

LINKS



BREAKING THE CYCLE • FOSTERING HOPE & HEALING

Family Sunshine Center

CELEBRATING 31 YEARS OF SERVICE

Spring 2013

Volume 28, Number 1

FSC Announces "Year of the Child"

C.A.R.E.S. Program on Track to Treat Children

In October, staff of the Family Sunshine Center were notified of the success of their grant request to provide a program specifically focused on children ages 3-18. The CARES program, Children Advancing Through Recovery and Empowerment Services, is intended to provide trauma-focused Cognitive Behavior Therapy to 440 children and adolescents who have witnessed family violence and/or have been a victim of child abuse and/or sexual assault. In addition, the grant will provide training opportunities to agencies and individuals who work with or help children.

The grant, awarded by the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), supports five new positions within the agency and calls for a partnership among the FSC counseling center, Montgomery Area Mental Health Authority, Child Protect, the Montgomery County Department of Human Resources, the Helping Montgomery Families Initiative and others.

This SAMHSA grant award is for \$400,000 for up to four years, contingent upon the availability of funding. "We now have staffed all of our positions and begun work toward meeting our grant goals. We presented to the Montgomery Children's Policy Council in March, and are in the process of arranging training for our staff. We are further required to sponsor our own trainings of partnering agencies and others in the state who provide services to children. In addition, an advisory council of partnering agencies and stakeholders must be established and scheduled to meet periodically. FSC staff are currently putting that process into place. The program has already accepted 15 clients.

"We know that family violence is intergenerational; we know that children who witness family violence or who are physically, emotionally or sexually abused experience ongoing and long-term consequences from the trauma; and we expect that addressing that trauma sooner rather than later can make a real difference in improving children's lives. That is what this grant will allow us to do," said FSC Executive Director Karen Sellers.



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Dear Gentle Reader



Dear Gentle Reader,

The Family Sunshine Center recently had the honor of co-sponsoring The Healthy Woman: Second Anniversary Celebration with LV Stabler Memorial Hospital in Greenville, Alabama. Keynote Speaker Elizabeth Smart, survivor of one of the highest profile child abduction cases in history, spoke to a packed house at the First Baptist Church Family Life Center where she astounded the crowd with her poise and flawless recounting of her harrowing experiences at the hands of a mentally unstable husband and wife team of child abusers.

I have always had an interest in how some victims survive and thrive and others' lives are permanently damaged. When survivors speak, I listen for clues to their ability to overcome adversity. Ms. Smart said that after she was abducted and taken to a remote mountain range outside her community, even at the tender age of 14, she knew what to expect - she would likely be sexually abused and killed. As she was bonded in chains, and her mind began filtering things her mother had said to her through the years, she latched onto one of her mother's earlier bits of wisdom that inspired her to persevere and use her wits to stay alive. When she would despair, she would repeat the words her mother said to her as she began trying to develop a relationship with her captors and learn their "ways."

At the point when Elizabeth's captors began discussing a move to the East

Continued next page

Awareness Links

April is Child Abuse Prevention Month

In recognition of Child Abuse Prevention Month and to introduce the new CARES Program, the FSC launched a mini-ad campaign for Spring. You will find the half-page ads in the *Montgomery Biscuits Magazine* and in the April issue of *Montgomery Parents* magazine.



In addition, you can look for Family Sunshine Center representatives to be at Eastdale Mall with child abuse prevention partner Exchange Club of Montgomery. "Rockin' Kids Day" is Saturday April 13, 2013 from 10 a.m. to noon in Center Court. Parents may have their children finger-printed by Exchange Club members in order to better locate them if they should become lost or abducted.

On April 15, 2013, advocates will gather for a resolution reading at the Montgomery County Commission Chambers

Help Raise Awareness about Sexual Assault Wear Denim on April 24

In recognition of Sexual Assault Awareness, the Family Sunshine Center invites area agencies and businesses to participate in "Denim Day." All around Montgomery and the River Region, employees will wear denim to work on Wednesday, April 24, 2013 in recognition of the ongoing misconceptions about the tragic effects of sexual assault. This special awareness event grew out of an injustice against an Italian woman whose case against her sexual assailant was overturned by the Supreme Court because of some basic misunderstandings of the dynamics of sexual assault.

