

**Eastern Shore  
Coalition Against  
Domestic Violence  
(ESCADV)**

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This newsletter was printed with support from a contract from the Sexual Assault and Domestic Violence Program Grant #17-A3415SA15 awarded by the Department of Criminal Justice.

**We provide the following  
services to Accomack  
and Northampton  
Counties:**

- 24-Hour Hotline
- Emergency Shelter
- Individual Counseling
- Safety Planning
- Crisis Intervention
- Support Groups
- Legal Advocacy
- Referrals
- Case Management
- Children's Advocacy
- Community Outreach

**We serve men, women and  
children.**

**Our services are FREE  
and CONFIDENTIAL.**

**Shelter stay is not required  
to access ESCADV**

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Eastern Shore Coalition Against Domestic Violence (ESCADV)

# THE ADVOCATE

Summer 2018

*Shining the light against Domestic & Sexual Violence*

## From the Director's Desk:

This year marks 35 years since the Eastern Shore Coalition Against Domestic Violence incorporated. During those years, we have grown from a group of volunteers working out of their homes, to an integral part of our community, providing critical services to victims of domestic violence, sexual assault as well as providing homeless assistance as space and resources allow. To provide these services, ESCADV currently employs seven full-time and two part-time staff who along with our over 25 volunteers, continue to help ESCADV grow and thrive. This was all made possible with the continued support of our community, with donations of cash, in-kind and time. Thank you!!!!

We continue to shelter survivors in our 16 bed shelter, utilizing other space as necessary due to capacity or family composition. Our advocates provide emergency services, including hospital accompaniment for victims of sexual assault, as well as advocacy services throughout the process of recovery. Our Hispanic advocate reaches out to the Spanish speaking members of our community, assisting them not only with concerns from domestic violence and/or sexual assault but also helping with the immigration as she is able. Our children's advocate works diligently with youth in families

experiencing domestic violence and youth who have experienced teen dating violence.

With the donation of office space from the Eastern Shore Community Services Board, ESCADV's Northampton Advocate has office space in Nassawadox to meet with clients from Northampton County. ESCADV has also been working with Northampton and Accomack County

Commonwealth Attorney's office, law enforcement, EMS and victim/witness offices to have a coordinated response to sexual assault in both counties. It is our goal for victims of domestic violence and sexual assault to receive appropriate, trauma informed services, regardless of the location the event happened in.

As we were developing our plans and budget for this year, it became obvious that with most grants being level funded, and costs continuing to rise we were going to need support from the community to continue to provide the same services we have been. We are again relying on you to support us in providing our services. With your support, ESCADV will continue to provide vital services to survivors in our community!!!! Thank you!

~Shelley Strain  
Executive Director

## A Special Note from the Director:

We all like to think that domestic violence is something that happens to others, others we don't know. It doesn't happen to us or our friends. That is so far from the truth! I work in the field and believe I am pretty good at picking up signs from people when they are in abusive relationships, but not always.

Last month, a friend of mine from high school, one I hadn't seen in several years but kept up with on Facebook and followed her growing children, cheered for her vacation plans, and was excited for her successes. Honestly, I should have done more to keep in touch was killed by ex-boyfriend. I knew the relationship had ended. I knew that she was happy to be moving on, but I had no idea that he was potentially dangerous.

I still haven't shed the tears I know I will for her. I am still in shock. I have had many friends in relationships with domestic violence and even myself been in an abusive relationship (many, many years ago), but this is different because this one was fatal.

What do I take from this moving forward? Ask the questions. Are you safe? Do you need help? Do you have a plan? Ask even when it's tough and may seem awkward. I would give anything to have had some awkward moments, because one of those moments could save someone's life.

R.I.P. my friend. You are missed and cherished.

~Shelley



**Fore**  
Alternatives to Violence

**\$200 HOLE SPONSORSHIP  
OPPORTUNITY**

**LGA Invitational Golf Tournament**  
August 28, 2018  
Eastern Shore Yacht and Country Club

ESCADV  
EASTERN SHORE COALITION AGAINST DOMESTIC VIOLENCE  
Freedom through empowerment because love should not hurt

You can help make a wHOLE lot of positive difference!

## Our Staff

Shelley Strain  
Executive Director  
Jeanette Searle  
Director of Operations  
Maria Alfonso  
Shelter Coordinator  
Hispanic Services Advocate  
Felicia Trower  
Accomack County  
Client Services Advocate  
Jacqueline Elmandorf  
Northampton County  
Client Services Advocate  
Fatina Peart  
Sexual Assault  
Client Services Advocate  
Kathy Custis  
Children's Services Advocate  
Kentoya Garcia  
Community Outreach  
Volunteer Coordinator  
Dottie Swisher  
Administrative Assistant  
Mary Baines  
Intern

## Board of Directors

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Cynthia Eddy  
Vice President  
Sharon Parker  
Secretary  
Mozella Francis  
Treasurer  
Alice Brown  
Peaches Dodge  
Lue Landsberger  
Michael Lewis  
Ronald May  
Melanie Parker  
Kent Sudman  
Dave Vaughn







- Cleaning Products (brooms, detergent, mops, etc.)
- Diapers
- Full-size Personal Hygiene Products (conditioner, shampoo, deodorant, body wash, etc.)
- Paper Products (Paper Towels, Toilet Paper, etc.)

### Upcoming: Volunteer Trainings



Level I - Beginner Training  
Date: Wednesday, September 5, 2018  
Time: 5pm to 9pm  
This class is designed for those interested in volunteering with and/or learning more about ESCADV.

