



# The Tioga Advocate

[Director's Desk](#)

[Prevention  
Corner](#)

[Wish List](#)

[Upcoming  
Events](#)

[Volunteer  
Corner](#)

[Contact Us](#)

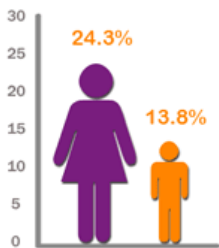
## From the Director's Desk:

### Summary, for a New Year

As ANHC completes 27 years of serving Tioga County and the surrounding region we can look back to 1986 when we had a total budget of \$35,000 and 1, then one and 1 and 1/2 staff members, and feel amazed at our size, our reputation, our standing among domestic violence, rape crisis and crime victims programs across the country, and amazed at what we have been able to accomplish in these 27 years.

We can reflect on the awards we have received, the praise we have earned, and the thousands of people we have served. We can feel some awe that we have provided hundreds of thousands of units of service to so many people and families who have passed through our doors, stayed in our shelters, and so many who have managed to put their lives back together after trauma and terror with the help of the wonderful counselors and advocates provided by ANHC.

Click here for the rest of the article: [Director cont.](#)



Among victims of intimate partner violence, about 1 in 4 women (24.3%) and 1 in 7 men (13.8%) have experienced severe physical violence by an intimate partner (e.g., hit with a fist or something hard, beaten, slammed against something) at some point in their lifetime.

## Prevention Corner:

DELTA was developed through funding from the Centers for Disease Control and Prevention (CDC) to enable the development of a communitywide effort to prevent intimate partner violence (IPV). The CDC states that IPV is a serious, preventable public health problem that affects millions of Americans.

DELTA's prevention focus requires changing attitudes and beliefs about what it means to be in a healthy relationship. We learn how to interact with each other, respect differences and solve conflicts in the context of our community and society as a whole. Violence prevention is the responsibility of the entire community, not just the responsibility of an individual or family.

IPV is so pervasive in our culture, it is necessary to approach prevention in a multi-faceted manner. Prevention work must involve people from throughout our community.

Click here for the rest of the article: [Prevention Cont.](#)

[Back to Top](#)

"No epidemic has ever been resolved by paying attention to the treatment of the affected individual." ~ George W. Albee



# The Tioga Advocate

## Upcoming Events:

Fundraising Fun:

### A Hawaiian Themed Paddle Party – Quarter Auction

**WHEN:** Friday May 31  
Preview 6:15pm Auction 7:00pm

**WHERE:** B.P.O.E Elks Lodge, 223 Front Street, Owego

**ADMISSION:** \$5.00 per person  
which covers four (4) paddles and  
raffle tickets for chances to win a basket



### Break out your grass skirts and Hawaiian shirts!

A Paddle Party is a fun way to win products from your favorite Direct Sales companies. The companies that will be at the party will be: The Pampered Chef, Thirty-One, Vantel Pearls, Lia Sophia, Tupperware, Wildtree, Avon and Partylite. There will also be several chances to win direct product raffles, in addition there will be a concession stand, a 50/50 drawing and a Chinese auction.

You might ask, how does a paddle party work? Your admission fee entitles you to four (4) paddles and corresponding chips. Chips go into a bucket and are drawn by the auctioneer. If your number is picked and your paddle is raised indicating you have bid on the item – you win!!

**A'a i ka hula, waiho i ka maka'u i ka hale  
= Dare to dance, leave shame at home.**

**Come join us for a fun time!!**

[Back to Top](#)

The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.

~Eleanor Roosevelt



# The Tioga Advocate

## Volunteer Corner

Special Thanks to our wonderful volunteers:

Volunteers make our world go 'round. As staff members, we can sometimes be subject to a great deal of stress, anxiety, pain, and suffering. Please know that when you lend us a hand, a smile, or words of encouragement, you are lifting us up to help the next person walking through the front door. This is tough "work". Every little bit that each of you has helped us with just simply makes the load a little bit lighter. It truly makes us able to function a little bit better, every day. While we're closed away in our offices, listening and



typing and offering our own words of experience and comfort, we know you're helping us.

