



Helping Hand



September 2009
Volume 9, Issue 9

Help-In-Crisis (918) 456-0673 Toll-Free 1 (800) 300-5321 Crisis Line 1 (918) 456-HELP (4357)

Adair County
P. O. Box 125
Stillwell, OK 74960
918-696-6865

Cherokee County
205 N. College
Tahlequah, OK 74464
918-456-0673 or
918-456-HELP (4357)

Sequoyah County
101 E. Chickasaw
Sallisaw, OK 74955
918-775-3300

**Safehaven Children's
Advocacy Center**
101 E. Chickasaw
Sallisaw, OK 74955

Wagoner County
225 W. Cherokee
Wagoner, OK 74467
918-485-6500

Published by Help-In-Crisis on a monthly basis.
Executive Director:
Deana Franke
Editor: Mary Jo Cole,
Education
Coordinator

Individual Highlights

BACA Toy Run	2
Helping you Grow	3
Volunteer Corner	4
Prevention	5
Sexual Assault	6
Children's Advocacy Center	7
Up Coming Events	8



Fall is in the Air! School Activities are Starting!

From the Director

Another month has passed and we continue to be full at the shelter, working hard to find funding and shaking the bushes for volunteers. If you have a friend, family member or co-worker who would make a good volunteer for us please send them our way.

Our goal for the coming year is train at least 10

community volunteers to provide back-up in our four county area. What a blessing that would be to our staff as they are covering nights and weekends as well as their regular work week. If you know of a kind, caring individual who likes to work with people, please have them call Christina at 456-0673 and tell her they want to volunteer.

With the increase in demand for services, our need for volunteers is more pressing. The training is a great opportunity to meet others in the community and learn about our community as well.

Speaking of Volunteers, it's time for the Mason's Breakfast that supports HIC. On Saturday, September 19th, starting at 7a.m. the breakfast will be all

Mason's Breakfast to be held September 19

you can eat and drink, bacon, pancakes, eggs, biscuits and gravy coffee and orange juice for \$4.00. What a bargain!!!! If you could sell tickets for us ahead of time that would be a great way to support our efforts.

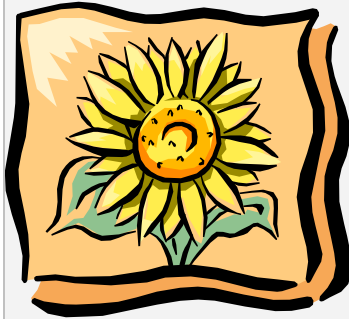
The Masons, have done this fundraiser for many, many years and with the match they provide we often clear

\$6,000-\$7,000 annually. You can pick up tickets at the office any day during the week and we are really focusing on the pre-ticket sales this year.

Staff will be there bright and early to serve and clean up, no cooking as the experts are in the kitchen. Our heartfelt thanks for the long term support from this supportive group of

caring men in our community.

Another group of men who consistently step up to help us out is the BACA Motorcycle Club. For many years they have sponsored a Toy Run to help us with our Christmas list for women and their children who are in shelter or have been in shelter. The run this year is scheduled for Saturday, **Continued on Page Two**



"The worst danger we face is the danger of being paralyzed by doubts and fears. This danger is brought on by those who abandon faith and sneer at hope. It is brought on by those who spread cynicism and distrust and try to blind us to our great chance to do good for all mankind."
Harry Truman

September Birthdays

KoKo J. 15
Susan O. 22

Happy Birthday to each of you. And I hope to have the best day of the year.

If you want to go places you must either get behind and push or go in front and pull. If you stand to the side you won't go anywhere
Carrie Smyrnios

BACA Motorcycle Club to Sponsor Toy Run

November 14th at noon. The riders love to see a crowd that is enthusiastically cheering them on and next month, we have asked people to go to the Cherokee Courthouse Square on Muskogee Ave around noon to cheer them on. I will have more information later

Thanks to the Elks Lodge for

hosting and to the riders for caring so much for children.

