



PAR VOICES Fall 2009

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Fall 2009

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Jeanne Wells

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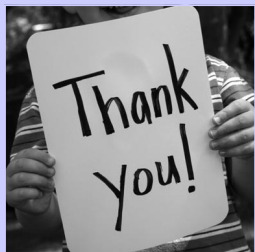


Back-To-School Tips for college

- **Trust your instincts.** If you feel unsafe in any situation, go with your gut. If you see something suspicious, contact your resident assistant or campus police immediately.
- **Avoid being alone** or isolated with someone you don't know well. Let a trusted friend know where you are and whom you are with.
- **Get to know your surroundings** and learn a well-lit route back to your dorm or place of residence. If you are new to the campus, familiarize yourself with the campus map and know where the emergency phones are.
- **Be careful** when leaving online away messages. Leaving information about your whereabouts or activities reveals details of your location that are accessible to everyone. Avoid putting your dorm room, campus address, or phone number on your personal profile where everyone can see it.
- **Form a buddy system** when you go out. Arrive with your friends, check in with each other throughout the night, and leave together. Don't go off alone. Make a secret signal with your friends for when they should intervene if you're in an uncomfortable situation.
- **Never loan your room key** to anyone and always lock your door. Don't let strangers into your room.
- **Practice safe drinking.** Don't accept drinks from people you don't know or trust and never leave your drink unattended – if you've left your drink alone, just get a new one. Always watch your drink being prepared. At parties, don't drink from punch bowls or other large, common open containers.
- **Watch out for your friends.** If a friend seems out of it, is way too intoxicated for the amount of alcohol they've had, or is acting out of character, get him or her to a safe place immediately. If you suspect that you or a friend has been drugged, call 911, and be explicit with doctors about your symptoms.
- **Don't let your guard down.** The college campus environment can foster a false sense of security. Don't assume people you've just met will look out for your best interests; remember that they are essentially strangers.
- **Try not to go out alone at night.** Walk with roommates or someone you trust. If you'll be walking home alone, ask a trusted friend to accompany you. Avoid the ATM and jogging at night. Don't put music headphones in both ears so you can be more aware of your surroundings.

www.peopleagainstrape.org

Volunteer Spotlight: Jeanne Wells



People Against Rape would like to thank all the speakers for PAR's June and October 2009 Victim Advocate Volunteer Training.

Caroline Byrd, Trident United Way 211 Hotline

Ann Williams, Assistant Solicitor 9th Circuit Solicitor's Office Berkeley County

Jack Sinclair, Former Deputy Prosecutor

Dr. Don Elsey, DNLCC Director Clinical Services

Von Bakanic, Ph.D
Dept. of Sociology & Anthropology

Cpl. Kathi Love,
N. Charleston Police Department

Pam Giesick

Tom Elek, TUW

Jeanne Wells was born and raised in Seattle but since then she has lived in Missouri, Pennsylvania, and now SC. Jeanne has worked in the non-profit sector doing fundraising and donor relations work for 8 years for a variety of organizations and joined Blackbaud in early 2007 as a fundraising consultant. Late last year, she transitioned into a management role at Blackbaud, and being "off the road" as a result of that has given her the time to do more volunteering, which led her to PAR in February 2009. Since February, Jeanne has volunteered an average of 32 hours a month and has helped PAR raise awareness and funds for PAR's Victim Relief Fund. Jeanne has participated and helped with PAR events such as *Take Back the Night* and *Dogs With a Cause*. We are very lucky to have such a dedicated, knowledgeable, and reliable volunteer, such as Jeanne Wells.

"I have known far too many people who have been victims of sexual assault or abuse, and when asked why I do this kind of volunteer work, I say I do it for them."



New PAR Volunteers

PAR would like to **welcome** our new on call volunteer victim advocates, they have recently gone through PAR's 25 hour Volunteer Victim Advocate Training.

Meredith Trevino

Brielle Bartron

Jillian Ricks

Jessica Roy

Tiffany Nelson

If you are interested in volunteering for People Against Rape, please visit our website to learn more about this opportunity to give back to victims of sexual assault crimes in the Tri-County area. PAR will be hosting a winter training in 2010!

Over the summer the outreach staff at PAR has been busy! In June, with the help of Charleston Riverdogs, PAR held Dogs with a Cause – an awareness event dedicated to bringing knowledge and understanding about sexual assault to the greater Charleston area. PAR has been working to create strategic alliances with a plethora of nonprofits in the community as well as local colleges. Nonprofits such as HALOS, LowCountry AIDS Services, and PAR have been working together to provide the best possible services to the community. We are excited to see what further organizations can band together in the coming year to serve Charleston, Berkeley and Dorchester counties!



