

ARTEMIS CENTER



Guiding Victims of Domestic Violence Towards Hope and Healing

P2

A Note from the
Executive Director

P3

24-hour Domestic
Violence Hotline

P4

Learn about our Child
Therapy program

SPRING 2013 NEWSLETTER

BEHIND CLOSED DOORS

Everyone knows someone who has experienced domestic violence. One in 4 women will experience intimate partner violence in their lifetime. Domestic violence cuts across all races, religions, ethnicities and economic backgrounds.

This year's gala was a huge success due in part to the participation of the many new supporters who attended the gala for the very first time. As many of you know, supporters of Artemis Center often serve as a life-line to domestic violence victims by telling them what we do and how to contact us for services.

Whether you realize it or not, at some point in your life you will know someone who has experienced domestic violence. You may have a co-worker, neighbor, friend or relative who needs help to get safe. This issue of the Artemis Center Newsletter is dedicated to informing our supporters about our services so you can help domestic violence victims get the help they need to achieve safety and healing for themselves and their children.

At Artemis Center we define domestic violence as a pattern of physically and emotionally abusive and coercive behaviors that one partner uses to exercise power and control over the other partner. Research has shown, and we have seen, that very often the abuser will engage in similar tactics to exert power and control over the children in the household, as well. These abusive and coercive behaviors include physical and sexual abuse, threats and intimidation, property damage, using the children to get leverage or inflict pain, minimizing the abuse, denying that the abuse occurred or that the victim is in pain, and blaming the victim for the abuse. Not all of these behaviors are criminal, however they are all tactics abusers use to manipulate and get what they want.

Victims stay with their abusive partners for a variety of reasons. Some victims believe in the sanctity of marriage and/or may not want to take the children away from their

father or father figure. Other victims stay simply because they cannot afford to leave. They may have no income of their own, prefer not to go to a shelter and have nowhere else to go. Often victims love their abusive partners. Abusers are not abusive all of the time. There are good times, and the good times are what keep the victims going. Although they may be controlling from early on, abusers typically wait until the victim is emotionally invested in the relationship before they resort to physical violence. Lastly, many victims stay because leaving can be very dangerous. If an abuser knows or suspects that the victim is planning to leave the relationship, the abuser will escalate the abuse to maintain power and control over the victim. In addition, abusers often continue to abuse their ex-partners after the relationship ends. In fact, in 87 percent of domestic violence homicides, the victims had already left or were in the process of leaving the relationship.

Artemis Center provides confidential and supportive services to help victims get safe and heal from the psychological trauma they've experienced at the hands of their abusers. The vast majority of victims will never go to a shelter, yet they need a variety of other services. Artemis serves over 5,000 victims each year, including many of the victims who stay at the YWCA shelter. All Artemis client services are provided free of charge. We operate with a very lean staff on a very small budget. Our best source of advertising is word-of-mouth. You can help victims simply by spreading the word about our services.



Patti's Page

A letter from the Executive Director

As you review the various projects highlighted in this newsletter, keep in mind that we at Artemis Center could not do what we do without the generous support of a caring community. Please know that your contribution has made a difference in the work we do every day. For that, we are most grateful.

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“Children cannot succeed when they are constantly worried about their own or their parent’s safety. The basic need of safety trumps other social, educational, and emotional concerns.”

With the recent emphasis by funders and the community on improving education, I would like to take this opportunity to assert that children will not, indeed cannot, reach their capacity to learn when they are lacking the basic essentials, including safety, food, clothing, and shelter.

When intimate partner violence occurs within families, the effects on children are profound. Children exposed to intimate partner violence often experience a sense of terror or dread that they will lose their parent through permanent injury or death. In addition, they often blame themselves for having failed to protect their parent or for having caused the violence through their own behavior. In many cases, these preoccupations interfere with the child’s ability to succeed at school. Artemis Center programming helps to keep non-violent parents safe so they can provide a safe home for their children. Our child therapy program helps children who have witnessed intimate partner violence to heal from their trauma.

At Artemis, we struggle to balance the great need for our services with a very lean staff. We know that we cannot reach every victim, but the victims we do serve often remark afterward that our services changed, sometimes saved, their lives and the lives of their children. Your support helps inspire us to continue our work. I can promise you that we remain committed to be here for all of the victims who seek our help in finding safety and hope.

On behalf of the Board of Directors, staff, volunteers, and clients of Artemis Center, I thank you for being a generous supporter. With your help, we can continue providing lifesaving programs for adults and children in the Dayton area who are affected by domestic violence, and to promote the kind of change in our community that is needed to end violence against women.

