

ptions

Domestic and Sexual Violence Services

November 2011

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1st Annual Summit on Violence

Fort Hays State University, Oct. 18 & 19, 2011.

Domestic Violence was the focus of a two-day summit hosted by four Hays Kansas based agencies; Options, Strategies for Change, FHSU Women's Leadership Department and Jana's Campaign. The summit's main focus was to bring awareness to the impact and damage domestic violence has on communities.

The first day of the summit provided training to interested community members and professionals surrounding violence's effect on families, the youth, persons with disabilities, holding perpetrators accountable, and a coordinated community response team. Second day attendees were provided education on Kansas' Protection from Abuse and Stalking Orders and Kansas' domestic violence designation tag bill; also know as HB 2517 or Jana's Law.

A big thank you to the speakers from across Kansas who provided knowledge to attendees in the on-going effort to fight violence within our communities: Travis Harrod & Michelle McCormick (Kansas Attorney General's Office); Kelly Shand-Adams, and Mary Stoltz-Newton (Kansas Law Enforcement Training Center); Gary West, Kathy Wood and Shelby Grau (Kansas Coalition Against Sexual and Domestic Violence); and Stephanie Sanford (Kansas Centers for Independent Living.) Also thank you to Eagle's Street Beat for area coverage of the event.



Charlotte Linsner, Options Executive Director explains the collaborative effort for the summit to attendees.

Fort Hays State University's Leadership Department Community Collaboration Campaign

For several years now, we have had the pleasure of working with brilliant teams from a FHSU's leadership class. Successful projects include bringing in a national campaign "Empty Place at the Table", the launch of our very first Walk Away 5K, Tigers Against Violence 3 on 3 Basketball tournament, ground breaking work for our Sexual Assault Nurse Examiners/Sexual Assault Response Team (SANE/SART) program, national Red Flag Campaign on FHSU's campus, and last but not least a Christmas drive to gather needed toys and supplies for families who are trying to repair lives due to domestic violence. This Christmas season the team's slogan is...

"Know Your Options"

The team will be collecting items in big boxes wrapped in purple paper to signify the color for domestic violence located at various locations in the Hays and Phillipsburg area.



"Whether you believe you can or whether you believe you can't you are absolutely right.

— Henry Ford



Thank you
Nex-Tech Wireless
 for donating the October
 2010 cell phone
 activation fees to Options.



From the Director... Charlotte Linsner

Do survivors really benefit from Options' services? What differences do these services make in their lives? Perhaps the best way to answer these questions is to let the survivors speak for themselves.

The following are survivor's statements from 2009 through 2011 when asked the question, "What did Options' services mean to you?" (*Quotes are original and provided here without alteration*):

"Safety and Freedom"

"It meant a lot to me. I at least had a place to go to get away from my abuser. It proves you don't have to stay and take it."

"These services were very, very important to me and my children –we are far more better off since we first came in and I do not believe we could have been able to heal as well if they were not here for us. Your program did give us our lives back."

"The services and the time spent were not taken for granted. Thank You."

"Everyone was very kind and they made me feel welcome and safe."

"Thank you for being there in my great time of need."

"The program helped me sort out my situation on getting moved quickly and my safety."

"The program provided me stability, security, comfort and understanding in a truly humane, unique way. They truly grasped the need of my dire situation and proceeded to intervene with encouragement, reassurance strength and dignity. I could never adequately express in words or on paper what it meant to me that I had such a dedicated group to support me and join me in my mission to become independent and restore my confidence."

"I don't think I could have taken the steps to leave my relationship without the support and encouragement that I received. I get stronger every day. I will always be grateful for the services. My experience has been difficult, but I feel like there is a light at the end of the tunnel. Once again, Thanks."

The nine survivor's statements are a small representation of lives changed due to receiving advocacy services. Whether it was three years or three days ago, the vital services provided to domestic, sexual or interpersonal violence victims/survivors are desperately needed. The survivor's journey may be long or short and programs for healing, such as Options, will be there to help. Unfortunately, until the community understands and holds perpetrators accountable for the acts of violence they commit, some of the journeys will end in death.

Will you decide to make a difference or save a life by getting involved? Volunteer, donate or schedule an educational presentation. Check out Options' website at www.help4abuse.org or call 785-625-3055 for more information on how you can help.

Options now accepts on-line donations at www.help4abuse.org

Check out Options on Facebook!



Riders at the Methodist Church in Paradise, Kansas

Ride 2 Paradise October 8, 2011 8th Annual Event

Beginning at the Saline River D Ranch in Russell, Kansas, bicycle riders braved cold, rainy weather conditions as they enjoyed the beauty of the rolling hills, scenic vistas and river crossings of the Kansas Saline River Valley as they participated in the 8th annual Ride 2 Paradise (Paradise Kansas that is) event. A special shout out to Erin and Doug Renard, of the Saline River D Ranch, for sponsoring this fabulous bicycling event and donating event proceeds to the victims/survivors of domestic and/or sexual violence for the last four years.

Options wishes to recognize and thank the following for their participation in the event:

Event sponsors, donors and volunteers: Michael Jones (DDS), Blue Hills Bicycles, Good Karma Egg Co., The Hub Bicycle Shop, Perfect Print, Golden Belt Bicycles, Russell County CVB, Russell Regional Hospital, Mark Andrews (Ameriprise Financial), Northwest Printers, Grace Blehm, Judy Vonfeldt, Doug Renard, Mike Neuway, Eric Johnson, Cindy and Joe Bogan and Saline River D Ranch Boarding Stable.

2011 Event Riders : Don Waddington, Ron Leiker, Linda Crawford, Dayna Crawford, Richard & Susie Ake, Jacob Haskett, Jerry Brick, Jerry & Brady Harrel and John McClure.

