

FVP VOICE

Spring 2016



An UPstander is someone who witnesses a situation where something is wrong and has the power to intervene and act to make it right.

How can YOU be an UPstander?

Distraction: Saying something as a distraction, diverting attention, or any interruption can stop the momentum of abuse.

Group Intervention: Alerting friends or other bystanders to come in and help can make a big statement that you are not okay with what is happening. Recruiting the help can also create a safer environment for you.

Checking In: Maybe you are not comfortable stepping in at that moment. Follow up after the situation to see what you can do for the victim or say something to the abuser.

Humor: Being light-hearted can be an effective way of calling out the behaviors or actions as a bystander and can reduce tension.

Find Help: Depending on where you are, finding teachers, managers, or even authorities can be a way of being an active bystander.

February 7, 2016 the **Family Violence Project** and the **Unitarian Universalist Church** sponsored a community event "The Power of One" in an effort to help create a safer, healthier and more peaceful community. The event was a SUCCESS; we had great attendance and the event initiated a community dialogue around responding to relationship violence and the many resources people can access for help and support.



FVP Volunteers & Staff who participated in the Power of One Event, Left to Right: Aspen, Molly, Penny, Susan, Power of 1 Banner by ARRT, Nancy, Diane, Selina and Nan

Please Hear our Youth

Dear Parents. I'm being abused.

I need a hall pass to go to the bathroom but I guess I'm old enough to go through hell every day. Yeah. It's real. My boyfriend posted an image of me on Tumblr, cropped my face out; because I tried to break up with him. He told me next time, everyone will know it's me. I am nude from the waist up.

Dear Favorite Teacher. Please see what's happening.

I can't tell you about it, but every time I go into the bathroom, another kid follows me in and messes with me. Remember when I stood up to JK last month when he was harassing a gay student? Seemed like the right thing to do, but now I'm on JK's list. You don't want to know what he has done, and I don't know how to stop him.

Dear Best Friend. Help me.

Tommi slammed me up against the lockers today after gym class. She said she wants more from me, but I'm not ready for her intensity. She said if I leave her, she has no one and no reason to be alive. I'm afraid she will kill herself. I think she could kill me.

Dear world. Open your eyes.

This is happening. We are teens and young adults. We're trapped in a culture that thrives on violence, exploitation, and fear. One in three of us will experience abuse by someone we're going out with, and it wrecks our lives. Many of us witness acts of physical and sexual assault among our peers, in front of adults who never see it. How are we supposed to stop it? Most parents think that if they saw signs of abuse, they would recognize it; but most often, they don't. We need your help, and we're not quick to say that to you, unless you ask us. Please ask.

Teen Dating Awareness Month comes up every February. Our Abuse Prevention Educators work with youth in schools across Kennebec and Somerset counties, throughout the school year. They offer educational presentations about dating violence, healthy relationships and respectful communication. We have provided consultation for school personnel and support in situations where students have experienced abuse or threats by dating partners. We hear youth. We see them. They are our future.

One great resource for youth and those who support them is www.loveisrespect.org.

By Melody Fitch, Executive Director
melody@familyviolenceproject.org

Taking a Stand

Please take the time to indulge in a few investigatory questions... On a given day, how do you prepare for and guard against violence here in Maine? Consider all aspects of your life from the moment you rise in the morning until you lie down to go to sleep at night. Perhaps you lock the doors to your home and car. Do you carry mace, take self-defense classes, leave on outside lights, install home security systems, tell your children "Never talk to strangers.", and "Be home before dark." We are raised to have a healthy fear of violence in the world in which we work and play. We protect our children from stranger violence here in Maine, despite statistics that show that only half of all murders in Maine are from stranger violence. Domestic violence accounts for the remaining half of all murders in Maine; by definition domestic violence homicides are murders that occur between intimate partners and/or other family members. As you consider that fact, in this moment, be honest about your lived experience, asking yourself, as I prepare for stranger violence, do my imagined intruders have a gender? Are we equally afraid when we take our trash out at night, that we might get mugged by a woman, raped by a woman, blown away in a gas station robbery by a woman, shot in a mass school shooting by a woman? Or is that faceless, nameless perpetrator in our conscientious safety prepping imagination usually a man? Domestic and sexual violence in our culture is a gendered phenomenon and it is time we Mainers called it that. Men's violence accounts for 90% of the violence that is perpetrated in this country and the good news is that only 25% of men commit that violence. This is worthy of discussion and begs for non-violent men and women to take a stand, and take a stand in our communities from those that make a choice to commit violence against people they are supposed to love.

