

Violence Prevention

THROUGH EDUCATION,
ENCOURAGEMENT
AND EMPOWERMENT.

Lifelines

Fall/Winter 2013

Changing Our Name... Changing The World

by Jennifer Walker, MPA, Executive Director



courtesy David Starck Photography

“Our vision is to end violence in the lives of all people...”

From its inception in 1985, the Women’s Crisis & Family Outreach Center (WCFOC) has been working diligently on becoming a more inclusive organization. We continue to serve diverse groups of people who are victims of domestic violence, meeting them where they are and striving to develop programming that wraps around their individual needs, values and cultures. Along with these efforts comes the evidence that when violence happens in the home, we will see it in the world. We need to take a stand against violence in all its forms.

Because our vision is to end violence in the lives of all people, we are changing our name to Crisis Center. We believe this is a clearer reflection of our services and our greater understanding of how violence in all its forms impacts our community and our world. While our primary focus will continue to be on intimate partner (domestic) violence and its impacts on families; we will also become a resource for information, understanding and education as it relates to all forms of violence.

Our next steps will be to provide you with ideas for helping us meet this important vision of ending violence in all its forms. In the meantime, we invite you to create your own ways to end violence and look forward to changing lives.

“The help I received from WCFOC was life saving and helped me leave a violent, long-term marriage.”

-- WCFOC client



Crisis Center

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Women's Crisis & Family Outreach Center

Management Staff

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

Administrative Staff

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

Legal Advocates

Marjorie Sayers, MA, *Legal Advocate*
Tracy Corsi, *Douglas and Elbert County*

Therapy Staff

Stephanie Fitzsimmons, LPC, *Therapist*
Rebecca Gale, LCSW, *Therapist*
Anne Harper-Hellstrom, LPC, *Therapist*
Tamara Milner, LPC, *Therapist*
Ellen Sloan, LPC, *Therapist*
Kate Kamaya, *Therapist*
Lisa Frize, *Therapist*
Lacey Faughender, *Clinical Intern*
Lauren Shelton, *Clinical Intern*
Ariel Wootan Merkling, *Clinical Intern*

Shelter Staff

Jenny Dunn, *Relief Advocate*
Heidi Dale, *Advocate*
Monica Horton (Bodhi), *Advocate*
Sonya Love, *Advocate*
Sarah Paliwoda, *Relief Advocate*
Shelley Reader, *Transition Advocate*
Nicole Springstroh, *Relief Advocate*
Paula Stack, *Advocate*
Frankie Valdez, *Advocate*
Kim Zeszutek, *Advocate*
Ami LoMonaco, *Advocate*
Erin Melville, *Child Advocate*
Audrae Lucero, *Advocate*
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TWCFOC Welcomes New Director of Development



courtesy David Starck Photography

Amy McCandless,
Director of Development

Imagine a community where relationships are happy, healthy and financially sound; a community where people are empowered to create change to make themselves safer, to learn the skills of developing positive relationships, and to work through the process of defining themselves beyond their domestic violence experience.

I'm excited to join the Women's Crisis & Family Outreach Center after nearly nine years with the American Cancer Society. As the Director of Development, my vision for the WCFOC development team is to lead them in a diversified fundraising program that will increase donations through outreach efforts, donor engagement, special events and corporate partnerships, as well as government and private foundation grants.

While I look forward to continuing the strong grant program that has been established, my area of expertise is building relationships with individual and corporate donors through fundraising campaigns and events. Moving forward for the WCFOC, my focus will be on donor relations and shifting the pendulum from a heavily grant-funded organization to an organization that prioritizes individual gifts, community partnerships, and increased outreach. Additionally, I'm excited to help grow our two special events, Empty Bowl and Future for Families Gala, and work with the team to engage additional groups of supporters and volunteers.

My goal is to create financial sustainability for the WCFOC to serve, educate, and empower the clients who walk through our doors every day; to help them understand that they too can have positive, healthy relationships. I'm grateful to be part of this amazing team, and look forward to a successful 2014!

