

Violence Prevention

THROUGH EDUCATION,
ENCOURAGEMENT
AND EMPOWERMENT.

Lifelines

Spring/Summer 2014

Free of Violence 365: What is Your Why?

by Lynn Adams, Marketing and Community Outreach Coordinator

At the beginning of the year, the Crisis Center launched our Free of Violence 365 (FOV365) campaign. This campaign is designed to engage the community on a hard to talk about issue, in a meaningful and effective way. An overwhelming majority of Americans know victims of domestic violence (DV), but they do not talk about it with their children or friends, or take steps to help victims. There is no way to make DV easy to talk about, but we can start the conversation in an exciting and engaging campaign.

The Crisis Center wants to join forces with the community, to speak out against DV. Each of us can play an important role in ending violence. By investing time, talent and resources you can contribute to making a meaningful difference in your community. What we do together now, can mean ending violence today, as well as preventing violence in the future.

We are encouraging our supporters to take a pledge to assist us in our FOV365 campaign. So what is FOV365? This campaign is a combination of social media outreach, and financial pledges. We know that if 365 people make annual pledges, it would be \$133,225 raised directly to benefit our client services, but this is far more than a fundraiser.

You can directly impact the community, leading to changes in how the world views DV. When you pledge, you are helping to provide clients with a 24-hour crisis phone line, emergency shelter, therapy and legal advocacy to help them regain their independence and self-sufficiency.

What is your why? We would love to hear from our supporters. Through this campaign, we not only give victims a voice, we give our supporters the platform to speak out against a cause that we are passionate about and committed to. Join us in working to create a safer world for everyone.

To learn more about FOV365 please contact, Lynn Adams at 303-688-1094 or ladams@thecrisiscenter.org.



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Crisis Center

FREEOFVIOLENCE.COM

303-688-8484 Crisis Line 303-688-1094 Admin.

Crisis Center

Management Staff

Jennifer Walker, MPA, *Executive Director*
Amy McCandless, *Director of Development*
Jody Curl, MA, *Director of Programs*
Robin Wilton, *Business Manager*

Development Staff

Heather Orr, MA,
Special Events & Grant Coordinator
Lynn Adams, MA, MFA,
Marketing & Outreach Coordinator
Laura Armstrong, *Volunteer Coordinator*
Leeanne Berry, *Administrative Assistant*

Legal Advocates

Marjorie Sayers, MA, *Legal Advocate*
Tracy Corsi, *Legal Advocate*

Therapy Staff

Anne Hellstrom, LPC,
Clinical Program Manager
Kristen Kuntzman,
Clinical Primary Advocate
Stephanie Fitzsimmons, LPC, *Therapist*
Rebecca Gale, LCSW, EAGALA, *Therapist*
Tamara Milner, LPC, *Therapist*
Ellen Sloan, LPC, *Therapist*
Lisa Frize, MA, NCC, *Therapist*
Lacey Faughender, *Clinical Intern*
Lauren Shelton, *Clinical Intern*
Ariel Wootan Merklng, *Clinical Intern*

Shelter Staff

Tiki Derrickson, *Shelter Program Manager*
Heidi Dale, *Advocate*
Monica Horton (Bodhi), *Advocate*
Sonya Love, *Advocate*
Sarah Paliwoda, *Relief Advocate*
Shelley Reader,
Co-location/Transition Advocate
Paula Stack, *Advocate*
Frankie Valdez, *Advocate*
Kim Zeszutek, *Advocate*
Ami LoMonaco, *Advocate*
Erin Melville, *Advocate*
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David Starck

Letter from the President



Mike Prendergast

Welcome to spring! This is the season for new beginnings and as many of you have noticed there are new things happening at the Crisis Center. The first is the new name. Beginning January 1st we began using Crisis Center as our new name. This reflects our continuing commitment to broaden our service to our community. The new messaging you are seeing is focused on creating a world free of violence.

The abuse that occurs in families and in our community has a wide reaching and long term impact on not only our community but the world at large. Our new name and message communicate the desire to support all individuals in their pursuit of an abuse free environment 365 days a year.

The Board continues to support the effort to broaden the base of financial support for the agency. The reduction in funding from traditional government agencies has necessitated non-profits to develop more meaningful, longer lasting partnerships with the people and businesses in the communities they serve. This is the way it should be! To that end we are identifying new and exciting ways to engage our partners in a continuing dialog on how we join together to accomplish our mission.

With the accomplishment of these strategic goals we turn our thoughts to the future of the organization. We have been vetting a number of exciting ideas that will help the center to better serve our community and we look forward to working with all of you to create a world free of violence.

Welcome New Board Member!

Wes King is the Market President for FirstBank of Douglas County, and has worked for FirstBank for 28 years. He is active in many community activities, including the Castle Rock Economic Development Council, the Douglas County Housing Partnership, and the Douglas County Educational Foundation. Wes joined the Board of the Crisis Center because of their excellent reputation in the community, and in an effort to shift some of his volunteer efforts to be more human-service focused.

