



# PROGRESSION

Building violence-free communities for more than thirty years.

Volume #21 Issue #5 Fall/Winter 2009 [www.haven-oakland.org](http://www.haven-oakland.org)



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from our president

# The Greatest Gift of All is the Gift of Giving Back



*Excess* – an interesting word that seems to keep popping up in the media, personal conversations with friends and even at a recent networking luncheon. At a time when people are feeling financially pinched, it seems like many are noting that they have a lot of “excess” in their lives. Too many clothes, furniture, “stuff” and even good fortune. I am one of these people.

About a year ago, I decided that I had too much “stuff”. I have since donated, recycled, and thrown out many items and my life has moved on with no regrets! In fact, I am so

into my start of downsizing and simplifying my life, I’m into a whole new round of sorting. My excess has become a positive contribution to a few charity garage sales, the Goodwill store in my community, family members and friends.

This “giving of excess” sparked a conversation with my extended family this weekend. While attending a 50th Anniversary Party my family and I had a long talk about giving. Two years ago we switched from purchasing gifts for each other during the holidays to making charitable donations. During the party someone asked, “Are we all still in for no gifts this year?” with everyone chiming in a quick “yes”.

All ages in the group, from 18 to 84, had great ideas on all the charities that could benefit from our small financial gifts. We might not be able to make a large gift, but by pooling our resources we can pass on our blessings to others and make a meaningful difference in the lives of others during the holidays. And by giving to others, we all experience one of the greatest gifts of all – the gift of giving back.

Throughout the year, we have a number of HAVEN friends, that support our work via these same type of gifts. This summer, two amazing women, celebrated their 40th birthday by throwing a huge fundraiser for HAVEN and raised over \$10,000. Just last week, we received a check of \$50 from a couple celebrating their wedding anniversary. Gifts large and small all make a significant difference.

As you read through this issue of Progression you will see many opportunities to give, from our Gift Giveaway program to purchasing holiday cards to our shelter needs list. All of these opportunities, and more, make a big difference in the lives of victim’s who are in crisis or are trying to start over. Let me say thank you on their behalf for your generosity.

Wishing you and your family a very special holiday season filled with joyful moments, safety and peace.

Beth Morrison  
President and CEO

## In Her Shoes a Success

On June 27th raising funds for HAVEN became fashionable with an event called **In Her Shoes**. The evening included a designer shoe fashion show, live raffle, dining and dancing.

The event began as an idea from childhood friends Stacy Brown and Tammy Chiaravalli. In lieu of doing a party for their birthdays, they wanted to make a difference and help out a local charity. After a few interviews, they selected HAVEN and began planning along with Stacy’s mother, Bonnie Brown, and their friends and family. Collectively, they threw a great party and raised over \$10,000 to support HAVEN’s work in the community.

Lindsey Tycholiz, Miss Michigan USA was the celebrity host. The designer shoe fashion show was sponsored by Sundance with hair and make-up provided by Lance Vincent Hair Salon.

We want to thank everyone who pulled together to make “In Her Shoes” a success! An extra “thanks” to the Platinum Sponsors – Bayside Sports Bar and Grille, Sundance Shoes and Corporate Production Services.

If you would like to help HAVEN by hosting an event, please contact Holly Thomas at 248-334-1284 x 341.

For volunteer opportunities, contact Belle Hornung at [Bhornung@haven-oakland.org](mailto:Bhornung@haven-oakland.org)



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# October is Domestic Violence Awareness Month

October was selected nationally in 1995 to recognize the crimes of domestic violence, and to create a focus for general awareness. On average over 50 individuals die each year as a result of this senseless crime here in Michigan. Thousands more visit emergency rooms and even more live in silence.

At HAVEN, we work to eliminate domestic violence every single day. We often ask our volunteers and supporters to join us throughout the year to raise their voices and to help HAVEN fulfill our mission.

During October however, we have a chance to join advocates from all over the country and collectively raise our voices against these crimes and in support of victims so that they no longer feel as if they have to suffer in silence.

As a friend of HAVENs, please join us and thousands of other advocates against domestic violence. Building awareness can be simple, but meaningful. Here are a few ideas:

- Speak out against all forms of violence
- Acknowledge that it does happen in your own community
- Learn about power and control tactics

- Volunteer at HAVEN. There are many opportunities to accommodate interests and availability
- Teach kids that respect is the foundation in a relationship and lead by example
- Advocate for victim's rights
- Ask your priest, rabbi, pastor, cleric, or spiritual leader to hold a special service to raise awareness and promote safety for victims and accountability for perpetrators.
- Teach kids that violence will not solve problems
- Put HAVEN's 24 hour Crisis & Support Line (1-877-922-1274) on your checks or business cards
- Become a fan of HAVEN on Facebook
- Respect the choices victims and survivors make to survive
- Empathize
- Post awareness materials in restrooms and break rooms for easy & confidential accessibility
- Make a financial contribution to support our work

## 2010 Celebration of Strength

On January 21, 2010 HAVEN will honor members of our community who have used their courage and their voices to speak out and make a difference.

