

# The Stepping Stone

Summer 2011

*The Stepping Stone* is a newsletter published quarterly by Someplace Safe, Inc. We are a non-profit social service agency and are committed to serving survivors of domestic violence.

## AVAILABLE SERVICES

24-HOUR Crisis Hotline  
Emergency Shelter  
Crisis Intervention  
Legal Advocacy  
Women's Individual &  
Group Support Services  
Children's Individual &  
Group Support Services  
Community & School  
Teen Dating Violence Hotline  
Education Programs



All services are accessible  
by calling:

Someplace Safe, Inc.  
330-393-3003 or the  
24-Hour Crisis Hotline  
330-393-3005  
[www.someplacesafe.org](http://www.someplacesafe.org)

Someplace Safe, Inc. is funded by the State of Ohio Marriage License Bureau, VOCA, VAWA, United Way, Family Violence and Prevention, Trumbull County Department of Jobs and Family Services, and private donations.



## **1<sup>st</sup> Annual Ducky Derby to Quack Out Domestic Violence**

**October 8, 2011**

3:00 Activities start

4:00 Race starts

### **At Lake Vista**

303 N. Mecca St (Rt 46)

Cortland, OH 44410

Buy as many Ducks as you'd like from one to a flotilla.  
Come and cheer your duck to the finish line.

First prize is \$1,000.00 and second prize is \$500.00  
There are various other prizes.

One Duck is \$5.00

A Nest (6) is \$25.00

A Flock (13) is \$50.00


A Flotilla (27) is \$100.00

**Call 330-393-3003**

There will be children's games,  
food vendors, and a "Cheese, Wine  
and Quackers Tent".

# VOLUNTEERS NEEDED !

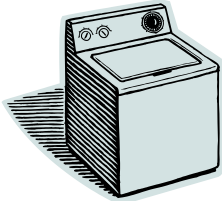
We are looking for a few dedicated volunteers. We really need a

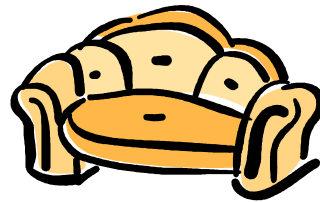
“handy man”  to help with minor upkeep and repairs.



Now we also need some strong  able bodied men with

trucks  to help pick up large donations such as


appliances  and furniture.



Finally, we are looking for someone to help



sort

and  laundry donations. It can be a **big** job



sometime but it can also  be fun.

**Call 330-393-3003**

# Someplace Safe's Annual Unity Day

**Monday, October 3, 2011**

11:30 a.m. until 1:00 p.m.

Formal ceremony starts at 12:15 p.m.

at the United Methodist Church

309 North Park, Downtown Warren

by Courthouse Square



Contact Someplace Safe to purchase your purple light bulb for your porch light for the month of October.

*Come join us in a celebration of remembrance of the victims who have died, to celebrate the courage of those victims who have survived, and the revitalization of those who are working in the field to help empower the victims still struggling to free themselves from the bond of domestic violence.*

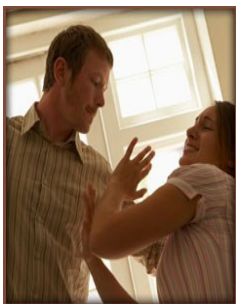
Just a friendly reminder that we are still collecting cell phones here at Someplace Safe. We are located at 1540 Tod Ave NW, right next to the Veteran's Clinic. Thank you for your continued support through all these years.



Associated Press / Kristin Murphy

## The Many Connections between Domestic Violence and Substance Abuse

Many of the women that we see coming into shelter have a substance abuse problem. There are many reasons for this. One may be self-medication and the alcohol and drugs may be used to cope with the physical, emotional and/or psychological pain of family violence. Research indicates that women who abuse alcohol and use illegal drugs are more likely to become victims of domestic violence. Research also shows that these women are more likely to abuse prescription drugs and become dependent on tranquilizers, sedatives, stimulants, and painkillers. Another reason is that the abuser feels the need to control her and he supplies her drugs.



