



**June 2011**

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EXTRA, EXTRA  
READ ALL ABOUT IT!!

HAVE YOU HEARD THE NEWS?

NKDSVS has changed its name to Options!

Same address; same phone number; same great service.

The new name and logo are great symbols for victims/survivors of violence. Just as **the compass guides people to find their way, so do the Options' advocates**. If you are in a domestic violence or sexual assault situation, please call an advocate at 785-625-3055. They will help you to navigate the difficult course that lies ahead of you as you make those life-changing decisions towards a violence free life.

*A Community Touch...Jennifer*

Counter to the negative headlines we grow accustom to hearing, Options is pleased to shed some light on a positive shift within northwest Kansas communities. It is an honor to be a part of a community that genuinely cares and is **concerned for each other's** well being.

Within the last year, a small group of community members have come together to address issues of domestic and sexual violence in the Hays, Kansas community.

Awareness Community Team Against Violence – ACT Against Violence hopes to raise awareness and provide education on a local

community level about the continuing issue of domestic and sexual violence, as well as identifying healthy relationships.

The team intends to focus on providing age appropriate information to young adults and children so that they will be more proactive and address the issue of domestic and sexual violence before it grows.

Although ACT Against Violence was originally established in the Hays community, it hopes to one day expand to surrounding areas. The team works closely with the Sexual Assault Nurse Examiner/Sexual Assault Response Team

(SANE/SART) Board within Ellis County and other first responders in addressing the issues of violence.

For further information regarding the community effort to end violence, please contact Jennifer at Options.



“For a community to be whole and healthy, it must be based on people’s love and concern for each other.”

-- Millard Fuller founder Habitat for Humanity International

## From the Director... *Charlotte Linsner*



"Fanatics in power and the funnel of a tornado have this in common - The narrow path in which they move is marked by violence and destruction."

Oscar Ostlund

News bulletins this last month bring to mind the correlation between the devastation of a tornado in Joplin, Missouri and those who experience the devastation of domestic and/or sexual violence incidents in their lives. An enormous amount of loss occurs in both events; safety, emotional wellbeing, housing, material possessions and, yes, sometimes a life. Every night on the news we are reminded of those who have not been accounted for in Joplin and what the city will need to recuperate. And every night the news reports that somewhere a life was snuffed out because of a domestic or sexual violence crime.

### **How does Joplin put the city back together after the 2011 tornado?**

- Volunteers will spend numerous hours helping with clean-up.
- Search and rescue teams will continue searching until every person is accounted for.
- City, county, federal and insurance dollars will be available for rebuilding.
- Money, food, water and material donations will be available for those affected by the disaster.
- Shelters will be available for those displaced until rebuilding can occur.
- Friends and relatives will be contacted for emotional as well as other support.

- Residents will look for the bigger picture on the horizon.
- Monumental work will go on behind the scenes for as long as it takes to build new lives.

### **What are the needs of victims/survivors of domestic and/or sexual violence?**

- Advocates will spend numerous hours helping each victim find the necessary resources for survival.
- The agency will apply for funding through private, federal and state agencies for money that is slowly **dwindling** due to today's economic conditions.
- Food, water and material donations will be made available to the victims affected by the domestic or sexual violence episode.
- Shelters can be available for those displaced until rebuilding of their lives can occur.
- Friends and relatives will be contacted for emotional as well as other support.
- With help, the victim can start to look for the bigger picture on the horizon of living life without abuse.
- Advocate and management staff has to be in place in order for all of the above to occur.
- Monumental work will go on behind the scenes as well.

profits providing victim services could not function. Private monetary donations allow Options to pay the bills; for example, in order to maintain the 24-hour 7-day week hotline services, Options must have phone equipment, a phone carrier, a building to house the equipment, trained advocacy staff to answer the calls and management staff to see bills get paid.

In 2010, Options provided services to 429 victims/survivors (353 domestic violence and 76 sexual assaults.) The victims/survivors frequently comment on how grateful they are that services were available in their time of need. We sincerely thank all of the private donors and want you to know, whether you donated monetarily or in-kind, these donations are used as wisely as possible and do make a difference in many lives.