In peace and gratitude,

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The 24-Hour Domestic Violence Hotline

One victim described her experience with the Domestic Violence Hotline this way: “My name is Jessica, and I had never worked with Artemis Center before that Monday. That Monday I felt as if I had nowhere to turn. I felt I had no options. I felt hopeless...”

“Over the weekend I was brutally attacked by my batterer. He broke into my apartment, punched me repeatedly, broke my cell phone over my head, and strangled me until I almost passed out. He said he was going to kill me, and he shoved one of my sons’ toys down my throat. When my children awoke from all of the commotion, he wouldn’t let me comfort them. He said he ‘wanted our children to see their mother die.’ It was a miracle that I got away and was able to call 911. There was a standoff with police, and he is now in jail. My call to the Domestic Violence Hotline

put me on the path to safety and a better life for myself and my children.”

Artemis Center Advocate, Bernadette, took that first crisis call from Jessica that Monday. In Bernadette, Jessica found someone she could confide in, and someone that understood her and could help her. Bernadette became Jessica’s victim advocate. Over the first few days, she and Jessica spoke by telephone several times a day. Although her batterer was in jail, Jessica felt threatened by her batterer’s family and friends. Bernadette was

able to help Jessica get into shelter, and she supported Jessica through her batterer’s criminal case. Bernadette attended court hearings with Jessica and stood beside her as she faced the man who tried to kill her. Jessica’s batterer is now serving a three year sentence in prison.

**The domestic violence hotline is a 24 hour service. The phones are answered by Artemis Center during peak hours of 8 a.m. to 8 p.m. weekdays, and are answered by the YWCA during off-peak hours and holidays.*

Crisis Intervention

Here at the Artemis Center, crises come in all forms. Many victims leave their homes with merely the clothes on their back. Meet Lacey.

At Artemis Center, crises come in all forms. Some clients call the Domestic Violence Hotline in a crisis. Some clients come to Artemis as a “walk-in” without an appointment. Many victims leave their homes taking only what they can carry in shopping bags or garbage bags. Some victims leave home with just the clothes on their backs.

“I need to speak to an advocate,” said a woman who brought her children to Artemis Center early one morning. “Lacey” explained that she and the children had spent the night in their car in a hospital parking lot so they would be close to medical care in the event that her batterer found them. The children were frightened, cold, hungry and tired.

Artemis Center services include an emergency food pantry and a Client Assistance Fund. That morning, the advocates took food from the pantry and fed the family. Then they bedded the children down in a meeting room, while an advocate helped Lacey with the paperwork for a Civil Protection Order. Next, an advocate accompanied the family to the courthouse and walked Lacey through the Protection Order process. After court, the family came back to Artemis Center. The staff ordered a pizza for the family and made them as comfortable as possible while Lacey and an advocate worked on getting the family into an out-of-county shelter. Artemis was able to provide Lacey with a gas card from the Client Assistance Fund so she could leave the county.



Artemis Center relies on community donations to keep the pantry stocked with food, personal hygiene, and housekeeping items, as well as for client assistance funds and gift cards. Donations to the Artemis Client Assistance Fund pay for getting victims’ locks changed and other relatively inexpensive safety measures. Occasionally, the fund is used to buy a bus ticket so a victim can leave town. Gift cards help victims buy gas to get to a safe place, set up housekeeping or pay for prescription medications and other necessary sundries.

ADVOCACY

“To speak, write, and be in support and defense of another person.”

Advocacy is the cornerstone of Artemis Center services. Artemis advocates listen to victims and, depending on their needs, may help them process their situations, assess their level of risk, develop and update safety plans and identify their options.

In assessing each client's needs, advocates listen carefully to the client's concerns, questions and fears. Abusers constantly judge their victims and find them wanting. Artemis advocates are respectful of victims and are not judgmental.

Information is power. The advocates provide information about the courts, the judicial process, and community resources, and they help victims explore their options. The advocates do not make decisions for victims. They empower victims by supporting them in their decisions. Artemis advocates help clients develop a safety

plan that is tailored to the individual client's needs and wants, whether she plans to stay with the abuser or leave the relationship. A safety plan may include getting finances in order, changing locks, getting a Protection Order and identifying safe places and people in the client's life. When necessary, Artemis Center can provide victims with a cell phone they may use to call 911 in an emergency.

In addition, Artemis victim advocates advocate in the community on behalf of victims. Sometimes an advocate will advocate with Greater Dayton Premier Management (formerly

Dayton Metropolitan Housing Authority) to allow a victim to move from one residence to another, so the abuser can't find her. Sometimes an advocate will work on safety planning with a victim's employer to reduce the risk that the abuser will harm the victim and the victim's coworkers in the workplace. Often Artemis staff will provide educational presentations to hospital personnel, law enforcement, the faith community, and other systems partners and community groups so that the participants learn to help victims without unintentionally revictimizing them.

