



Shelter for Help in Emergency Staff

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What is Trauma-Informed Advocacy?

To understand trauma and begin to help others heal, we must first recognize how common trauma is. The CDC-Kaiser ACE Study shows us traumatic events experienced in our early adolescent years (including physical abuse, emotional neglect, substance/drug abuse in the home, parental separation or divorce, witnessing domestic/intimate partner violence, or an incarcerated household member), can have adverse effects on our long-term health. As adults, we may face other traumatic events such as a life-threatening illness, a debilitating automobile accident, the death of a loved one, a military deployment, or an act of violence perpetrated against us. It is safe to assume, through the commonality of trauma, many of us have experienced at least one traumatic event in our lifetime.

Traumatic events can lead to PTSD, intense mood swings, flashbacks, and severe headaches. They can hinder our ability to trust anyone, especially those in authority, and damage relationships both present and in the future. Being trauma-informed is understanding that the traumatic events in someone's life doesn't define who they are, and with proper care and support networks, it is possible to overcome those events and begin to strengthen one's resiliency.

When a domestic/intimate partner victim seeks out the safety and services of the Shelter for Help in Emergency, the violence they have endured may be the only traumatic event they have experienced, or it may be another layer added to a lifetime of trauma. Shelter staff recognize this and work together to meet the needs of the clients and their children according to where they are in their healing journey.

In addition to providing a safe place to heal and move forward, legal advocacy to help put protective orders in place, and housing and job referrals for future stability, the Shelter strives to a deeper connection with our clients and their children using the Community Resilience Initiative acronym CAREER – Celebration, Affirmation, Regulation, Expectation, Education, and Restoration. Building these bonds with our clients and their children helps build their trust in us and themselves, and begins to restore their individual power that was taken from them by their abuser. These six simple guidelines are the driving force behind a more resilient self.

Celebrations are proven to strengthen family bonds. Shelter staff honors the small daily accomplishments of our clients to help rebuild their confidence in their ability to make decisions.

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OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Each October, the Shelter for Help in Emergency recognizes **Domestic Violence Awareness Month** with a series of events designed to encourage conversation and bring attention to issues that touch our community as a whole, but are often hidden in secrecy.

It is a time to remember the victims whose lives were taken too soon, to offer safety and support to those currently in abusive relationships, and to celebrate survivors who are now free from their abusers. We take time this month to acknowledge those who have dedicated their time and energy to helping end domestic violence, and remind people that domestic violence is a community problem — one that we all must take an active role in if we hope to make a lasting change.

Upcoming events include a Candlelight Vigil, Peace on Earth Begins at Home student art contest, a social media conversation, and a 5K *Run/Walk for Shelter*. For a full listing of event details, please check out our website.

The Shelter has a New Website!

We are excited to announce the launch of our new (mobile friendly) website!

The website offers many new features including information for those working with teens, tech safety tips when browsing the web or social media, and our podcast library.

We are grateful to a small group of special donors who helped make this possible, and to Blue Cloud Studio for their patience and expertise during this process!

Visit our website and let us know what you think!

You can find us at:
www.shelterforhelpinemergency.org

What is Trauma-Informed Advocacy? cont.

Affirmations we know to be good and true about our clients are communicated to them to help increase their self-esteem and personal view of themselves.

Self-regulation allows clients to develop a capacity to remain calm and aware in the most stressful situations, providing an opportunity to think clearly and make informed decisions. Staff help clients learn to self-regulate through counseling, mindfulness practices, and physical activity.

Expectations for how we expect others to treat us is all about setting personal boundaries and remaining consistent in enforcing them. Clients are encouraged to set clear boundaries for themselves and to communicate those boundaries to others as a way of protecting themselves from being taken advantage of or manipulated in future relationships.

Education on how trauma affects the brain and emotional health gives clients an understanding of where they are in their healing journey. As clients begin to build their resiliency skills they are able to become more optimistic about their future.

