Eastern Shore Coalition Against Domestic Violence (ESCADV)





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This newsletter was printed with support from a contract from the Domestic Violence Prevention & Services Grant #CVS-15-073-11 awarded by the Virginia Dept. of Social Services.



Here's how to sign up to receive it:

We will publish a written newsletter twice a year, quarterly e-newsletters, and occasional e-mail notices about important events and happenings. This helps us save paper and keeps you up-to-date with what is happening at ESCADV.

Don't miss out on the latest — Be sure to send your e-mail address to: SocialESCADV@gmail.com. Include your first and last name, type the word "Subscribe" in the message line, and we'll sign you up!



From the Director's Desk: What's love got to do with it?



exchanged cards, chocolates,

or other signs of appreciation

with people you cared about

during the holiday in February

devoted to love: Valentine's

Day. Love can be a loaded

topic on a lot of levels, so we

weren't sure at first if it would

be a good newsletter theme.

In our line of work, we help

ideals associated with love

or terribly twisted when we

ets - caring and support -

are what we all need to sur-

vive, to grow, to heal, and to

violence.

thrive.

can seem lacking, or flawed,

Caring and support are what ESCADV provides to every person in need who calls our hotline or walks through our doors. It seems simple, but when someone experiences what might be the hardest time of their life, having others who care and provide support is profound — and can make all the difference in the world.

> When action meets compassion, lives change.

many people who have expe-Love is in the air everywhere at rienced tragedy in their clos-ESCADV. That our organizaest relationships. A lot of the tion even exists to help others is testament to the fact that the community cares about survivors of domestic and sexual consider domestic and sexual violence. Every donation, whatever or however much. shows concern for those in need. At its best, love's central ten-

> Our tireless volunteers come in every week to devote their time, energy, and efforts to ESCADV's cause. That's love

The most useful asset of a person is not a head full of knowledge but a heart full of love, with ears open to listen. and hands willing to help



THE ADVOCATE

Shining the light against domestic & sexual violence

in action. While our Advocates' primary concern with survivors of domestic violence is often physical safety and crisis intervention, their compassion and trauma-informed approach make our clients feel they are getting the kind of encompassing support they urgently need.

It is a privilege to work in a place where you find love expressed every single day and in so many different ways. So, what's love got to do with it? My answer: Everything.

Please know how much we appreciate and celebrate the healing power that your love provides — not just on Valentine's Day, but every day, all year long. When action meets compassion, lives change. Thanks to your action and compassion - because you care - the lives of so many who come to ESCADV for help really do change for the better.

In love and partnership,

Crístí



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> Cristi Lawton Executive Director

Maria Alfonso Shelter Services Advocate

Felicia Trower-Matthews Accomack County Client Services Advocate

Fatina Peart Northampton County **Client Services Advocate**

> Kathy Custis Volunteer, Community Outreach & Children's Services Advocate

> Michele Van Hove Director of Operations

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Naomi Makemie

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Top: Local dignitaries cut the ribbon to ESCADV's newly repaired office. Left to right: Onancock Town Manager, G. Cabell Lawton, IV; Contractor, Ed Weber; Onancock Mayor, Russell Jones; ESCADV Board President, Peaches Dodge; VA State Senator, Lynwood Lewis; Local artist, Mama Girl; Accomack County District 7 Supervisor, Laura Belle Gordy; Tyson Foods Representative.

Middle: ESCADV representatives receive a check from Tyson Foods for the office's new storage shed.

Bottom: ESCADV representatives with Rev. Don Broad, an original founding Board Member and past Board President.

Your support helps to heal broken hearts.

Jenny and Charlie

Methodist Church

Onley United Methodist Women

Opportunity Shop Christ United

Methodist Church

Painter Garrison United Methodist

Melanie Parker

Parksley Baptist

Robin Patteson

Fatina Peart

Peebles Onley

Church

Church

O'Neil

Ocean View

Night Circle

From the bottom of our hearts, thank you to our donors from Sept. to Dec. of 2015:





Avon Foundation's Speak Out Against Domestic Violence Grant Program awarded ESCADV with \$20,000. Avon's Funds support our emergency shelter and our critical work with children and teens. We extend a HUGE thank you to Ms. Barbara Gray, our local Avon Representative, who helped us with the grant.