COURT ACCOMPANIMENT

Research has shown that domestic violence victims are much more likely to follow through with legal proceedings if a victim advocate accompanies them through what can be an unfamiliar and intimidating process. Artemis advocates accompany many clients to court for filings, pre-trial conferences and hearings. Along the way, the advocates provide emotional support so the client knows she is not alone.

One advocate described an experience she had serving a client as follows: “As an advocate for nearly five years, a large portion of my job with Artemis Center has been to serve clients in the criminal justice system. Recently, a

representative with the local Domestic Relations Court asked me to assist an individual with a disability with filing a Petition for a Civil Protection Order. “Holly” has a traumatic brain injury and uses a wheelchair. She was living with her abuser when he attempted to strangle her. The police had been called to Holly's residence a number of times, and they had become frustrated with the communication and memory problems caused by Holly's disability.

I first met Holly at court and assisted her in completing her paperwork. I sat in the courtroom as her support

“I felt privileged to help Holly navigate the civil and criminal court systems. She is currently safe and on her own.”

person, as she testified. The Court granted Holly a Civil Protection Order that ordered her abuser to vacate the home and have no contact with her for five years. When Holly's abuser violated the Protection Order, I advocated on her behalf with the police. Holly's

abuser was charged with domestic violence and taken to jail. When he was released from jail, he violated the Protection Order again and was arrested again. Fortunately, Holly knew she could call Artemis for continuing support and to get updates on her abuser's incarceration status.



CHILDRENS THERAPY

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One of the most unique services provided by Artemis is therapy for children who have witnessed violence in the home. Estimates of the number of children exposed to domestic violence in the United States range from at least 3.3 million to as many as 10 million children.

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The damage to child witnesses of domestic violence is well documented. In young children, such trauma can disrupt cognitive functioning and may lead to long-term brain impairment. Young child witnesses often have sleep problems and trust issues. Their developmental skills may be delayed, especially their communication abilities and motor skills.

Older child witnesses are more likely to display behavior problems, such as substance abuse, school failure, and aggression. These children are significantly more likely than children from non-violent homes to experience anxiety, depression, post-traumatic stress disorder, sleep problems, concentration problems and trust issues. They are significantly more likely to engage in risky sex, run away from home, engage in teenage prostitution, commit sexual assault, and attempt suicide. Without appropriate intervention, these children are more likely to grow up to repeat the cycle of violence by becoming abusers or victims.

Therapy can help child witnesses heal from the trauma of domestic violence. The Artemis Center Child Therapy Program serves children through age 18 and is one of the very few domestic

violence advocacy agencies in the U.S. that offers specialized therapy to the youngest victims – child witnesses ages three and under.

Young children exposed to domestic violence mimic what they see. However, the same children can learn from the positive influence of the non-abusive caregiver. Artemis child therapist, Lisa, described an example of her work with very young children as follows:

“Three-year-old ‘Keri’ witnessed ongoing fighting between her parents, yelling, name calling and controlling behavior. Keri’s mom recently separated from Keri’s father, and both parents share in parenting time. Mom is committed to providing age-appropriate structure and routine for Keri. Keri’s father does not structure her routine or provide rules for her. Keri is exhibiting extreme reactions, including excessive tantrums, defiance, and controlling and manipulative behaviors. If Keri is given what she wants, she remains calm. However, if Keri does not get what she wants immediately, she is inconsolable. Her manipulative behavior is outside the normal range for a three-year-old. This is consistent for child witnesses of domestic violence when they have

been exposed to repeated controlling behavior from an abusive parent.

Keri seems confused by her own emotional reactions, at times. In fact, she is overwhelmed by the multiple changes in her daily routine and expectations, which vary depending on which parent is caring for her.”

Lisa, the Artemis child therapist, has helped Keri’s mom develop parenting practices that help Keri develop better coping skills and pro-social behaviors such as sharing and respectful communication. Keri and her mom made a daily schedule with picture symbols to help Keri anticipate future events and practice coping with change. Mom has learned to limit the number of warnings and to apply immediate consequences in order to discourage negative behavior. Lisa’s support has helped mom strengthen her parenting skills. Mom’s confidence in her parenting continues to grow as Keri develops positive social and coping skills. As a result of this therapeutic intervention, Keri’s coping skills will continue to improve as she matures.