"Without them I would still be living in domestic violence wondering what I did wrong. My kids would still be living with me in that environment. They helped me make the steps to become independent and secure in my ability to succeed as an individual, a mother, and as a woman."
-- WCFOC client

Women's Crisis & Family Outreach Center

MISSION

The Women's Crisis & Family Outreach Center is dedicated to reducing domestic violence and family conflict through advocacy, empowerment, violence prevention and intervention, services and education.

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 WCFOC 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.

"Without the legal advice and great counseling I have received, I don't know how I would have made it to a healthier, brighter place. I can't say enough about the people and services provided by WCFOC."
-- WCFOC client

Thank You 2013 Annual Sponsors



May we be a light to you...



courtesy David Starck Photography

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

On November 8th, WCFOC celebrated its 6th annual Future for Families Gala at the Inverness Hotel and Conference Center. The theme throughout the room involved beautifully lit lanterns with a quote from the great J.R.R. Tolkien, "May we be a light to you in dark places when all other lights go out". This sentiment resonated throughout the night. As guests entered the room, they were greeted with live jazz from Greenhouse Music. Many began at the silent auction table, bidding on exciting items including a VIP trip to Disneyland, weekend in Telluride, and a dinner for four at the local firehouse. The crowd was ready to enjoy a wonderful night in support of an amazing cause.

As dinner was served, our Mistress of Ceremonies, Ms. Colorado State America 2013, Michelle Marie, took to the stage to welcome everyone to the event. She spoke briefly about her own experience with domestic violence and how she was able to break the cycle. She then introduced a new video that illustrated how domestic violence impacts the community and what WCFOC is doing to combat its effects using agency resources including providing shelter, therapy and legal advocacy.



Our keynote speaker for the evening was Theresa Ramirez. Ramirez, who was only 7 years old when her mother was murdered by her boyfriend, and made it her mission to pursue reopening an 18 year old cold case.

Through her dedication and determination she was able to help bring her mother's killer to justice. She joined the WCFOC to not only share her story, but discussed how important providing resources are when leaving a violent relationship. She noted that agencies like ours are sometimes a victim's last hope in breaking away from the abuse and we as a community need to come together in support of those seeking help. Ramirez ended the evening with a standing ovation from the notably inspired audience.

The night continued with auctioneer, Adam Kevil, who commanded the stage in presenting thrilling live auction items including a V.I.P. Shuttle Launch experience, a trip to Africa, and a day of skiing with Olympic Gold Medalist Picabo Street. At the end of the evening, our guests had been truly inspired. And with that inspiration, WCFOC was able to raise the much needed funds to continue providing services to victims of domestic violence.

A special thanks to our event sponsors:
Richardson Accounting and Colorado Access.

Also a very special thank you to our Annual Partners: MW Golden, FirstBank, IREA, Rocky Vista University, Rockyard American Grill, Sky Ridge Medical Center and Van Der Jagt Law Firm.

WCFOC Offers a Variety of Therapy to Meet Client Needs

When adult and child clients visit WCFOC's Castle Rock or Kiowa offices, they are received with professionalism and acceptance. Our goal is for our clients to know they are receiving high-quality clinical care without any feelings of intimidation. Adults and children in the community who have been affected by current or past domestic violence can access individual and group therapy free of charge.

WCFOC's clinical interventions are grounded in research on how trauma impacts the brain. The single most important tool WCFOC staff members can offer a victim of domestic violence is the ability to regulate thoughts and emotions. Victims of domestic violence often experience racing thoughts and hyper vigilance when they are triggered by something in the environment that cues them to relive past trauma. WCFOC therapists work closely with clients to identify what is likely to trigger them, to create a plan to decrease exposure to these triggers, and to increase the healthy support systems in their lives so they can cope better. This allows WCFOC clients to live life fully, evaluate choices, and make a plan that suits that individual or family.