Researchers have found that one fourth to one half of men who commit acts of domestic violence also have substance abuse problems. Taking the drugs and alcohol away from this situation is not going to help the problem either, because the abuser will still be abusive. Remember that drugs and alcohol do not cause domestic violence but reduces behavioral inhibitions so that socially unacceptable behavior such as aggression is more likely to occur. Often abusive individuals excuse and deny their violent behavior, and are even excused by their partners and other family members because they were drunk and "not in control."

Fifty percent of batterers are believed to have had "addiction" problems. Alcohol and drugs are seen as Learned Association: We learn in our families and social groups that certain events or behaviors are connected and expected. Therefore, there is a problem later in their teens with drinking and violence in their relationships. It is also suggested that children who run away from violent homes are at risk of further victimization and substance abuse as well as other problems.

It has been shown that members of families in which one or both parents abuse substances are considered to be at high risk for physically abusing and neglecting their children. A recent survey of public child welfare agencies conducted by the National Committee to Prevent Child Abuse found that as many as 80 percent of child abuse cases are associated with the use of alcohol and other drugs, and the link between child abuse and other forms of domestic violence is well established.

### Other Connections between Domestic Violence & Substance Abuse

- About 40 percent of children from violent homes believe that their fathers had a drinking problem and that they were more abusive when drinking. Childhood physical abuse is associated with later teen drug abuse.
- Substance abuse by one parent increases the likelihood that the substance-abusing parent will be unable to protect children if the other parent is violent.
- A study conducted by the "Department of Justice" of Murder in Families found that more than half of defendants accused of murdering their spouses, as well as almost half of the victims, had been drinking alcohol at the time of the incident.
- Teachers have reported a need for protective services three times more often for children who are being raised by someone with an addiction than for other children.

Both domestic violence and substance abuse are pervasive social and health problems. They cut across every socio-economic level, all demographic levels. They are potentially life threatening and are often generational. They tend to become progressively worse as time goes by. They affect all family members. It usually involves denial by all parties involved. It results in social isolation for both the individuals and whole families and leads to other kinds of problems (legal, financial, health) later on.

## NEW PROGRAMS AT THE SHELTER

# HELPING HANDS

Someplace Safe, Inc. Domestic Violence Shelter is experiencing some positive change. Under the vision of the Executive Director, Cheryl Tarantino, services at the shelter are blossoming. There is an increase in Children's Programming and Services, called *Helping Hands* and **CHIPS**. These programs will run together, criteria for funding is the only difference— *Helping Hands* is funded by the Ohio Children's Trust Fund and **CHIPS** is funded through OCJS Family Violence Grant. The Children's Program, headed up by the Children's Program Coordinator Jennifer Cecil, will offer Children's Support Group twice a week for children in the shelter, as well as in the community that have been affected by domestic violence. In the groups, the children will work on increasing self-esteem, distinguishing between feelings and emotions, learning appropriate boundaries, and prevention of abuse and violence. She will also be providing individual sessions to meet one on one with the children to develop safety plans, establishing rapport with an adult, and working on communication skills and increasing self-esteem.

In conjunction with the Children's Program, Jennifer and Shelter Manager, Vanessa Vince, will hold a group with the moms of the children who participate in the program, both from within the shelter as well as within the community who have been affected by domestic violence. This group is called **Moms' Café** and will include support, as well as various different training and educating in regards to positive parenting, appropriate discipline models, and discussion of the work being done with the children. During this time, Vanessa and Jen will serve coffee, tea, juice, and some treats for the women to enjoy themselves, relax, and fellowship.

Vanessa will also be working with the women in the shelter on an individual basis, to ensure that needs are being met, linking with community resources, such as counseling, housing, education, employment, financial planning, and many other areas of need. Someplace Safe is developing alliances and partnering with other agencies to provide services to women and children.