The Quicksilver Rodeo was held August 22nd and 23rd at the New Life Church Rodeo Grounds. Our HUG program set up a dunk tank gave out information and worked with Brian Jackson to give out great "balloon yoyos"

and "balloon animals". Working with Brian was a great experience. The list of dunkees included Sigma Sigma Sigma, David Cann from Sodexho, Brad Hale from the Tahlequah Fire Department, Brian Jackson from "I Believe", Andy Harrington, from New Life Church, Justin

HUG sponsored Dunk Tank for program families

Hackworth from the Tahlequah City Police Department, Shane Sellers from KEOK/KTLQ and Jason Chennault from the Cherokee County Sheriffs Office, who stepped in for me so I wouldn't have to be dunked.

The HUG group made enough money from this effort to take their families on several outings

and many of the family members participated in this fundraiser to help out.

Many of the activities listed above have some connection with funding and it is with a heavy heart that I tell each of you that we are struggling with issues around funding. We have seen a dramatic increase in demand for all services in the past 8 months.

This past year found us over \$40,000 in the red and the fiscal year beginning July 1, 2009 has started with a budget projecting a deficit of almost \$60,000. We have worked hard through the years to put a little money back for just such times, but at this rate we will have no savings by this time next year. Our Emergency Shelter

Help-In-Crisis faces a budget deficit of \$60,000

Grant was cut by \$55,000 all of which was operations funding. This means we will be looking for money for utilities for the shelter, supplies for the shelter, food for the shelter for the

coming year. Any ideas are greatly appreciated; all prayers are graciously accepted as we struggle to maintain services and continue to provide safety and support to

families in crisis. Till Next Time,
Deana
Executive Director

Volunteers needed contact Christina at (918) 456-0673

HUG (Helping U Grow)

Our HUG Program has incurred some changes this past month. Margaret Cook, Program Coordinator has gone to law school, but plans to continue doing our data entry. Best wishes to her new career endeavor. I, Sara Davidson, have moved across the hall to her office to become the new HUG Program Coordinator and Sarah Franke, who has worked for Help In Crisis before, is our new Center-based Coordinator. She will also be our screening and assessment worker. Welcome Sarah!

Our HUG Program has become a Start Right Program: we will retain our HUG name but be a part of the Start Right Program. It will unite us with other Family Support and Prevention Services

throughout our state.

We are hoping to attend the 17th Annual Conference on Child Abuse and Neglect and Healthy Families September 21, 22, and 23. Our agency is receiving the 2009 Outstanding Child Abuse Prevention Program Award at the conference on Monday.

In August, our program held a community outreach at the Quick Silver Motor Cycle Rally and Rodeo. We had 11 local people participate in our dunk tank, including Shane Sellers from KEOK-KTLQ, women from Sigma, Sigma, Sigma, men from the fire department and sheriff's department, men from Sodexo at NSU. HUG parents and some family members helped with the outreach which made it a very successful event. The event raised enough money to support the two field trips we take each year, the zoo and the water park, unless the parents decide to do something different.

Shelter News

Hello to Everyone
 Summer has come to an end here at the shelter for the most part, so parents and children are adjusting to school life again. We have several women that are continuing their life again. We have several women that are continuing their education and we are all excited for them and wish them the best. We have several women that are continuing their education and we are all excited for them and wish

them the best.
 When women come to shelter with the children or by themselves a lot of the time they are so beat down they have no self esteem. We feel a big part of our goal here is to empower women to know and find themselves again and let them know they and their children deserve greatness in life.

I would like to say THANK YOU to all those who helped with school supplies for the children and the women. As always our community stepped up to the

plate again. I feel so blessed to live in a community where so many people are there to help their neighbors. Good luck to all the children and women as they begin their school year. We are all behind you with our support.

Enjoy the cooler weather until next time.

Sincerely
Davada Davis
 Shelter Manager

Help us raise money by

Sara Davidson

HUG Needs:

Diapers, sizes 3, 4, & 5
 Baby items and furniture
 Baby blankets

I Good Search & Good Shop for Help-in-Crisis searching the Internet with GoodSearch.com (powered by Yahoo), or shopping online with GoodShop.com

Volunteer Corner by Christina Bowlin

I hope everyone had a great summer. I know it has been very busy around here. We are currently working on Sexual Assault Advocacy training in September, DV Advocacy Training in October, and SANE Training in October as well. If you have any interest in these areas please contact me as soon as possible.

