

THE VOICE OF HAVEN

#HANDPX

Fall 2014
Volume #2 Issue #2

Inside this issue:

Outreach News & Photos 1-2

Community Training & Workshops 3

By the Numbers: Sex Crimes on Campus 4-5

How You Can Help HAVEN 6-7

Board of Directors News 8-9

Numbers You Should Know 10

Stress Reducers 11

HAVEN: Getting Our Name Out There!

This past summer was a very busy one at HAVEN! We set up outreach tables at the Wellsboro First Friday Events each month on the sidewalk in front of From My Shelf Books on Main Street. Participation in these events was delightfully high. Our sidewalk trivia gave folks a chance to show off their knowledge of silly trivia and learn some statistics and facts about street harassment from around the world.

Our director set up an outreach table at the Mansfield Fourth of July Celebration and had a lot of fun meeting people and passing out giveaways!

HAVEN also participated in the Mile Long Yard Sale in Lawrenceville, where Guaranteed Automotive was kind enough

to let us set up our table and tent, hand out goodies, and get information into Tioga County residents' hands.

We also attended the Wellsboro Family Health Fair, the Tioga County Fair, Tioga Old Home Day Event, Mansfield Growers' Market, and participated in the New Student Welcome Event on the campus at Mansfield University.

We provided prevention training to some local care facilities and a general informational training to a group of teens in Elkland.

These activities gave us the opportunity to meet even more members of our community!

There were also articles published in the Wellsboro Gazette about the improve-



Board Member, Shennee Rutt, working the outreach table for Wellsboro's Family Health Fair.

ments to our office space made by Chelsea Graley Jelliff (mural) and the Harley Owners' Group from Cox's Harley Davidson in Mansfield (outside work day).

And, just in case you missed it, check out the feature done on HAVEN by Wellsboro-Homepage.com.



Outreach table - with our new covering! - set up at the Lawrenceville Mile-Long Yard Sale.

HAVEN volunteers, staff, and board members got up really early in July to hand out water to the runners participating in the Pennsylvania Grand Canyon Marathon.



Beautiful mural inside the HAVEN offices, painted by Chelsea Graley Jelliff.

In May, HAVEN participated in the Wellsboro Family Health Fair on The Green where kids painted tee shirts donated by Mountain Graphics.



In August & September, the local Harley Owners' Group, from Cox's Harley Davidson in Mansfield, helped HAVEN clean up the outside of our office.

What Can HAVEN Do For Your Organization?

Whether you belong to a community organization, service club, church or scout group, or school, the workshops and trainings conducted by HAVEN can help raise awareness, foster change, and inform your members. We are happy to work with you to identify the workshop or training that best meets your needs.

Domestic Violence and Sexual Assault Awareness: An introduction to these issues, understanding how these issues affect people in our community, and how groups and individuals can help.

Healthy Relationships For All Ages: An introduction to identifying healthy relationships, looking for warning signs of an unhealthy relationship, and what to do if you or someone you know is in an unhealthy relationship.

Bystander Awareness For Bullying: Learn the definition of bullying and how to safely intervene.

7 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 how to spot the signs of child abuse and what to do to keep children safe. New laws go into effect in January 2015 - be prepared for them!

Trainings For Medical Personnel On Domestic and Sexual Violence: An introduction to the issues for professionals in the medical community, learning to spot the warning signs, what questions to ask, and how to connect with someone who may need your help.

Consent Training: Learn what consent is, is not, and the ways you can become an ally in the fight to prevent sexual assault.

All of our trainings are offered to you FREE of charge!



Would you like to schedule an educational event
for your group? Please call us at

570-724-3549

Or send an email to: chris@havenoftiogacounty.org

By the numbers: Sex crimes on campus

From an article by **Dave Gustafson** dated October 29, 2013

<http://america.aljazeera.com/watch/shows/america-tonight/america-tonight-blog/2013/10/28/by-the-numbers-sexcrimesoncampus.html>

Bear in mind, as you look at these numbers, that sexual assault remains one of the most underreported crimes in America.