By Jon Heath, Director of Educational Programs
jonh@familyviolenceproject.org



Helpline Volunteers Wanted!

Free Training!

Family Violence Project is looking for Helpline Volunteers! As a Helpline volunteer, you would be on-call once a month from the comfort of your home. What would you do? You would respond by phone to calls that come in to our 24-hour Helpline for those affected by domestic violence. Are you worried that you wouldn't know what to do or say? We provide a 39-hour training to help prepare you for this volunteer role. Also, you would always have staff support available by phone while on-call, no matter what time of day or night!

The next training class will be held on April 30th. You must be 18 years old to participate. Background checks and interviews are required; these must be completed by April 15th. If you are interested in participating or learning more, please contact Jaime at 207-620-9044 or jaimeg@familyviolenceproject.org.

Violence in the Workplace

Do you own a business or a professional service company?

If you do please contact Family Violence Project. We can aid your Human Resources Department by providing a training to your employees on Violence in the Workplace.

FVP will provide the resources and information necessary to keep your employees safe.

Nan Bell, Community Educator
nanb@familyviolenceproject.org

MEET THE FVP



Back Row: Lynne Dailey, Pat Woodward, Heidi Hall, Jan White, Jaime Mooney, Monica Deihl, Deidra Pomelow, Nikki Currier, Karen Woodcock **Second Row:** Beth Crowe, Pam Morin, Magyn Reed, Michelle LeClair, Nancy Provost, Shawn Lund, Lori Woods, Ginnie Fowles, Robin Miller, Kelly Smith **Front Row:** Melody Fitch, Liz Hersom, Liz Knowles
Missing from picture is Nan Bell and Jon Heath.

Shelter Needs

Store Cards (Hannaford, Shaw's, Walmart)
Gas Cards
Laundry Detergent Fabric Softener
Household cleaners
Baby items (Diapers—all sizes, wipes, etc.)

Kennebec Valley United Way



Pictured are FVP Employees, Melody Fitch, Karen Woodcock and Lynne Dailey

Mid-Maine United Way recognizes FVP for 100% participation

April is Child Abuse & Neglect Awareness and Sexual Assault Awareness month.

Each year the **kNOw Violence Task Force** hosts a Vigil and Speak Out the first Wednesday in April. The **Vigil** is organized by Kennebec Valley Community Action Program. Law Enforcement from the Greater Waterville Area along with service providers and community members gather in Castonguay Square to recognize the problem and those who respond. The Speak Out held at Colby College followed the vigil and focused on **Sexting: the Good, the Bad and the Ugly**. As a result of our community conversation the task force will be taking next steps and working to coordinate a multi disciplinary group to offer information and support to teens at middle school and high school in the Greater Waterville area about the long term affects and consequences around sexting.

Family Violence Project does not discriminate on the basis of race, color, sex, sexual orientation, physical or mental disability, religion, age, ancestry or national origin, gender identity or expression, pregnancy or any other characteristic protected by law.

It Takes a Community

Listed below are some of the groups and companies who made special contributions to victims of abuse

Ken's Restaurant



Front Row: TammieWebber Jolly Stillman, Monique Dionne and Jacqueline Matiheu. Back Row: Alex Currie, Holly Dameren, Kelly Smith (FVP) and Caroline Armstrong

The owners and staff at **Ken's Restaurant** in Skowhegan held a month long fundraiser for FVP raising over \$5,000. this year and \$10,000 over the past 3 years. The staff volunteered their time and the ingredients to make desserts, which were sold for \$5.00 each.

New Balance in Skowhegan



Front Row: Jennifer Curtis-Witham, You, Susan Worthing Middle Row: Harry DeGroat, Sarah Bouffard-Scraggs, Amy Goodrich, Kim Chadbourne, Jen Nile, Shannon Burrill Back Row: Eric Steward, Lisa Breingan

The employees at **New Balance in Skowhegan** held a fundraiser for FVP. \$2,779 dollars was raised through selling t-shirts and staff competitions!

