



The Voice

of HAVEN

**Fall 2016
Newsletter
Volume 4
Issue 1**

Guide to Healthy Relationships

COMMUNICATION

Communication allows you and your partner to have a deep understanding of each other, and allows you to connect. In a healthy relationship with good communication, both partners:

- Treat each other with respect
- Speak openly to one another about thoughts and feelings
- Feel heard when expressing your feelings
- Listen to each other and compromise
- Do not criticize each other
- Feel supported to do things that they like
- Celebrate each others accomplishments and successes

24-Hour Crisis Hotline

800-550-0447

Inside this issue:

- **HAVEN's Services**
- **Educational Programs for Organizations**
- **What is Consent?**
- **The Red Zone**
- **What is Domestic Violence and What Can I do?**
- **Volunteering**
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CLIENT SERVICES

Domestic Violence and Sexual Assault Services of Tioga County, PA

- Emergency Shelter
- Advocacy
- Options Counseling
- Medical Accompaniment
- Children's Services
- School/Community Programs

- Empowerment Counseling
- Legal Services
- Information Referrals
- Support Groups

All services are FREE and FULLY CONFIDENTIAL!

Contact Us:

Main Office

48 East Avenue
Wellsboro, PA

Satellite Locations:

Mansfield University

Pinecrest 101
Mansfield, PA

Thursdays 9-4:30 pm
And by appointments

Elkland Office

Community Center
Tuesdays 9-4:30 pm
And by appointments

Office: 570-724-3549

24-Hour Hotline:

800-550-0447

info@havenoftiogacounty.org

HAVE A SAFETY PLAN!

- If an argument seems unavoidable, try to be in a room or area that has access to an exit, and is not anywhere near weapons.
- Have a packed bag ready and keep it in an undisclosed, but accessible place, in order to leave quickly. Remember to pack your important documents, such as your ID, social security card, and birth certificate
- Keep a list of phone numbers of friends/ supportive people who are reliable and who will be able to help you if you need it.
- If possible, keep cash on hand for emergencies.
- If you drive, hide an extra car key for a hasty departure.
- Decide and plan for where you will go if you have to leave home, and devise a code word to use with your children, family, friends, and neighbors when you need help or the police.
- Use your instincts and judgment. If you think there is a possibility that a situation will escalate, utilize your safety plan as soon as possible.

EDUCATIONAL PROGRAMS

FREE TO COMMUNITY AND SCHOOL ORGANIZATIONS

Domestic Violence & Sexual Assault Awareness:

An introduction to the issues and HAVEN's role, understanding how these issues affect people in our community and how groups and individuals can help.

Healthy Relationships for ALL Ages:

Identify components of healthy relationships, look for signs of an unhealthy relationship, and practice what to do if you or someone you know is in an unhealthy relationship. We offer the Safe Date Program and are prepared to bring it to your group.

Consent Training:

Learn what consent sounds like, what it is not, and the ways you can become an ally in the fight to prevent sexual assault. Appropriate for high school and college age students.

Bullying Bystander Awareness:

Learn the definition of bullying and helpful bystander behaviors, and practice becoming an engaged bystander.

Steps to Preventing Child Abuse:

Learn how, as a community and as individuals, you can prevent children from being abused.

Mandated Reporter Training for Child Abuse:

Learn the signs of child abuse, your role as a mandated reporter, and what the new laws dictate.

Medical Personnel: Learn to Identify Domestic or Sexual Violence:

An introduction for medical professionals. Learn among other things, the warning signs of interpersonal violence, the questions to ask, and how to connect with someone who may need your help.

*"I am still learning."
...Michelangelo, age 87*

ENCOURAGE HEALTHY RELATIONSHIPS AND INTERACTIONS

Asking for and hearing a 'Yes' can make all the difference. Many of the messages we receive from media are violent, manipulative or harmful to both young women and young men. It is important to think carefully about these images and stories so that you can create healthy relationships and respectful experiences.

Consent means both people actively agree with what they are doing together. It is a decision that both people make without any force or pressure.

