

Fall 2008 VOL 4, Issue 3  
Family Violence Resource Network News

A periodic newsletter sponsored by the *Walking Together* program  
Samaritan Counseling Center  
www.scclanc.org  
Lancaster PA 17601

**You're Invited!**  
**Family Violence Resource Network Quarterly Meeting**  
**October 15 10:00AM – Noon, Followed by Lunch**  
*Last meeting in 2008!*



**Meeting Location: First United Methodist Church**  
**29 E Walnut St, Lancaster, PA**

We will meet in Room 214-215. You can access the parking lot from Lemon St (and several other streets). Please park only in the spaces marked FIRST; do not park in spaces marked for tenants or physicians. **Please RSVP to Linda at Samaritan Counseling Center at 560 9969 x 226 or [Lcrockett@scclanc.org](mailto:Lcrockett@scclanc.org).**

**If you can afford it, a small donation at the meeting site to cover the cost of lunch is greatly appreciated!**

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**October is National Domestic Violence Awareness Month!**

31 People Die in 31  
Days During Deadly  
Wave of Domestic  
Violence in PA - PCADV  
website (more on page 2)



**Silent Witness Schedule/Information on  
Page 3**

**VOLUNTEERS NEEDED TO STAFF EXHIBIT!!**

**FVRN October 15 Meeting Topic:**

**Assessing Risk to Children from Batterers – *Exploring the Lundy Bancroft model***

The risk to children from men who batter does not decrease once there has been a separation. In fact, the risk to children may actually increase (Bancroft and Silverman, 2002, and Langford, Isaac and Kabat, 1999). Bancroft holds that while men who batter and their abused partners are together, battered women may act in ways to mediate and protect children from the violence and abuse. In this presentation by Linda Crockett (Samaritan) based on the work of Lundy Bancroft, we will look at possible physical and psychological injury to children as a result of their contact with

men who batter; what children need to recover from exposure to domestic violence; and key considerations in a risk assessment.

Lundy Bancroft is an author, workshop leader, and activist on trauma, abuse, and healing. His books include “*When Dad Hurts Mom: Helping your Children Heal from the Wounds of Witnessing Abuse*”. In addition to his four books, Lundy has written many articles regarding trauma and abuse, healing, and social change. His work focuses on accountability and change for men who batter, fostering recovery in children who witness domestic violence, and addressing abusers' post-separation behavior.



**LOOKING FOR A RESOURCE!** Family and Children Services of Lancaster County (formerly Family Services) recently merged with Pressley Ridge. According to Steve Denlinger, Director of Community and School Based Services--Lancaster/York, the agency remains committed to its work related to domestic violence, including their commitment to screening for DV in couples counseling, as well continuing their Behavioral Health programming to work with children and adults who experience trauma. However, they have decided to discontinue the BIS Evaluations (Batterer's Evals) and also the *Second Step* groups for men who use power and control in their intimate relationships.



We are not aware of anyone else in Lancaster County who does these evaluations and facilitates (voluntary entry) groups for men that abuse their partners.

Does anyone know of a provider that is currently offering comparable services? If so, please contact Nancy Schuyler at Children and Youth at [SchuylerN@co.lancaster.pa.us](mailto:SchuylerN@co.lancaster.pa.us) or [LCrockett@scclanc.org](mailto:LCrockett@scclanc.org)



### **31 People Die in 31 Days in Deadly Wave of Domestic Violence in PA**

Summer in Pennsylvania is turning out to be incredibly dangerous and deadly. But it's not because of stifling heat waves or raging storms. Rather, it's domestic violence that is taking its toll and claiming lives here in our commonwealth.

Since June 22, 2008, 17 Pennsylvania counties have experienced 18 lethal domestic violence incidents involving shootouts, manhunts, standoffs, multiple murders and suicides. The carnage has left 31 people dead. 21 of them were victims, including a 13-year-old girl shot by her father, a 2-year-old girl and 11-month-old boy, asphyxiated by their father who also killed their mother, and a 14-month-old

girl, ejected from a car that was rammed into a concrete barrier by another car driven by her father. Eight were perpetrators who committed suicide; one was shot in self-defense and one man was killed in a shootout with another man, reportedly in a fight over a woman. Firearms were used in 13 of the 17 total incidents. <http://www.pcadv.org>

The Pennsylvania Coalition Against Domestic Violence (PCADV) is a private nonprofit organization working at the state and national levels to eliminate domestic violence, secure justice for victims, enhance safety for families and communities, and create lasting systems and social change.