Camden National Bank



Camden National Bank had made FVP a recipient of their Hope@Home Program. We have received many generous checks and recently received bags loaded with personal hygiene products for our victims in shelter.

Thank you to all of the individuals, companies, organizations and schools that have contributed to Family Violence Project to support victims of domestic abuse in the Kennebec and Somerset Counties.

Sebasticook Valley Health



Pictured here are Gaye Kasprzak, Elizabeth Rougny, Kelly Smith, Kellie Brooks and Tatiana Carsley.

Employees of Sebasticook present Kelly Smith of FVP a check for \$1050 from their fundraiser.

Amy Buxton Under Dog Jog



Pictured: Nan Bell, Ann Buxton and Melody Fitch.

Fvp received a donation from this event for the third year in a row for a total of \$6,966.00

Maine Department of Education



Participants in the leadership challenge from left to right: Linda Huntington, Danielle Roderick, Walter Beesley, Mike Muir, Scott Brown, Deb Plowman, Jan Breton, Charlene Tucker, Joanne Allen, Rachelle Tome Jaci Holmes Not shown – Commissioner Bill Beardsley, Suzan Beaudoin and Anne Gabbianelli

Department of Education Leadership Challenge raised \$1050.00 for FVP

Listed below are other organizations that contributed to Family Violence during their fundraising events.

Maine Municipal Association—Soup Day
Maine State Credit Union—Crock Pot Even
Maine Credit Unions—Jeans Day

Continued on page 5.

To End Domestic Violence

FLASH MOB at Waterville Shaw's



The names of the students are: Emily Glidden, Courtney Ivey, Brandon Davis, Kya Bimpson, 2nd picture: Lisa Robinson, Katie St.Amand,

For the 2nd year Jodi Ireland's awesome students at Dance Connection choreographed a dance routine and busted out in dance for Teen Dating Violence Prevention and Awareness Month. Shaw's Supermarkets in Waterville hosted this years event where the Mass Media students from Mid Maine Tech in Waterville showed up to work their magic with their video camera's. Accompanied by music from the acapella group from Messalonskee High School, the shoppers experienced a FLASH MOB to Rachel Platten's song "STAND BY YOU". Signs provided by Winslow High Schools JMG program being held up by young family members. The flash mob can be viewed on YouTube by following this link <https://youtu.be/S7VkrZqyFLw>

Winslow JMG



Students from Mrs. Bouchard's JMG class at Winslow high school took on the task of educating students at the high school around teen dating abuse. They displayed handouts/posters from The Family Violence Project at a table during lunches throughout the last week in February to raise awareness during teen dating violence awareness and prevention month.

Wal-Mart Waterville



Purple ribbons supporting awareness of domestic violence are being worn by employees at the Waterville Wal-Mart. In February, Sexual Assault Forensic Examiner Isabelle Markley, saw a purple ribbon worn by Walmart employee Jeanne, as she filled shelves in the Deli department. When asked what the ribbon meant she said they were being worn that day to support awareness of domestic violence. The ribbons were made by employee Jen. On Monday, March 14, 2016, Sherri Thornton coordinator of the MaineGeneral Medical Center Forensic Program presented a certificate of appreciation to Wal-Mart employees for their support. Family Violence Project contributed purple ribbons for further distribution and signed the certificate of appreciation. The certificate was also signed by Maeghan Maloney, DA for Kennebec and Somerset Counties and Sherri Thornton, RN, SANE-A MaineGeneral Medical Center Forensic Program Coordinator.

Fundraising Events Continued from Page 4

Madison—Anson Days - Chili Cook-off
Verizon Hope Line
United Bikers of Maine
Ladies of the Valley Ruffled Feathers Club
Cony Key Club—Calloway Coffee House
Forest Hills High School Student Council
Rejuvenate Salon—Purple Hair Extension Event
Lafin Wolfington Realty—Home Sale Program
Redmond Foundation
Sukeforth Foundation
Maine Chapter of the Assoc. of Government Accountants—Back to School Project
Harlow Gallery—Transforming Violence II
Empire Beauty School — Household
Semper Fidelis Club, Augusta and Skowhegan
Quilts for families of domestic violence
Somerset Samplers Comfort Quilts, Skowhegan
Quilts for families of domestic violence

Reflections of October 2015

October was Domestic Violence Awareness month and it was a very busy month, indeed! Here at Family Violence Project we collectively accomplished great feats of awareness and education. We had a motorcycle run, dining events, speak-outs, radio spots, performances, and an incredible art show at the Harlow Gallery in Hallowell.