Hotline Training is currently ongoing on Thursday nights from 5:30-9:00pm. Please call or stop by if you would like to take this training. Hotline and Advocacy Training are both a free training that we provide. The information obtained through this training can be used to become an advocate or a peer counselor for Help-In-Crisis. During these training we always try to provide a meal because of the length of time we have you here. We are looking for donations to help support the cost of these meals or for someone to prepare and donate these meals. Any donation will be helpful. Education is very important and a meal helps us be able to offer volunteers training in the evening during their dinner time.

Supplies still needed for Annual Meeting

If peer counseling and advocacy is not your comfort zone then we also have other options like the ENCORE store, HIC Office, and Shelter that are always in need of volunteers to help with daily operations.

We have the Annual Meeting coming up October

19th. I have started planning out the decorations bases around a natural look. We are in need of 12-13 inch round clear glass platters for the center pieces. I will also need volunteers to help decorate that night.

If you have any questions please call or come see me.

Trainings Scheduled for September and October

Sexual Assault Advocacy
September 21, 24, & 25 from 1-5
DV Advocacy

October 6 and 8 from 5:30 to 9:30
SANE Beginning
September 27

News from Wagoner by Alicia Whelan-Franke

The staff in the Wagoner offices wants to fill you in about what's going on. From our move in February to our new office on Cherokee St., a block down from the courthouse, a lot has expanded. We have opened our Child Advocacy Center that is up and running. We are continuing to get education out into the community. There will be a Health Fair, Oct.

9, at the Civic Center in Wagoner. The Methodist Women are having an informational booth for Help-In-Crisis. Also, Oct. 16, will be a Fun Fair, at Yorkshire in Wagoner from 1-4. These days hope to provide more information about our services to the community.

Inside the Help-In-Crisis office counseling services

are available Monday, Tuesday, and Thursdays. We also have Domestic Violence Women's' group on Tuesday evenings from 5:30-6:45. Our Child Advocacy Center, bitter sweetly has been doing a lot of interviews. This month our support group for Non-Offending Parents and Caregivers is starting. It is a group that supports non-

offending parents/ caregivers whose child/ children have been sexually abused. This group will be Thursday evenings from 7:00-9:00.

For more information regarding our services please contact us at (918) 485-6500. Thank You.

Alicia Franke

Counselor

Prevention Education by Jyme Lowe

There is a place where you will find promiscuity, nudity, and criminal activity. The things that go on there are indescribable. Pornography and gambling are in high demand there. Children's innocence is stolen there. Lives have been ruined there.

Where is this dark evil place located? Would you believe me, if I told you that this place is located here in

Northeastern Oklahoma? And what if I told you that this evil place is located in your community? This corrupt place is not that hole-in-the-wall that you may have been assuming. This place is much closer to you than that dive, in fact, the place that I am referring to is in your home. Yep, right there under your own roof lays all the trouble anyone could ever find. This place that I have been referring to is - the

internet.

Students have returned to school and with that come homework and more socializing with friends both can be done safely with access to the family computer. However it is very important to establish rules with children of all ages to insure their online safety.

Establish rules and come to an agreement with your

Where is this dark evil place located?

children outlining the expectations of computer use. Some important rules to establish include (but are not limited to) Never provide names, phone numbers or address to anyone on the internet. Never provide your password to anyone. Never agree to meet someone whom you met online Inform your parents of anyone or any site that has made you feel confused or uncomfortable

It is important to enforce the rules that you establish and to continue to follow-up with your child to insure that they are cooperating with the rules. Our agency has unfortunately provided service to numerous victims (of all ages) that were enticed by online perpetrators.

Jyme J. Lowe
Prevention
Coordinator

Advocacy Training will be held in September and October. One will be for domestic violence and the other for sexual assault.