History: In Rome, Italy in 1997, an 18-year-old girl was raped and abandoned in an alley by her 45-year-old perpetrator. He was convicted. He appealed and the Italian Supreme Court overturned the original conviction, dismissed the case and he was released from prison. Denim became a significant symbol of this case when the Supreme Court head judge argued that the fit of the victim's jeans necessitated her assistance in their removal, implying the sex was consensual. Since then, victims and



your blue jeans!

Wednesday, April 24

**in recognition of
Sexual Assault Prevention Month**

it is

Wear Denim to Work Day

advocates throughout the world have set aside Wear Denim to Work Day as an international symbol against uninformed and destructive attitudes about sexual assault.

“Incidents like the rape of a young girl in Ohio, and hundreds of others making the news across the nation, point to the fact that there are people in our society who continue failing to take sexual assault seriously, and to understand the long-term, devastating impact it can have on its victims. To highlight the fact that major misconceptions about sexual assault and other forms of violence against women and the consequences still exist, the Family Sunshine Center encourages lawmakers, civic leaders and others in the community to wear denim—blue jeans, a denim dress or shirt—on April 24,” said FSC Executive Director Karen Sellers.

A 2010 survey conducted by the Centers for Disease Control found that sexual violence, stalking and intimate partner violence are widespread in the United States. According to the study, 1.3 million women were raped during the year preceding the survey; one in six women and one in 71 men have been raped in their lifetime; and 81% of women and 35% of men who have experienced rape, stalking or physical violence by an intimate partner reported suffering some degree of Post Traumatic Stress Disorder (PTSD). They are also more likely to experience physical disorders such as asthma, diabetes, irritable bowel syndrome, frequent headaches, chronic pain, difficulty sleeping, and poor physical and/or mental health.

What You Can Do: Encourage the people in your life — friends, family and co-workers — to wear denim to work on April 24, 2013. As the Family Sunshine Center prepares to bring community awareness to the problem of rape and other sexual assault, agency staff invites you, your company, or other group to wear denim on April 24, and to send us a group photo to post on our Facebook page.

For further information, please call the Office of Outreach and Prevention at 334.206.2100. Email your photos to ljohnson@familysunshine.org.

Agency Links

CTF Helps FSC Protect Children

The FSC Board of Directors and staff is recognizing 2013 as "the Year of the Child." Not only is the agency actively initiating its CARES project, which is designed to bring trauma focused cognitive behavior therapy to more than 400 children over the next four years, but also working hard to prevent child abuse and/or abduction through funds made available from the Children's Trust Fund of Alabama.

Since August 2012, FSC Outreach and Prevention staff have provided Abusive Head Trauma Prevention Education to 98 expectant parents. In addition, personal safety and individual safety planning information has been shared with 33 child clients of the FSC. The personal safety curriculum, Yello Dyno, has been taught to 1,199 children in the community.



Continued from previous page

Coast - Elizabeth realized she might never be found if that happened - she began using her captor's belief that they were prophets of God to entice them to move back to her area. When they did, Elizabeth was recognized and discovered. Out of the fire of experiences no one, especially a child of 14, should have to experience, came a strong motivation to establish her foundation - the Elizabeth Smart Foundation, "to prevent and stop predatory crimes by empowering children through education and understanding choices and options."

Earlier in the day, as Family Sunshine Center staff participated in the Healthy Woman Initiative's Wellness Fair and Expo, a lady stopped by to pick up some literature. In the course of our conversation, I recounted an earlier incident in Butler County where victims of domestic violence had been shot. One was killed. As she picked up several crisis line posters to take to her church, she looked at me and said, "I know. That was me. I had people tell me to call the Sunshine Center, but I never did."

Like Elizabeth Smart, this lady had been terribly victimized, but lived, though she had been seriously injured and deemed to be in critical condition. And like Elizabeth, she wanted to do what she could to help spare others a similar fate.

At the Family Sunshine Center we are working hard to help reach all who need us. It amazes me how much the staff, volunteers and our partner agencies do. But, it is not enough. It is never, ever enough. As a wonderful mentor of mine taught me years ago, "No one person can do it all, but we can all do something." I invite you to help. You can participate in one of our special events. You can volunteer. Or, maybe you only have time to put up a crisis line poster so someone who needs it will see it . . . and call!