The most critical ingredient for healing is trust. WCFOC therapists work closely with adult and child clients to identify goals and develop a plan to work toward those goals. In addition to traditional talk therapy, WCFOC clients can take advantage of a wide array of specialized treatment interventions including: Equine Assisted Psychotherapy, EMDR, Art Therapy, Filial Therapy, Faith-based group therapy, parenting classes, and relaxation group. By offering a variety of treatment options, WCFOC clients can choose an intervention that will be a good match for their healing.

Clients receiving therapy at one of the WCFOC offices are able to engage in one or more of these unique treatment interventions. Usually a specific crisis brings a client to WCFOC for therapy. Clients are able to stay in therapy after this initial crisis to dig a little deeper and explore underlying issues that contribute to the conflict in their lives. The luxury of long-term therapy allows victims of domestic violence to engage in a process of change that allows them to break the cycle of violence for themselves and their children.

Give Your Child the Best Present of All... Your Presence!

by Anne Hellstrom, LPC

We all know parenting is one of the hardest jobs a person could take on, and the salary leaves much to be desired. This is why the parenting book business is a billion dollar industry. Consider what it is like to parent a child who has been traumatized by witnessing domestic violence. The program, "Parenting Beyond Consequences, Logic and Control" by Heather Forbes and B. Bryan Post, was designed specifically for children who have severe behaviors due to experiencing trauma in their lives .

Over the past two years WCFOC has offered this parenting class to clients and members of the community. We help parents step out of "How do I get my child to stop that behavior?" and consider "How do I best connect with my child right now in this moment?" The four principles addressed in this "new view" of parenting are basic:

- 1) All negative behavior grows from a fear-based state of stress
- 2) There are only two primary emotions: Love and Fear
- 3) We are all conditioned to behave in positive AND negative ways
- 4) Negative and positive neurophysiologic feedback loops exist beyond our conscious awareness

These four basic principles occur at an unconscious, physiologic level and we, as parents, have the ability to change or add to a child's sense of safety vs. fear.

A child exposed to trauma has a hyper-sensitive neurological system. This can result in severe negative behavior including aggression, defiance, lying, stealing, hoarding, and gorging. Parents using the Beyond Consequences method of parenting focus on what drives a child's behavior. By staying connected with a child who is having a tantrum or engaging in another negative behavior, parents create safety. Increased feelings of safety mean that a child feels less afraid. Children who feel safe will occasionally throw tantrums, steal, or act out. Children who feel afraid engage in these negative behaviors much more frequently. When parents set aside the dishes, the report due tomorrow, and the mess the dog just made and focus only on a child, they are rewarded with an exquisite moment of connection with that child. We are best able to receive a child's love and see that child for who he or she is when we are fully present, if only a moment at a time.

For more information about the Parenting Beyond Consequences, Logic and Control class, please contact Anne Hellstrom at 303-688-1094 or email at ahellstrom@twcfc.org.

Welcome New Board Members!

Craig Sammons, CFO, Sky Ridge Medical Center

A 25-year veteran of the healthcare industry, Craig Sammons joined Sky Ridge Medical Center in April 2003 as a member of the start-up team, one of the country's most successful new hospital developments.

With a degree in finance and accounting from the University of West Florida in Pensacola, Craig has been active in the community. He was previously on the board of HSS, Inc., a healthcare security company, and was involved with the Castle Pines Kiwanis Club.



Greg Staffelbach is a retired Programs Director for Raytheon. At Raytheon he was responsible for multiple government programs, and hiring and evaluating program and project managers. He is also a GED tutor at Denver Rescue Mission, reader at Clarebridge memory care facility, and a volunteer tutor for disadvantaged children. Greg brings to WCFOC leadership experience, program management and great people and organizational skills. He hopes to be able to help people, improve their condition and help them transition into being independent and self sufficient.

As a lifelong entrepreneur **Michael Prendergast** has founded and led companies in the Information Technology, Energy, Finance and Real Estate industries. His career focus is on identifying unique opportunities and creating successful businesses run by passionate, integrity driven professionals. He oversees management, strategic planning, product development and finance for several companies and has actively supported WCFOC for the last twenty years.