- ◇ 20 to 25 percent of college women experience rape or attempted rape
- ◇ 9.6 percent of women in a survey of black colleges reported being sexually assaulted
- ◇ Between 80 and 90% of sexual assaults at colleges involve acquaintances, not strangers
- ◇ 9 in 10 rapes on college campuses are perpetrated by serial rapists

This is according to a 20-year study of "undetected" rapists by psychologist David Lisak. One in 16 college men that he interviewed said that they had used physical force to have sexual intercourse or had sex with someone who was too incapacitated by alcohol or drugs to resist.

- ◇ Only 10 to 25 percent of male college rapists were expelled

According to a database from about 130 colleges and universities that was highlighted in reporting by the Center for Public Integrity and NPR News, men who are responsible for sexual assault are rarely expelled.

- ◇ Students who live in sorority houses are more likely to be raped than off-campus students

Women who live in a sorority house are three times as likely to be raped compared to students who live off campus, according to a 2004 report in the Journal of Studies on Alcohol. The report also found that students who live in dorms on campus are 1.4 times more likely to be raped than off-campus students.

- ◇ Freshmen and sophomores face the most sexual assault

Of college women who reported a sexually coercive experience, 84 percent said it occurred when they were a freshman or sophomore, according to the 2006 report "An Examination of Sexual Violence Against College Women."

◇ Nearly three-quarters of college female rape victims were intoxicated

A [2004 report in the Journal of Studies on Alcohol](#) found that 72 percent of college rape victims were so intoxicated that they could not consent to sex. The study found that students who were under 21, white, used illegal drugs, drank heavily in high school and went to colleges with high rates of heavy episodic drinking also faced higher risk of rape while intoxicated.

◇ More than a third of college rapes happen on campus

A 2002 Justice Department report "[Acquaintance Rape of College Students](#)" found that 34 percent of completed rapes and 45 percent of attempted rapes occur on campus.

◇ Nearly 3 in 5 completed campus rapes happen where the victim lives

The "[Acquaintance Rape of College Students](#)" study also found that around 31 percent of rapes happen in a residence other than the victim's. Ten percent occur in a fraternity house.

◇ Fewer than 1 in 20 completed and attempted rapes against college women are reported

Less than 5 percent of completed and attempted rapes are reported to law enforcement or campus officials, according to 2000 "[Sexual Victimization of College Women](#)" study. In the DOJ acquaintance rape study, more than 40 percent of rape victims who didn't report their attack said they feared reprisal by the attacker or other people. Underreporting sexual assault is a [problem at U.S. military academies](#) as well.

Of the two-thirds of rape incidents in which a victim does tell another person, it's usually a friend – not a college official or family member, according to the "[Sexual Victimization of College Women](#)" study.

NINE FAST FACTS ABOUT SEXUAL ASSAULT AND TITLE IX

- 1 **Title IX prohibits** sex discrimination in education programs that receive federal funding. (This means all public and charter K-12 schools, some private K-12 schools, and nearly all colleges and universities.)
- 2 **Sexual harassment**, including sexual assault, is a type of sex discrimination that's banned by Title IX.
- 3 **Sexual assault** = a physical sexual act done **against a person's will**. This includes situations in which a person is incapable of giving consent due to drug or alcohol use.
- 4 **One in five women** are victims of completed or attempted sexual assault while in college. That's over **2 million women**.
- 5 Sexual harassment creates a **hostile environment** when it is sufficiently serious that it interferes with or limits a student's ability to participate in or benefit from an educational program. (Rape is sufficiently severe to create a hostile environment.)
- 6 If a school knows (or reasonably should know) about sexual harassment, including sexual assault, that creates a hostile environment, **Title IX requires the school to take immediate action to eliminate the harassment, prevent its recurrence, and address its effects**.
- 7 Schools are required to adopt and publish **grievance procedures** for students who complain of sex discrimination, including sexual assault.
- 8 If you file a complaint with the school, **regardless of where the assault occurred**, your school must process the complaint under its grievance procedures.
- 9 Because a Title IX investigation is different from a law enforcement investigation, even if you file a police report **your school is independently required to investigate the assault**. This investigation must be **prompt, thorough, and impartial**.

