

# YWCA IS ON A MISSION

## UPCOMING EVENTS:

- **Stiletto & Sneaker 5K**  
5:30 pm  
Thursday, Oct. 6
- **Harvest Supper**  
4-7 pm  
Thursday, Oct. 6
- **Partner Agencies  
Breakfast**  
8 am  
Wednesday, Oct. 19
- **Week Without  
Violence**  
Oct. 17-21

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# YWCA of Genesee County

## Weekly Update

SEPTEMBER 19, 2016

### Domestic Violence is Everybody's Problem



When she came to YWCA for help, Janice was broken and desperate. She had four children, lived two hours away and needed to find a safe place to live. DV staff helped her to move in to our safe house and, eventually, to get three of her younger kids moved as well. A DV grant helped to pay for her son to attend basketball camp, groceries and other personal needs. It also provided Janice with the first month's rent when it was time to move into her own apartment. She was so gleeful when it all came together: peace, safety and no threats of abuse from her former partner. She recently shared with her case manager that she got a job and is heading on a better path.

We may tend to think that Janice is an isolated case and that this type of intense abuse doesn't happen around us. But it happens all the time, as confirmed by the constant flow of walk-ins and phone calls from victims seeking assistance. During Domestic Violence Awareness Month our message is simple but strong: everyone has a role to play in the community, whether it's as a bystander who observes abusive behavior or as a victim. There is no such thing as an "innocent" bystander any more. If you see it, say it. If you see actual abuse, call the police and if you suspect that something is going on, talk confidentially to a friend or call the Care+Crisis Helpline to share your thoughts. The Helpline

specialist can listen, ask questions and help you to form an educated decision. If you are a victim of abuse, you have options, no matter what your circumstances are. YWCA staff will be very front and center next month with the Stiletto & Sneaker 5K, partner breakfast, school assemblies and athletic events, the old county courthouse being lit up in purple lights and a banner over Main Street.



### The Life of a DV Case Manager

What is it like to work with a safe house client? Program Manager Justina Garner's eyes widened as she answered: "It's really overwhelming."  
"But the end result is rewarding at the same time," she said. "We help them go from having nothing to becoming independent.

You build a rapport with a client; it makes me feel good to know I helped them through the entire process." The DV staff has served 488 clients so far this year, including 19 women and children in need of safe housing. How does a case manager avoid burn-out? "We leave

it at the door," Garner said.

"You can't bring it home, otherwise it would affect our ability to provide services appropriately. We have a lot of support in our department."

DV Hotline:  
(585) 343-7513

# One at a Time



"I can't cope with life any more."

Adrenaline. It kicks in big time when Care+Crisis Helpline Program Manager Holly Baxter gets a crisis call. Especially when it's an obvious life or death situation, like when she received a Chat message from Russell. His thoughts were of suicide on a Friday afternoon in late August: "I'm planning now and soon enough. I can't cope with life any more."

Holly encouraged him not to lose hope and offered other resources for him, since he was in Michigan. He promised to follow through with contacting more local help.

"I felt relieved because I genuinely believe he was going to reach out for help. There's a sense of satisfaction in seeing the purpose of this Helpline impact someone's life."

She keeps taking calls and Chat messages for one simple reason: to pay it forward.

"Someone reached out to me when I was 17. They gave me a business card, and if it were not for that I would not even be here," Holly says.

Holly is confident that the Helpline will hit 9,000 calls by the end of this week (9/24).

Care+Crisis Helpline is making a difference, one person and one call (or Chat) at a time. It's not only a helpful service, but a crucial one. A new report by the Substance Abuse and Mental Health Services Administration reveals that in 2015, 4% of American adults aged 18 and older thought seriously about killing themselves during the past 12 months from when they

were surveyed. More than 42,000 people in the United States die from suicide annually, according to the U.S. Centers for Disease Control and Prevention – making suicide the 10th leading cause of death overall. The rates for completed suicide remain at historically high levels, with a 27% increase since 2000. C+CH: (585) 344-4400 (844) 345-4400

**Working in the human services field, being compassionate and/or just giving of yourself has the potential to cause burn-out.**  
**Remember:**



## My Sister's Closet Boutique 2nd Bag Sale

If you were able to partake of our recent Closet bag sale (fill a bag with clothes for \$10), or you'd like to snag some terrific bargains, you may be happy to know that we are planning for

a second bag sale on October 6. What better way to show off the shop than during one of the biggest events at 301 North Street? MSCB Administrator Ashley Hill is counting on a big day

of sales, similar to the first bag sale, from all of the patrons at the Harvest Supper and Stiletto & Sneaker 5K. Closet hours will be 10-7.

# We Want YOU ... to Push the 5K!

Will there be anyone who doesn't have 5K on the brain by the time we get to October 6? If so, that's GREAT. Remember, the event helps to support our DV Crisis & Prevention Services program and to highlight victims and survivors of this abuse. With two weeks left, it's GO time, and that means to talk up the event, secure people to

register for the 5K and/or buy harvest supper tickets, make a pitch for sponsorship from someone you know who owns a business or whose family member owns a business and email the poster to anyone you can think of (with a personal note). It's going to take all of us to make this a successful event, so thank you for

doing your part!



## Nine Sites and Counting!

YWCA's Adventure Program added a ninth site this month! We now serve families with before and after child care at Oakfield-Alabama Central School. Parents have expressed appreciation for the program itself and the convenience of providing it at the O-A district, Children & Family Services Program Manager Sarah McLaugh-

lin says. School Superintendent Mark Alexander is pleased as well:

"Thanks for taking such good care of us," he said in an email to Sarah. "I'm excited that we will be able to partner together and offer this opportunity to our families!"

There is plenty of room to grow the Adventure Program, with other sites already at the

YW, Jackson Primary, John Kennedy Intermediate, Batavia Middle School and at Le Roy, Pavilion, York and Alexander school districts. There is a continuous enrollment process, so if anyone is interested, direct them to the Main Office.



## Partner Agencies Breakfast



As part of Domestic Violence Awareness Month, and during the Week Without Violence, YWCA is hosting its annual breakfast for area agencies that support our work on behalf of domestic violence victims. This year the breakfast is at 8 a.m.

Wednesday, October 19. The focus will be on kids and how their exposure to domestic violence impacts their little lives. Alisa Hathaway, director of Project STRONGER at Mt. Hope Family Center, will share

her 20 years of experience working with maltreated children and their families.

# YWCA IS ON A MISSION

## YWCA of Genesee County

301 North St.  
Batavia, NY 14020  
(585) 343-5808

YWCA's mission is to eliminate racism and empower women and the vision is to implement sustainable programs that foster healthy, balanced living for women and families.

Our three primary programs are:



## A word from the Executive Director

I'm not going to lie, this time of year gets pretty crazy! There are school assemblies, sporting events, the Harvest Supper, Stiletto & Sneaker 5K and the constant push-push-push to garner support, participants and — most important of all — help for all of it!

But when we see clients — often it's women and their young children — come through the door scared, alone and in pain, it makes the effort so worth it. We can lose sight of those “whys” in the day-to-day tasks, but let's all remember that YWCA is here to calm victims, wipe their tears, listen to their pain and work hard to put them on a better path. We are creating survivors. And everyone plays a part in that, from Children & Family Services and the Helpline to Domestic Violence Crisis & Preven-

tion Services staff. That's something to smile about.