In addition, we are happy to announce that starting this fall PAR will be holding **support groups at College of Charleston** on a weekly basis. We are teaming with both CARE and the counseling center to provide these groups and hope to have the day and time lined up soon. We are also holding **monthly seminars** about sexual assault at **Charleston Southern University**.

If you or your agency would like PAR to set up an **Outreach table** at your next event please contact our **Outreach Advocates Katie Dutrow and Crystal Ford**.

kdutrow@peoplegainstrape.org

cford@peoplegainstrape.org

Back-to-School Safety!

It's that time of year again! Time to head back to school! Where heading back to school brings all kinds of excitement, and there are so many things to do to prepare from buying new school supplies to buying new uniforms, it is important to also prepare your children to be safe. We would all like to think that school is a completely safe place from sexual predators and abusers, but we know this is sadly not the case. There are a few things it is important to remind your children as they head back to the classroom:

- Remind children of 'Good Touch vs. Bad Touch.'
- Let children know it is safe to talk to a teacher, guidance counselor, or school resource officer if anything happens.
- Remind children to always stay in the appropriate areas at school. Don't wander off.
- If children are of the age to be picked up from school, remind them to wait until the person who is meant to pick them up arrives. Don't go home with another adult unless the school has been notified.

If your child rides the bus, it is important to only get off at the specified stop unless parent knows why another stop is being made.



anniversary

People Against Rape would like to **THANK** and **CONGRATULATE** the following volunteers for giving their time, and devotion to PAR's clients each day and night for the past year.

Thank you for volunteering with PAR for 1 year or more!

Connie Towles 3 years!

Lindsey Turnmeyer

Caitlin Becker

Leigh Dekle

Britani Hall

Christine Lindemann

facebook

Check out

People Against Rape's
new Facebook page

www.facebook.com

And become a member of
PAR's group!



Thank you to everyone that helped organize this wonderful day. Big Thanks to...

Sally Burnett, TUW

Don Kassing, Chair, Day of Caring

Sally Ehrenfried, Team Leader

Courtney Roach, Team Leader

Amy Kovach, Project Assessment Outreach Specialist

Volunteers

NNPTC

David Lane

Kassondra Rausch

Eric Olson

Alex Randle

Jeff Burns

Brett Mattison

Raymond Delask

Blackbaud

Anissa Hurd

Tara Hamez

Ben Wong

Dianne Rivers

Jennifer Cole

Chassity Smith



September 11, 2009, marked the 10th annual Trident United Way Day of Caring and the 8th anniversary of the tragedy that shook the nation. This day held the special meaning as a “Day to Remember; a Day to Give Back.”

The Day of Caring celebrates this spirit by providing the opportunity for volunteers from around the Tri-County to join community enrichment agencies and schools to work on one-time service projects. Volunteer teams from local businesses and service organizations partner with agencies and schools to give their time and services in an effort to improve our community. This year was People Against Rape’s first year participating in this day of giving back. PAR, serving Dorchester, Berkeley, and Charleston County, has been located at the same location for over five years and Day of Caring was an opportunity to give the office a facelift. With partnership with Trident United Way, Blackbaud, and NNPTC (Navy), PAR was able to get more accomplished in one afternoon than we have done in 5 years. With dated painted rooms, stained carpets, moldy kitchen and baths, and no storage, Blackbaud and NNPTC volunteers got to work.

On Friday, September 11th thirteen volunteers and nine PAR advocates worked hard to make our office more inviting for the clients and support groups that come through our doors each day. That afternoon PAR transformed, painting 2 advocate rooms, hallway, steamed many rooms, tore up linoleum flooring, and created much needed storage by building bookshelves and closet shelves.

The PAR team could not thank everyone enough for all the hard work and heart that went into this special day.

To learn more about Day of Caring and to view pictures of this day log onto www.tuw.org

Trident United Way Day of Caring 2009



PAR Support Group Schedule

- **Adult Survivors of Childhood Sexual Abuse** support group meets every Monday evening from 5:30-7:00 PM at PAR's office in North Charleston.
- **Trauma & Recovery** meetings 1st and 3rd Thursday 5:30 to 7:00. Meetings will be held at the Mt. Pleasant Police Department's Victim Services Building at 309 Bank St., Mt. Pleasant.

For more information and the schedule for this group, and for all the groups at PAR, please visit the PAR website www.peopleagainstrape.org



Adult Survivors of Sexual Assault Support Group

Support Group Coordinator

Torie Roberts

torie@peopleagainstrape.org

Over the summer, we added a new support group to our roster – Survivors of Incest Anonymous (SIA). SIA, started in 1982, is a 12-step, self-help recovery program modeled after Alcoholics Anonymous. SIA group meetings are being held at the We Care Center in Summerville, on the first Tuesday of every month.

