

Community

Newsletter
Fall 2018



Project Woman is committed to Survivor Transformation

Survivor Transformation.....a long and self-paced journey.

The following journal excerpt was shared by a survivor who wishes to remain anonymous. Those who have been victimized are not to blame for what happened to them. We are here to listen, to believe, and support.

I was at a party with friends. I stepped outside to get some air. It was so hot in there. The music was very loud. The Stray Cats. The breeze felt good. I heard the door open and close behind me. The smell of Axe suddenly filled the air. The campus security said I shouldn't have left the party alone.

I left school. Well not initially. I did manage to skate by for the semester. I got in my car and drove to the beach. The breeze felt good. I stayed there for several days. Alone.

I drove my daughter to campus. I helped her move in to the dorm. I cried the whole drive home. Please God, don't let her ever leave a party alone.

I was listening to the radio. Women were talking about what happened to them. They called it #MeToo. Some were a long time ago. Like me. I suddenly was not alone.

It is with love and courage that this survivor shares her story. I hope that those still struggling to begin the road to recovery will be inspired!

In Peace,
Laura Baxter
Executive Director



“They called it #MeToo. Some were a long time ago. Like me. I suddenly was not alone.”

AGENCY NEWS



Project Woman re-accredited by COA

We are accredited through the Council on Accreditation (COA). We are so proud of our team for this amazing accomplishment. COA accreditation means that our organization's programs, services, administration, and management have been rigorously evaluated and meet best practice standards. To learn more about COA accreditation, please visit www.COAnet.org.

Trauma Informed Yoga offered at Project Woman

Submitted by Jamie Colyer MS, LPSS-S-Clinical Coordinator, Project Woman

I am excited to share that we are offering more alternative healing opportunities at Project Woman! We recently completed a pilot group of Trauma Informed Yoga. Niki Gianakopoulos, RYT 200, certified yoga instructor generously donated her time and expertise to help develop the curriculum. The 8 week series is designed to assist survivors in relaxation and management of anxiety symptoms through the practice of Yoga. The classes are centered around learning each of the 7 chakra energy



centers in our bodies, how to work on balancing energy, positive mantras we can use to keep thoughts positive and healing, along with learning and practicing yoga postures that reduce tension and stress. Yoga helps us stay centered and grounded, and to be mindful of the present moment

which is often a struggle with PTSD and anxiety. This practice is trauma informed and survivor centered as it is made very clear to each participant that this is their own practice, that they are invited to do only what feels safe, comfortable and positive to their body. The practice focuses on breathing exercises as well as guided meditation.

Niki has been an amazing resource and we really appreciate her valuable time. You can catch her classes at both "Into the Blue" in Springfield and "Lotus" in Urbana. Our Next Trauma Informed Yoga series will begin on Sept 10th and will be help on Mondays from 5:30-6:30 pm!

What Were You Wearing Exhibit

In support of sexual assault awareness month, in April, we launched a "What Were You Wearing" exhibit in partnership with Wittenberg's Womyn's Center. Using an anonymous survey, we were able to collect over 60 local stories from survivors of sexual assault. One of the questions asked was "What were you wearing"

It's a question people ask survivors of sexual violence all too often; a question wrought with victim-blaming and an implication that, maybe, the survivor could have prevented their assault if they had worn something less revealing, less sexy.

Outfits and stories were displayed at two local colleges. This powerful exhibit educated and created conversation about rape culture and victim blaming. It was met with overwhelming success. We have plans to continue to use this project in the future. A victim of sexual assault is not to blame. No one deserves or earns the sexual violence. If you are interested in helping showcase this exhibit, contact Audrey Ferryman, Community Advocacy and Education Coordinator at aferryman@projectwomanohio.org.



Made possible...by YOU!

A spotlight of “THANKS” goes to the Young Women’s Mission (YWM), Sip & Dippity and Good Shepherd Evangelical Lutheran Church (GSELC).

YWMs generosity several years ago helped Project Woman develop and launch the Safe Start program which emphasizes resiliency development for children impacted by domestic violence. Their continued generosity has sustained Safe Start where 88 children have been touched by the program so far this year and we were able to expand the program to include a parent/child component called Mommy and Me.

One session of Mommy and Me included the generous donation of time and materials from Tracey Tackett from Sip & Dippity. Families enjoyed the opportunity to paint together, bond with other families, and partake in a meal donated by GSELC.



A finished painting from the evening

There are additional opportunities to support Safe Start, Mommy and Me and Survivor Transformation!

www.crowdrise.com/survivortransformation

Volunteer opportunities are also available. If you would like more information go to www.projectwomanohio.org/volunteer or contact Julie Rose, HR and Administrative Coordinator at 937-328-5308.