'till next time,


Karen Sellers
Executive Director

Honorariums & Memorials

December 1, 2012 — February 28, 2013

HONORARIUMS

- In honor of Mr. & Mrs. Samuel Adam
Mr. & Mrs. Christopher S. Simmons
- In honor of Mr. & Mrs. Owen Aronov
Mr. & Mrs. John B. Burnham
- In honor of Mary Barwick
Mr. & Mrs. Edwin C. Bridges
- In honor of Mr. & Mrs. Charles Bradshaw
Mr. & Mrs. Christopher S. Simmons
- In honor of Mr. & Mrs. Kent Brendle
Mr. & Mrs. Christopher S. Simmons
- In honor of Judge Liles C. Burke
Judge J. Elizabeth Kellum
- In honor of Ann & Rick Castro
Mr. & Mrs. Tim Castro
- In honor of Cindy Clark
Mrs. Helen A. Till
- In honor of Wynlakes Women's Club
Mr. & Mrs. Tom C. Sellers
- In honor of Mr. & Mrs. Tom Daly & Family
Mr. Adolph Weil III
- In honor of Brooks & Catherine Darby
Ms. Darby Luxenberg
- In honor of Mr. & Mrs. Miles DeMott
Mr. Adolph Weil III
- In honor of Mr. & Mrs. David Dennis
Mr. & Mrs. Christopher S. Simmons
- In honor of Mrs. Richard E. Diamond
Mr. Adolph Weil III
- In honor of Mr. & Mrs. Richard E. Diamond Jr.
Mr. Adolph Weil III
- In honor of Dr. & Mrs. Jimmy Dockery
Mr. & Mrs. Christopher S. Simmons
- In honor of May Donnell
Mr. & Mrs. Edwin C. Bridges
- In honor of Mr. & Mrs. Woody Griffin
Mr. & Mrs. Christopher S. Simmons
- In honor of Mr. & Mrs. Tim Harrison
Mr. Adolph Weil III
- In honor of Cindy Harwood
Mr. & Mrs. Edwin C. Bridges
- In honor of Mr. & Mrs. Bucky Henson
Mr. & Mrs. John B. Burnham
- In honor of Sunshine Huff
Mr. & Mrs. Edwin C. Bridges
- In honor of Judge J. Michael Joiner
Judge J. Elizabeth Kellum
- In honor of The Honorable J. Elizabeth Kellum
Mrs. Ashley Killian White
- In honor of Mr. & Mrs. Laurent Levasseur
Mr. Adolph Weil III
- In honor of Mary Lynne Levy
Mr. & Mrs. Edwin C. Bridges
- In honor of Mr. & Mrs. Herbert F. Levy
Mr. Adolph Weil III
- In honor of Mr. Russell Levy
Mr. Adolph Weil III
- In honor of Mr. & Mrs. Jim Levy & Family
Mr. Adolph Weil III
- In honor of Mr. & Mrs. David Little
Mr. & Mrs. Christopher S. Simmons
- In honor of Mr. & Mrs. Daniel Mullis & Family
Mr. Adolph Weil III
- In honor of Lenore Neeley
Ms. Edith Johnston Crook
- In honor of Judy Oliver
Mr. & Mrs. Edwin C. Bridges
- In honor of Steve & Teresa Pittman
Mr. & Mrs. Andrew D. Doran
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- In honor of Janet Waller
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- In honor of Judge Samuel H. Welch
Judge J. Elizabeth Kellum
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- In honor of Mrs. Polly Williamson
Mr. & Mrs. Edwin C. Bridges
- In honor of Cindy Wilson
Mr. & Mrs. Edwin C. Bridges
- In honor of Judge Mary B. Windom
Judge J. Elizabeth Kellum
- In honor of Judge A. Kelli Wise
Judge J. Elizabeth Kellum
- In honor of Mary Ward Wisniewski
Mr. & Mrs. Edwin C. Bridges
- In honor of Brittany Woodham
Mr. & Mrs. Jonathan Woodham