**The 2010 award recipients are:**

**Heart of HAVEN Award Honoree – Arlene Frank**

Given to an individual who truly emulates the work and vision of HAVEN. This person has dedicated their life to raising his/her voice against violence and has made a significant impact in our community.

**Voice for Victims Award Honoree – Jeanne Towar and One of Us Films**

Given to a media professional or other public person that has used their celebrity and/or ability to reach out to the public in the past year to raise awareness of our issues.

**Phoenix Award Honoree – Julie Bingham**

Given to a survivor or group of survivors that have courageously raised their voice against violence and have used their personal story to encourage and inspire others.

**Corporate Champions for Change Award Honorees – Chrysler Financial and Verizon Wireless**

Given to corporate champions that have made a meaningful impact to HAVEN in the past year.

Please join us on January 21 at The Troy Marriott from 4:30 - 6:00 p.m. to honor these very special guests.

Admission is \$50.00 per person. To reserve your space, please contact Holly Thomas at 248-334-1284, ext. 341 or email her at [Hthomas@haven-oakland.org](mailto:Hthomas@haven-oakland.org)

To make a donation, contact Tracy Thomas at [Tthomas@haven-oakland.org](mailto:Tthomas@haven-oakland.org)

# November 14, 1999 – the Night Changed Everything

In a flash, our Pontiac shelter was gutted by fire. Our safe haven for women and children fleeing domestic violence – gone. Our crisis and support line – gone. Our home for putting into action all of our other programs – gone.

That night could have been the end of HAVEN. In that moment of crisis, which we felt so personally, so viscerally, we could have failed under the new burden.

And then you were there.

Our friends, our donors, reached out their hands, and helped us. They saw our need, and gave without being asked. In doing so, we were given more than money – we were given what we strive every day to be to the victims of domestic violence and sexual assault in our community – we were given *hope*.

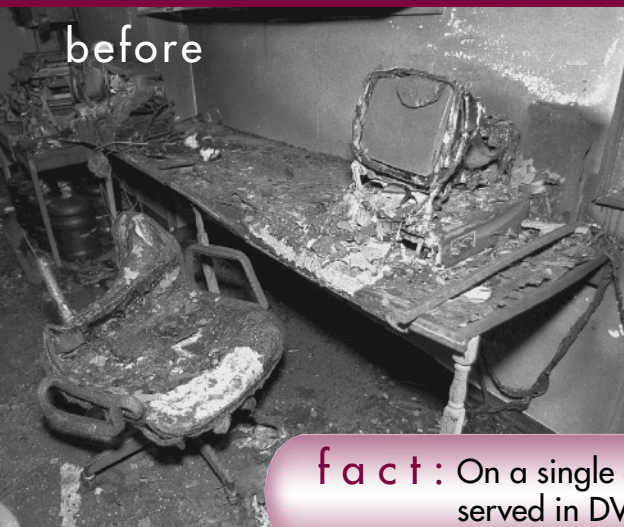
Thanks to the help and the support of so many generous people, we were able to rise up from the ashes. The work of recovery was neither swift nor easy; the relocations and dislocations of the shelter and other programs during the restoration of the building were sometimes wrenching. But we are stronger now than at any time in the past ten years, and are ready for an even better future.

As we near the 10th anniversary of that awful fire, we at HAVEN want to say THANK YOU for making our last ten years of accomplishment possible.

The generosity of the people who gave to help us recover from the shelter fire has allowed us to continue serving Oakland County and the surrounding communities since that time. As one of our donors, you can take pride in contributing to our accomplishments of the past decade.

Since November 14, 1999, we have:

- responded to 58,920 calls on our 24-hour crisis hotline.
- provided 5,160 women and children safety in our free residential shelter.
- provided free, immediate, and confidential care to 642 rape victims.
- guided 34,080 victims of domestic violence and sexual assault as they confronted their attacker in court.
- secured 4,066 personal protection orders.
- counseled 6,880 children, teens, and adults in crisis.
- intervened with 2,740 batterers.
- kept children in 4,820 families safe through supervised parental visits.
- brought our message of non-violence and respect for women to 140,990 students and 50,450 community members.