We encourage all Kansas bicycle riders to check out this event and consider participating in the October 2012 event. Contact: Ride 2 Paradise, 18802 Land Road, Russell, KS 67665 or check out their website at www.ride2paradise.com

Thanks to ...

2011 Birdies Against Violence Golf Tournament Sponsors

Platinum (\$500 and over): White Energy, the Doctor's Office, Nex-Tech Wireless, Commercial Sign.

Purple (\$200 to \$299): Lara & Ernie Lehman, Walmart of Hays, James Motor Co., Kenton and Carol Olliff, Larry and Charlotte Linsner.

Teal (\$100 to \$199): Bank of Hays, Horizon Appliance, Nex-Tech, Inc., Great Northwest Insurance, Farmers State Bank (Phillipsburg), Brungardt Hower Ward Elliott Pfeifer, Fort Hays Auto Sales, Dr. Michael Hattan, Bel-Air Realty, Furniture Look, Hays Memorial Chapel, First National Bank (Phillipsburg), Glassman Corp., Hays Chevrolet, First National Bank (Hays), Debra Prideaux, Commerce Bank, Sunflower Electric Co.

Donation (\$1 to \$99): Home Steel Siding, Mid-America Real Estate, SSB Inc., Biggs Agency, Olliff Boeve Memorial Chapel, Dillons (Hays), A Head of the Times Beauty Salon

Prize Donations: Western Beverage, Tamko Building Products, James Motor Co., Milco Environment Services and Miller & Associates

A special thank you to Rich Guffey and Fort Hays Municipal Golf Course for all the help they provided.



Long time supporter, Shirley Adams, gave a brief history of Options at the annual meeting held on October 11, 2011. Volunteers, employees and community agencies were recognized for their continued support of victims of domestic and sexual violence. Also pictured is Don Scheibler, Hays Police Department



A simple act of kindness can
change the course of a lifetime.
Author Unknown


Options wishes to thank Verizon Wireless for their continued support. For the last 2 years Verizon has donated \$4,000 to help fund victim/survivor supportive services.

To all those who donated time, supplies, or money... We could not function without you!

If we missed you on this list please accept our sincere apologies and contact us so that we can correct our error.

Today, give a stranger one of your smiles.

It might be the only sunshine they see all day.



Quoted in
-PS. I Love
you

Our Donors make all the difference...

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Thank You!

Sexual Violence Prevention Tips

With the school year in full swing and the idea that too much information is never enough for the young or old, I thought it was a perfect time to discuss some **prevention tips** for both men and women surrounding **sexual violence**. (Tips were taken directly from a college student health website; therefore, language is geared towards our younger generation.)

Rape is not just an act committed in a dark alley by an unknown assailant. The truth is that most **rapes** occur in the victim's home. About **60%** of victims who report their **rape** know their assailants.

Listen up Men....

- **Know your sexual desires and limits, communicate them clearly.**
Be aware of social pressures. There is nothing wrong with not scoring.
- **Being turned down when you ask for sex is not a rejection of you personally.**
Women who say "No" to sex are not rejecting the person; they are expressing their desire to not participate in a single act. Your desires may be beyond your control but your actions are within your control.
- **Accept the woman's decision.**
"No" means "No". Don't read other meanings into the answer.
Don't continue after "NO!"
- Do not assume that just because a woman dresses in a sexy manner and flirts that she wants to have sexual intercourse.
- **Do not assume that previous permission for sexual contact applies to the current situation.**

Tips for the Ladies....

- **Be aware of your surroundings.** There is a higher chance of avoiding sexual assault just by being aware of what and who is around you. Being cautious and alert can only be to your benefit.
- **Know your sexual desires and limits.** Believe in your right to set those limits
- **Communicate your limits as clearly as possible.** If someone starts to offend you, tell him early and firmly. Being polite is OK as long as you are firm and assertive. Say "no" when you mean "no" and be prepared to repeat it.
- **Dress comfortably.** Dress as you please. However, non-restrictive clothing could be an advantage. We don't want to lead anyone to think that when a woman dresses provocatively she is giving permission to be sexually violated. Nobody asks to be sexually violated or raped, but to be aware that if someone ignores your limits and assertiveness, you want to be able to run and fight back if needed.
- **Avoid excessive use of alcohol and drugs.** Alcohol and drugs interfere with clear thinking and effective communication.

Are you are looking for a way to serve your community? Look no further, the opportunity is before you!

Please contact Options at (785) 625-3055 if you are interested in volunteering.



- 24-hour toll-free Crisis Line:
800-794-4624
- 24-hour crisis intervention
- Personal, confidential, non-judgmental support
- Safety Planning
- Safe Shelter
- Community Referrals
- One-on-One Counseling
- Support Groups
- Personal Advocacy
- Community Education
- Education Programs



"Sometimes it's the smallest decisions that can change your life forever."

Author Unknown



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If you receive more than one newsletter, or do not wish to receive the newsletter, please let us know at 785-625-3055.

"The Mission of Options: Domestic and Sexual Violence Services, Inc. is to empower individuals who experience domestic, sexual, interpersonal or stalking violence through individual support while educating our communities to identify and confront the causes of violence in society."



Shelter House Wish List

- Laundry soap
- Toilet paper
- Disinfectant cleaning wipes
- Pine sol
- Paper towels
- Monetary donations
- NEW hairbrushes and combs
- NEW hairclips, hair ties or bobby pins
- Nonperishable food
- Deodorant
- Dishwasher detergent
- Dishwashing soap
- Dusting spray
- Bath towels
- Kitchen sponges / scratch pads