MEMORIALS

- In memory of Carol Nelson Cartee
Dr. Patricia A. Block MD
Charles Henderson Child Health Center
Cohens Electronics-Appliances
Mr. & Mrs. Dan Dawson
Mr. & Mrs. Alan Little
Mr. Herbert A. Maloney
Mr. & Mrs. Jimmie L. Middleton
Mrs. Penelope P. Poitevint
Mr. Gareth Whitehead
Rev. Jeffrey Yona Byrd
Dr. Amy B. Flowers DMD
Ms. Meredith Kirkpatrick
Mr. & Mrs. Robert Pullen
- Caron Nelson Cartee, continued
Ms. Rachel Riemer
Ms. Alice R. Sneary
Mr. & Mrs. Wendell Stephens
Ms. Kelli Stevens
- In memory of Mrs. Belle Crosby
Cohens Electronics-Appliances
- In memory of Jean Dillon
Ms. Barbara May Amsler
Mr. & Mrs. Steven L. Neils
Mr. & Mrs. Lee A. Wright
- In memory of Jeannette Hendryx
Mr. & Mrs. Donald R. Crocker
- In memory of Patricia and All Victims of DV
Ms. Maureen Smith
- In memory of Mary Beth Oliver
Ms. Emily H. Bowdoin
- In memory of Mrs. Maida Persons
Mrs. Marti Chambers Rice
- In memory of Linda Kay Story
Mr. & Mrs. Max Gantt
- In memory of Dale F. Weaver
Mr. & Mrs. Max Gantt
- In memory of Dr. Verna L. Wool
Weil Brothers-Cotton, Inc.

We appreciate each gift and strive for accuracy in donor recognition.

If there is an error, please contact the development office at 206-2100.

A list of financial and in-kind donors can be found on our website at familysunshine.org/give/donors.

A list of volunteers can be found at familysunshine.org/volunteer/Thankyou_volunteers.

Development Links

Birdhouse Design Competition a New Aspect of Making Homes Safe Havens

On a crisp February morning, Family Sunshine Center staff and board members gathered with Alabama's First Lady Dianne Bentley at the Governor's Mansion to kick off the eighth season of Making Homes Safe Havens.

As the FSC gears up for the 8th Annual Making Homes Safe Havens fundraiser, committee members are supercharged about a new dimension being introduced: the first annual Making Homes Safe Havens Birdhouse Design Competition. "While our event has changed and grown through the years, it has maintained its central birdhouse theme, which is symbolic of a safe haven. This year, we are very excited about a new approach that will involve local architects, builders, interior designers and artists who will conceptualize and present the most beautiful, functional and soothing of birdhouse havens in a competition that we expect to showcase their awesome talents," said Family Sunshine Center Special Events Coordinator Karen Allen Green.



Board member and MSHS Chairperson Shavon Charlot will be joined by others in the community to spearhead this element of Making Homes Safe Havens. This new and exciting opportunity will complement the existing features of the event—individuals, businesses, church groups and others hosting parties such as bridge or bunko, hotdog lunches, spaghetti suppers, chili cook-offs, birthday parties, cocktail/dinner parties, Sunday School gatherings or other functions where guests are invited to bring a minimum donation for the FSC. Event planners also recruit corporate sponsors.

The Making Homes Safe Havens committee has been busy developing competition guidelines and recruiting a panel of judges. The competition will run from Friday, March 1 to Friday, April 19. On Tuesday, April 30 at Resolution Fitness the competition will culminate in an exhibition of all entries and the winner will be announced.

Competition Guidelines

Entry fee for architects, interior designers, builders, artists, design professionals and non-students is a \$25 donation made payable to the Family Sunshine Center. Entry fee for architecture or design students is a \$10 donation also made payable to the Family Sunshine Center.

All entries must be by an individual. No team entries.

Design Program

The only requirement is that the birdhouse shall embody the idea of "making homes safe havens". There are no limits to the type or size of the birdhouse. Creativity and imagination are welcome.

Deliverables

All entries must be on an 11" x 14" sheet of paper (or whatever medium is preferred by the designer).

A minimum of four drawings must be included – floor plan, two elevations and a perspective or rendering. Drawings shall be scaled to fit within an 11" x 14" area.

The presentation medium (pencil, ink, watercolor, etc.) is the designers' choice, and, again, creativity is welcome.