What do we mean when we say advocacy? Advocacy is "one who pleads the cause or proposal" or one who argues for, defends, maintains or recommends a cause or proposal." Help-In-Crisis advocates for battered women and women who have been sexually assaulted. We try to put the rights of the individual before any other considerations.

"Even though you are on the right track - you will get run over if you just sit there"

Will Rogers quotes

Your Personal Bill of Rights

Right to my own feelings **Right** to be treated with respect. **Right** to say NO. **Right** to be taken seriously. **Right** to do things of which others may not approve. **Right** to my OWN opinion. **Right** to make mistakes. **Right** to ask for assistance. **Right** to make a request.

I Good Search & Good Shop for Help-in-Crisis.

Help us raise money by searching the Internet with GoodSearch.com (powered by Yahoo), or shopping online with GoodShop.com



SANE NEWS

Well here we are at September and we have been so busy with SANE exams this year! As you know, we have had more exams this year than any other year for this same time of year. We are at 40 exams as of now with 3+ months left this year.

Will it ever stop? Only when our communities no longer accept sexual violence can we hope for rape to stop! Since it is not only "a woman's issue", we must deal with equipping our families with the pain that a rape inflicts in a home.

We need to work on educating men about "prevention" of sexual assaults and rapes. Women need to be educated on risk reduction tips. Children must be taught.

We are offering **SANE Training** for nurses who wish to become a Sexual Assault Nurse Examiner. The dates are **October 13-31st on Tuesday, Thursday nights and Saturdays** for a total of 40 required hours. Then 2 observations are required in addition to a practicum of eight hours or proficiency in doing pelvic exams. After all is completed the new SANE's can go onto our call sheet and complete exams. The

Oklahoma Crime Victim's Compensation Board then issues checks for payments to the nurses. If you know a nurse who has been an RN for 2 years who is interested, please have them contact me at our office. Thanks!

Sexual Assault Advocacy Training is set for September 21nd, 24th, and 25th. Anyone who has completed Hotline Training may sign up for the Advocacy training. Please call our office to get times and other information 456-0673. Ask for Sandra, Mary Jo or Christina.

Hope to see some of you in training!

Sandra Dearborn

Sexual Assault by Sandra Dearborn

I awoke this morning listening to the chirping birds. They sing out their greetings to all each day. Such tiny little creatures, yet such strength they possess! We enjoy watching them eat at the feeders

So often they sing out the invitation

to others to come for dinner! Yet, we see possessiveness between the babies that are nesting in our chimney! We enjoy listening and watching the birds and hummers that visit our yard. Even when the morning begins with their voices are lifted in a

wake up song for us! Sometimes I have found that I also want to "sing out" my message. My song might be different from some. It might go out in a reminder to love one another. When we "sing out" others are listening and perhaps watching. My song would have several verses that

I want to "sing out" my message

would remind us to practice love actions not violent actions, kind and caring words and not hurtful, mean words. In fact, my song might have a verse about a happy home free from fear from another.

A verse would also have to be sung of hope in our Lord

God our Creator, who attends our every thought, word and deed. My song would have my message of love. Imagine ... what would your song be? Do you have a message? Do you have joy to sing about? Do you have something to share? Well, if you do sing it

out! Get involved with the many "injured" who have experienced the pain of life. They may not be able to hear our songs of hope.

Our mission is to sing our song out loud! Not everyone is a soloist with a lovely sound. Many of us are in a choir, singing

Five major songs to sing to a rape victim

our part. Come join our choir!

Here at Help-In-Crisis there is hope to give to the sexually assaulted and those whose lives have been broken by words and acts of violence. My part is to offer educational peer counseling. There are appropriate

things we can say. Remember rape is a crime! Let me make some suggestions. **Five major songs to sing to a rape victim are:**

- It was not your fault.
- There's nothing you have done to make what happened to you right.

- You've survived a horrible experience and it is okay to have these feelings.
- Whatever you did to survive was the right thing.
- I'm here to listen if you want to talk.

