

From the CEO:

Timing is everything.

Right now, today, is the time to offer hope, help and healing to survivors of domestic and sexual violence. You can be a part of amazing transformations in the lives of women and their children that happen every day, every month, every year.

The number of those helped by caring advocates and supporters like you are a sobering reminder of the needs in our state: In 2008, nearly 25,000 women received advocacy and support services from sexual and domestic violence programs. More than 10,400 women and children were provided with a safe place to stay at domestic violence shelters. Yet these same programs were forced to turn away more than 9,000 others in need due to a lack of resources.

The time to act is now. MCADSV's focused success during the past 29 years has been to expand and enhance the services provided to women victimized by violence. Putting our mission into practice, the Coalition continues to achieve advances in both state and federal legislation, to build coordinated networks of services for survivors, and to provide intensive education and support for member programs and advocates.

It is clear that achievements of MCADSV result from the involvement and commitment of a growing community of Missourians. The Coalition, its member programs and advocates in communities in every region of our state cannot end violence against women without people like you.

We need YOU to take action. I encourage you to get involved in the movement to end violence against women by becoming an individual member of the Coalition, by making a donation to support our work and to get involved with the advocacy program in your community. Please take the time to fill out the response card on the last page of this newsletter or contact us at MCADSV (573-634-4161 or www.mocadsv.org) to learn more.

Our collective action is the MOmentum that will end domestic and sexual violence in Missouri.

Sincerely,



Colleen Coble

By the Numbers:

Domestic and Sexual Violence in Missouri

Each year MCADSV collects information on the number of reported domestic violence and rape cases, as well as the volume of services Missouri domestic and sexual violence programs provide to victims. In 2008:

306,012

bednights of emergency shelter were provided to women and their children.

196,260

hours of service volunteers donated to programs.

19,909

adults assisted in seeking *Ex Parte*, **Full Orders of Protection**, or child orders.

99,229

people attended more than 3,500 **community education presentations**.

87,571

hotline/crisis intervention calls were answered.

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MCADSV is a statewide membership coalition of organizations and individuals working to end violence against women and their children through direct services and social and systemic change. MCADSV works to achieve its mission through Education, Assistance, Alliance and Research.

Spotlight on an MCADSV PROJECT: Coalition receives national recognition

Since 2007, MCADSV has been engaged in a statewide project to reconsider the role of rules for survivors in shelter. It began as a question of how to better address the challenges for these women who come from a place where every aspect of life is controlled to experience autonomy, despite the constraints of a communal living environment.

This past summer the project gained national recognition. The National Resource Center on Domestic Violence, a leading research organization, noted the significance of the project and funded the creation of a “How-to” guide for other programs interested in this minimal-rule approach.

“The project has transformed relationships among the women themselves in shelter,” says MCADSV Program Development Specialist Laura Zahnd, who is helping facilitate the project.

About three years ago advocates in residential and transitional housing programs across the state and MCADSV staff started discussing the purpose of rules, how they often originated from one-time situations and whether they were fair if they weren’t applied consistently. These questions and discussions led to a chance for shelter programs to examine and decrease their rules to better align with their agencies’ philosophies and missions.

Leadership from shelter programs in seven regions throughout Missouri met and agreed to plan and implement a reduced-rule or voluntary approach within their respective programs. What began as a one-year project has successfully grown and continued since then.

Survey results, suggestions and the philosophy these programs followed are now being compiled in a manual, or “How-to” guide. This publication will include the history of this program and examples of challenges and successes. It will also address common concerns and logistics of implementation and should be completed by spring of 2010.

6 Tips to HELP A FRIEND

If someone confides in you that they are, or think they might be, the victim of sexual assault, dating violence, stalking, or other forms of violence, here are some ways you can help:

- 1 Listen carefully and intently to what you are being told.** Allow her to talk before jumping in to solve problems.
- 2 Ask questions to help assess the situation.** Is she in immediate danger? What would she like to see happen, or not happen? What would she like to do next? Would she like to talk to a counselor about the issue? Does she need immediate medical attention?
- 3 Present available resources** and determine how you are willing to help her utilize them. Perhaps she needs a ride, directions, or a friend to go with her. Decide if you are willing to help in these ways, and be aware of your personal limitations (emotionally, financially, etc.). You can contact the Coalition at (573) 634-4161 or visit www.mocadsv.org to find out about local resources in your community.
- 4 Encourage her to make use of community resources.** Most are confidential and free.
- 5 Above all, allow her to make her own informed choices.** The basis of violence is control; part of the healing process is taking charge of your situation and making decisions for yourself.
- 6 Reinforce that it is NEVER her fault.** She is not to blame. Emphasize that no one deserves to be raped, beaten, harassed, or stalked under any circumstances.

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Spotlight on a Service Provider: COMTREA - A Safe Place, continued



At first, Barb wasn’t sure how the art therapy would go or what women would think of it. But she quickly saw positive results. The first time she did the Mask Project the results were so meaningful to the women that Barb knew they couldn’t stop. “We’ve got to do these, no matter what the cost,” says Barb, who buys the materials herself.

Barb’s creative approach to therapy has been a success, one that often surpasses words. But she says she couldn’t have done it alone. “We’re always telling people we can’t do it without

MCADSV,” she says, “They’re a large part of why we’re successful.”

Barb and her co-workers know that MCADSV resources are well-researched. “Their materials are topnotch,” Barb says. “We use their *Dynamics of Domestic Violence* like it’s our Bible.”

She also values the way the Coalition unites its members. “MCADSV connects us,” she says. “We are separate shelters and agencies. We’re not even living or working near each other.” But Barb can easily list the names of friends, fellow members, across the state. She won’t hesitate to contact them. That connection gives her strength which she in turn shares with others.

Pictured left: Barb Tenholder, Manager of Therapeutic Services at A Safe Place, holds an original piece of artwork from a survivor.



Yes! I want to take action to help end domestic and sexual violence in Missouri.

Your Support Helps Change Lives, and Donations are Tax Deductible.

- General donation to the Coalition \$ _____
- Gift to honor a survivor or loved one \$ _____
- Individual supportive membership - \$45
- Advocate membership - \$35
(Individual staff, Board member or volunteer of member program)
- Student membership - \$25
- I would like information on planned giving (will, trust or endowment) to MCADSV

Name: _____ E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____

Total gift enclosed: \$ _____ Phone: _____

To make a donation by credit card, please visit our secure Web site at www.mocadsv.org

Please make checks payable to MCADSV.

MOMentum • FALL 2009



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