### Volunteer Tasks:

- Spring cleaning at the shelter
- Flower bed maintenance and gardening at the shelter
- Organization of donations at shelter
- Web-based file creation for our web site
- Community outreach activities
- Flyer and brochure distribution
- Computer maintenance tasks
- Create educational displays
- Be a safe home provider
- Be an animal foster provider
- Sorting donations
- Helping to move shelter residents
- Teaching ITP Classes
- Procuring speaking engagements
- Occasional childcare provider (for shelter resident appointments)

We'd like to thank you for things you've done, like the Crime Victims' Rights Week Walk, the lawn mowing at the shelter, the repairs of the mower, the weeding of the garden, the filing, the distribution of flyers for [the upcoming Hawaiian Luau Paddle Party](#), the 50/50 raffles at the Bostwick Auction, participating in our volunteer training, answering our hotline... the list just goes on and on... and we're not even touching the hard work done as part of the flood recovery!

As we've lost some funding due to statewide and federal level funding cuts, and we've had to lose two staff members, we recognize even more how valuable volunteers can be to us and to the people we serve. We hope you are able to see how valuable you are to us, and you'll continue to stop over and pitch in to help for even a few hours a month. Please see above for some of the time-limited tasks we could use a hand with in

the next couple of months.

Let us know what you can do by clicking [here](#) and sending an email to Fran.

Thank you so much!

[Back to Top](#)



# The Tioga Advocate

## Shelter Wish List:

Please help our home be a cozy home for people in crisis...

Cotton pillow protectors with zipper  
Cloth (quilted-type) mattress covers (not waterproof)  
Bath towels, hand towels, and wash cloths  
(Grey, Brown, Dark Blue, and Maroon)  
Kitchen towels  
Food storage containers  
Clear plastic or white shower curtain liner  
Bath mats (Grey, Black or Brown)

## Starting Over:

Imagine if you were starting over in a new home...  
What kinds of household item would you need?

### Paper products

Paper towels  
Napkins  
Toilet paper

### Linens:

Towels  
Sheets  
Pillow cases  
Blankets  
Bath Towels  
Wash cloths

### Kitchen items

Pots and pans  
Silverware  
Dishes  
Glassware

Other thoughts/ideas? If you have donations to make please click on the house to email Danielle to let her know what items you have or you can drop them off at the office during regular business hours.



Want to help but not sure how, please think about a Cash Donation.



Your cash donations help support us in our work and fill in those gaps not otherwise supported by our funders.

## Contact Us:

Mail:

A New Hope Center  
20 Church Street  
Owego, NY 13827

Hotline #'s:

(607) 687-6866  
(800) 696-7600

Text #:

(607) 972-1996

Business #:

(607) 687-6887

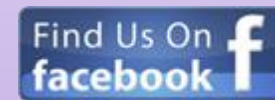
Website:

[www.anewhopecenter.org](http://www.anewhopecenter.org)

Email:

[info@anewhopecenter.org](mailto:info@anewhopecenter.org)

OR





# The Tioga Advocate

## **From the Director's Desk cont'd:**

In 2012 alone we provided over 29,000 units of service, and the earliest part of that year saw *decreases* during our flood recovery/rebuilding stage. We can also feel proud of the services we have provided over the years with amazingly low costs per unit of service, especially when compared to other local organizations.

### **We Are Different**

We have been able to accomplish much of this because we have been privileged to operate as a private not-for-profit, built on the values, ethics and principles of what we know people need, giving us the freedom and ability to work without the severe constraints that most other human services are held to. We have been able to be creative, and totally responsive to the needs and realities of the people we have served, rather than forced to respond like the bureaucrats most other human services train and restrict in what they can do for their constituents. We have built our organization based upon the best practices known to those of us who have been in the movement against domestic violence and sexual assault for over thirty five years, and those of us who are survivors with unique insights into what is most helpful, reasonable and fair to those dealing with the trauma and loss engendered by the horrific issues we address.

The participation of our staff in rebuilding our facilities after the 2011 flood as they worked to continue all crisis and advocacy services is nothing short of phenomenal and heroic, and staff continues to work hard to serve the needs of the communities of survivors in our region. The community volunteers who stood by us, worked daily as though they were on a 40 hour per week job to help us recover from the flood, and who did huge and heroic work to put us back together will always have our undying gratitude. [Back to Top](#)