Some ways you can practice consent:

- Ask the other person if they are comfortable when you are in a sexual or romantic situation. "Are you OK with this?"
- Wait for a verbal "Yes" (or clear body language like nodding their head that tells you they feel good about the situation). Silence, a "No," or physically resisting means things need to stop.

**Remember, Consent can be revoked at any time.

Answer honestly when someone asks you for consent. They might not know about this kind of consent, so have a conversation ahead of time.

.....Pennsylvania Coalition Against Rape



*HAVEN of Tioga County
24-Hour Crisis Hotline:
800-550-0447*

con-sent

Noun

Permission for something to happen or agreement to do something "no change may be without the consent of all the partners"

Synonyms: agreement, assent, acceptance, approval, approbation

Verb

Give permission for something to happen "he consented to a search by a detective"

Synonyms: agree to, assent to, yield to, give in to, submit to

consent is...
mutual active
respecting boundaries
comfortable
retractable
checking
willingly
given
♥

The Red Zone

The Red Zone is the period of time between the beginning of the fall semester and Thanksgiving. Why is it called the Red Zone? Because there are more sexual assaults on U.S. College campuses during this time than at any other time during the school year.

Freshmen women are especially vulnerable to sexual assault during this time.

This is due to several reasons, including:

Students are meeting new people and trying to fit in, and they may participate in certain activities for the first time. Students have less parental supervision and increased independence, which may lead to certain behaviors such as experimenting with alcohol or other drugs. Students may be new to the city, and may be adjusting to a new environment and getting oriented. Remember, if you need support with making friends, getting adjusted to college life or tips on how to have fun safely, there are resources on campus here to help you.

By WELLWVU

http://well.wvu.edu/articles/the_red_zone

The Red Zone should not except this as a status quo; it doesn't need to be inevitable.

Young adults entering college should not have a target on their back. Rape can be traumatizing.



October is Domestic Violence Awareness Month



What is domestic violence?

Domestic violence is any behavior by a partner or a family member in the household that is done to gain power and control over another.

These behaviors can include:

- physical, verbal, and emotional abuse
- isolation from family and friends
- making threats to take your children
- getting you addicted to drugs and or alcohol and then using that against you
- hurting or killing pets– or threatening to do so
- controlling resource (money, vehicles, medications)
- Stalking
- threatening to reveal your sexual orientation
- breaking things and more.

Who does it affect?

Everyone!

- Abuse knows no gender, age, race, sexual orientation, class, etc.
- Abuse affects all aspects of a victim's life, therefore, the effect trickles to, and throughout, the community.

Facts According to the National Coalition Against Domestic Violence....

- 1 in 3 women and 1 in 4 men have been victims of some form of physical violence by an intimate partner in their life time.
- 1 in 7 women and 1 in 18 men have been stalked by an intimate partner in their lifetime to the point in which they felt very fearful or believed that they or someone close to them would be harmed or killed.
- The presence of a gun in a domestic violence situation increases the risks of homicide by 500%

Bystanders

How a bystander can take action.

- Questions to ask before I take action: Am I aware that there is a problem? Does someone need help? Do I see others and myself as part of the solution?
- Questions to ask during the situation: How can I keep myself safe? What are my options? Are there others that I can call upon for help? What are the benefits/costs for taking action?
- Decision to take action.: When should I act? Resources; people, phone, etc. available?
- How to intervene safely: Call police or someone in authority. Tell another person. Yell for help. Ask a friend in a potentially dangerous situation if he/she wants to leave and then make sure that he/she gets home safely. Ask victim if he/she is ok. Provide options and a listening ear. Call HAVEN for support and options. Provide the victim with the hotline # (1-800-550-0447)

VOLUNTEERS

Are just ordinary people with extraordinary hearts.

They offer a gift of their time to teach, to listen, to help, to inspire, to build, to grow and to learn.

They expect no pay, yet the value of their work knows no limit.

They've known the unexpected joy of a simple hug.

They've planted tiny seeds of love in countless lives.



Alone we can do so little. Together we can do so much.

