

Safe Harbor News

Community Report
Number 44

Spring 2010

Inside this issue:

Service Numbers From 2009	2
We Need Your Old Cell Phones	2
Our New Mission Statement	2
Spring Events Help Raise Needed \$\$	3
Who Do You Know? Our 2010 Board Members	3
Ways You Can Make a Difference	4

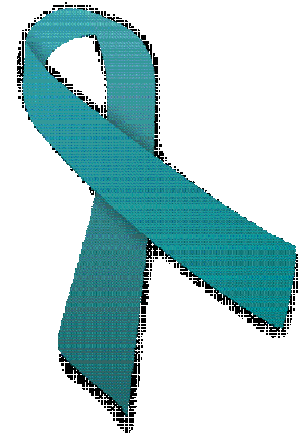
Mission Statement: Safe Harbor provides prevention, intervention, education and outreach services to empower individuals, families and the community to end all forms of domestic abuse and sexual assault.

Our Vision: to create a safe and respectful community free of interpersonal violence.

April is Sexual Assault Awareness Month

April is Sexual Assault Awareness Month. This year Safe Harbor has big plans to raise awareness in our community. The national focus in 2010 is college campuses. With staggering statistics like **1 out of 6 college women** have been raped or have been the victim of an attempted rape **during the past year**, this focus is well placed. At noon on April 23rd, we will be sponsoring our first **“Walk a Mile in Her Shoes” event** at the Lakeland College campus. Women sponsor collegiate **men and others from our community to walk a mile wearing high heels or other “feminized” footwear.** This event will help bring information and services to the public and raise much needed funds to support our Sheboygan Area SART (Sexual Assault

Response Team). As eye opening as the college assault statistics are, the national information is just as alarming. One forcible rape occurs **every 5 seconds** in the US, and 9 out of 10 sexual assaults involve an acquaintance. To bring awareness to other sectors of our community, we will be having a **Clothesline event in Memorial Mall from the 13th-26th of April**, displaying shirts with emotionally powerful messages designed by survivors of sexual assault. With these activities and many more throughout our county we hope to not only encourage people to help put an end to sexual violence, but also make our community aware that **there is help for survivors.** Your financial support of Safe Harbor helps us provide



The teal ribbon is the official national sexual assault awareness symbol

help and hope for survivors of sexual assault. Thank you for supporting our mission.
Leslea Helgeson
Sexual Assault Services
Program Coordinator

“Why I Work as a Safe Harbor Advocate”

The following was written by one of our dedicated Crisis Advocates. Advocates answer crisis calls 24/7, inform clients about resources and options, and run the shelter every day of the year.

“The most compelling thing about my job is that I work

alone on third shift. I am responsible for the safety and security of the residents. I provide advocacy to residents and to people who call. I am at the shelter to listen, to encourage, and to provide resource materials. I am a shoulder to cry on at 3 a.m.

I can hold a fussy child while a sleep-deprived mother vents her anger to me about her abuser. I clean and organize the shelter. Sometimes there are sidewalks to shovel, windows to clean, carpets to vacuum.

Continued on page 3

Service Numbers from 2009

Last year was a historic year for Safe Harbor.

We moved our shelter operation into our new combined shelter and office building, the first time in 8 years everyone was under one roof. We have more room for our staff and the residents who stay with us, and our shelter is much more secure. It is also publicly identified and much more visible.

Our shelter renovation project resulted in many donations of used items which we put to good use here. Donations received in 2009 include office furniture, personal computers, appliances, household goods, and new commercial grade kitchen cookware. The total estimated value of

those in-kind donations was **\$36,759!**

Service Numbers

Intakes: 393 (375 adults, 18 minors)

Households: 392

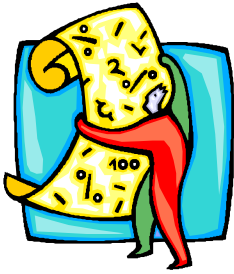
Children: 168 direct service; 615 indirectly

Nights of shelter provided: 3,694

Volunteer Numbers

194 individuals provided **1,351** hours of service

Our list of our many wonderful **cash donors for 2009 will be posted on our website in April**—watch for that list!



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Our New Mission and Vision Statement

In January the Safe Harbor Board of Directors met in a strategic planning session. One goal of that session was to revise the mission statement to more accurately reflect the agency's strategic direction and emphasis.

We are devoting more of our efforts to prevention and education in hopes of reducing the need for our services in the future. Our mission statement needed to reflect that emphasis.

The board and staff is excited about our revised mission statement, and about our brand new vision statement! You will see them often.

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Your Old Cell Phones Can Mean \$\$ for Safe Harbor

Upgrading your cell phone? Bring your old one to Safe Harbor and we'll make use of it in one of these ways:

- **We provide cell phones** for individuals who need to have one for emergency calls, including children for calling 911.
- **We recycle cell phones** for cash using the services of Shelter Alliance, a nonprofit



organization that disposes of the phones in an **environmentally safe zero landfill manner.**

Personal data in the phones is erased as part of the recycling process, but deleting your information is recommended if you have concerns about it.