Isn't this a great picture?! We want to thank Chris' Bait and Tackle for choosing ESCADV as the recipient of their annual Rockfish Riot Fishing Tournament this year. Several of our Board Members attended the barbeque celebration



Compassion & Care: Summary of ESCADV's work from Jan. 1 - Dec. 31, 2015

Hotline callers provided with crisis intervention and counseling support: 194

Total people sheltered due to domestic and/or sexual violence: 168 Adults: 85 Children: 83 Total nights of safe shelter provided: 5,747

Total people sheltered for other reasons: 57 Adults: 31 Children: 26

Total nights of safe shelter provided: 1,997

Adult Advocacy Services:

123 adults provided 1,422 hours of service

Children's Advocacy Services: 71 children provided 897 hours of service

Community Education and Engagement Activities: 107

Shelter Length of Stay:

1 day to 1 week: 33 Over 1 week to 30 days: 43 Over 30 days to 90 days: 24 Over 90 days: 11 Total Exiting Shelter: 111

Exit Plans from Shelter:

Entered another shelter: 12 Home, abuser not present: 3 Home, abuser present: 5 Residence of non-offending friend or relative: 30 Self-supported housing: 36 Other: 13 Unknown: 12



2015 was a record year for ESCADV. Here are some major accomplishments:

- Hired a new, full-time Advocate for Northampton County:
- Started ESCADV's children's advocacy program;
- Conducted more outreach to and education in local schools and the local community at large:
- Provided emergency shelter and services to more people than at any other point in our history;
- Added sexual assault advocacy to our mission;
- Welcomed new Board members and launched 5 strategic planning committees:
- Recruited new volunteers: •
- Completed our post-crash Administration Office repairs, renovations.

It was a busy year indeed! However, the true measure of ESCADV's success is the safety, support, and healing we provide to survivors and their children. We are delighted to report the 2015 outcome results of our work:

- 85% of clients report that they know more about sexual and/or domestic violence and its impact.
- 93% of clients report that they know more about community resources.
- 96% of clients report that they know more ways to plan for their safety.
- 97% of clients report that they feel welcome and respected.
- 94% of clients report that they know how to take their next steps.
- 88% of clients report that their children are having more positive interactions with others.
- 97% of clients report that they are more hopeful about their lives.

ESCADV provides shelter, resources and hope to record numbers in 2015

> **ESCADV** offers every client an anonymous "customer satisfaction" survey. Here is a small sample of what our clients told us in 2015:

What do you think you would have done if the shelter did not exist?

"Probably be killed."

"Stayed with the abuser."

"I don't know what I would have done other than take my own life to make it all stop!"

"Keep being abused."

- "I would have had to sleep in the car with my two boys."
- "I actually don't know what I would've done. That's why I'm appreciative.'

"I would have nowhere or no one to turn to."

Please describe your experiences at the shelter.

"They made me feel like anything is possible."

"Very helpful, respectful, and compassionate. Easy to talk to and very supportive."

"Feeling safe again."

"Their door is always open!!"

"They help you to succeed and feel good."

"Helped me not to be ashamed of my situation."

"I love the help they are giving me and I strongly believe they do their best to get me where I want to be."

"I met decent people who helped me in any way possible.

"I made friends."

"I had someone to talk to about what is going on."

ESCADV engages teens at local high schools during Teen Dating Violence Awareness Month

February is Teen Dating Violence Awareness Month, a national effort to raise awareness about abuse in teen and 20-something relationships, and to promote programs that prevent it during February and throughout the vear.

Dating violence is more common than you think. One in three teens in the U.S. experi-

ences physical, sexual, or emotional abuse by someone they are in a relationship with before they become adults.

"Love = Setting Boundaries," is the theme for this year's Teen Domestic Violence Month, because boundaries are a part of every healthy relationship.

Stalking Sexual Forcing a partner in a sex act when he or she does not or cannot consent. Pattern of unwanted harassing or threatening tactics that cause fear. Threatening, name calling, or harming a partner's self-worth.

ESCADV staff presented information during the month to teens at Arcadia, Chincoteague, (Nandua, and Northampton High Schools and Broadwater Academy. Interactive presentations with teens included a video discussion and games.

ESCADV Advocate Kathy Custis worked with ESCADV volunteer Malissa Watterson to de-



HOPEFUL Your gift provides love and support all year round to domestic and sexual violence survivors. If you donated recently, thanks again — your generosity provides hope and help to heal hearts!

Enclosed is my donation of: \$ Name: Address:

Phone:

This gift is made in honor/memory of:

Please send an "in honor" card to the following address:

Email:

(To make a gift online, please go to: www.escadv.org)

- **O** I wish to make this gift anonymously.
- Please contact me. I am interested in learning more and being involved in other ways.
- **O** Please email me your newsletter in the future.