**fact:** On a single day in 2008, 60,799 victims of domestic violence were served in DV programs across America

## Businesses

# Make a Difference!

HAVEN would like to thank and highlight just a few of the many businesses and their employees who support our work, and our community:

JD Powers who hosted a Career Seminar for survivors staying in our shelter

ITC Holdings who invited us to participate in their Dream Cruise Event raising over \$3,000.

Krav Maga Detroit donated over \$1,200 from women who participated in their self defense classes

Four Seasons Garden Center who included HAVEN in their summer sale/fundraising event

Huntington Bank who donated 75 backpacks for children at shelter

Elements Therapeutic Massage and Stay and Play Social Club for selecting HAVEN for their Mixers that Matter event

Autodesk of Novi, who chose HAVEN as one of their charities for the year

OU Housing and Police Dept who held a charity softball game with proceeds going to HAVEN  
And these businesses all selected HAVEN for

their Casual Day: UBS, Delphi, Ford, Automotive Components Holding, 51st District Court, 52-3 District Court, Angell Elementary School, Farmington Family Physicians, Oakland University, General Motors Real Estate Group, Oakland Livingston Human Services.

Additionally, we would like to thank the following Foundations for supporting our work\*

Bank of America- \$10,000

Christ Church Cranbrook- \$7,438.38

DeRoy Testamentary Foundation-\$10,000

Detroit Industrial School- \$2,000

Fifth Third Bank- \$5,000

Lula C. Wilson- \$5,000

Lyon Foundation- \$5,000

Target- \$7,000

Verizon Wireless- \$20,000

William G and Myrtle E. Hess Foundation- \$5,000

(Grants listed are any grant over \$1,000 given between 4/09-8/09)

## Volunteers Make a Difference!

# Our Social Action Program Needs You!

Are you kind and caring? Are you good at making people feel comfortable?

Social Action volunteers are there when they are needed the most – within the first few hours after an assault. Volunteers carry pagers so they can respond right away after a domestic or sexual assault. Volunteers meet the survivors to support them as they talk with police and medical personnel at local hospitals and police stations. They provide a comforting presence and let survivors know that they are supported and that they aren't alone.

These volunteers are crucial to the agency and to the people we serve. By providing a friendly face during what can be a survivor's darkest time, they help the survivor feel comfortable and restore some of the feelings of control

that may have been lost during the assault. Volunteers in this program remain calm when others might not be able to. They are comfortable meeting new people and can relate to diverse individuals.

Volunteers are asked to be on call for 48-hours each month, typically between Friday evening and Sunday evening, and must have cell phones, a car and valid driver's license. HAVEN provides Direct Service training to all volunteers in preparation for responding to calls.

We need more help! This program is looking for 6 new volunteers. For more information on volunteering in this program or any of HAVEN's programs, please contact Belle Hornung at [Bhornung@haven-oakland.org](mailto:Bhornung@haven-oakland.org) or 248.334.1284 x659.

To make a donation, contact Tracy Thomas at [Tthomas@haven-oakland.org](mailto:Tthomas@haven-oakland.org)

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# HAVEN's Gift Giveaway Helps Families During the Holiday

HAVEN is getting an early start on the holiday season – and we need your help! Each year, we

partner with the community to make sure that hundreds of our clients have the gifts they need to make their holiday season brighter. We would love to have your support at our Gift Giveaway event this December. You can donate gifts or volunteer your time or both! Packets of information

that include our wish list, donation drop off times and details for volunteers will be going out soon. So you can get started now by picking up toys, winter coats and housewares while you're at the mall over the next few weeks. This is a great opportunity for your friends or co-workers to volunteer for an event during the holidays and truly experience the joy of giving. For more information about this event, please contact Belle Hornung at [Bhornung@haven-oakland.org](mailto:Bhornung@haven-oakland.org) or 248.334.1284 x659.



## HAVEN Holiday Cards

Hope. Peace. Love. They are all wishes that many of us have for the holidays. Unfortunately domestic and sexual violence does not take a break during the holiday and your help during this time of year is still needed.

You can help raise money for HAVEN's programs by simply sharing your commitment to HAVEN with family, friends and neighbors by purchasing one or more sets of holiday cards from HAVEN this holiday season. The cards read: "Wishing You Hope and Peace This Holiday Season". These cards are on sale for \$10.00 for a packet of ten cards. They can be purchased on our website at [www.haven-oakland.org](http://www.haven-oakland.org) or by calling 248.334.1284 ext. 346.

