



# FOR BETTER TIMES

ILLINOIS COALITION  
AGAINST DOMESTIC VIOLENCE

One Mission, One Voice

a bi-annual publication

Spring 2012

## Survivor Success Stories

*Names and identifying details have been changed to protect confidentiality.*

This newsletter is funded by a grant received from the U.S. Department of Health and Human Services and by ICADV memberships.

ICADV is a 501(c)(3) not-for-profit organization.

### Editors:

Kelly Goodall  
Niesa Patton  
Tess Sakolsky  
Vickie Smith  
Andrea Wilson

### Table of Contents:

Survivor Success Stories.....1-3

World Conference of Women's Shelters.....4

Male Involvement Project.....5

Lapel Pins.....6

2012 NISVS Results.....6

Non-Residential Services and Supports Study.....7

Domestic Violence Counts Illinois Summary.....8

Executive Director's Note.....9

How to be a Friend of ICADV.....9

Illinois Domestic Violence Helpline:  
**1-877-863-6338**

**State TTY: 1-877-863-6339**

National Domestic Violence Hotline:  
**1-800-799-7233**

**National TTY: 1-800-787-3224**



### Finding Inner Strength

"I'm sorry. I promise I won't hit you again. Please don't leave me. I love you!"  
If I had a dollar for every time I heard that, I wouldn't be in the situation I'm in. I ask myself everyday, why did I stay? And the only answer I can come up with was I loved him and didn't want to break up my "happy" home.

I used to be ashamed of getting beat up, talked down to and spit on. Hell, I thought that was love (how silly of me). I overheard my son say he likes it here in shelter because mommy and daddy don't fight. That broke my heart.

I started to look at myself through different eyes and I saw that my kids were being affected by two people that are supposed to be good role models for them. Not only were my kids affected, but my friends and family, too. I lied about being happy. I lied about bruises and pulled myself away from everyone. Nobody knew how unhappy I was.

I look at myself now and I know that the life I once lived wasn't for me or my kids. I had strength I never knew I had. It feels good to know I have a lot of positive people in my life.

I came to a place called Mutual Ground and who would have thought a shelter is

where I felt safest. When I want to throw my hands up and give up on everything I've worked so hard for, I'm reminded everyday by my kids' smiles how happy and blessed we are now.

I grew up knowing nothing but different kinds of abuse and the one thing I've realized now, since I am thinking clearly is you can always change. Change is good. I will stop the cycle of abuse for myself and my kids...This is my story.



### Gaining Independence

Vijaya was pregnant when she escaped her abusive partner. Though it was difficult, she knew that leaving was the only way to keep her child safe. Vijaya's first stop was Apna Ghar's emergency shelter. When she arrived at the shelter, Vijaya was welcomed by a case manager. Once she was settled, Vijaya's case manager started helping her access public benefits for prenatal care. She also helped Vijaya identify the services of a free Doula to support her during her pregnancy, childbirth, and post-natal period. Only a month after entering the shelter, Vijaya found out she was pregnant with twins!

Recognizing that Vijaya needed a safe, happy, and stable environment during her pregnancy, Apna Ghar invited her to extend her stay at the shelter until her

Empowering Women. Expanding Awareness. Eradicating Violence.

801 South Eleventh Street ~ Springfield, IL 62703

www.ilcadv.org ~ ilcadv@ilcadv.org ~ phone: 217-789-2830 ~ fax: 217-789-1939 ~ TTY: 217-241-0376

babies were born and strong enough to make the transition to independent housing. Vijaya's twins were born six months after she entered our emergency shelter. They came straight from the hospital to the safety of our shelter. Shelter staff helped Vijaya care for her babies in their first days and even accompanied them to their very first medical appointment. Vijaya's case manager continued to help her find and secure independent housing.

Two months after her twins were born, Vijaya signed the lease for her own apartment. Today, she and her children are living happy, healthy lives.



### Violence Prevention Education

Betsy O'Connell, Education Specialist at A Safe Place, recently did a presentation at a Lake County high school. These presentations, geared toward middle and high school aged youth, are focused on identifying healthy and unhealthy behaviors in relationships including equality, respect, and dynamics of power and control.