As the educator for Southern Kennebec County, much of my time is spent in schools, educating children of all ages about what healthy and unhealthy relationships look like, how to help a friend, and where to go if someone does need help. Sometimes the lessons seem simple... like how to share. Other times they are very difficult... like how to help your friend who is in an abusive relationship. There is absolutely no way to know how what we teach will affect someone's future. It needs to be accepted that often our work goes seemingly unnoticed, and we might not get feedback even when it is. You never truly know who you are reaching, and what amazing outcomes are just below the surface. Cony High School in Augusta, for example, is extremely proactive when it comes to Domestic Violence. Eleven years ago Domestic Violence took the life of one of their beloved teachers, Chellie Calloway. This tragedy left behind a footprint that is still being walked in to this day. For 11 years now, Cony and its Key-Club has been hosting an awareness and fundraising event in October that is dedicated to Chellie's memory, the Calloway Coffeehouse. It is an evening filled with students singing, playing instruments, reading poetry, and speaking. Last fall, as I was walking through the hallway after a presentation to a health class, I was SO moved and inspired by a piece of artwork that was hanging in the hallway. It was titled "I Come From Madness." It is because of that one piece that I approached Jason Morgan of the art department and invited them to participate in the Coffeehouse, which they did! What amazing artwork

they created! It added a whole other layer to the event, making it even more of a success.

We may never know how the lives of the bike riders, diners, musicians, cheerleaders, Key-Club students, art students, athletes, teachers and staff members, classroom students, countless spectators, and readers like you will be affected by all of these events. We may never know, yet what we do know is that it's effective. We know that advocacy is contagious and when one person speaks out, regardless of how, it inspires others to do the same. I bet that one student who sat down and painted "I Come From Madness" had no idea what a big impact it would make. Who knows? Maybe you will share this with someone and it will change their life, too.

by Nancy Provost, Abuse Prevention Educator for Southern Kennebec County
at Family Violence Project
nancyp@familyviolenceproject.org



**KICKSTANDS UP 4
NO VIOLENCE
MAY 21ST, 2016**

Registration location/times:

Kennebec County UBM—Endzone, Waterville, Me
Kickstands up at 9:30, come early for breakfast/coffee

Franklin Count UBM—Irrving, Rt 2, Farmington
Kickstands up at 10:30

**Route: From Farmington to an UBM Incentives Member Business,
onto Augusta, to meet with the 1st Lady, Ann Lepage.**

Ending at Lisa's for lunch

\$10.00 per Driver —\$5.00 per Passenger

Event bandanas will be available!!!

For more information 2007-660-9227

  

October is Domestic Violence Awareness Month

In October of 2015 several events were held to support victims of domestic abuse. If you attended one of these events, we appreciate your support.

UBM Ride In

Speak Outs

Private Events

School Events

Harlow Gallery

Vigils

Business Events

Restaurant events

FVP is in the process of scheduling events for 2016. Keep up to date by checking the events tab on our website. Our Fall Newsletter will have a calendar of events.



Family Violence Project
P O Box 304
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Family Violence Project Maine
Augusta Administrative Office 207-623-8637; Waterville Outreach Office 207-877-0835;
Skowhegan Outreach Office 207-474-8860; Menswork 207-620-8494



FVP Maine



www.familyviolenceproject.org

Helpline 24/7 coverage 207-623-3569 to Toll Free 1-877-890-7788

To contact Family Violence Project:



Family Violence Project is supported by Maine Department of Health & Human Services and agencies of Kennebec and Mid Maine United Ways
Family Violence Project is a member of the MCEdV—Maine Coalition to End Domestic Violence. www.mcedv.org

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Saves on paper and postage!