In addition to enjoying time with his wife of 23 years, and his two lovely children, Wes likes to boat, ski, read, play tennis, and golf.



Wes King

Crisis Center

MISSION

The Crisis Center exists to end domestic violence through advocacy, education and prevention while helping communities live free of violence.

PROGRAMS & SERVICES

24-Hour Crisis Line/Emergency Shelter

Staffed by trained professionals, our Crisis Line provides immediate intervention, information, and referrals to thousands of victims of domestic violence each year. Our 28-bed facility then provides a safe haven for hundreds of adults and children who are in imminent danger. During their stay, all daily essentials are provided; on-site therapy, legal advocacy, transportation, safety planning and goal setting assistance, and round-the-clock emotional support are also available.

Therapy

Mental health professionals provide individual therapy, group counseling, and psycho-educational support to hundreds of domestic violence victims and at-risk youths each year. Special programs exist for children who have experienced violence in their lives. Our Master's level therapists provide cutting-edge interventions at our shelter and on a non-residential basis – helping victims heal.

Legal Advocacy

Advocates provide legal assistance to hundreds of victims of domestic violence each year, helping them with what can often be confusing and complex legal processes. This assistance includes filing for restraining orders, obtaining legal referrals, court accompaniment, and general support navigating the criminal and civil justice systems – helping victims stay safe.

Community Outreach and Volunteer Program

Specialized trainings, educational presentations, a school-based violence prevention initiative, web-based information, annual fundraisers, and outreach booths are some of the methods by which the Crisis Center helps to raise awareness of this very important social issue: domestic violence. Volunteer opportunities are also available for community members and businesses interested in making a personal impact on the region.

What is my why?

"For my two girls."

-- Crisis Center Board member

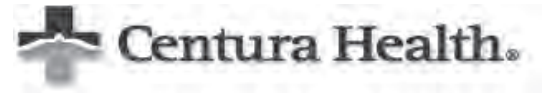
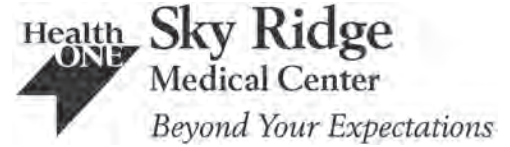
"Because home should not be a scary place."

-- Crisis Center Staff member

"Because if there wasn't violence there would be peace & happiness."

-- young boy attending Empty Bowl event

Thank You 2014 Corporate Partners



Two Rides...

Join us for The Tour de Ladies Cycling Event!

The Tour de Ladies women-only cycling event is excited to return to Douglas County on July 12. The Tour route, which will be fully supported with "SAG in drag" (men in skirts to help change flat tires and provide other on-course assistance) and aid stations, features options of 30 miles and a 62.5 mile metric century for cyclists of all levels.

The Tour de Ladies welcomes women who are new to cycling and those who ride regularly. Last year's event had more than 300 riders and raised more than \$5,600 for the Crisis Center.

"The Crisis Center is grateful to Tour de Ladies for their on-going support," said Jennifer Walker, Executive Director of the Crisis Center. "Through partnerships like this, the Crisis Center is able to meet its mission and the community is a part of creating a world free of violence."



Last year's event raised over \$5,600 for the Crisis Center.



When: Saturday, July 12

Cost: \$39 for the 30 mile ride until June 30, then \$49; \$69 for the 62-mile metric century until June 30, then \$79.

To register: Please visit www.tourdeladies.com

Route: Starts at Chaparral High School. The 30-mile route is largely flat, while the 62-mile metric century route winds down to Castlewood Canyon and through the Pinery and will include challenging elevation gains.

One Cause

Young Citizens of Philanthropy Host 3rd Annual Cycle Against Violence

Young Citizens of Philanthropy's (YCP) Cycle Against Violence (CAV) bike ride will be returning to Castle Rock, Saturday, May 17th. The CAV route will be fully supported by MW Golden Constructors and Crisis Center volunteers. This is a half century ride (50 mile), along with a 30 mile ride and an eight mile family ride. The bike ride will begin at the Douglas County Event Center in Castle Rock.

The Cycle Against Violence welcomes riders of all levels to participate. Last year's event had more than 75 riders and raised more than \$5,000 for the Crisis Center.

This year YCP is excited to partner with local vendors for the Cycle against Violence after party. For more information about reserving a vendor space contact

**Lynn Adams at 303-688-1094 or
ladams@thecrisiscenter.org**

When: *Saturday, May 17th*

Registrations:

Half Century Individual - \$45

Half Century Group - \$120

30 mile Individual - \$45

30 mile Group - \$120

8 Mile Family Ride - \$50

To register: *Please visit www.cycleagainstviolence.com*

Route:

There will be a half century ride, along with a 30 mile ride and an 8 mile family ride. The bike ride will begin at the Douglas County Event Center in Castle Rock. Our 50 mile route will take you south through beautiful Larkspur and Perry Park Communities.