### **DELTA/Prevention Project**

What ANHC has accomplished in the nearly nine years we have been building our DELTA project on Intimate Partner Violence Prevention is yet another amazing story of perseverance and creative approaches. We have created a program that has built the capacity for this prevention work in Tioga County through a number of partner programs including Cornell Cooperative Extension Family Resource Centers and CCE Parenting Programs, Catholic Charities, Headstart, Schools, Workplaces, and two Broome County programs, CVAC and BC Family Violence Prevention Council, as well as the prevention programs of ANHC like LISTEN, CHANGE, programs in the Waverly Schools, Newark Valley Schools, and more. Throughout this project we have been very fortunate to have in addition to Rose, Sarah and Chris the generous leadership and reliable continued work of Kathy Roush, who has been to nearly every DELTA meeting, who has attended many 2-3 day DELTA meetings and Learning Exchange meetings out of town along with ANHC staff. We have been blessed with an active workgroup of partners who meet at noon on the first Wednesday of every month. The latest project DELTA is working on will see a training and membership center set up through our website so that school personnel and others who work with and for youth can participate with the prevention work by receiving much of their information through the website with far fewer in-person training events from our staff. This effort is being cheered and supported through the latest partner to join our DELTA work group, Dr. Joseph Yelich, Superintendent of Waverly Schools. Joe vows to do his best to engage as many other area superintendents as he can in this process. This innovative approach is designed to maximize the time and efforts of our staff so that the work can expand and continue with less actual staff hours needed. [Back to Top](#)

### **Other "Cutting Edge" Services**

ANHC has been a leader in the country in developing pet protection and respite care for victims who need to have this service if they are to escape abuse. We have trained numbers of other programs how to set up pet programs, and we have been invited to present at several conferences about this work and its importance. NYS is actually considering adding pet protection advocacy to the list of services required to be a licensed





# The Tioga Advocate

program. ANHC has also been a leader in providing services, including shelter, to male victims of domestic violence. We were the first program in NYS to provide this, and among the very first in the country. We have always provided non-residential services to male victims. We have also been on the leading edge of insisting on sensitive, appropriate and full services to LGBTQI folks, so much so that some have told us that prefer to come here rather than to many other regional programs. One other notable service we provide is to assist survivors in receiving scholarships through a foundation run by Doris Buffet, (sister of Warren Buffet), called The Sunshine Lady Fund. This funding provides the means for survivors to return to school and get degrees with which they can become or remain self-sufficient. We have obtained and administered a great many of these scholarships for women we have served.

In recent years the federal government and states have had a growing awareness of the issue of human trafficking and have said that the logical place for this work to be addressed is in domestic violence programs. ANHC has been at the cutting edge of these issues, especially for a program in a rural area and we have provided excellent services and training on this topic and that of the problems of immigrants dealing with abuse. I was asked to write an article about trafficking and how domestic violence programs can serve trafficking victims, fitting in very well with our skill sets and existing services. The article was published in VOICE, the national Journal of the Domestic Violence movement. I then provided workshops on the topic at the NCADV conference in Denver last summer, and am preparing to do some additional national training including one in South Dakota I did in March of this year. (These kinds of honors over the years have been instrumental in making ANHC well-known across the country for our leading edge and excellent services.) [Back to Top](#)

## **Men's Program**

ANHC also runs Intently Teaching Peace program for men mandated to the program from courts and CPS for having been perpetrators of domestic assault. ITP is well-known as a cutting edge program, part of what is known as the NY Model of Batterer Programs, and I have been involved in developing this model since 1989, and have presented statewide training twice a year for many years in NYS, and have also been invited to train in Oregon, California, Missouri, Utah, Florida and other areas including Trieste, Italy, for the European Community on the model. ITP serves the courts of Tioga County with a sentencing option for men who are abusive to their intimate partners, especially helpful when prosecutors or the courts do not think the abuser's crimes rise to the level where other consequences fit within the law. Fran has worked very hard in the past ten years or so to keep this program operating smoothly and he regularly teaches the classes, as does Chris Schweitzer.

## **Collaborations**

ANHC staff have always collaborated regularly with many other organizations to be present, supportive, collegial and involved in the issues that affect nearly all human services organizations in Tioga County and beyond. We are represented on the Mental Health Committee of the Community Services Board, the Alternatives to Incarceration Board, led by the Tioga County Probation Department, the DSS Commissioner's Advisory Council, the Youth Assessment Team, the Family Resource Centers Advisory Board, and other local bodies, and Rose and Fran have represented the issues of crime victims on state and national boards for all of our careers here. Rose was, for example for ten years on the NYSCADV Board of Directors, two years as its president, and the National Coalition Against Domestic Violence Board of Directors as Secretary, where she helped to guide that national organization successfully through a huge fiscal crisis that threatened to close the organization. Previous to those she spent six years on the NYSCASA Board of directors, among others. She serves also on the National Leadership Council for the National Organization for Men Against Sexism, and is co-director of the NOMAS Ending Men's Violence Network, as well as a Director for the STCLA, a regional