Terry Shadwick is the President and Founder of BluSky Restoration Contractors Inc. BluSky provides commercial and residential restoration, renovation, environmental, and roofing services across the U.S. Under his leadership, BluSky has experienced incredible growth and has been recognized numerous times by the Denver Business Journal, Inc Magazine, and CoBiz Magazine. Terry has also been a finalist for the Ernst and Young Entrepreneur of the Year Award three times. Terry is involved with a number of professional associations and is a proud supporter of multiple charitable organizations throughout the community. Terry received his Bachelor of Business Administration Degree in Finance from Iowa State University in 1993.



Steve Treat

Steve joined the WCFOC board in the Fall of 2013.



Matt Case is the Vice President of Strategy & Development for Access Management Services, a non-profit owned, mission-driven group of health plans and services for more than 500,000 Coloradans. Matt brings to the Board more than 20 years of leadership experience, having led large-scale strategic marketing, communications, sales and operations for several Fortune 50 companies. Matt is excited to leverage his experience in support of WCFOC's vision and mission and he has joined the Fundraising Committee to do just that.



... and New Staff Members!

Amy McCandless, Director of Development

I come to this organization with nearly 9 years experience in event fundraising, donor development and volunteer relations with the American Cancer Society. I'm looking forward to being part of a team with a local focus, helping victims of domestic violence right here in our community. As Colorado natives, my husband and I both are avid Denver Broncos fans, and love being outdoors. Cooking, reading, and enjoying a glass of wine are my favorite ways to unwind after a long day...or really just my favorite things in general!



Kate Kamaya graduated with a Bachelor's degree in Foreign Languages and Politics from the University of Redlands. She went on to complete her Master's degree in Marriage and Family Therapy from Regis University. She also completed a post graduate certificate in Counseling Children and adolescents. Before working at the WCFOC, Kate worked at Shiloh home with children who were victims of abuse, neglect and trauma. She will continue her work with kids and families with the Crisis Center. Outside of work, Kate enjoys traveling and has lived in four different countries. She also enjoys skiing, biking, climbing, running and spending time with her family.



Lisa Frize, M.A., N.C.C., started as a therapist at the WCFOC in September and was with us as a clinical intern from May 2011 through May 2012. She received her undergraduate degree from the University of North Dakota and completed her Masters of Arts in Counseling program at Regis University. Lisa has worked in a variety of different settings residential treatment, the Cherry Creek School System, non-profit organizations, and an eating disorder clinic in addition to her clinical experience at the WCFOC. She has one child (along with two dogs) with her husband and enjoys spending time with her family, golfing, and watching movies. Lisa is currently working towards her licensure to become a Licensed Professional Counselor.



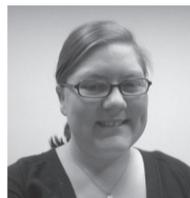
Lauren Shelton is currently working towards her Master's of Social Work at the University of Denver. She graduated from the University of Northern Colorado with a B.S. in Human Services in 2012. She enjoys working with both children and adults and will be incorporating her dog, Daisy, into her work with us. In her free time, Lauren enjoys salsa dancing, hiking, playing with her dog, and painting.



Lacey Faughender is a second year student in the graduate program of Social work at the University of Denver. Lacy is on the clinical families track and is also pursuing an animal assisted social work certificate. She is currently training a therapy dog named Goldie and hopes to use her as another way to reach clients. Social work is her passion, and Lacey enjoys watching clients be empowered and make positive changes in their lives. Lacey is not originally from Colorado but loves the weather and everything that Colorado has to offer.



Ariel Wootan Merkling is working towards a Masters of Social Work at Colorado State University. She is currently in her second year. Ariel has been married for three years and loves taking road trips.





Crisis Center

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PO Box 367
Castle Rock, CO 80104

Don't forget
Colorado
Gives Day

Dec.10

Thank You Major Donors!

Each fall, we like to recognize those donors who have given \$1,000 or more in the past calendar year thru November 12, 2013. To you and all our donors – THANK YOU!

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*"In my darkest hour
they were the ones who
reached out and gave
me a lifeline, which
changed the course of
my life forever."*

-- WCFOC client