PCADV coordinates these efforts with its statewide network of programs, which provide 24-hour emergency hotlines, shelter, counseling,

legal advocacy and representation, and many other free and confidential services.

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**Silent Witness Exhibit**

Since its inception in 1990, the **Silent Witness** project has become a national initiative, with displays taking place in more than 50 states. Displayed regionally, figures are made of various types of media, and represent women, children and men who have died as a result of domestic violence in their communities during a given period of time.

**COMMUNITY VOLUNTEERS ARE NEEDED TO HELP STAFF THE EXHIBIT & DISPLAY TABLES at several sites. PLEASE CONTACT Cathy Sofilka (Domestic Violence Services) at 299-9677 ext 3105, or Dawn Horst at Lancaster General at 544-5262. DVS and LGH will provide staffing for the majority of the displays; however, a few community volunteers with a compassionate understanding of domestic violence are needed. Volunteers will replenish material on the information tables and be “present” for visitors that are emotionally impacted by the Exhibit. Efforts will be made to pair up volunteers with DV advocates; however, in the cases where this is not possible, volunteers will encourage any visitor needing extra support to call the DVS hotline.**



**A Silent Witness display to commemorate victims of domestic violence has been created by Lancaster General in collaboration with Domestic Violence Services and Victim Witness Services.**

This exhibit of life-sized wooden figures represents the men, women, and children that died in Lancaster County as a result of family violence. The families of the victims that chose to participate wrote the text about the victim’s life that is displayed on the wooden figure. One figure has been carved to represent all those that are not individually depicted.

This exhibit will open to the public on October 1st at the Lancaster General Health Campus at 11:30 AM. Remarks and opening ceremony start at 12:00 Noon. The exhibit will travel to various schools and public sites throughout the county during October. Volunteers will staff tables with information and resources on domestic violence.

**Schedule:**

- Lancaster General Health Campus - October 1-3 **OPENING CEREMONY 12 Noon**
- Lancaster General Hospital, James St. Lobby – October 6-8
- Manheim Central High School, Community Health Fair – October 9
- Columbia High School - October 14-15 **(for students only, not open to public)**
- Columbia Market - October 16
- Lancaster County Courthouse - October 20-22
- Ephrata Community Hospital -October 23-34
- F&M College, Steinman Center - October 27-30

For more information, contact **Dawn Horst at *Healthy Beginnings Plus***  
**DRHorst@LancasterGeneral.org**

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## New Community Resource for sexually abused children

### Samaritan Counseling Center welcomes Katie Mount!

Katie Mount is a Licensed Professional Counselor and a certified child sexual abuse treatment provider. Katie's interests include treating child and adolescent victims of sexual abuse utilizing developmentally appropriate treatment interventions while integrating non-offending family members in the process of healing as sources of support and encouragement. Additionally, Katie works with children, adults and families to provide counseling for trauma, mood and anxiety disorders, life transitions, child behavior problems, anger issues, divorce transitions, spiritual and personal growth issues and relationship challenges. **To contact Katie, email her at [Kmount@scclanc.org](mailto:Kmount@scclanc.org) or call 560-9969, ext. 252**



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## Teen Dating Violence

**Domestic violence isn't limited to adult intimate partners. In fact, a comparison of intimate partner violence rates between teens and adults reveals that teens are at higher risk of intimate partner violence.** *Journal of the American Medical Association, Vol. 286, 572, 576-577, (Nov. 5, 2001).*

- 40% of teenage girls ages 14-17 say they "know someone" their ages that has been hit or beaten by a boyfriend.
- 1 in five high school girls report being physically or sexually abused by a dating partner

### **KNOWLEDGE IS POWER.**

**Encourage teens you care about to visit the following websites for information about how to 'help a friend' that might be in this situation.**

**<http://www.loveisrespect.org>**

This is the home of the National Teen Dating Abuse Helpline. It's an on-line community where teens can find support and information about dating violence. **Helpline:** 1-866-331-9474. Live chat with victim advocates also available.

**[www.JenniferAnn.org](http://www.JenniferAnn.org)**

Jennifer Ann Crecente was a high school honors student that was murdered by an ex-boyfriend on February 15, 2006. This website created in her name seeks to educate others about the real dangers of teen dating violence.

**<http://www.itsnotok.org>**

Resource website by Haven House for teens including topics such as "What qualifies as abuse?" "Am I a victim of abuse?" "How do I help a friend?" "Survivor's Journals" and "What is respect?"