*Your greatness is not what you have:  
It is what you give!*

How could **you** help ESCADV and survivors of domestic and sexual violence on the Eastern Shore?

**Give your time and talents —**  
Volunteer with us! We offer a wide variety of short and long-term opportunities to get involved. We have a fun, flexible, and rewarding work environment where you can put your energy and interests to work helping others. Contact Kentoya Garcia at kgarcia@escadv.org to learn more.

**Donate items —**  
We always need paper products, cleaning supplies, and nonperishable food items. Contact Maria Alfonso at malfonso@escadv.org to learn more.



As summer draws to a close, back to school season is in full effect. It's a season that can be exciting, stressful, and everything in-between. Some of us are probably feeling excited and maybe a little sad that summer is over. Others are feeling nervous or a little scared of the first day of school because of all the new things: new teachers, new friends, and maybe even a new school. Luckily, these "new" worries only stick around for a little while.

As millions of students start and return to school this fall, teachers will plan their school supply list, and parents will carefully make sure their child is prepared with each and every item. New clothes, haircuts, and backpacks stuffed with binders, markers, and pencils — everything a student needs to start the new school year. Another thing that should be on everyone's back-to-school list is **Safety**. Parents, students, educators, and community members can all take action to keep children safe—in and away from school.



Relationship violence can begin at a early age. Even middle schoolers report the experiences of coercive and controlling behaviors from their partners. Young people may think some behaviors, like teasing and name calling, are a "normal" part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence. A survey, completed by the National Youth Risk Behavior, found that approximately 10% of high school students reported physical victimization and another 10% reported sexual victimization from a dating partner in the 12 months before they were surveyed.

Adults (trusted friends, educators, and parents) can help youth understand healthy relationships and learn to recognize the signs of an unhealthy or abusive relationships. To understand that in healthy relationships, people feel safe, respected, and accepted for who they are. In unhealthy relationships, people may feel anxious, confused, uncertain, and even unsafe. It knowing these differences that can help children make the best choices about dating and friendships, as presented in the following chart:

FRIENDSHIPS	
Healthy	Unhealthy
✓ Supportive	✗ Blindly supportive
✓ Stands behind you	✗ Fights your battles for you
✓ Encourages you to grow	✗ Criticizes or judges
✓ Pushes you outside of your comfort zone	✗ Pressures you to do something you don't want to do
✓ Transparent and Honest	✗ Manipulative and Deceitful

It's also important for kids to understand that its healthy to argue from time to time. Disagreeing gives you a chance to explore different perspectives and helps one express their feelings. It's a problem if you're fighting all of the time or if you say cruel things. It's important to understand that physical fighting (punching, hitting, etc.) is never OK!

- **Stay calm:** try to speak calmly, no matter how upset you are.
- **Don't accuse:** even if you've been wronged, it's better to explain how you feel than to blame or accuse the other person.
- **Address the problem:** discuss what you'd like to change. Aim for a solution rather than winning the argument.
- **Step back:** when tempers are hot, take a break! Suggest that you galk about it in a day or two, after you've both had time to cool off and think.
- **Be respectful:** don't post hurtful comments on someone else's social media or do other things that could cause harm.



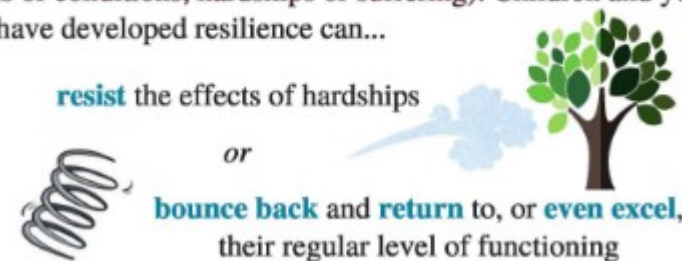
## Promoting Resiliency in Children

Almost 30 million American children will be exposed to family violence by the time they are 17 years old. Kids who are exposed to violence are affected in different ways and not all are traumatized or permanently harmed. Protective factors can promote resiliency, help children and youth heal, and support prevention efforts.

Research indicates that the #1 protective factor in helping children heal from the experience is the presence of a consistent supportive, and loving adult—most often their mother.

## What is Resilience?

**Resilience** is the ability to **overcome adversities** (traumatic events or conditions, hardships or suffering). Children and youth who have developed resilience can...



## Engineering Resilience

It is important to **give children and youth different experiences** to help them **overcome hardships** they have experienced. It just takes one thing to **create a spark** in a kid that can help them be resilient.



RESILIENT CHILDREN LEARN THAT THEY CAN OVERCOME CHALLENGES THAT ARE PRESENTED TO THEM. THEY LEARN THAT THEY HAVE CONTROL OVER THEIR THINKING PATTERNS AND CAN CHOOSE NOT TO GET STUCK IN NEGATIVE THINKING.

-KAIT MARCIL, LPC-

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## Statistics

July 2017—June 2018



Hotline callers provided with crisis intervention and counseling support: 164

Total people sheltered due to domestic and/or sexual violence: 135

Adults: 73

Children: 62

Total nights of safe shelter provided: 4950

Hospital accompaniments for Sexual Assault: 12

Adult Advocacy Services: 111 adults provided 1,931 hours of service

Children's Advocacy Services: 59 children provided 622 hours of service

Community Education and Engagement Activities: 77

On the average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men.

(National Coalition Against Domestic Violence)

**1 in 6 women**



have experienced physical and/or sexual violence by a current or previous partner since age 15.

**1 in 16 men**