ADVOCATES IN THE *Community*

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The award of a Federal Demonstration Grant nearly nineteen years ago, provided the means for Artemis Center to enter into a partnership with Montgomery County Children Services (now known as Montgomery County Department of Job and Family Services, Children Services Division). That was the beginning of a shared staff relationship which has garnered a number of awards for its unique collaborative approach to addressing domestic violence.
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Through this partnership Artemis Center advocates are now embedded with Job and Family Services caseworkers at the Job Center and at Children Services. Many domestic violence victims utilize the Job Center as they work toward independence, and Children Services is sometimes brought in to help victims when their children are at risk. The embedded Artemis advocates serve as liaisons that help caseworkers understand victims' predicaments and needs and assist with problem solving. They also provide direct assistance and support to clients, including safety planning, court accompaniment, referrals to other community resources, and assistance with navigating the legal justice, Children Services and Job and Family Services systems.

Shelby has served as the Artemis advocate embedded at Children Services for nearly nineteen years. She is the "Go-to" person for both Artemis Center and Children Services staff on domestic violence cases involving Children Services. Shelby described an example of her work as follows:

"I was invited to a meeting to learn more about the concerns of a Children Services caseworker regarding a particular client and her children. There was a long history of physical and emotional violence and control by the batterer. At the time, the batterer was serving a prison sentence for domestic violence. The family had relocated after the batterer's incarceration, but he was still sending letters to



the mother and the family through the Children Services caseworker. The letters grew more intimidating and threatening and more frequent as the end of the batterer's incarceration approached. The caseworker brought me in out of concern for the family's safety."

Shelby assisted the client in obtaining a Civil Protection Order and accompanied her to all court hearings. She referred the client to the State of Ohio victim notification program, called Victim Information and Notification Everyday (VINE), so the client could register to be notified when her batterer was released from prison. Shelby also helped the client get an attorney so she could file for divorce.

Since 2006, Artemis Center has had an advocate embedded with Job and Family Services at the Job Center. A batterer typically attempts to control as many aspects of the victim's life as possible. Abusers' tactics often include fostering their respective victim's dependence by obstructing the victim's ability to go to school, get work and hold a job. Batterers' sabotage tactics may include disabling the victim's car, failing to provide promised transportation or childcare, making frequent calls and visits to the victim's place of employment, and depriving the victim of sleep before a major test, job interview or presentation.

Similarly, batterers often interfere with their victims' participation in the Temporary Aid for Needy Families (TANF) program. In order to qualify for public assistance

In addition, abusers often monitor their victim's movements and isolate them from friends, family and service providers. Many victims who could not come to Artemis Center safely are able to meet with the Artemis

Jenna, the Artemis Job Center advocate described her recent work with a victim as follows:

Job and Family Services to resolve several issues the client experienced while applying for childcare assistance and food benefits. Jenna also referred the client to community resources to help the client find housing. Jenna learned this client was interested in pursuing home healthcare as a career. Jenna told the client about Artemis Center's Julie Dunckelman Memorial Scholarship Fund, and the client applied for a scholarship. The Artemis Board of Trustees awarded the client a scholarship, and the client was able to attend the Ohio Medical Career Center at the Job Center where she earned credentials as a Certified Nursing Assistant. The client went on to pass the state license test and work in her field. Her confidence in her ability to support herself and her child has grown as a result of her accomplishments. She is now able to provide a safe home for her child.

Follow the journey of Mary, who is able to share her story because of the Artemis Center.

a single mother for the safety of your children. My advocate accompanied me to my court hearings to support me as my batterer sat less than 20 feet away in the small court room. I realized starting a new life meant a lot more than getting a protection order. I became a regular member of a weekly support group for victims of domestic violence. While my abuser is in prison, he is still victimizing me through letters he writes from his cell. Understanding ears and open hearts from other victims in support group have given me the courage to create a safety plan for myself and my children. Without Artemis, I don't know where I would have found the strength to leave an unhealthy relationship or to rebuild my life.

ARTEMIS CENTER

Guiding Victims of Domestic Violence Towards Hope and Healing

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Visit us online!
www.artemiscenter.org

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WHY 9?

- Every **9** seconds a woman is battered
- **DOMESTIC VIOLENCE** is the leading cause of injury to women — more than auto accidents, rape, and muggings combined.
- **HEALTHCARE COSTS** associated with domestic violence and intimate partner rape and stalking exceeds \$5.8 billion each year.
- **CHILDREN** from homes characterized by domestic violence are five to seven times more likely to experience significant psychological problems relative to children in the general population.

You can help make a difference!

ARTEMIS CENTER

Guiding Victims of Domestic Violence Towards Hope and Healing

If someone asks you how they can help Artemis Center, tell them to call

937.461.5091

If someone you know needs help, tell them to call the

24 hour hotline:

**937.222.SAFE
(937.222.7233)**

offering crisis intervention, information, and support.

www.artemiscenter.org