During the presentation a student asked "What if one of the partners doesn't mind that their boyfriend is controlling? What's the big deal?"

This student had normalized the control in her relationship and had convinced herself that she did not mind that this was happening to her. She didn't see it as abusive.

Betsy explained that it's not right for one person to exert power over their partner no matter what. In healthy relationships, she said, partners respect each other and treat each other as equals. They discussed how one can easily make excuses for

controlling small situations in the beginning of a relationship, but that the abuse can escalate over time. No matter what the reason, controlling behavior is unhealthy.

Less than two weeks later, Betsy received an e-mail from the student's teacher.

*"Hi Betsy,*

*Do you remember the student at our school who asked if it's okay if the other person does not mind controlling/abusive behavior? Well... she actually broke up with her boyfriend not long after your visit. I am so glad and I assume that your presentation had a great deal to do with it....thanks again, Betsy!"*



### Incredible Courage to Live

Tracy was in an abusive marriage for years, and came close to death before entering our program.

One day, Tracy's husband doused her with gasoline and set her on fire in front of their four children. She was severely burned, hospitalized, and upon release, homeless. She searched for the nearest police station for help. An officer took her to Family Rescue's court advocacy program where our court advocates secured a police escort for Tracy to pick up her belongings and move with her children to our shelter.

Family Rescue's court advocates accompanied Tracy to all court proceedings where Tracy courageously testified against her husband. He was charged with several felony counts including attempted murder.

Tracy and her children continue to receive counseling and support and they are beginning to heal.

*Names and identifying details have been changed to protect confidentiality.*



### Safety Planning at Its Best

Julie left an emotionally and physically abusive marriage and was starting her divorce proceedings when she sought counseling at Between Friends. She had secured an emergency Order of Protection but was worried that her husband would come to her work since he was still trying to make contact through mutual friends.

After going through the most recent incident with him, where he had a friend vandalize her car, Julie was often afraid to travel to and from work. While at Between Friends her counselor provided support as well as discussed safety planning and alternative strategies that would allow Julie to stay and feel safer.

The safety plan and strategies included making sure Julie carried her Order of Protection with her at all times, making sure she never left work alone and always having someone to meet her when she arrived. She changed her phone number, not listing her address, as well as strengthened her privacy settings on her social networks.

Julie and her counselor also discussed an emergency bag and what to put in it, just in case she may need to leave her environment quickly. Additionally, they determined a safe location to store the bag for easy access when needed.

After 4 counseling sessions, Julie completed a service evaluation and reported knowing more ways to keep herself safe as well as feeling empowered by taking necessary precautions.



## Moving Past the Fear

Nearly a year ago a very frightened abused woman reached out to Anna Bixby Women's Center for help for herself and her children. A community effort helped this family to escape the abusive husband/father without harm and then hid them away in a safe place.

The battered woman had lived with the abuser in total isolation for 16 years and had 3 children by him. It was an amazing story of survival and makes one wonder how she managed to stay alive in a home she often referred to as "prison".

Over the years, she had been physically beaten resulting in broken bones, hair being pulled out repeatedly, and even one altercation resulting in surgery.

She lived 24 hours a day with an abuser who had loaded weapons within arms reach at all times. This survivor was required to ask permission to do the simplest tasks, even going to the bathroom as he watched. Everything she did was totally controlled by her abuser. She found herself in a position with no money, no car, and without any way to survive if she and the children were to leave.

The children were scared to death their dad would take them back. They had nightmares he would kill them for leaving. Initially in shelter, the children couldn't hold their heads up, they always looked at the floor. They had no self esteem and truly believed they were bad kids. These children never had the pleasure of really being a child until coming to Anna Bixby Women's Center. Here they

experienced freedom and wonderful opportunities for the first time ever.

At first the family struggled with making decisions for themselves. On a lighter note, one of the first choices made by the children was to get a 16" pepperoni pizza from Aldi's.