If you would like to collect cell phones for us, we can provide posters for your use. Please contact Mary at 452-8611 x304. Thank you!

You Can Eat Out, Have Fun, Help Safe Harbor Too

Free coupons and information for each of the following events are available on our website: www.sheboygansafeharbor.org.

Perkins Restaurant will benefit Safe Harbor through their Perkins Perks Program. Bring in a coupon and 10% of your purchase will go to Safe Harbor, **from now until May 10th.**

Tuesday, May 4 is Safe Harbor Day at Culver's in Sheboygan! Safe Harbor will receive 10% of all sales at both

Culver's in Sheboygan. **Free coupons** on our website!

Safe Harbor is excited to announce that one of this year's **Movers and Shakers** has chosen us to benefit from 1/4 of the votes cast for his performance. **Wally Waldhart**, Vice President of Sales and Communications for *ACUITY* will dance the American Tango in the competition on May 22 at Lakeland College. Help Wally take home the trophy and raise

the most money! Each vote costs \$20 and **you do not have to attend the event to vote!**

VOLUNTEERS NEEDED

Are you interested in learning about volunteering to work with the individuals we serve? On Thurs. Apr. 29 from 6 - 8:30 p.m. we are holding an information session. Training will be available May 1, 4, 6, 8 and 11. **Please call 452-8611 x304 to register** to attend.



Wally Waldhart will dance the American Tango as a Mover & Shaker for SH

A Safe Harbor Advocate Talks About Her Work (cont'd)

"Why I do it. I do it because I chose the hardest work I could think of, and because I am used to challenges. I am optimistic, and have a rather fierce determination to help change troubled lives. I can help clients confront their fears, and help build up their self esteem while also being realistic. People have the right to be free from abuse,

and women should not be oppressed. It is important to encourage battered victims to see what is holding them back from changing their lives.

The most important thing about my work is that it is never finished. There is always another frightened victim needing help. I am at the shelter for those who are traumatized, too

proud, too angry, too afraid to make that first call to the shelter. I am a weight lifter who tries to lift the emotional weight off victims, if only temporarily, so they can think of a better road to follow.

My work is important because I form bonds with my co-workers. We are a team making great changes in society."

"The most important thing about my work is that it is never finished. There is always another frightened victim needing help."

Penny, Safe Harbor Crisis Advocate

2010 Safe Harbor Board of Directors

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Helen Stanskas <i>VP, Sr. Investment Mgr., Wells Fargo Banks</i>	President
Mia McMillan <i>Director of Risk Management, Orion Energy Systems</i>	Vice President
Judy Demers, <i>AVP - Branch Manager, Johnson Bank</i>	Secretary
Adam Norlander, CPA <i>Controller, ACUITY</i>	Treasurer
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Ex-Officio Members

Teri Strub	Executive Director
Katy Pruitt	Director of Services



**Safe Harbor of
Sheboygan County, Inc.**

Mail address:
P.O. Box 582
Sheboygan, WI 53082-0582

**24 hour crisis hotline:
920-452-7640
800-499-7640**

Non-Profit Org.
U.S. Postage Paid
Sheboygan, WI
Permit #94

We're on the web!
www.sheboygansafeharbor.org

To remove your name from our
mail list please call 920-452-8611
or email us at:
info@sheboygansafeharbor.org

We thank our
newsletter sponsor:
St. Nicholas Hospital

OR CURRENT RESIDENT

Safe Harbor provides prevention, intervention, education and outreach services to empower individuals, families and the community to end all forms of domestic violence and sexual assault.

Ways You Can Make A Difference and Create Change

As important as it is to teach girls and women to not tolerate a violent relationship, it's equally important to teach boys and men that violence is not OK. Here are some ways you can make a difference.

- 1) **Be supportive** of a person in your life who has experienced or may be experiencing violence by listening and believing without blaming or judging.
- 2) **Start conversations** with your children, your partners, and friends about the importance of mutual respect and meaningful consent in healthy relationships.
- 3) **Practice and model behavior** that is respectful and non-violent.
- 4) **Speak up and voice objections** to violence being used to settle disputes.
- 5) **Don't buy it!** Refuse to financially support companies that promote sexual exploitation in their advertising. Be sure to let the company know why you are not buying their products.
- 6) **Talk to someone you know** who makes sexist, racist, homophobic or otherwise bigoted remarks. Explain why the behavior is not OK.
- 7) **Invite a Safe Harbor representative** to speak to your class, workplace, church or organization about nonviolent, healthy relationships.
- 8) **Urge your political leaders** to take a stand; to support laws meant to protect victims and budgets that provide needed services for victims.
- 9) **Educate yourself** about domestic and sexual violence. Read books, do research online, and seek out the diverse voices of survivors.
- 10) **Volunteer** your time, talent and energy to help raise awareness in your own community.

With each of us taking these important steps, one at a time, we will begin to see a change in ourselves, our families, our communities, and society as a whole.

Adapted from Advocates of Ozaukee, 2009