WAYS THAT YOU CAN HELP

Did you Know?

Volunteers are HAVEN's foundation.

HAVEN of Tioga County began in the fall of 1984 when three groups joined together in an effort to provide a network of "safe houses" for local victims of domestic violence.

We began with many dedicated volunteers, a phone line, office space donated by a local church, and space in three private homes as shelter.

Indirect Services

- Fundraising
- Committees
- Lawn care/snow removal
- Organizing supplies
- Updating website & social media
- Creating documents & flyers in Microsoft Office
- Online Training

Direct Services

- Hotline
- Various services to shelter residents
- Childcare
- Answer phones & doors

Youth Volunteering

- Help with events
- Hand out flyers
- Children Activities
- Event Preparation
- Organizing supplies

JOIN US AT OUR FUNDRAISING EVENTS:



For More Information Visit:
havenoftiogacounty.org

WINE & DESIGN

Warehouse Theater, Wellsboro PA

October 7, 2016

5:30-9:30 pm

\$45/person

5:30-6:30 Vendor Fair & Snacks
open to the public

6:30-8:30 Painting instruction

8:30-9:30 After party shopping,
coffee and bake sale

Silent auction throughout the evening.



BENEDICT'S BUS TRIP

Shopping Day to benefit HAVEN of Tioga County

Motor coach will depart Benedicts bus
terminal at **8:00 am on**

November 5, 2016
and return at **11:00 pm**

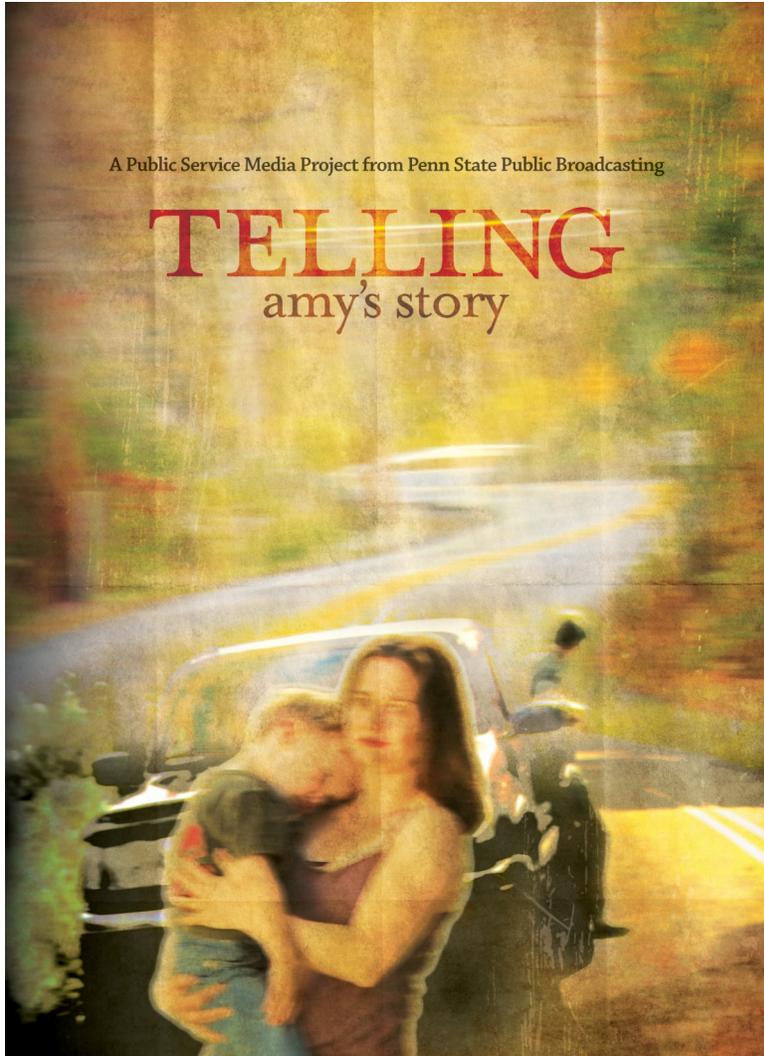
**Cost \$100.00 per person
includes:**

- motor coach transportation
- hostess service
- free time at Destiny USA. 250 retailers to shop, dine and play.
- Passport of Savings
- dinner at Spaghetti Warehouse

Contact us to reserve your spot today!