**"The** difference in rebuilding of lives between disasters is monetary. Without private donors; non-profits providing victim services could not **function."**

The difference in the rebuilding of lives between the two disasters is monetary. Without private donors non-

# Colby Corner News... Shauna

My name is Shauna and I am the victim's advocate at the Options Colby Office. I cover the counties of Cheyenne, Sherman, Wallace, Rawlins, Thomas, Logan, and Sheridan.

Part of my duties include the OARS program, which is a collaborative project between the Kansas Department of Social and Rehabilitation Services and the Kansas Coalition Against Sexual and Domestic Violence. (OARS=Orientation Assessment Referral Safety). The OARS

program may be of help if you are applying for or receiving SRS benefits and have trouble reaching your goals because of problems that include:

- Living in fear due to someone hurting or threatening you
- Risk of danger if SRS pursues child support.
- Are overwhelmed by trauma from current or

past sexual or domestic violence and cannot work.

- Have an intimate partner keeping you from work or training.

**For more information please contact your SRS Service Center.**

**Colby 785-443-6769 Ext. 228**

**Hays 785-628-1066 Ext. 309**



Colby, KS - Advocate News



# 4th Annual Walk Away 5K... Daniel

Options hosted the **4th Annual Walk-Away-5K**, in which 31 participants ran/ walked to raise funds and awareness of domestic and sexual violence. Runners/walkers followed the marked path through a residential area, to the walking trail behind Hays Medical Center and finished just behind the Center for Health Improvement. Breakfast was provided. Options would like to like to extend our most sincere gratitude to area sponsors who helped make the **4th Annual Walk-Away-5K** a success.

## Thank you to our 5K Sponsors....

- |                        |                                    |
|------------------------|------------------------------------|
| ABC Seamless Siding    | Mane Attractions                   |
| Bank of Hays           | McDonald's                         |
| Nextech Wireless       | Montana Mike's                     |
| The Doctor's Office    | Redz                               |
| Wal-mart               | Road ID                            |
| Debbie Sander          | Salon Diva                         |
| Debra Prideaux         | Salon Ten-O-Seven                  |
| A&A Coors Beverage Co  | Sophisticate                       |
| BOS Motorsports        | T-Bones                            |
| Centennial Lanes       | Wendy's                            |
| Culligan of Hays       | White Chocolate                    |
| Emprise Bank           | Center for Health Improve-<br>ment |
| Gellas' Diner          |                                    |
| Goodwin Sporting Goods |                                    |
| Hays Recreation        |                                    |
| Heavenly Bodies        |                                    |
| Kaiser Liquor          |                                    |

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★ **Bath & Body Works®** ★

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★ **SPONSOR SHOUTOUT!** ★

★ Options would like to recognize Bath & ★

★ Body Works for their continued generosity ★

★ to the victims of domestic and/or sexual ★

★ violence in Northwest Kansas. For several ★

★ years now, employees of the Hays Bath & ★

★ Body Works have reached out to survivors ★

★ making their holidays a bit brighter. ★

★ **Throughout the years "Hays" Bath & Body** ★

★ **Works have taken it upon themselves to** ★

★ **gather gifts for Mother's Day and** ★

★ **Christmas.** In 2009 the corporate office of ★

★ Bath & Body Works chose our agency to ★

★ supply with generous gifts. We would like ★

★ to extend a BIG thank you on behalf of the ★

★ gift recipients to Bath & Body Works and ★

★ their employees. ★

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*“Build bridges instead of walls and you will have a friend.”*

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.

◆ **Cost of Shelter per Day: \$506.00**

◆ **Cost of Crisis Line Coverage per Day: \$373.00**

If you want others to be happy, practice compassion.

If you want to be happy, practice compassion.