The 12 Steps of SIA

(For an in-depth exploration of the 12 Steps contact SIA for the booklet entitled "The 12 Steps and The 12 Traditions - click on "Literature" tab)

1. We admitted we were powerless over the abuse, the effects of the abuse, and that our lives had become unmanageable.
2. Came to believe that a loving higher power, greater than ourselves, could restore hope, healing and sanity.
3. Made a decision to turn our will and our lives over to the care of a loving higher power, as we understood that to be.
4. Made a searching and fearless inventory of ourselves, the abuse, and its effects on our lives. We had no more secrets.
5. Admitted to a loving higher power, to ourselves, and to another human being our strengths and weaknesses.
6. Were entirely ready to have a loving higher power help us remove all the debilitating consequences of the abuse and became willing to treat ourselves with respect, compassion and acceptance.
7. Humbly and honestly asked a loving higher power to remove the unhealthy and self-defeating consequences stemming from the abuse.
8. Made a list of all the people we may have harmed (of our own free will), including ourselves and our inner child(ren), and became willing to make amends to them all.
9. Made direct amends to such people where ever possible, except when to do so would result in physical, mental, emotional or spiritual harm to ourselves or others.
10. Continued to take responsibility for our own recovery and when we found ourselves behaving in patterns still dictated by the abuse, promptly admitted it. When we succeed, we promptly enjoy it.
11. Sought through prayer and meditation to improve our conscious contact with ourselves and a loving higher power as we understood that to be, asking only for knowledge of it's will for us and the power and courage to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to other survivors and practice these principles in all our endeavors.

Our SIA group is for women, 18 years and older, who were sexually abused as children. You will not be rejected because you think your abuse was "too horrible," or you think your abuse wasn't "bad enough to count." The only requirement for membership is that you were sexually abused as a child and you want to recover. For more information about this support group and all of the support groups offered at PAR, please contact our Support Group Coordinator, Torie Roberts at torie@peopleagainstrape.org or 745-0144. Full and up-to-date schedules for the groups are available on-line on PAR's website, www.peopleagainstrape.org.

Committed to Helping ~
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PAR is a member of the South Carolina
Coalition Against Domestic Violence and Sexual
Assault .

Our Hotline service is provided by Call Experts,
a 24/7 complete contact center for all voice and
electronic communications. Contact them at:



www.CallExperts.com

2154 N. Center Street
Suite 302-C
North Charleston, SC 29406

Phone: 843-745-0144
Fax: 843-745-0119
24-hr. hotline: 1-800-241-7273
Email: www.peopleagainstrape.org

Donations and Victim Relief Fund

People Against Rape would like to thank everyone who have donated to PAR from June through October 2009. Donations to PAR help us better serve the men, women, and children we see each and every day. The Victim Relief Fund was created to provide much needed victim emergency funds for temporary housing, transportation, money for medical exams, and more to victims and their families who can not afford due to their recent assault. These donations, big or small, make all the difference in the lives of families during this unthinkable time in their lives. Thank you to everyone who recently opened their homes, wallets, and hearts to a family in need during their trial, words can not explain how much PAR was touch by all the support from our community.

Robert Somerville	Jerome Knight
Heath Hoffman	Karen Harrison
Lowcountry /Southeastern Star BQ	Rhonda Lampright
Amy and John Locklair	Steve and Stephanie Harrelson
Anthony Dargan	Linda Ketner
Micah Carpenter	Charleston Rifle Club Ladies Auxiliary
Maddie Rauch	Christ Our King Church
Elizabeth and Timothy Martin	Jeanne Wells (Blackbaud)
Elmire Raven	Rachel Hutchinson (Blackbaud)
Tracy Borczyk	Donald and Susan Cuicci
Carolina Crisis Software	Christine Lindemann
Leslie Skinner	Dean Kilpatrick
Eunice Bakanic and Floyd Roberts	Patty O'Donnell
Torie Roberts	Courtney Winders
The Alliance of the Unitarian Church of Charleston	Elizabeth Martin
Katie Dutrow	Week, Foti, and Irvine
Eric and Jessica Kennedy	Twin Muses
Turquoise Waters Accounting	Clarice Warren
Franklin and Shawn Blunt	Michelle James
David and Pamela Marek	Susan Hutto
John and Dori Lovell	Becky Bowers and Navy Wives Club of America
Julie Parrish	Bethel Methodist Church
Rachel Fitzpatrick & Seacoast Tuesday Night Women's Group	Goose Creek Police Department & Lavoya Rhodes
Patricia Ewing Banko	Call Experts