The composition of the 11" x 14" sheet will be judged along with the birdhouse design. Beauty in presentation is highly encouraged.

Each entry should be identified by a 4"x6" index card on the back of the drawing. The index card should include the designer's name, firm or school and contact information including address, phone number and email.

Please send all entries including donation to: Making Homes Safe Havens Birdhouse Design Competition, c/o Family Sunshine Center, PO Box 5160, Montgomery, AL 36103-5160.

For more information about the Birdhouse Design Competition, please email Shavon Charlot at mhshbirdhousedesigncompetition@gmail.com. For those who will be unable to participate in the design competition, we welcome support as a party host or corporate sponsor. If you would like additional details on hosting a party or becoming a sponsor, please call the Special Events Coordinator at 334-206-2100 or email kgreen@familysunshine.org.

Grants, Partnerships Increase FSC Focus on Client Self-Sufficiency

Thanks to grants from the Avon Foundation and the Office of Violence Against Women (OVW), the FSC is very focused on helping victims improve their self-sufficiency. Through the Avon grant, the FSC is currently offering assistance in employment, housing, financial literacy, employment readiness and/or education and training to survivors seeking services at One Place Family Justice Center and FSC with a projected 225 participants.

To achieve these objectives, the agency welcomes Nicole Adamo, the DV Survivor Empowerment Coordinator, who will conduct individual economic assessments with each participant and assist them with completing the Allstate Financial Empowerment Curriculum. Nicole will help survivors set short- and long-term goals, which might include advancing their academic or vocational education, repairing their credit, or finding a job.

For survivors wanting to improve their financial literacy, FSC will provide individual and group trainings using the Allstate Financial Empowerment Curriculum. The curriculum consists of five modules: Understanding Financial Abuse, Learning Financial Fundamentals, Mastering Credit Basics, Building Financial Foundations and Creating Budgeting Strategies.

“Survivors who complete the program may establish a financial goal. When they save \$500 toward that goal, the Allstate Foundation will give them an additional \$1000,” said Karen Sellers. “We also appreciate our partnership with One Place, which not only houses the program but also provides on-site supervision and a computer lab.”

Through the OVW grant, the Family Sunshine Center is working closely with Easter Seals of Central Alabama (ESCA) to provide employability screenings and aptitude testing for FSC clients in an effort to help them determine viable career and continuing training or education choices. Additional services through this grant include assisting participants with childcare, housing, and transportation to accomplish their personal self-sufficiency goals. “We are grateful to have ESCA, Family Guidance Center, and the Montgomery Chapter of Delta Sigma Theta Sorority as partners in this project” said FSC Program Director Marjorie Baker.

One Place, After Year Two

Back when a family justice center was just a gleam in the eye of people such as Montgomery County District Attorney Ellen Brooks, Karen Sellers and then-Lt. Steve Searcy with the Montgomery Police Department, they recognized the value of bringing together all the services a domestic violence victim could need under one roof. These individuals, and a constellation of domestic violence advocates around them, were determined to see it happen in Montgomery. While their first grant was not funded, despite the best efforts of many, they were not deterred. This time, without a grant or any ready resources, stakeholders showed that where there is a will people will find a way.

October 29, 2012 marked the second anniversary of One Place Family Justice Center, the first Family Justice Center in the state and one of the few in the nation. Over time, its value has been proven. “It’s not been the easiest road to travel for any of us, but it’s been the right one. We



know we are saving lives; we know we are serving more clients than ever; we know that people who were reluctant to call the Family Sunshine Center are more likely to call the Family Justice Center; and we know that this partnership serves to make us all better and more creative at what we do," said Karen Sellers.

In fiscal year 2010-11, the Family Sunshine Center performed 691 intake assessments at One Place. Last fiscal year, they performed 814. “Victims may come to counseling, go into shelter, or simply gain an understanding of how to do a safety plan. They may meet with police officers, attorneys, or begin the process of rebuilding their lives through job coaching or financial literacy training. They can

secure a protection from abuse order or receive legal assistance in overcoming a myriad of problems that are keeping them strapped to an abusive partner. Above all, what we conceived is working!” Sellers said.