Our 30 mile route follows the same route and connects from Larkspur to Highway 105. Heading north out of Perry Park you will connect with the 30 mile ride from Perry Park Ave, and it will take you to one of the most challenging parts of the ride when you reach Wolfensberger Road taking us back into Castle Rock. This portion of the ride will take you on a grueling 5% uphill grade to an amazing view of "The Rock" as we return to the Event Center.

The 8 mile ride will take you along the East Plum Creek Trail and back to the Event Center.



THE 14TH ANNUAL EMPTY BOWL

CREATING A WORLD FREE FROM VIOLENCE



courtesy David Starck Photography



**By Heather Orr, MA,
Volunteer & Events Coordinator**

This year, the Crisis Center celebrated the 14th annual Empty Bowl. This event brings the community together to enjoy delicious soups, breads and desserts while browsing the beautiful pottery donated by local potters. This year we had 40 potters donate over 1500 bowls. Each bowl symbolizes the unique nature of domestic violence and the beauty that arises when our clients realize they can heal from the cycle of abuse.

Empty Bowl began with music from The Jay and Neil Show, playing crowd favorites throughout the night. After they had picked their bowls, guests were invited to experience a new silent auction by bidding with their cell phones on packages that included golf trips, various bottles of California wine, and even a trip to Santa Fe. With almost 600 people in attendance, the Crisis Center raised over \$45,000 for client programs and services.

This event would not be possible without support from the community. The Crisis Center would like to thank **Belco Credit Union** for sponsoring Empty Bowl. We would also like to thank our corporate partners including Sky Ridge Medical Center, Centura Health, IREA, FirstBank, Van Der Jagt Law Firm, MW Golden and Rockyard Brewery. Lastly, we would like to thank everyone who made this event a success including the potters, restaurants and volunteers. This is an outstanding community event and we appreciate all the hard work involved in making it a success!



Volunteering Matters:

By Laura Armstrong,
Volunteer Coordinator

I recently moved to Denver from Chicago where I spent four years working as a Community Relations Associate at a financial services firm. As the Community Relations Associate, I was responsible for creating and administering initiatives related to corporate citizenship, with a primary focus on employee volunteerism and corporate charitable giving.

One of my goals for the volunteer program at the Crisis Center is to increase engagement from the business community. To do this, my plan is to introduce more skills-based volunteer opportunities. Skills-based volunteering is something I am very interested in and passionate about, because it focuses on the value of a volunteers' time by ensuring that it is used in meaningful and highly productive ways.

Skills-based volunteerism is broader and goes beyond the idea of traditional consulting services. It is a strategic type of volunteerism that utilizes specific volunteer skills. Volunteers today bring a wide range of personal and professional experience, and skills-based volunteerism allows them to use their talents to make a measurable impact on issues they care about.

I joined the Crisis Center this January, and I am very excited to join an organization that has such a deep and meaningful relationship with volunteers. I am eager to implement new and exciting ways of engagement. I feel lucky to be in such a unique position and look forward to good things to come!

From the Shelter Program Manager



My name is Tiki Derrickson, and I am the new Shelter Program Manager for the Crisis Center.

As the Shelter Program Manager, I am responsible for the day to day operations of the Crisis Center's 28-bed emergency shelter. My duties include staff supervision, program development, and development and implementation of policies and procedures for staff, volunteers, and clients. My job also includes facility maintenance. This portion of my job has definitely been a learning experience! I always joke with staff that I need to take a home maintenance course!

I have worked in the field of domestic and sexual violence for about 12 years. I very much enjoy my work because I know that I am helping those whose lives are affected by violence every day. I know my work makes a difference, and that is why I continue to do it. Ultimately, no matter what my job title is, I am an advocate for those affected by violence. I get the privilege of being a part of something extraordinary- watching one go from a "victim" to a SURVIVOR. I am humbled each day by the strength that survivors have.

I am so grateful to be a part of the wonderful team at the Crisis Center.

Primary Advocacy and DV 101

By Kristen Kuntzman,
Clinical Primary Advocate

In January of this year, I was hired as the primary advocate (PA) for the clinical team. As the PA, I have taken on many responsibilities that were once spread out among the therapists. I handle triage, which is the initial contact that potential clients have with our agency, as well as calendars, case management meeting, waitlists, and checking in with clients to maintain a healthy relationship with the agency. Having updated many of the forms and procedures, I have focused a lot of my efforts on supporting staff and connecting clients with other services that clients might need from the Crisis Center.

As the Clinical PA, I am now facilitating two educational courses, one for victims and the other for loved ones, both are called DV101. The course covers a variety of information; from types of abuse, to the cycle of violence to recognizing red flags. For clients, DV101 allows them to go into therapy educated, not only about domestic violence but also being able to recognize the specific type of abuse they have sustained. For loved ones, I will focus my efforts on creating a safe place for education to occur as well as a place where questions can be asked.



Crisis Center

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Coming Up:

YCP Bike Ride & Tour de Ladies
details inside

What's Your Why?



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