Why should you volunteer your time with HAVEN?

- Volunteering your time at HAVEN is a great way to build a diverse and interesting resume.
- Spending time with the staff and clients at HAVEN helps your community, is a great experience, and is a great way to connect with others who have similar interests.
- Networking is essential for professional and personal growth. Even if you don't need connections in your professional life, who doesn't need more friends?

Volunteer Training

Interested in volunteering @ HAVEN to work directly with clients?

Want more in-depth training on domestic violence and sexual assault?

We offer comprehensive training on domestic violence and sexual assault which includes empowerment counseling skills and advocacy skills. There are 80 required training hours before someone can work directly with clients. A significant portion of this training is available online, and less than 50 hours of in-class training. All required clearances are provided free-of-charge to volunteers.

To register for this training please contact Chris at chris@havenoftiogacounty.org or call us at 570-724-3549.

Only individuals who complete this training are able to work with survivors of domestic violence and sexual assault at HAVEN.

Remember: If you are not interested in direct client contact volunteer work, you are not required to attend all of this training! You must do a portion of the training, but we can put you to work in outreach, education, or other community events that do not involve client contact!





Because we are such a small non-profit organization, partially supported by state and federal funds, HAVEN depends heavily on the generosity and support of our community to make ends meet and to provide for our clients.

Become an Angel for HAVEN

Host a fundraising event. Host an event to raise money for HAVEN and raise awareness in the process. In the past we have done trivia nights at local restaurants and a poetry reading at the Gmeiner. Some other events that can be fun are Walk-A-Thons or a “Wear Jeans to Work” Day.

Sponsor emergency housing for a day. Your \$100 donation helps cover the cost for a family to stay in emergency housing. It provides food, shelter, personal care items, and peace of mind.

Sponsor a training event. For \$50 you become a part of educating the community about domestic violence, sexual assault, or bullying. As part of our outreach and prevention programming, your donation will help us with educating people, from pre-K through the elderly, about these issues.

Sponsor a day of hotline calls. Your donation of \$25 makes it possible for survivors of domestic violence or sexual assault to get the support that they need.

Make clothing donations. Your clothing donation can be given to our partners at the Northern Tier Children’s Home Thrift Store on Charleston Road, in Wellsboro, PA. Visit their website, www.ntchthriftstore.tripod.com, for more information and let them know that the donation is being made for HAVEN.

For more information on how to donate, contact the office at 570-724-3549
or email us at: info@havenoftiogacounty.org

BOARD OF DIRECTORS

PRESIDENT
Jeff Himes

VICE PRESIDENT
Vacant

TREASURER
Susan Fletcher

SECRETARY
Kristen West

MEMBERS AT LARGE

Jeanna Lloyd
Debora Clark
Miranda Peffer
Amanda Collins
Ardys Boostrom
Steele Hahn
Shennee Rutt
Jenna Townsend
Terry Babb

STAFF

EXECUTIVE DIRECTOR
Karen Harvey

ATTORNEY
Lenore Urbano

DIRECT SERVICE SUPERVISOR
Machelle Suttle

ADVOCATES
Ace McGinnis
Kelly Nash
Elizabeth Blanton

VOLUNTEER/ OUTREACH COORDINATOR
Christina Rinnert

INTERN
Mariana Weller

News From Our Board

Welcome to our new board members!

HAVEN of Tioga County is pleased to welcome our two newest board members, Jenna Townsend and Terry Babb.

These individuals come to us from two very different stages in life and will help provide balance, positivity, and diversity to our organization and will contribute immensely to our mission.

Jenna Townsend:

Jenna hails from Lawrenceville. She is currently a sophomore at Mansfield University, majoring in Psychology. Jenna has been involved with various organizations on campus, working with fundraising efforts with Colleges Against Cancer and Relay for Life. She will help us with outreach at the university.