Restoration of the whole body—mentally, emotionally, and physically—is key to moving through the chaos of trauma and abuse and finding true resiliency within ourselves. Shelter staff work with clients to help them understand the abuse they've experienced is not their fault, it is a decision made by the abuser.

Rick Griffin, Director of Training and Curriculum Development for the Community Resilience Network based out of Walla Walla, Washington, expressed in his recent visit to Charlottesville, *"You can be someone's chaos or you can be their calm."* The Shelter for Help in Emergency is dedicated to being a calming presence for our clients and a healing point in their journey to resiliency.

Shelter for Help in Emergency is a member of The Greater Charlottesville Trauma-Informed Community Network, a group of area non-profits committed to educating the community on the impacts of trauma and advocating for trauma-informed systems of care.



23rd Annual
5K RUN/WALK FOR SHELTER
Saturday, November 2, 2019, 8:00 am

RACE AGAINST DOMESTIC VIOLENCE

- Where: Charlottesville Downtown Mall Start: Mudhouse Coffee Shop Finish: Jefferson Theater
Cost: \$25 on or before 10/15/19; \$30 after 10/15/19 and on race day
Registration: Online registration available at RunSignUp.com
Packet Pick-up: Friday, 11/1/19, 8:30am - 6:30pm
Awards: Top 3 female/male overall and top 3 female/male masters
Information: Call (434) 963-4676 or email info@shelterforhelpinemergency.org

Help raise even more funds for the Shelter by creating your own 5K Fundraising page at runsignup.com/Race/VA/Charlottesville/5KRunWalkforShelter

Helping victims create new lives free from abuse for 40 years.

CHECKS PAYABLE TO: SHELTER FOR HELP IN EMERGENCY | MAIL TO: P. O. BOX 1013, CHARLOTTESVILLE, VA 22902

NAME: _____

ADDRESS: _____

TELEPHONE: _____ SHIRT SIZE: S M L XL XXL AGE ON RACE DAY: _____ GENDER: F M

EMAIL (for registration confirmation): _____

I WOULD LIKE TO MAKE AN ADDITIONAL CONTRIBUTION OF:

- \$15 to provide breakfast for mom & 2 children \$45 to provide a safe night of shelter for someone in need
\$30 to provide school supplies for a child Other _____

CASH/CHECK TOTAL: \$ _____ OR CREDIT CARD TOTAL: \$ _____

CREDIT CARD #: _____ EXP. DATE: _____

NAME AS IT APPEARS ON CARD: _____ ZIP CODE: _____

I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, traffic and the conditions of the road. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Shelter for Help in Emergency, its staff, Board, volunteers, Ragged Mountain Running Shop, the City of Charlottesville, and all race sponsors from all claims or liabilities of any kind arising out of my participation in this event. I give permission for the Shelter for Help in Emergency to use any photography with my or my children's image for promotional purposes. In addition, I understand that if the race is canceled by circumstances beyond the control of the organizers, my entry fee will not be refunded.

SIGNATURE: _____

DATE: _____

PARENT/GUARDIAN: _____

(If registrant is under 18, form must be signed by parent or guardian.)

Join Us for a Social Media Conversation

In honor of Domestic Violence Awareness month (October), the Shelter is hosting a Social Media Conversation that will raise awareness of issues surrounding domestic/intimate partner violence, offer self-care tips, and engage with the community.

Each day during October, the Shelter will post on its social media platforms a conversation starter using a special hashtag created for that day of the week.

We encourage you to join in with your thoughts and invite others you know to take part in the conversation.



Sunday: **#SelfCareSunday** reminds us to take care of ourselves physically, mentally, and emotionally.

Monday: **#MotivationalMonday** encourages us to keep moving forward even on the hardest of days.

Tuesday: **#ThankfulTuesday** offers an opportunity to share what you are most thankful for.

Wednesday: **#WednesdayWisdom** gives insight into what a domestic/intimate partner victim may experience during the relationship and after.

Thursday: **#ThoughtfulThursday** highlights the ways you can help someone experiencing domestic/intimate partner violence.