ESCADV is a nonprofit organization and your donation is tax deductible.

sign the sessions, which were extremely well received by students and teachers alike. Kathy says, "Our presentations engaged hundreds of local high school students. You could see through their discussions that teen dating violence is an issue. They had a lot of good questions, and some students requested additional assistance afterwards."

een Dating Violence Occurs Different Ways Pinching, hitting, shoving, or kicking.



In addition to the outreach in schools, teens also recorded public service announcements that were aired on WESR radio during the month. Outreach and early education to teens is a critical part of our work to increase awareness and decrease the risk of victimization.



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 services.



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 longterm 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 Kathy Custis at kcustis@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.

SAVE THE DATE!!!



We are encouraging all of our supporters to mark May 3 on their calendars this year. This day is a 24-hour fundraising event for 200 local nonprofits, including us! This is the first year ESCADV is participating and we are counting on all of our supporters to make this debut successful. For more information on Give Local 757, please email socialescadv@gmail.com. We want to keep you in the loop about contest prizes we will be aiming for on May 3. Contests are chances for us to win more money. We can only win prizes if donations are made online at givelocal757.org. To learn more about Give Local 757, visit our Facebook page. We want to give a big thanks to all of our past donors and we hope you will join us in this new online fundraising movement!

ESCADV community highlights during Domestic Violence Awareness Month!

In addition to attending 5 local high school football games in October, check out some of the other places we visited in October to talk with people in the community about domestic violence awareness and prevention:



We gave the 3C's Club in Chincoteague an update about our work. The 3C's provide shelter support every single month! Pictured above is our Shelter Services Advocate, Maria Alfonso, with Club Member, Mary Audet.



ESCADV partnered with the Wallops Flight Facility to present information to their employees.



Effective Financial Stewardship: What's not to love?

We had a great time with the Accaw-

macke Elementary School's Beta Club.

We talked about healthy relationships,

and students participated in our "Pillow

Talk" campaign. The Beta Club also held

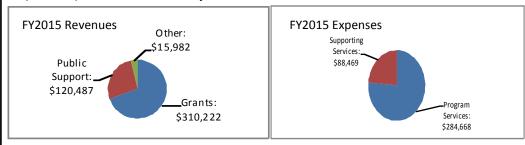
We love this pillowcase that students at

PTA during Back to School Night.

Kiptopeke Elementary School decorated as part of a presentation we did to the

a donation drive for our shelter!

While the ins and outs of effective financial accountability might not make everyone's heart go pitter-patter, it is near and dear to our hearts here at ESCADV. Our financial management committee meets monthly, and in the past year updated our financial policies and procedures, developed new gift acceptance policies, streamlined accounts payable and receivable to be more efficient, updated our fundraising and accounting software systems and associated reports, and oversaw important checks and balances. We're happy to report our Fiscal Year 2015 audit was recently completed with no negative findings and high praises from our independent auditor, Leatherbury-Broache. In just four years, we have doubled our revenues from \$198,290 (FY2011) to \$446,691 (FY2015) Below is a summary:



Local high schools "Rock Their Purple" to show support for healthy relationships

ESCADV's first ever Rock Your Purple public awareness event was a rousing success! Five local high schools participated in activities in October, Domestic Violence Awareness Month.

At homecoming games, football players wore purple socks. the national color for domestic violence awareness; cheerleaders wore purple ribbons; and spectators sported "Rock the Purple" to show their support.



Thanks to the generous sponsorship of our local sponsors, Walmart and Rotary Clubs, and to leadership at Arcadia, Northampton, Broadwater Academy, Nandua, and Chincoteague High Schools, students learned more facts about the issue of domestic violence, how to lead safer lives, and find help for those that need it. Rock the Purple!!

Students learned about healthy relationships, and ESCADV provided announcements during the week before the game.











Left to Right/Top to Bottom: Arcadia High School cheerleaders wear purple ribbons; Broadwater Academy football team members wear purple socks at Homecoming: Nandua High School players wear purple socks; Arcadia High School players show their purple socks support; ESCADV staff and volunteers at an information table during a football game.

ESCADV advocates and volunteers staffed tables at each game, providing helpful information and awarding raffle prizes to participants.



Our donors were so sweet to our shelter residents over the holidays:

Melanie Parker—organized an amazing Christmas toy and donation drive. She and everyone who donated helped make it a very Merry Christmas for our residents!

Mary Kay-Mary Reina and her associates donated cosmetics, toys and presents for lots of holiday cheer.

Montaigne Cree—gave the gift of new sheets and comforter sets for our shelter.

There just isn't enough space to thank everyone who made the holidays brighter for our shelter residents, but please know how much we appreciate all you do!