Months have passed since they left the abusive home and everyone is learning to bond, play and interact with others around them. They have all struggled with the fact that their abuser might retaliate against them for leaving. Mom and kids have dealt with the emotional triggers, breakdowns and nightmares that are a result of such horrific abuse. The Advocates at Anna Bixby Women's Center are very proud of Mom who now works, handles her own business affairs and even takes time out to talk with other young people about her experience with the hope of preventing another story like hers. The children can hold their heads up high without being scared. They are all involved in sports, field trips, church and are living life as a child should. They are all survivors and will carry the scars of abuse, but with knowledge they are strong and will continue to gain strength as they live their lives.

The children have had no contact with their Father since he has not followed through for supervised visitation.



## Effective Collaboration

Mid Central Community Action's Countering Domestic Violence program- Neville House, has partnered with the McLean County Adult Court Services to provide an empowerment group for victims of domestic violence (DV) whose abusers are involved in the court systems or are on probation.

The Adult Court Services in McLean

County provides domestic violence probation services to offenders sentenced by the courts. These services include contact and referrals for victims of offenders on DV probation and referrals for offenders on non-DV probation that are also victims of domestic violence.

The Court Services identified the need and importance of providing domestic violence education to the victims whose abusers are on DV probation and who have not had contact with the DV program. The Countering Domestic Violence program (CDV) piloted an eight week Education/Pattern Changing group in January facilitated by the adult therapist.

Some of the topics covered in the eight week Educational/Pattern Changing curriculum are:

- Foundations of DV
- Safety planning
- Effects of DV on children
- Healthy vs. unhealthy relationships
- Self-esteem, self care
- Positive self talk

If a participant in the group needs further support, individual counseling sessions are determined by the licensed clinician.

Thelma Carpenter-Ellis, the adult therapist who facilitates the group mentioned that hopefully, the group experience will create an environment that allows for self-empowerment for domestic violence victims as they journey down the road to survivorship.

This partnership is very important because some of the victims/survivors, may not have identified themselves as domestic violence victims and not made contact with the DV program on their own and have the opportunity to be educated on domestic violence dynamics and safety planning.

This project will build upon the successes of the McLean Domestic Violence Multidisciplinary Team and also promote major systems transformation in the community.



# World Conference of Women’s Shelters

“The 2nd World Conference of Women’s Shelters (WCWS) brought together shelter advocates and grassroots activists working to end violence against women to discuss how they can support and learn from each other. Unlike many other conferences, WCWS is a peer-to-peer conference, specifically for women and men who work directly with and provide services to victims of violence.” Advocates from around Illinois attended.

Kelly Goodall, ICADV, Chicago: “I feel like the experience really re-energized my work. It was an incredible opportunity to learn about advocacy around the country and in the rest of the world.”

## Strength-Centered Advocacy

## Digital Storytelling

## Bearing Witness

## Survivor and Advocate Safety

## Murdered Women

## Connecting Global Partners

## Trauma-Sensitive Yoga

## Survivor Reality

“Promoting Shelters in Africa as a response to End Violence Against Women”, inspiring so many women working to end violence against women without resources and their passion to be the agents of change!”

“Modeling a Culture of Wellness was great and informative on how to support staff and plenty of self-care for upper administrators to promote a healthy environment for their staff and the women addressing compassion fatigue...”

## A Culture of Wellness

## Advocates reclaim leadership

Katie Gambach, Pillars Sexual Assault Program, Berwyn: “This was a wonderful opportunity afforded to me by the scholarship I received from NNEDV, and I hope that it is possible for more of our advocates, shelter workers and program leaders to come from Illinois to the next world conference.”

## Economic Justice

## Engaging Men and Boys

## Feminist Activism

## Legal Reform Accessibility

## Reduce Rules in Shelter

April Balzhizer, Groundwork, Joliet: “The experience was amazing. I tried to go to workshops that I didn’t know much about or that sounded different. I also made it a point to surround myself with fellow advocates from other countries to try to learn as much from others on a more global perspective.”

## Investing in Women and Girls

Senna Adjabeng, MCCA, Bloomington: “I think it is really profound when you think about using the Strengths Centered approach with survivors, since most survivors have been told what is wrong with them and what they have done wrong, so having them focus on their strengths will help them to start getting their confidence back.”

