

Community

Chrysalis Manor Transitional Housing Renovation Project



Project Woman has operated Chrysalis Manor as a Transitional Housing Program for survivors of domestic and sexual violence for over 20 years.

Programmatically, Chrysalis aligns with the standards of practice from the Office of Violence Against Women's transitional housing initiative and meets accreditation requirements from the Council on Accreditation.

Structurally, Chrysalis Manor is in need of repair and renovation due to the age of the building and frequency of transition of tenants. Further, it is our desire to update the furnishings to reflect Trauma-Informed Environmental best practices. OVW

identifies specific color-scheme and amenities that are widely correlated to increases in self-esteem, stress reduction, and trauma-recovery.

Project Woman is excited to be awarded the Capital Grant to End Homelessness from the Ohio Housing Finance Authority (OHFA) to begin these much needed renovations!

Additionally, we are working to restore the Chrysalis Education and Safe Zone Child Activity Centers. Restoration is made possible by local funders including the Clark County Mental Health Foundation and a private donor. The space will be versatile and allow for the tenants at Chrysalis to engage in education, support groups, children's play groups, etc.



Project Woman would like to give a SHOUT OUT for the students at Wittenberg and their generous donation of time and labor! Students helped lay mulch at the children's play area at Chrysalis Manor (Transitional Housing Program). THANK YOU!!

We hope to begin the main buildings renovation by spring 2016 and look forward to sharing the AFTER pictures as we complete the various stages of the renovation!

If you are interested in assisting with this Capital Project please contact me at our office at 937-328-5308 or email at lbaxter@projectwomanohio.org

Thank you!
Laura

Advocacy is a core service of Project Woman. As an advocate we are a sounding board, a comforter, a cheerleader and an unconditional supporter. As an advocate we understand that we cannot fix everything for a survivor and that we are often called upon to bear witness and walk through the most difficult times with the survivor, their children, and others.

Project Woman provides advocacy through a trauma-informed approach in what is called victim-defined advocacy. It is based on the following premises:

1. Survivors need information, resources, and support to become safe
2. Survivors deserve an opportunity to experience respect, validation, and self-determination
3. The role of an advocate is to facilitate a victim's ability to make their own decisions

4. Advocates avoid developing a pre-determined criteria for what "success" means
5. Advocates focus on the specific needs of individual victims, helping them to articulate their goals, support each other and achieve greater economic stability

We recognize that each story is different and each survivor has different goals, needs, strengths, and ideas of how to be safe. Each has had the courage and strength to survive and should be respected and

encouraged for that – not blamed for the abuse they endured.

Survivors may be supported by an advocate in a number of ways including assistance with filing protection orders, court accompaniment and assistance in navigating the legal and judicial systems, and safety planning. Above all, advocates provide trauma-informed supports, ensuring the survivor's voice is heard.

If you, or someone you know needs to speak to an advocate please call our office at 937-328-5308. Appointments can be made for Clark, Champaign and Madison Counties.

You are not alone.

To learn more you can visit the National Center for Victims of Crime:

<https://www.victimsofcrime.org/help-for-crime-victims/get-help-bulletins-for-crime-victims/what-is-a-victim-advocate->

Children Exposed to Domestic Violence



In a perfect world, all children would have homes where they are guaranteed safety, access to loving parents who put the needs of the child first, and the support and nurturing they need. The presence of an abusive individual in the home often radically alters these dynamics. As with any topic related to domestic violence, it is important to remember that the abusive individual is responsible for ways in which children are negatively impacted, and the abusive individual is the only one with the power to change and stop abusive behavior.

Many survivors of domestic violence go to extreme lengths to protect and care for their children, shield their children from the impact of abuse, and many mothers living in violent relationships are caring, attentive parents to their children. In fact, though women living in abusive situations often face additional barriers and stressors in their lives, [studies on the parenting of abuse victims shows little differences between the parenting capacities of women who have experienced abuse by their partner and those that have not.](#) Yet we also know that women living with abusive partners face enormous challenges in being the best mothers they can be.

Children are not “witnesses” to events in their homes including domestic violence. This term implies a passive role - but children living with conflict and abuse will actively interpret, predict, assess their roles in causing a “fight,” worry about the consequences, engage in problem solving, and/or take measures to protect themselves or siblings, both physically and emotionally.