The generosity of donations and support is essential for Project Woman to meet its goals and support survivors. All gifts are significant; All service is deeply appreciated!

Performance and Quality Improvement (PQI) Report

Each quarter, Project Woman offers a PQI report that is an integral part of our organization. We strive to create a culture of continuous improvement, to streamline service delivery, administrative functions, and better serve survivors and the community. An important function of this report is to provide information to our stakeholders- both strengths and opportunities. Below is just a snapshot of our 4th Quarter, beginning April 1st, 2018 through June 30th, 2018. To view the entire report and plans for improvement, please visit our website at www.projectwomanohio.org.

Output:	4th Quarter 2018	3rd Quarter 2018
# of Clients Served	250	331
# of Crisis Line Calls	309	221
# of Shelter Nights	2362	1978

Outcome	4th Quarter 2018	Target
Attorney General Survey Response: "I know more ways to plan for my safety"	100%	95%
Housing Services Random Case Record Review Accuracy	88%	80%
Advocacy Services Random Case Record Review Accuracy	90%	80%

Learn more and get involved by going to www.projectwomanohio.org

Letter from the Director:

Hello friends!

Project Woman was founded in 1974. It was one of the first rape crisis and domestic violence programs in the state of Ohio! This was long before the Violence Against Women Act (VAWA) was passed in to law (1994). VAWA has touched so many lives; ensuring protections, rights, and providing funding to build access to essential services. The Violence Against Women Act will expire at the end of September if lawmakers do not act fast. A recent article in the Huffington Post brought attention to the stalemate happening in our legislation regarding VAWA.

"In late July, House Democrats introduced a measure to reauthorize the Violence Against Women Act, or VAWA. Then House lawmakers went on recess. When they return on Sept. 4, they will have only a few weeks before the law expires.

VAWA has "ushered in a seismic transformation on how society perceives violence against women," Rep. Sheila Jackson Lee (D-Texas), who introduced the bill, said in a statement. While VAWA was reauthorized in 2000, 2005 and 2013 with bipartisan support, the current House bill does not have a single Republican co-sponsor to date. As time runs low, advocates are growing increasingly anxious. "There's a lot of worry in the field about the expiration," said Kim Gandy, the president of the National Network to End Domestic Violence."

To read the full article go to: https://www.huffingtonpost.com/entry/violence-against-women-act-expiring-september-us_5b6b0a4ae4b0de86f4a789db

These are challenging and anxious times! I was in a meeting recently and someone asked me if I ever get tired of 'this work.' I didn't have to think very long before I replied, "I would love to have no work left to do. That would mean that we (society) did it! That we were successful in ending gender based violence!" Until then, I do not tire of this work. It is essential work. Everyone who experiences such violence has the right to protections and support.

VAWA provides crucial support through significant funding of local community efforts committed to ending gender-based violence. As a frame of reference, Project Woman has provided over 3000 bed nights of shelter this year alone! Emergency shelter is only a small aspect of the supports made possible by VAWA. Others services and supports include legal services, hospital advocacy response, free counseling and support groups...the list goes on!

Please join Project Woman and ask our legislators to openly commit to pass VAWA. (H.R. 6545) this September and do the right thing for the all of the victims of domestic violence, stalking and sexual assault in our community.

For more information regarding VAWA and it's impact please visit: <https://nnedv.org/content/violence-against-women-act/> and www.ydr.com/story/opinion/2018/08/27/we-must-save-violence-against-women-act/1112197002/

Peace,
Laura

Thank You Sponsors and Supporters!



Project Woman Upcoming Events

2018

Candlelight Vigil

PROJECT WOMAN

Thursday, October 4 • 7:00 p.m.

Held at the Esplanade in downtown Springfield
(Between the Marriott and The Heritage Center)

Join us as we kick off Domestic Violence Awareness Month with our Candlelight Vigil. Together we will shine the light of awareness on domestic violence and say, "NO MORE!"



Friday, November 2, 2018

7:00 p.m. - 10:00 p.m.

Details about the event will be shared as soon as they are finalized. Keep an eye on our Facebook page and our website for updates!

In the time it takes you to read this tagline,
4 people will be abused. One of them
might be someone you know.

Speak Up 
Join our CrowdRise

www.crowdrise.com/survivortransformation

Support Project Woman survivors & donate to our Chrysalis Transitional Housing Program which assists survivors as they transition from the emergency shelter to obtain permanent and safe housing, employment and education in order to end the cycle of violence. Chrysalis provides housing to survivors who would otherwise face the additional trauma of becoming homeless or return to the abusive home.

Click the QR Code to
DONATE NOW



For every dollar Project Woman raises towards Chrysalis, survivor transformation and empowerment, between now and December 2018, the HealthPath Foundation will match it dollar for dollar - up to \$5000!!