

YWCA IS ON A MISSION

UPCOMING EVENTS:

- Staff & Volunteer Holiday Party Noon & 1 p.m. Thursday, Dec. 22
- Care+Crisis Helpline Takes on Orleans County Sunday, Jan. 1
- YWCA Board Meeting Tuesday, Jan.3
- Blood Drive @ YWCA Friday, Jan. 6

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YWCA of Genesee County

Update

DECEMBER 19, 2016



Christmas Bounty

A very generous public helped many of our families to have a more joyous holiday with several contributions of toys, gifts and food.

Once again, Lawley Genesee (see photo below) adopted a domestic violence client and her children as the agency's yearly quest to serve as Santa's elves.

Genesee County Bar Association rallied with a toy and gift drive for other DV clients and their kids, which meant oodles of toys piled high in the DV office for a few days.

Batavia High School's indoor track team adopted our safe house family by providing a Christmas meal. Coach Bill Buckenmeyer said the students wanted to do some type of community service, and he suggested that they assist a domestic violence client and her children in some way. The end result has yet to be seen, but they were set to deliver the items on Friday for a holiday meal with all the fixin's for the family.

Numbers to date ...

684New DV clients
 14,245 ...Care+Crisis Helpline calls
 7Events in December held in Room 2 (including a wake, staff meeting, holiday party, blood drive, artist's gathering and Kiwanis food giveaway to families in need)

Number of substance abuse referrals in November at CCH

78AA meetings
 50GCASA
 40Horizon





One Call or Chat at a Time

Things have been “very steady” at the Care+Crisis Helpline, says Program Manager Holly Baxter, although there’s a strong front-runner in terms of trends. There has been an increased call volume about substance abuse, she said. The Helpline handled 1,124 referral calls to date. And the top substance

may surprise you. “Prescription drugs,” Holly said.

Those callers have sought out support on their own or as mandated by the legal system. Helpline listeners refer them to substance abuse meetings, treatment facilities, counselors or other recovery avenues as requested.

“We’re a support to be there when a sponsor or meeting isn’t available,” Holly said. “They can call the Helpline.”

According to the National Institute on Drug Abuse, an estimated 48 million people (aged 12 and older) have used prescription

drugs for nonmedical reasons in their lifetime. That figure represents approximately 20% of the U.S. population.

In recent years, there has been a dramatic increase in prescription drug misuse or abuse. This increase has led to a corresponding increase in ER visits because of accidental overdoses as well as admissions to drug treatment programs for drug addictions.

These drugs include:

Opioids used to treat pain, such as codeine and morphine.

Central nervous system (CNS) depressants, such as benzodiazepines (Xanax, Valium, Ativan, Klonopin), used to treat anxiety and sleep disorders.

Stimulants, such as amphetamine and dextroamphetamine (Adderall) or methylphenidate (Concerta, Daytrana, Methylin, Ritalin) used to treat attention deficit disorder and narcolepsy (a sleep disorder). Other drugs include Fentanyl, Hydrocodone, Meperidine (Demerol), Methadone (Dolophine, Methadose)

and Oxycodone.

What to do if you believe that a family member or close friend is abusing prescription drugs?

> **Talk with your health care professional.** Doctors can give you referrals to drug treatment programs for the family member or friend. Many of these programs use outpatient treatment with medications and behavioral therapy.

> Most importantly, **talk to the person** about your concerns so he or she knows that you are aware of the problem. Be prepared for a considerable amount of resistance and denial.

Many people with addiction must experience serious consequences before they acknowledge their illness. **Stand beside the person** as he or she works to move beyond the addiction.

Of course, you can always **call CCH:**

(585) 344-4400

(844) 345-4400

As Time Goes By

Mikayla* came to us about a month ago. She was in turmoil after deciding that she must leave someone that she at one point really trusted. He was particular to a fault and his self absorption and control made her nervous and her son fearful and quiet. When Mikayla first came, DV Liaison Sherry Crumity “talked me off a cliff,” Mikayla said. She found the safe house to be true to its name.

“It’s been a safe place for me to just begin to build my life again,” she said. “That place being there is a Godsend. I don’t have to think about how to keep things manageable. I’m really good at dancing on eggshells.”

No more eggshells for her: she can leave a throw rug askew or a cabinet door open without fear of retribution by this man she now sees as narcissistic. She has come a long way but still has more to accomplish. Her son was so distraught that at one point he literally could not speak any words. That was scary for this protective mom. But she now sees his progress, both physically and emotionally.

“He has gotten his voice back,” she said. They are now on a journey toward recovery. Is there a sense of relief yet? She smiled as she answered yes.



DV Program Manager Justina Garner is happy for her and to see that good things can happen with these victims.

“She’s noticed a new sense of freedom for her and her child,” Justina said. “She felt like she was at a dead end in her life ... and came to support group.”

During group Mikayla shared her life story, which, she admits “hasn’t always been easy for me.” She was exposed early on to both domestic and substance abuse. Although she did not go down the path of addiction, Mikayla did end up with an abusive spouse. She has experienced the death of a child and the obvious anguish that goes with that. She keeps coming out on top, though, as she works toward a successful life with peace, security and hope.

It’s one of those feel-good stories that Justina likes to tell.

“It’s just nice to see clients change and grow over the time that they’re here,” she said.

*Her name has been changed

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YWCA of Genesee County

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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:



Phil VanBuren, one of our most dedicated volunteers who mans the front office, shows off his silly side with a Christmas hat.

Now *that's* something to smile about!