Terry Babb:

Terry is from Wellsboro and works part-time as a Social Worker at Harbor Counseling. He is involved with various organizations in our local community such as Hamilton Gibson Productions, the Rotary Club, and the National Alliance on Mental Illness. He has worked in team building, advocacy, and mediation. Terry brings a great deal of life experiences and insight to the board.



BIG Changes Coming to Mandated Reporting

Effective January 2015, new laws related to child abuse and mandated reporting will take effect. Various acts were modified and signed into law during the last session of the Pennsylvania legislature, including **Act 117 of 2013** which broadens the definition of perpetrator to include employees or volunteers who have regular contact, school teachers, employees, and individuals related to a child; **Act 118 of 2013** makes it a crime to falsely report child abuse and makes it a crime to intimidate, retaliate, or obstruct child abuse cases; **Act 31 of 2014** requires child abuse recognition and reporting training for professional licensees who are mandated reporters of suspected child abuse and for operators and employees of facilities and agencies regulated or supervised by the Department of Public Welfare who are mandated reporters of suspected child abuse; and **Acts 44 & 45 of 2014** which amend the Child Protective Services Law to eliminate separate standards for school employees with regard to child abuse investigations and background clearances. The measures also require suspected child abuse to be reported directly to the Department of Public Welfare's Child Line (800-932-0313) and to the school's administration.

HAVEN has a Trainer who will be available to Tioga County organizations, schools, and groups who may need in-depth information about how these new laws affect the ways they operate.

Please contact HAVEN at info@havenoftiogacounty.org or check out the website at <http://www.havenoftiogacounty.org> for more information or to schedule your training.

Campuses, Title IX, and Sexual Assault Reporting

**For more information about Title IX and sexual assault reporting,
check out this article online:**

http://www.campussafetymagazine.com/article/survey_40_of_colleges_havent_investigated_a_sexual_assault_in_5_years

For more information about HAVEN, contact the office at 570-724-3549
or email us at: info@havenoftiogacounty.org

Domestic Violence: Numbers You Should Know

Domestic Violence

What is Domestic Violence?

AKA: Wife battering
Domestic abuse
Intimate partner violence
Family violence
Relationship violence
Spousal violence
Dating violence

"Domestic violence is a pattern of coercive behavior used by one person to gain power and control over another in an intimate or former intimate relationship. It may include: sexual violence, emotional and psychological abuse, stalking, economic control, as well as other tactics"
-- PCADV

1 Day

3045

people seek help for Domestic Violence every day in PA.

3

women are murdered each day in the US by a husband or boyfriend.

**HAVEN is here.
Every Hour
of Every Day!**

Domestic violence doesn't necessarily leave bruises, but it can leave you feeling helpless.

You are not helpless.

You are not alone.

1 Year



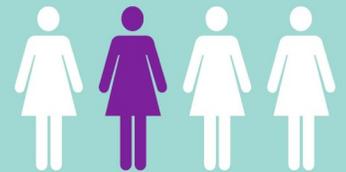
835,000 men &
1,300,000 women
are victims of physical assault by intimate partners in the US every year.



20-24
year old females
are at the greatest risk of nonfatal intimate partner violence in the US.



1 Lifetime



1 in 4
women will be a victim of Domestic Violence in her lifetime.



85%
of Domestic Violence victims are women.

HAVEN of Tioga County
Free Domestic Violence & Sexual Assault Services
1-800-550-0447
havenoftiogacounty.org

Sources: "Bureau of Justice Statistics Crime Data Brief, Intimate Partner Violence, 1993-2001, February 2003." "National Network to End Domestic Violence, "Domestic Violence and Sexual Assault Fact Sheet"; http://nncdv.org/docs/State/NNE/DVSA_factsheet2010.pdf "National Network to End Domestic Violence, "2013 Domestic Violence Counts Pennsylvania Summary"; http://nncdv.org/downloads/Crossed/DVCcount2013/State_Summary/DVCcount13_StateSummary_PA.pdf "Pennsylvania Coalition Against Domestic Violence "Tjaden, P & Thoennes, N. (2006). "Extent, Nature, and Consequences of Rape Victimization: Findings From the National Violence Against Women Survey." Special Report. Washington, D.C.: National Institute of Justice and the Centers for Disease Control and Prevention. "U.S. Department of Justice, Bureau of Justice Statistics, "Intimate Partner Violence in the United States," December 2006.