In addition to HAVEN's holiday cards, we also have cards for other special occasions or uses. HAVEN sells memorial and tribute cards as well as many different blank notecards at [www.haven-oakland.org](http://www.haven-oakland.org).



# How Do You Help a Friend or a Loved One?

Many of us are often asked “how do I help?” a friend or a loved one who has experienced domestic violence or assault. With one in three women in the U.S. experiencing intimate partner violence during their lifetime, we should all be prepared to answer this question. Here are a few practical coping ideas that you can use and share:

First, remember that there are common reactions to trauma and abuse. Your friend or loved one may be experiencing any combination of the following:

- Shock and Numbness
- Intense Emotion
- Fear
- Guilt
- Anger and Resentment
- Depression and Loneliness
- Isolation
- Physical Symptoms of Distress
- Delayed Reaction
- Redefined Boundaries
- Inability To Resume Normal Activity
- Denial

Once you recognize what your friend or loved one is going through, it might be difficult to know what to say. Here are a few ideas:

You are not alone.

It is Not Your Fault.

There is help.

Listen & validate their experience and feelings.

Offer to do something fun to take their mind off the crisis, such as: go shopping, to a movie, to the park, take a walk.

Offer to do something for them, such as babysit the kids, bake a cake, run some errands. Sometimes it is just the reaching out that will help you both and remind the victim, they have support.

Domestic and sexual violence affects everyone; victim, batterer, children, siblings, parents and friends. It is ok to ask for help and HAVEN has resources available for every facet needed for restoration and recovery.

*If you would like more information on how to help someone you care about, or if you know someone that needs to call for help themselves, please call HAVEN at any time at 877-922-1274.*

**fact:** 1 in 3 girls and 1 in 6 boys have been sexually abused before the age of 18

## Summer Dreams Come True!

Thanks to HAVEN supporters, seventy children in HAVEN’s Emergency Shelter have enjoyed a summer filled with fun and new experiences. With your help, children in our shelter were able to visit the beach, slide down waterslides for the first time, explore outer space at the Detroit Science Center and pretend to be their favorite superheroes or cartoon characters. The Summer Dreams program fund drive brought in over \$9,000. Your donations have made a world of difference to these children and we thank you!!



# HAVEN Events

## October 13th

Detroit Lions Annual Courage House Dinner to support HAVEN at Ford Field. Tickets are \$150.00 a piece and many sponsorships are still available. For more information contact Beth Morrison at 248-334-1284 ext. 240.

## October 29th ALL DAY

Community Support Day at All Metro Detroit Whole Foods Market Locations: Rochester, Troy and West Bloomfield. Support HAVEN just by shopping! 5% of all stores' net sales will be donated.

## November 17th

Lynn Portnoy Holiday Shopping Benefit from 5:30 PM to 8 PM at the Lynn Portnoy store in Southfield. The evening will include shopping, refreshments, gift wrapping and raffles for a \$25.00 donation. 10% of all sales will be donated to HAVEN to RSVP call 248-353-2900.

## December 13-16

HAVEN's Gift Giveaway. Make the holidays brighter for hundreds of HAVEN families by donating gifts and/or time. For more information, contact Belle Hornung at 248-334-1284 ext. 659 or [Bhornung@haven-oakland.org](mailto:Bhornung@haven-oakland.org)

## January 21

HAVEN's Celebration of Strength from 4 to 6 pm at the Troy Marriott. Tickets are \$50.00 a piece and include appetizers and two drinks. This event celebrates the community members that have made a difference in our community over the past year. For more information contact Holly Thomas at 248-334-1284 ext 341.

For more information on any of our upcoming events, please visit [www.haven-oakland.org](http://www.haven-oakland.org) or contact Holly Thomas at 248-334-1284 x 341.



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## Our Last Issue!

This will be our **last print issue of the HAVEN newsletter**. We have decided that moving to monthly email blasts is fiscally and ecologically responsible.

**Please don't miss out!** Email us at [helpnow@haven-oakland.org](mailto:helpnow@haven-oakland.org)

## TOURS WITH THE CEO

Tour one of HAVEN's programs with President and CEO Beth Morrison. HAVEN is a non-profit leader in Oakland County Michigan, dedicated to providing treatment and prevention services to survivors of domestic and sexual violence.

### WHEN

**October 21st** at 8 am Shelter in Pontiac

**November 18th** at 8 am START in Royal Oak

### RSVP

Space is limited. Our offices and our shelter are secure locations, directions will be provided to you once we receive your reservation. RSVP to Holly Thomas at 248-334-1284 ext. 341 or email [hthomas@haven-oakland.org](mailto:hthomas@haven-oakland.org).

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