[Back to Top](#)




# The Tioga Advocate

organization that meets as volunteers to distribute small grants to organizations seeking to make positive social change; this involvements has also led to some funding for ANHC. Fran currently serves as Secretary to the NYSCADV Board of Directors, and has helped to guide that organization over the past 18 months through a massive personnel and fiscal crisis. He has been providing amazing leadership for a number of years for the Boy Scouts, including activism to get that organization to develop a badge on violence prevention. Fran has also led ANHC's involvement with creating and running DWI panels for survivors and perpetrators of that crime, and has helped to generate income for us through that project. In addition to those collaborations and volunteer projects Fran has played a leading role for a number of years in revitalizing the regional "Southern Tier Coalition of Victim Services Providers". This organization is representative of programs in ten counties in our region and meets quarterly to allow victim services professionals to discuss common issues, share solutions, set up periodic training opportunities, most at no cost. Rose had led this organization in the past, and when a different program took over the organization faded away for a few years; the work Fran has done to reorganize and run this groups has been immensely helpful to programs who participate. Rose regularly is consulted by other local and state organizations regarding the crises and issues they face. We are proud of the standing we have achieved with local, regional, state and national organizations and professionals through our collaborations and services with professional organizations related to our work. [Back to Top](#)

## Closing

I hope you will feel free to visit our offices, check out our website and even think about volunteering in time to be included in our annual volunteer training, coming up soon. We are very fortunate to receive regular, almost daily, donations of clothing and household items to assist those families we serve. Without your generous donations we would be unable to provide the level of services that help to keep families afloat. Thank you for your interest in our important work. Our community supporters are the best!

If you want to talk to Rose or share your thoughts with her, please click on the icon  and send her an email.

## **Prevention Corner continued:**

To be effective the work must incorporate understanding of the beliefs, attitudes, resources, and skills that are truly representative of our community.

How does DELTA in Tioga fit with national CDC prevention projects?

DELTA is a collaborative project with the CDC supporting organizations in several states to develop IPV prevention programs which can be replicated elsewhere.

DELTA is a collaboration between the CDC, state coalitions against domestic violence and local coordinated community response organizations.

Primary prevention is the cornerstone of the DELTA Program. Prevention strategies are guided by a set of principles including:

- Preventing first-time perpetration and first-time victimization;
- Reducing risk factors associated with IPV;
- Promoting protective factors that reduce the likelihood of IPV;
- Implementing evidence-supported strategies that incorporate behavior and social change theories; and
- Evaluating prevention strategies and using results to form future plans.

[Back to Top](#)



# The Tioga Advocate

What does DELTA do in Tioga County?

The DELTA work group meets monthly. The group is comprised of representatives of community organizations that serve youth and the adults who care for them (our main target population), and other interested parties. This Windows of Opportunity model develops opportunities to integrate prevention programming into already-existing structures and services. The ultimate goal is for

intimate partner violence prevention (IPVP) education and activities to be included as natural components of the work of our partner organizations. Our strategy is to deliver prevention education and programming at as many levels of the social ecology as possible, and to combine this with strategies already being used by our partners.

A designated committee member meets with an identified organization's leadership staff to explain the DELTA mission and Windows of Opportunity concept, and enlists their participation in the committee---either as an individual supporter of IPVP, or, additionally, as an organizational representative willing to integrate IPVP into the ongoing work of their organization. These are referred to as our "partner organizations."

A New Hope Center (ANHC) staff works with partner organizations to examine materials already in use to assess for IPVP content, for appropriateness of IPVP messages and activities, and for what modifications could be made to expand the capacity of the organization to do IPVP. We are able to provide assistance in discovering ways in which IPVP can be integrated into our partners organizations' ongoing work or can work with an individual not employed by an organization to discover ways to incorporate the IPVP message into their community activities and spheres of influence. ANHC freely shares its extensive DV library and has been able to help partners by purchasing additional IPVP materials when appropriate.

ANHC also has staff members devoted to promoting IPVP through bullying prevention programs as requested by local schools.

Do you have thoughts or ideas to help prevent domestic violence? Let us know ... you can email [Fran](#)

[Back to Top](#)