Children's Advocacy Center by Cecil Hedrick

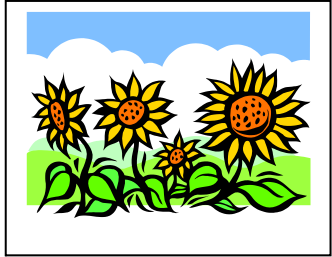
What should you do if a child reports abuse?

If a child begins to talk with you about abuse, you may feel confused and overwhelmed. It may be difficult to accept. Being at a loss for words is

natural. How you act will often mean more than your words to a child. The best help you can provide is calm reassurance and unconditional support. Remember that it is a tremendous act of courage for children to talk about abuse. They may not have words to tell exactly what has happened

to them.

Someone might have told them not to tell. They might feel they are to blame for the abuse or even believe that the abuse is normal. The child is looking to you to provide support and help. The following suggestions may help if a child chooses to trust you enough to tell you about abuse.



"Life loves to be taken by the lapel and told: "I'm with you kid. Let's go."
--Maya Angelou

Remain Calm

Remain calm. As hard as it may be, remain as calm and reassuring as you can. If you react to the child in anger, shock or tears; the child may believe they did something wrong by telling you.

By remaining calm, you communicate to the child that it is okay to tell you what has happened to them. **Avoid denial.** A common reaction to finding out about abuse is denial. However, if you

display denial to a child, or show shock or disgust at what they are saying, the child may be afraid to continue and will shut down.

Don't interrogate. Let the child explain

Report the abuse to the Proper Authorities

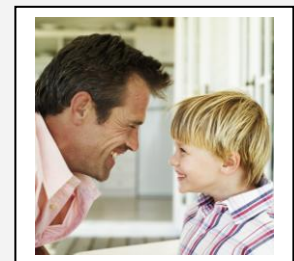
to you in their own words what happened, but make sure not to ask leading questions or interrogate the child.

Children do not usually tell everything about the abuse at once for many reasons. Being interrupted by questions may confuse the child or reassure them that

you take what they have told you seriously and that it is not their fault.

Report the abuse to the proper authorities. Many people don't want get involved in other families' problems, but reporting abuse can literally save the child's life. The abuse

will only continue until someone intervenes. Don't take it upon yourself to confront the abuser though. This could endanger the child or cause problems with the investigation later. Allow law enforcement and child protection workers to investigate the situation.



Company Name

Help-In-Crisis
205 N. College
P. O. Box 1975
Tahlequah, OK 74464

Phone

(918) 456-0673

Fax

(918) 456-1868

Toll-Free

(800) 300-5321

Crisis Line

(918) 456-HELP (4357)

If you wish to be removed from the newsletter mailing list, would like to make comments or have a change of address, contact Mary Jo Cole at 456-0673 or e-mail maryjo@yahoo.com. Also, if you would like to receive the newsletter by e-mail let me know.

Our Vision: "A world that values compassion, respect, responsibility, Justice, and non-violence."



We're on the Web!

See us at:
www.helpincrisisinc.org

Up Coming Events for May 2009

Mason's Breakfast in Tahlequah, All you can eat. September 19th from 7:00 to 11:00 \$4:00 each.

SA Advocacy Training September 21, 24 & 25.

DV Advocacy Training October 6 & 8.

SANE training October 27 Tuesday, Thursdays and Saturdays through November 17.

Toy Run with BACA November 14 at 12:00

Hotline training Thursdays at 5:30 to 9:00.

Group at Tahlequah and Wagoner, contact Katie or Alicia. 456-0673 or 485-6500

About Our Organization

Mission Statement:
Our mission is to eliminate family violence, child abuse, and sexual assault through advocacy, education,

counseling, support and prevention services.

Help-In-Crisis was established in 1979 by a group of concerned volunteers

to provide safety and shelter to battered women and their child Sexual Assault and Children's services were added in subsequent years.

HELP-IN-CRISIS
205 N. COLLEGE
TAHLEQUAH, OK 74464
ADDRESS SERVICE
REQUESTED

Non Profit
Organization
BULK RATE
U. S. POSTAGE
PAID
PERMIT 147