Volunteer Links

Pepperdine's Gain is Montgomery's Loss



Many times, volunteers who make a difference in the lives of women are women. However, there are a number of outstanding exceptions when it comes to helping the victims of domestic violence served by the Family Sunshine Center. One of those exceptions is Jeff Baker. When he took over as director of the protection from abuse order law clinic at Jones Law School in Montgomery, he immersed himself in that mission. Right away, he became an extraordinary advocate for victims, inviting FSC staff into his law classrooms to conduct mini training sessions for his students. He also began working with a team of professionals to try to ensure that FSC clients had access to legal services during the periods when the law school was in recess. While the law clinic

has moved from the FSC to One Place Family Justice Center, Jeff's commitment and that of his students has remained the same-to provide free legal assistance to victims who otherwise feel helpless and hopeless.

In addition to being a strong and informed voice on domestic violence issues, Jeff Baker initiated the first-ever candidates forum on violence against women, organizing it, helping promote it, and serving as its facilitator. With the success of that forum, Jeff further suggested that the FSC and other partners conduct a mayoral forum in March 2009. That forum was attended by all the candidates running for Montgomery's mayor, and about 100 interested citizens. Each forum achieved its mission: educating the candidates and securing many promises of support, bringing important issues to the forefront, and educating the public in general through significant media attention.

More recently, Jeff Baker has served as a motivated and forward-thinking co-chair of the Montgomery County Task Force on Domestic Violence, leading an effort to have Montgomery city and county officials proclaim domestic violence as a human rights issue during DV Awareness Month 2012. Then, in February, Jeff was keynote speaker at an event at Faulkner University to promote the international movement called One Billion Rising-this movement is about advocating for ending violence against women across the world.

Through the years, Jeff has used his training and professional capacity at Jones Law School as a springboard for exploring women's issues through authoring scholarly articles on various topics. He is bright, articulate, energetic and committed. At the FSC, we once predicted that Jeff's star would continue to rise in our community. Today, we know that his star will now illuminate the community surrounding Pepperdine University in Malibu, California. We can only say how proud we are of his accomplishments and how sad we will be to see him go.

Congratulations, Jeff. Pepperdine's gain is our loss!

A Day in the Life

More than 64,000 victims of domestic violence were served in just one day. Over 10,000 requests went unmet on that same day due to lack of funds.

In just one 24-hour period, local domestic violence programs across the country provided help and safety to 64,324 adults and children who were victims of domestic violence. Sadly, 10,471 times on that same day, the local program was forced to say "I am so terribly sorry that we don't have the resources or funds - can I work with you on a safety plan or try to find you some help in a neighboring town?"

For the seventh consecutive year, the National Network to End Domestic Violence (NNEDV) conducted its annual National Census of Domestic Violence Services on September 12, 2012. Data revealed that reduced funding for domestic violence services means that some programs are unable to help survivors with shelter, attain legal help, or leave abusive partners. "We are lucky at the Family Sunshine Center. Although our shelter was at above 100% occupancy last fiscal year, we managed to avoid turning anyone away. We have our funders to thank for that - our individual and corporate donors and the amazing grants our staff has identified and applied for," said Karen Sellers.

(We will report on more local numbers for the state and our service area in the next Links.)

Montgomery Area Family Violence Program, Inc.

/d.b.a./

Family Sunshine Center

P.O. Box 5160
Montgomery, AL 36103-5160

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Office:	334.206.2100
24-Hour Crisis Line	1.800.650.6522
24-Hour Local Crisis Line (collect calls accepted)	334.263.0218
TTY Hotline for the Hearing Impaired	1.800.787.3224
Fax:	334.206.2111

www.familysunshine.org



The Family Sunshine Center is a River Region & Chilton County United Way Agency.

Our Mission: To end family violence and sexual assault,
and foster hope and healing through crisis intervention, advocacy, and community education.

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A message from a survivor

I thank God and Family Sunshine Center for helping me and others to get the help that they need and deserve. Because to be alone in this world, it's so, so hard to move on with kids especially. I thank everybody so much for everything they did for me and my kids. There is no other place better than the Family Sunshine Center. I did feel safe with my kids.

I really thank everybody who supported me. And I thank everybody who works in this place. They do a really good job!