“When approaching faith leaders, advocates talked about how they can partner and work together to help survivors. Also pointing out that we both want safety for the survivor (safety first) and what can be done to keep women and children safe, as well as accountability for the batterer.”

## Reduce Rules in Shelter

## Working with Faith Communities

## Systemic Interventions

Bea Burgos, Greenhouse Shelter, Chicago: “Good to see so many men working in some parts of the world to end violence against women...”

## Men as Allies

## Freeing Victims from Abuse

Stephanie Love-Patterson, CAWC, Chicago: “The 2nd World Conference on Women’s Shelters was an amazing experience to come together with women and men from all over the globe to discuss service modalities, challenges, differences, similarities and lessons learned...I am truly energized and motivated by the people I met and the things I learned.”



## SPRINGFIELD URBAN LEAGUE MALE INVOLVEMENT PROGRAM

The Illinois Coalition Against Domestic Violence is a partner with the Springfield Urban League (SUL) on their new program by providing domestic violence education and in-service support to the SUL staff that will be implementing this project.

The Springfield Urban League, Inc. has launched a new program focusing on male involvement within the family and community. The Male Involvement Program will integrate new activities and services specifically designed to meet program goals with existing activities and services that meet the needs of participants. This integrated approach combines elements and maximizes resources without duplicating efforts. The proposed program will serve up to 200 individuals each year for a total of 600 by the end of year three. The geographic area consists of three counties in central Illinois Macon, Morgan and Sangamon, with a combined population base of 338,000.

The overall goal of the Male Involvement Program is family reunification. With this program our goal is to provide stabilization of the family through education and supportive services. Our program will offer case management, GED classes, technology training, and job training leading to a credential, career development activities, financial literacy, and ongoing life skills. Our program also offers a curriculum which our participants will gain knowledge and skills on being a R.E.A.L (Responsible, Effective, Accountable, and Loving) father. Each participant will be strongly encouraged to attend a thirteen week Nurturing Father's class, which is offered three times a year. Along with the Nurturing Father's class we are offering an eight week class on Marriage and Parenting. This will provide families with techniques in problem solving, communication, and trust building.

The Male Involvement Program is voluntary and available for all men and women (who will benefit) from our services. We are serving individuals 18 and older; also to qualify for the program participants must be low-income or at-risk of receiving TANF benefits.

For more information, call the Urban League's main office at 789-0830, extension 119

The Springfield Urban League is a non-profit, non-partisan, civil rights movement that serves 6,000 people annually with direct service delivery, research and policy advocacy. Primarily working with African Americans, Latinos, and other emerging ethnic communities, and the disadvantaged, it is networked with over 100 professionally staffed affiliates in over 35 states across the nation, through the National Urban League, which is headquartered in New York. The Springfield affiliate ranks as the sixth largest in the country.

Empowering Women. Expanding Awareness. Eradicating Violence.

801 South Eleventh Street ~ Springfield, IL 62703

www.ilcadv.org ~ ilcadv@ilcadv.org ~ phone: 217-789-2830 ~ fax: 217-789-1939 ~ TTY: 217-241-0376

## The ICADV Lapel Pins are Here!



**We have now received inventory to sell and distribute!!!**

**The cost: \$5.00 each**

**For more details contact: [ilcadv@ilcadv.org](mailto:ilcadv@ilcadv.org)**

## 2010 National Intimate Partner and Sexual Violence Survey<sup>(NISVS)</sup>

In 2010, the Center for Disease Control's National Center for Injury Prevention and Control launched the NISVS with the support of the National Institute of Justice and the Department of Defense in order to address the gaps in national and state-level data about forms of violence in intimate partner relationships.

The primary objectives of the survey are to describe:

- the prevalence and characteristics of sexual violence, stalking, and intimate partner violence
- who is most likely to experience this violence
- the patterns and impact of violence experienced by specific perpetrators
- the health consequences of these forms of violence

Completed interviews were obtained from 16,507 adults (9,086 women and 7,421 men). Nearly 1 in 5 women and 1 in 71 men in the United States reported having been raped at some time in their lives. More than 1 in 3 women and 1 in 4 men in the US have experienced rape, physical violence, and/or stalking at some point in their lives. Approximately 1.3 million women reported being raped in the 12 months prior to taking the survey. Men and women who experienced rape or stalking by any perpetrator or who experienced physical violence by an intimate partner were more likely to suffer from physical and mental health difficulties than men and women who did not experience these forms of violence.