Each child’s experience with domestic violence is as individual and unique as they are. There is no formula to determine the impact domestic violence has had on an individual child without taking into account a wide variety of factors, such as their age, coping skills, developmental stage, individual strengths, temperament, the frequency and severity of abuse, their relationship with the abusive individual, the child’s understanding and interpretation of abusive events, their individual support system, the presence of supportive and caring adults in their lives, and many other unique characteristics of your child and their environment.

Even children growing up in the same home can have vastly different reactions to the same event.

Some research suggests that children who live in abusive homes are undistinguished from their peers who do not. Yet some children are impacted in very profound ways, as their sense of self, their relationships with others,

their school performance, and their behaviors are negatively affected:

WAYS IN WHICH DOMESTIC VIOLENCE MIGHT IMPACT A CHILD’S BEHAVIOR:

- Emotional or internalizing behaviors-These behaviors generally impact a child’s thoughts about themselves and their feelings, but might not be obvious to observers. These behaviors are seen more in girls than in boys, but can occur in both genders. This involves ways in which children respond to stress by such reactions as withdrawal from a situation, anxiety, or depression.
- Disruptive or externalizing behaviors- show the child reacting negatively to their external environment. These behaviors are generally seen more often in boys than in girls, though we can see these behaviors in both genders. People might see this as ways that children “act out” and usually involves problems with relationships with others.

THOUGHTS, ATTITUDES AND BELIEFS A CHILD MIGHT HAVE OR DEVELOP WHEN EXPOSED TO DOMESTIC VIOLENCE:

- Violence gets you what you want
- Victims are to blame for violence
- When people hurt others, they do not get in trouble
- People who love you can also hurt you
- Women don’t have the right to be treated with respect

- You have two choices-to be the victim or to be the aggressors
- Unhealthy, unequal relationships are normal and to be expected

FEELINGS CHILDREN MIGHT HAVE ABOUT DOMESTIC VIOLENCE:

- Guilt (somehow I caused the abuse, or I didn’t stop the abuse)
- Anger (Why does mom make him so mad?)
- Frustration (I have problems too and no one cares)
- Worry (Is mom going to be okay?)
- Anxiety (What will happen if I go somewhere?)
- Fear (Am I going to be hurt too?)
- Confusion (Sometimes I love my mom and sometimes I am mad...)

Coping strategies and survival skills that help children get through an unhealthy situation in the moment might end up creating problems in the long run. For example, if a child slips into a fantasy world when hearing shouting at home, this could be detrimental to the child when they slip into a fantasy world while at school. Teenagers who avoid being at home to avoid violence might end up running away and finding themselves in very vulnerable situations when living with friends or living on the street.

Although it may be difficult to talk to children about it, tell them the truth about the abuse. Children are aware of what is happening in their home,

and addressing what is occurring is important for children. Children can have many common misunderstandings about abuse, such as “it’s my fault they are fighting” (particularly if the abusive incident started over issues related to the child) or “mom and dad are equal parties are in a “fight.” Some abusive individuals will tell children their side of the story, to further damage children’s relationships with their moms. It is important for children to hear from (in an age-appropriate manner) that abuse is not their fault, and isn’t the victim’s fault either. Don’t tell children things they don’t need to hear, but not

discussing abuse can end up being more damaging to children in the long-run.

Answer their questions honestly in an age appropriate way. Let children know the abusive person’s behavior is not acceptable and not their fault.

Acknowledge the loss they may be feeling. Allow children to talk freely about their feelings without becoming judgmental in responses to them. They need to feel validated and to receive acceptance in their feelings.

Help children understand that they aren’t responsible for the abuse and that it isn’t their job to stop it. Make sure to tell them the abuse is not their

fault. Children need to know they are not the cause of the harm even if they hear words that suggest it. They need to know that they cannot control or stop abuse when it starts, and it is not their responsibility to intervene if abuse is occurring.

A child who lives with violence is forever changed, but not forever “damaged.” There’s a lot we can do to make tomorrow better.

-- Little Eyes, Little Ears: How Violence against a Mother Shapes Children as they Grow, available online at no cost at: http://www.lfcc.on.ca/little_eyes_little_ears.pdf

Statistics show that women are more likely to be victims of domestic violence than men, however, there are cases where men are domestic violence victims. We support the victim regardless of gender.