If you are interested in receiving our newsletter in your email inbox, please let us know by emailing

newsletter@havenoftiogacounty.org.

25 Proven Stress Reducers You Can Use Today!

Prepare the evening before. Set up breakfast, make lunches, choose your outfit.

Don't rely on your memory. Write down appointments, when movies or books are due to be returned, and when bills are due. Use an electronic to-do list with a reminder setting, if you have one.

Do nothing which, after being done, leads you to tell a lie.

Don't put up with something that doesn't work correctly. If your alarm clock, wallet, shoe laces, windshield wipers, or phone are a constant aggravation – get them fixed or get new ones!

Relax your standards. The world will not end if the grass doesn't get mowed this weekend.

For every one thing that goes wrong, there are probably 10 or 15 blessings. Count them!

Say "NO!" Saying no to extra projects, social activities, or groups and invitations you know you don't have the time or energy for takes practice, self-respect, and a belief that everyone needs quiet time to relax every day.

Unplug or turn off your phone! Want to take a long bath, meditate, sleep, or read without interruption? Don't be afraid to temporarily disconnect. The possibility of there being a terrible emergency in the next hour or so is almost nil.

Simplify, simplify, simplify.

Get enough sleep. If necessary, set an alarm to remind you to shut things off and go to bed.

Create order out of chaos. Organize your home and workspace so that you always know exactly where things are. Put things away where they belong and you won't have to deal with the stress of losing things.

Try the following yoga technique whenever you feel the need to relax: Inhale deeply through your nose to the count of eight. Hold that for

four counts then exhale slowly through your mouth to the count of 16 (or for as long as you can). Concentrate on the sounds of your breath leaving your body and feel your tension dissolve. Repeat ten times.

When the stress of having to get a job done gets in the way of actually getting the job done, diversion – a voluntary change in activity and/or environment – may be just what you need! Take a walk, practice deep breathing, do another task.

Talk it out. Discussing your problem with a trusted friend can help clear your mind of confusion so you can concentrate on problem solving.

Every day, do something that you really enjoy.

Add love and empathy to everything you do.

To relieve tension: take a hot bath or shower (or a cool one in the summer).

Do something for somebody else.

Focus on understanding rather than being understood, on loving rather than on being loved.

Become more flexible. Some things are not worth doing perfectly and some issues are fine to compromise on.

Allow yourself time, every day, for privacy, quiet, and introspection.

Eat that FROG! If an especially unpleasant task (FROG!) faces you, do it early in the day and get it over with. Then, the rest of your day can be free of anxiety.

Learn to delegate responsibility to those around you who are capable and ready to help.

Have a forgiving view of events and people. Accept the fact that we live in an imperfect world.

Have an optimistic view of the world. Believe that most people are doing the best that they can do.

HAVEN of Tioga County

24-Hour Crisis Hotline: 1-800-550-0447

Office: 570-724-3549

E-mail: info@havenoftiogacounty.org

We're on the Web!

www.havenoftiogacounty.org

HAVEN's office is open:

Mon & Weds: 9 am to 6 pm

Tues, Thurs, Fri: 9 am to 7 pm

Saturday by appointment

The Hotline is available 24/7.

HAVEN is a private, non-profit organization committed to helping all individuals affected by domestic and sexual violence. We provide services to men, woman, and children, regardless of age, sex, class, ethnic background, or sexual orientation. Our services include: 24 hour rape/abuse hotline, advocacy, children's programs, Hope House emergency housing, medical and legal accompaniment, community education, empowerment/options counseling, legal services and information, as well as referrals to other community organizations.

All of our services are free and confidential.



HAVEN of Tioga County
48 East Ave
Wellsboro, PA 16901



Return Service Requested

Permit No.36

Wellsboro, Pa

PAID

U.S. POSTAGE

NON-PROFIT ORG.