Prevention efforts should start early by promoting healthy relationships and families, and by promoting positive dynamics and supportive environments. In addition to prevention efforts, survivors of these forms of violence need coordinated services to ensure healing and to prevent recurrence of victimization, and the healthcare system's response needs more strength and coordination to ensure that victims are able to access services and resources in both the short and long term.

The full report is available at <http://www.cdc.gov/ViolencePrevention/pub/NISVSpubs.html>

## Domestic Violence Non-Residential Services & Supports Study: Illinois Overview

In 2010, Illinois took part in the domestic violence Non-Residential Services & Supports study, a survey of survivors receiving non-residential services who had two or more contracts with a domestic violence (DV) program within the past year. Conducted between April and December 2010 the study sampled the experiences of survivors receiving non-residential services and supports at 90 domestic violence programs in four states: Alabama, Illinois, Massachusetts, and Washington. Survivors in programs identified by national culturally-specific institutes and agencies (Asian & Pacific Islander Institute on Domestic Violence, Casa de Esperanza, the Institute on Domestic Violence in the African American Community, and the Women of Color Network) were also included in the sample. All combined, 1,467 survivors participated nationally; 275 of those survivors were from Illinois.

The Illinois survivors who participated in the Non-Residential Services & Supports Study were very similar to the survivors around the country in many ways, including most demographics, their needs and their satisfaction with services and supports received from the DV programs.

A few differences between Illinois survivors and other respondents were found. Participating survivors from Illinois:

- were less likely to come to the U.S. from another country
- were more likely to report that their ancestors had been in the U.S. before their grandparents were born.
- were more likely to identify as White/Caucasian

The Domestic Violence Non-Residential Services & Supports Study was designed to meet the following goals:

- 1) Learn more about what domestic violence survivors want when they come to programs for supportive services, the extent to which survivors have had their service expectations met, and survivors' assessment of immediate outcomes associated with the services they receive.
- 2) Learn more about how survivors' experiences, needs and immediate outcomes vary across demographic and domestic violence program characteristics.
- 3) Identify multi-level factors associated with survivors' positive service experiences.
- 4) Develop recommendations for domestic violence programs across the country for how they might improve their services.

### Overview of Illinois' Participation

Fifteen of Illinois' non-residential domestic violence programs participated submitting between 3 and 60 surveys each. Most of the surveys were completed in English (75.3%), although Spanish (24.4%) and Arabic (0.4%) surveys were also received.

For the full Illinois report click here:

The complete study can be obtained from <http://www.vawnet.org/research/>



'11

## Domestic Violence Counts Illinois Summary

On September 15, 2011, 62 out of 62, or 100%, of identified local domestic violence programs in Illinois participated in the 2011 National Census of Domestic Violence Services.

### 2,658 Victims Served in One Day

1,100 domestic violence victims found refuge in emergency shelters or transitional housing provided by local domestic violence programs. In addition to a safe place to lay their heads at night, shelter residents were provided with a variety of comprehensive services, some of which are listed in the chart below.

1,588 adults and children received non-residential assistance and services, including individual counseling, legal advocacy, and children's support groups.

This chart shows the percentage of programs that provided the following services on the Census Day.

Services Provided by Local Programs:	Sept. 15
Transportation	52%
Advocacy Related to Public Benefits/TANF	45%
Financial Skills/Budgeting	44%
Advocacy Related to Mental Health	35%
Advocacy Related to Immigration	29%
Medical Services/Accompaniment	23%
Advocacy/Support to Teen Victims of Dating Violence	21%

### 1,118 Hotline Calls Answered

Domestic violence hotlines are a lifeline for victims in danger, providing support, information, safety planning, and resources. In the 24-hour survey period, Illinois programs answered more than 46 hotline calls every hour.