Friday: **#FridayFacts** provides statistics and information about domestic/intimate partner violence.

Saturday: **#SurvivorSaturday** allows us to hear from survivors in their own words.

Follow us on Facebook, Instagram, and Twitter to take part in the conversation.

Volunteers Needed!

Volunteers play a crucial role in the delivery of Shelter programs and services by working tirelessly to ensure our crisis hotline is staffed, children are given guided play sessions while their mothers meet with case managers and attend support groups, offer translation services, provide support for our office staff, and help organize community activities and fundraising events.

Volunteer applications are accepted through Better Impact and can be found on the Volunteer page of our website. Once your application is complete, our Community Engagement Coordinator will reach out to discuss the training process and how you can join our amazing group of volunteers.

If you'd like to speak with our Community Engagement Coordinator before filling out an application, please call (434) 963-4676 ext. 5.

¡Se Necesitan Voluntarias Bilingües/
Biculturales!

10 Ways YOU Can Create Change

1. Learn more about domestic/intimate partner violence and the myths surrounding it to help educate others.
2. Have a conversation with a teen or adolescent about healthy relationships and boundaries.
3. Challenge victim-blaming language and sexist jokes/comments.
4. Wear a purple ribbon to honor those who lost their lives at the hands of their abusers.
5. Donate your old cell phone or tablet to the Shelter for Help in Emergency. Cell phones can be used to call 911 during emergencies. Any cell phones or tablets that can't be used can be recycled through a program that pays shelters for electronic devices.
6. Talk to a co-worker about ways to prevent domestic/intimate violence at the workplace.
7. Donate to the Shelter for Help in Emergency in support of victims and our work in the community.
8. Attend an awareness event during Domestic Violence Awareness Month like the Shelter's Candlelight Vigil on October 7th.
9. Model respectful behavior for children.
10. Volunteer at the Shelter for Help in Emergency to help victims from our community on their path to safety.



Using Technology as an Educational Resource

Students at the University of Virginia recorded a series of podcasts surrounding issues related to domestic/intimate partner violence as part of their Gender Violence & Social Justice class. After choosing and researching topics they felt passionate about, the students interviewed Shelter staff and survivors of domestic/intimate partner violence and utilized recording equipment through UVA to create podcasts that are both informative and interesting.

One of the students noted as she began working on her podcast, *Children as Witnesses to Domestic Violence*, “We really want to make these podcasts a success for the shelter and to help others become aware of the issues at hand.” Each podcast, between 10-20 minutes long, explores a specific subject related to domestic/intimate partner violence and how it relates to the work of the Shelter and the clients we serve.

Nielson reports, over 50% of the US population listens to podcasts and those numbers are growing every day. Expanding our educational library with the addition of podcasts allows the Shelter to reach a wider, more tech-savvy audience. Over time, with the help of students and community members, we hope to grow the Shelter’s podcast library and increase our strategy of outreach through the use of technology-based platforms.

If you have an idea for an upcoming Shelter podcast, please call (434) 963-4676 ext. 7 or email info@shelterforhelpinemergency.org. Available podcasts can be found on the Publications page of the Shelter’s website at www.shelterforhelpinemergency.org.



Adopt a Family Help to Make Holiday Wishes Come True

Each year on Christmas morning, the Shelter’s Adopt-a-Family program brings smiles to children whose moms have sought the safety of our Shelter services.

Mothers working to rebuild their lives struggle to provide the very basics of home, food, and clothing, and worry about disappointing their children on Christmas morning, while the children wonder if Santa will even be able to find them.

YOU can help us make this season a joyous one by adopting a Shelter family for Christmas. Whether it’s a favorite toy, an interesting book, or a new outfit, no gift is too small. Think of the comfort you’ll feel in your heart knowing you helped to create a happy memory for a family starting over!

To adopt a family this holiday season, please call our Residential Shelter Manager at (434) 293-6155.



GOLF TOURNAMENT

Your support helped raise over \$43,000 for Shelter programs and services!