**We are also accepting used ink cartridges. Please drop them off at our office, 1540 Tod Ave NW, Warren. Help the environment and help Someplace Safe at the same time.**



**Marketplace**

**Here's another way to help Someplace Safe. Shop at GFS Marketplace and mention "Someplace Safe" at the register during checkout and we will get a donation.**

# Someplace Safe is in need of the following items:

## **URGENTLY NEEDED ITEMS:**

- DISH SOAP
- TRASH BAGS
- HAND SOAP
- WOMEN'S DEODORANT
- MOPS
- BLEACH/LAUNDRY SOAP
- STANDARD SIZE LIGHT BULBS
- WASH CLOTHES

Phone Cards, Gift Cards (Giant Eagle, Walmart, Target, etc..) and Gas Cards are always appreciated.

## **Other items that are always appreciated:**

### **Food Items**

- Sugar & Artificial Sweetener
- Powdered/Pre-sweetened drinks (Kool-Aid, Iced Tea)
- Ground or Instant Coffee
- Cereal/Breakfast Foods
- Condiments (Ketchup, Mustard, Mayo)
- Peanut Butter & Jelly
- Boxed Meals (hamburger Helper, Macaroni & Cheese, Stuffing, Potatoes)
- Frozen Meals
- Canned foods
- Snack foods
- Fresh/Frozen Meats
- Breads
- Spices
- Baking Supplies (Cake mixes, flour, oil, etc.)

### **Household & Cleaning Products**

- Disinfectant Sprays
- Dish Soap
- Hand Soap
- Laundry Supplies (Bleach, detergent, fabric softener)
- Garbage bags (33 & 13 gallon)
- Light bulbs (Standard & 48" Fluorescent)

Alarm Clocks  
Umbrellas  
Scrubbing Pads  
Mops/Brooms  
Cleaning Supplies (Windex, Pledge, Pine Sol, Clorox Wipes)  
Toilet Paper  
Paper Towels  
Tissues

### **Personal Care Items**

Shampoo  
Conditioner  
Bar Soap  
Body Wash  
Hair Spray, Mousse, Gel  
Brushes & Combs  
Women's Deodorant  
Feminine Hygiene Products  
Cosmetics  
Toothpaste/Toothbrushes/Mouthwash/Floss  
Body Lotions & Sprays  
Over the Counter Medications (Pain Reliever, Allergy, Cold, Children's, etc.)

### **Children's Needs**

Baby Food (all stages)  
Baby Formula  
Diapers (Sizes 3, 4, 5, &6)  
Baby Wipes  
Snacks  
Drinks  
School Supplies  
Craft Items

### **Office Supplies**

92 Bright Multipurpose paper  
Bright colored Paper  
Toolbox with basic tools  
Postage Stamps  
Batteries of all sizes  
General office supplies (Pens, paper clips, highlighters, staples, etc.)

**Donations are tax deductible, so please ask for a receipt for your records.**

# *The Stepping Stone*



**Someplace Safe, Inc.  
1540 Tod Ave NW  
Warren, OH 44485**

**Non-Profit Org.  
U.S. Postage  
Paid  
Permit No. 871  
Youngstown, OH**

**Current Resident or**

**IF YOU KNOW SOMEONE WHO IS IN A DOMESTIC VIOLENCE CRISIS  
PLEASE ENCOURAGE THEM TO CALL 330-393-3005 FOR  
24-HOUR CRISIS INFORMATION.**

Someplace Safe's Crisis Line & Shelter is staffed 24-hours a day.

All services that Someplace Safe, Inc. provides are free of charge.

If you need assistance in obtaining a Civil Protection Order or need Court accompaniment, please call 330-393-3003 for an appointment with one of our Legal Advocates.

**We believe in the philosophy that everyone is entitled  
to a life free of violence!**