### 904 Unmet Requests for Services

Many programs reported a critical shortage of funds and staff to assist victims in need of services such as transportation, childcare, language translation, mental health and substance abuse counseling, and legal representation.

### 61% of Unmet Requests Were for Non-Residential Services

With 555 unmet requests, counseling, legal advocacy, and children's support service were among the most requested services.

Programs were unable to provide services for many reasons:

- 50% reported not enough funding for needed programs and services.
- 40% reported not enough staff.
- 26% reported not enough specialized services.
- 19% reported no available beds or funding for hotels.
- 15% reported limited funding for translators, bilingual staff, or accessible equipment.

"On the survey day, a survivor shared with her advocate, 'Everyone here has been so wonderful that I've begun to think of every one of you as a friend. Everyone made time to listen to me when I was unable to think straight. There was such a sense of peace within these walls, there really isn't words to explain. Everyone here has made it possible for me to succeed. If I needed information, I had it in minutes. If I needed a listening ear, you were there within seconds. I haven't laughed so much or so hard in years. Thank you.'"



NATIONAL NETWORK  
TO END DOMESTIC  
VIOLENCE

2011 Domestic Violence Counts: A 24-Hour Census of Domestic Violence Shelters and Services

Empowering Women. Expanding Awareness. Eradicating Violence.

801 South Eleventh Street ~ Springfield, IL 62703

www.ilcadv.org ~ ilcadv@ilcadv.org ~ phone: 217-789-2830 ~ fax: 217-789-1939 ~ TTY: 217-241-0376





## Executive Director's Note:

Contributor: Vickie Smith, Executive Director/Chief Executive Officer of ICADV

First, I must take a moment to remember one of our most tenacious advocates, Ellen Pence, who died on January 6, 2012. Ellen was the advocate that put the Power and Control wheel into our lexicon. Ellen was our conscience to make us the best advocates we could be. She always pushed us to do more. And she did it with a wonderful sense of humor. She will truly be missed and we must carry on with her voice in our ear.

2012 is bringing even more changes to the work of ending gender based violence in our state, our country and our world. We are truly at the cusp of achieving our goal of making families safe in their own homes. The word "collaborate" gets tossed around a lot but there is truly a growing sense of "we are in this together".

The number of men becoming allies and speaking up to end domestic violence and sexual assault is greater now than ever. Our MEN Committee has been very active in creating and presenting a curriculum to college age students. Out of the first presentation the majority of participants created a group to continue the work of recruiting more people to speak out against domestic violence and sexual assault.

S1925, the reauthorization of Violence Against Women Act (VAWA) is once again moving through the United States Senate. This bill must be reauthorized every five years. There are protections written into this version to step up efforts to protect victims of domestic violence, sexual assault and stalking who are immigrants, LGBTQ or live on tribal lands. It is long past time to acknowledge that victims of gender based violence come from all sectors of society and all abusers must be held accountable.

For the first time since its inception, VAWA has taken on some of the partisan flavor that has permeated Washington DC. There are some Republicans that are beginning to speak up in support, including our Senator Mark Kirk and Representative Judy Biggert. I have faith that we will get past this resistance because this is NOT a political issue. Take the time to talk to your Congressman about his or her stance on VAWA and make sure they know about the domestic violence or sexual assault program in your district.

All these emerging efforts require many people working together. Please consider joining ICADV as a Friend to be a part of our on-going projects to end domestic violence in Illinois.

## So, how can you help? It's this simple...

**Join Us.** Become part of a movement that is creating safety in our homes throughout Illinois.

**Join Us.** Create safety for survivors and their Children.

**Join Us.** Create systems that help these families live violence-free.

**Join Us.** Lobby Illinois lawmakers to promote legislation and public policies.

### BECOME A FRIEND OF ICADV!

For only \$25 per year, an individual who supports the vision and mission of ICADV can join ICADV as a Friend. Friends will receive information regarding trainings and public policy.

Visit our website today to download the application!

[http://www.ilcadv.org/Get\\_Involved/JoinICADV/join\\_icadv.html](http://www.ilcadv.org/Get_Involved/JoinICADV/join_icadv.html)

**Today these children  
saw something they'll  
never forget.**