On Monday, June 3rd, the Shelter for Help in Emergency held a Golf Tournament at the beautiful Glenmore Country Club. More than 60 golfers came out to support the Shelter and its work with victims of domestic/intimate partner violence. At the end of the tournament, golfers and their guests attended a dinner and awards

ceremony that included a very moving speech from a former Shelter client on how she escaped her abuser, the barriers she faced when leaving the relationship, and how she was ultimately able to find the strength to move on. **Thank you to all of our sponsors, golfers, Golf Committee members, and supporters for your help in making this year’s Golf Tournament a success!**

Platinum Sponsors

Hunter Smith Family Foundation
Anonymous

Gold Sponsors

Long & Foster
OnDemand Resources, LLC
Virginia National Bank

Sponsors

Cathcart Group | Franze Enterprises II | Magellan Complete Care of Virginia | Sigora Solar | Bank of the James | Bankers Insurance | Beck Cohen | Home Patrol Inspection Services | Jack Kayton, DDS | Plow and Hearth | Stanley Martin Homes | T.C. Bishop of Southpark (McDonalds) | UBS—David L. Levine | Airport Road Auto Center | Horbaly Orthodontics | Julie Whitaker Insurance Agency | Professional Movers | Southern Development Homes | W. Scott Huzek

Special Event Supporters

albamarle Magazine | Andrew Minton | Anytime Golf | Barboursville Vineyard | Blue Ridge Motor Works | Bonefish Grill | Brasserie Saison | Burger Bach | Burtons Grill & Bar | Chocolatesville | Frontrunner Signs | Glenmore Country Club | Jessica Malasek | Jim Price Automotive | Keswick Golf Club | Long & Foster | Meredith McKown Photography | My Eye Doctor | Nua Spa | Pepsi | Professional Optical | Rick Phelps, PGA Professional

We have checked our records carefully and apologize if we have made any errors.



SHELTER FOR HELP IN EMERGENCY

working to end domestic violence in our community

SHELTER FOR HELP IN EMERGENCY

P.O. Box 1013 • Charlottesville, VA 22902
Outreach Center: (434) 963-4676 V/TTY
24-hour Hotline: (434) 293-8509 V/TTY
Email: info@shelterforhelpinemergency.org
Website: www.shelterforhelpinemergency.org

Mission Statement

Working to end domestic violence in our community.

Philosophy Statement

The Shelter for Help in Emergency is committed to providing a safe, supportive, confidential and respectful environment in which survivors of domestic violence are empowered with the knowledge of personal and community resources, as well as the skills needed to make informed decisions for themselves and their families.



Non-profit Org.
Postage Paid
Charlottesville, VA
Permit No. 305

Shelter for Help in Emergency Wish List

For all other donations, please call us first at (434) 963-4676.

Laundry Detergent (HE only)

Dishwashing Detergent (HE only)

Dishwashing Liquid

Toilet paper

Paper towels

CTS bus tickets
(available at C'ville City Hall)

Gift certificates to area grocery,
department, and drug stores

Pre-paid calling cards
(Regular and International)

Due to lack of storage space we are unable to accept donations of clothing, toys or books.

Donations Made Easy for State of Virginia and UVA Employees

The **Commonwealth of Virginia Campaign (CVC)** offers Virginia State and University of Virginia employees a no-fuss way to give to the Shelter **(CVC# 003162)** by designating a dollar amount to donate out of each pay period and the state takes care of the rest. Every contribution made to the Shelter for Help in Emergency will go to help a victim domestic violence create a new life free from abuse.

Enrollment in the CVC program runs through 10/2-12/19/2019. If you are interested in signing up to help support the work of the Shelter, please contact your employer for details.



ADVOCATE to give victims hope on their journey to safety.



VOLUNTEER by sharing your strengths to help others find theirs.

DONATE to create new beginnings for families free from abuse.

Learn more about how you can help by calling our Community Outreach Center at (434) 963-4676 or visit www.shelterforhelpinemergency.org.