-8307

Judicial Updates: Congratulations to Judge Joseph A Nickleach, for his recent retirement as President Judge of Armstrong County. Judge Nickleach will now serve as Armstrong County's Senior Judge. We want to thank Judge Nickleach for his years of dedicated service. Congratulations also to Judge Kenneth Valasek who will now serve as President Judge of Armstrong County, and welcome newly elected Judge James Panchik.

ARC Manor News: Kay Detrick Owen, Executive Director retired February 2, 2008 after 32 years of dedicated service. Armstrong County has been fortunate to have had Kay's expertise and leadership. She will be missed!



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

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**24 Hour Hotline
(724) 548-8888
1-800-841-8881
www.havinpa.org**

*HAVIN is a
Westmoreland County
United Way agency.*

I WANT TO MAKE A TAX DEDUCTIBLE DONATION TO HAVIN, INC.!

_____ 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.