Call 570-724-3549 or send an email to info@havenoftiogacounty.org

Checks are payable to HAVEN of Tioga County.



In honor of National Domestic Violence Awareness Month, HAVEN of Tioga County presents "Telling Amy's Story" which follows the timeline of a domestic violence homicide that occurred on November 8, 2001. Hosted by actress and activist Mariska Hargitay, and told by detective Deirdri Fishel, this film is free and open to the public.



For More Information Visit :

<http://telling.psu.edu/>

Or

www.havenoftiogacounty.org



FREE

Domestic Violence
Awareness Events:



October 11th

"Telling Amy's Story"

Victoria Theater Blossburg, PA

Time: 6:30-8:00 pm

Free popcorn and water!!

Documentary film based on domestic
violence.

Open to the public

(Viewer discretion advised)

October 27th

"Telling Amy's Story"

Deane Center Wellsboro, PA

Time: 7:00-8:30 pm

Documentary film based on
domestic violence

Open to the public

(Viewer discretion advised)

*Free gift when you RSVP to
info@havenoftiogacounty.org



Dear Community Member,

BOARD OF DIRECTORS

PRESIDENT
Kristen West

VICE PRESIDENT
Amanda Collins

TREASURER
Susan Fletcher

SECRETARY
Vacant

MEMBERS AT LARGE

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Kim Earley
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VICTIM ADVOCATES
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Laurel Pettitt
Latricia VanGorden

VOLUNTEER COORDINATOR &
PREVENTION EDUCATOR
Valentina Sitko

PART TIME PREVENTION EDUCATOR
Jennifer McCarthy

As you may know, HAVEN of Tioga County experienced financial hardships last year with the state budget impasse. Thanks to wonderful community members like you, HAVEN was able to keep its doors open and provide important services to individuals afflicted by domestic violence and sexual assault during that time. Now, HAVEN once again faces financial difficulty due to a delay in aid from one of our major funders, the Pennsylvania Coalition Against Domestic Violence. In order for HAVEN to continue with the high level of service we proudly provide our community, we need your help.

As a supportive community member, we are asking for any contribution that you may be willing to send at this time. Your donation will be used to provide services to survivors of domestic violence and sexual assault. HAVEN is committed to serving and educating the public in order to promote healthy relationships and a safer community. Your contribution will help us greatly.

For more information on how you can help, please contact 570-724-3549.

We thank you for your continued support!

Sincerely,

Machelle Suttile
Executive Director

Kristen West
Board President

Amanda Collins
Board Vice President

48 East Ave,
Wellsboro PA 16901
(570) 724-3549
1-800-550-0447
www.havenoftiogacounty.org



Thank You to:

Lycoming County United Way for the grant that funds
HAVEN's new emergency medical expense program.

Sue Cummings from **Native Bagel**
and **Angelo Serva** and all who participated in the golf
tournament at the **Tioga Country Club**. which raised money for
HAVEN .

Bikers Against Child Abuse (B.A.C.A.) Bucks County, PA for
their donation of **Lizzy High Dolls and Bears**.

Wellsboro Moose Lodge #1147 for their monetary
donation.

Saint Thomas Apostle Parish Church, Elkland, PA for a monetary
donation

Timeless Destination for hosting **Timeless Tuesday** and all
who participated

HAVEN board members and volunteers who
selflessly donate their time and money to our organization.

**Your generosity has helped
HAVEN help others!**

HAVEN OF TIOGA COUNTY

Vision: Sustain safe and healthy relationships.

Mission: We serve and empower those affected by domestic violence and sexual assault.

Email us at info@havenoftiogacounty.org
Visit us at www.havenoftiogacounty.org



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of HAVEN

HAVEN of Tioga County
48 East Avenue
Wellsboro, PA 16901



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