OUR VOICE

Project Woman received funding from the Health Path Foundation for a new project called OUR VOICE! The project’s goal is to provide an opportunity for Survivor’s to share their story and have their voices heard. The project began with open dialogue groups on local campuses including Clark State, Urbana University, and Wittenberg.

Often we forget to recognize that each Survivor has a unique story. We may have preconceived ideas of what a Survivor might want to share if they were given the opportunity to speak out. We might try to put these stories into a cookie cutter frame similar to the way that the definitions of domestic violence or sexual assault bring to mind very specific definitions. The truth is that the stories and the definitions do not fit into a box.

OUR VOICE will transform words and statements, along

with graphic reproduction of a mixed medium painting by artist Anna Kiehn, into a story that will inspire, give hope, and celebrate the courage of Survivors!

The project will be featured on our website in October. Watch our Events Calendar for an opportunity to see a public presentation of the project and celebrate Survivors with us!

Project Woman September/October Events At-A-Glance

Campaign for Nonviolence Week
September 20 - 27, 2015

**Culture Jam,
Shout Out For Peace**

Saturday, September 26, 2015
1pm at Culture Fest
at the Plaza downtown Springfield

PROJECT WOMAN
Candlelight Vigil

Thursday, October 8 at 7pm
at the Esplanade in downtown Springfield (between the Marriott and The Heritage Center)

 Project Woman
Diva Night Out

Thursday, October 22, 6-9:30pm
at the Bushnell Building | 14 E. Main Street, Springfield, OH 45502
A fabulous night of fun and glamour in support of Project Woman! Visit our website for more info and to register.

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SHOUT OUT FOR PEACE!

Culture Jam – 1pm at Culture Fest, September 26th
At the Plaza, downtown Springfield

Be part of the change this September toward a community prepared to stand for PEACE!

Project Woman and Wittenberg University teamed up to train local community members from a variety of organizations including Springfield Fire/EMS, Springfield Police Division, Equality Springfield, Rocking Horse Center, Wellspring, McKinley Hall, Clark County Peace Alliance, Clark, Greene, Madison Mental Health Recovery Board, and the Springfield branch of the AAUW to become trainers in Bystander Intervention. These trainers will share the Bystander Response Ability message with local community members through their networks and sphere of influence as part of the National Campaign for Non-Violence the week of September 20 – 27th. All those trained will be invited to join us at the Culture Fest on September 26th at 1pm to take the stage at the City Plaza and SHOUT OUT FOR PEACE!

As an initiative of our local coalition – Partners Against Violence Everyday (PAVE) – Bystander Intervention is

essential to ending violence and its impact on our community. To quote, Winkie Mitchell, from the Rocking Horse Center, and the Not in Our Town movement, “We must be louder than the violence!” Most people do not stand for violence. They stand for PEACE! But we feel powerless against the violence and the misperception that it is a “normal” way of life. “It is what it is,” “what do you want me to do about it?” etc. Sometimes the solution can be as simple as finding a responsible way to have a voice and say, “Stop.”

Each year, nearly 1.4 million people worldwide lose their lives to violence. For every person who dies as a result of violence, many more are injured and suffer from a range of physical, sexual, reproductive and mental health problems. Violence places a massive burden on national economies, costing countries billions of US dollars each year in health care, law enforcement and lost productivity.

Violence is a serious public health problem. From infants to the elderly, it affects people in all stages of life. Many more survive violence and suffer physical, mental, and or emotional health problems throughout the rest of their lives. Therefore the Center for Disease Control is committed to stopping violence before it begins. They have dedicated resources to help communities implement prevention strategies. One of which is Bystander Intervention. If they feel it is important, shouldn't we?

To learn more go to <http://www.cdc.gov/violenceprevention/index.html>

To schedule a training or learn more contact Project Woman at projectwoman@projectwomanohio.org or call us at 937-328-5308.

Go to our new PAVE page to learn more about our grassroots coalition efforts to ending violence and see how you can stand for PEACE!
www.projectwomanohio.org



Brought to you by **PAVE** – Partners Against Violence Every Day.

Thank You Sponsors and Supporters!