~Dalai Lama

## *Our Donors make all the difference...*

- Shirley Adams
- Kirten Angell
- Charlene Bahlman
- Carol Baker
- Charlotte Becker
- Marsha Beiker
- Susan Benkelman
- Harold & Margaret Bettis
- Marsha Bieker
- Mary Braden
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- 4 20 Group
- Aces Against Assault
- Beta Sigma Phi( Zi Delta Iota)
- City of Hill City
- City of Osborne
- City of Victoria
- Immanuel Lutheran Ladies Aid
- Inter Fraternity Council, FHSU
- Kansas Master Farm Homemakers
- Kirwin United Methodist Women
- Marine Corp League
- Modern Homemaker Club
- Mothers of Preschoolers
- Nex-Tech Rural Telephone
- Osborne County
- Our Lady of Perpetual Help Parish
- Phillips County
- Ride 2 Paradise
- Soroptomists International of Hays
- St. Ann's Christian Mothers
- Thomas County
- Trego County
- Trinity Luthern Church
- United Methodist Women, Bird City
- United Methodist Women, Hays
- Women of Brethran Chruch
- Women's Guild, Peace Lutheran Church

*Thank You!*

## Upcoming Event...

### *Birdie's Against Violence Golf Tournament*

When: Sunday July 17, 2011

Where: Fort Hays Municipal Golf Course, 1450 Golf Course Rd, Hays

#### Get ready to take part in the First Annual Birdie's Against Violence Golf

Tournament dedicated exclusively to raising funds for Options: Domestic and Sexual Violence Services.

Proceeds will be used to fund greatly needed programs and services to Individuals recovering from the effects of domestic and/or sexual violence. Enjoy the camaraderie of fellow golfers while competing in a four person scramble format with a shotgun start.

To learn how to sponsor this important event dedicated to making a difference in the lives of those in need, contact Options: Domestic and Sexual Violence Services at 785.625.4202.

Better yet, get a team together. Register today!

Call the Fort Hays Municipal Golf Course at 1-785-625-9949 for questions or reservations for this important event.

## Education Programs for your community

Given the alarming teen dating violence statistics, it is essential to provide our teens with the knowledge and skills necessary to determine if their relationships are healthy. Education is a key factor in decreasing the incidence of teen dating violence. The following are some of the free educational programs that Options can offer the teens of your local community.

**"Coaching Boys Into Men"** is designed to help you talk to your athletes about the importance of respect, integrity, and non-violence. The program was specifically developed for coaches to easily incorporate into your regular coaching strategies and sessions. Getting started is easy!

**"Reaching & Teaching Teens to Stop Violence"** is designed to provide teens with information about the various forms of violence. By helping teens recognize abuse, understand why it happens, and learn ways to protect themselves, you can provide them with valuable skills for the future.

**"Safe Dates"** is a dating abuse prevention program consisting of five components: a nine-session dating abuse curriculum, a play about dating abuse, a poster contest, parent materials and a teacher training outline.

**"Choose Respect"** is a national initiative to help youth ages 11-14 form healthy relationships to stop dating abuse before it starts.

**"Expect Respect"** engages the entire community in preventing teen dating violence and promoting safe and healthy relationships. It consists of three parts: Expect Respect Support Groups, Safe Teens Leadership Training and School Wide Prevention Strategies

**"Love Is Not Abuse"** focuses on three critical goals: 1) increase understanding of teen dating abuse, 2) enable teens to reach out to a friend or family member who may be experiencing dating abuse and 3) increase help seeking behavior among teens involved in abusive dating relationships.

If you are interested in having one of these programs brought to your community, please contact our office to arrange a free presentation.

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

\*Please contact Melanie at (785) 625-3055 if you are interested in volunteering there are opportunities with OPTIONS.

## Options

- 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
- Public Education Programs



*Some of us think holding on makes us strong, but sometimes it is letting go.*

*Herman Hesse*

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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.

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"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
- Bed frames
- Monetary donations
- NEW hairbrushes and combs
- NEW hairclips, hair ties or bobby pins
- Body wash
- Nonperishable food
- Deodorant
- Dishwasher detergent
- Dishwashing soap
- Dusting spray
- Bath towels
- Queen/Twin Bedding