**<http://www.loveisnotabuse.com>**

Liz Claiborne, Inc. has been working to end intimate partner violence since 1991. A special section on the website "Just for Teens" is filled with resources included "Reality Check!" "When Love Hurts" "Ten Warning Signs" and "When it's Over".

**From the National Teen Abuse Helpline/Website:**

### **DATING VIOLENCE QUIZ:**

Does something about your relationship scare you? Take the most important quiz of your life and know we're here to help you pass. **Does your boyfriend/girlfriend:**

- **Look** at you or **act** in ways that scare you?
- Act **jealous** or **possessive**?
- **Put you down** or **criticize** you?
- Try to **control** where you go, what you wear or what you do?
- Text or IM you **excessively**?
- **Blame you** for the hurtful things they say and do?
- **Threaten** to kill or hurt you or themselves if you leave them?
- Try to **stop you** from seeing or talking to friends and family?
- Try to **force you** to have sex before you're ready?
- Do they **hit, slap, push** or **kick** you?

If you said yes to even one, you may be in an abusive relationship. Call us if you need to talk. We're here **24 hours a day, 365 days a year**. All calls and chats are anonymous and confidential. Contact us by phone at **1-866-331-9474 (1-866-331-8453 TTY)** or chat online from 4pm - 2am CST

LANCASTER COUNTY DOMESTIC VIOLENCE SERVICE HOTLINE: **717 299 1249**

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### **CIRCLE OF LIFE GROUPS STARTING in OCTOBER!!!**

#### **ABOUT THE CIRCLE OF LIFE**

**Do you want to reduce stress? Lose weight? Take better care of the environment? Begin retirement financial planning? Quit Smoking? Start exercising? Deepen your spirituality? Explore your life purpose? Clean out clutter? Learn to play? Improve your relationships?**

**These are just some of the “change” processes supported by the Circle of Life.**

**At our July FVRN meeting, participants had the opportunity to experience an introductory session of a CIRCLE OF LIFE group.** Responses to this dynamic wellness-based coaching process that utilizes body-mind practices for stress reduction, evaluates twelve aspects of our lives, and focuses on self-care and manageable goals were enthusiastic and positive! Several people wanted to know, **WHEN CAN WE START?**

***Well – here you go!***



THE CIRCLE OF LIFE

**A six week CIRCLE OF LIFE group will begin at the Samaritan Counseling Center on October 28 and finish on December 2. The group will meet from 7 – 8:45 PM on the following dates:**

**Tuesday October 28**

**Monday November 3 (VOTE ON NOVEMBER 4!!!)**

**Tuesday November 11**

**Tuesday November 18**

**Tuesday November 25**

**Tuesday December 1**

The cost of the group is \$175, plus purchase of the CIRCLE OF LIFE participant guide at a discounted price of \$35.00. Once you have completed a six week group and know the CIRCLE process, the guidebook will help you to continue either with another group, individual coaching, a buddy, or on your own!

**Quite different than typical support groups, CIRCLE groups do not focus on “how you got lost” and telling your story, but like a GPS navigation device, hone in on “where do you want to go?” and show you how to get there. The process is dynamic, energizing and fun!**

To receive more information about the group and how to register, email Linda at [LCrockett@scclanc.org](mailto:LCrockett@scclanc.org) or call 560 9969 x 226. Group minimum is six people; maximum is ten.

*Groups can also be held on-site at your organization or work site. They have been highly successful in social service agencies, hospitals and wellness centers, churches and other venues. They can be adopted for team building, disease management, work stress reduction, and many other areas.*

## **About CIRCLE OF LIFE.....**

The **Circle of Life** evaluates the full spectrum of one's life from nutrition and exercise to life purpose and spirituality. Participants select one area out of the twelve aspects of the circle on which to focus, assess their “readiness” for change, and design a personal plan.

In **Circle** groups, participants learn to access their inner wisdom and draw upon the collective resources of the group. Body/Mind optimizing mini-practices are incorporated into each gathering because at the center of the Circle is SELF CARE.

For more information, go to <http://healthaction.net/services.htm>

## Local Opportunities for Support and Learning

### Safe Church

Our churches are to be holy places of sanctuary where people of all ages can gather for worship, study and service with assurance they are safe and secure in the community of faith. Yet child sexual abuse and domestic violence are tragic realities in our communities, and our congregations are not exceptions to the alarming statistics: One in four girls, and one in six boys, is sexually abused before the age of 18. One in three women is impacted by domestic violence during her lifetime. Churches behave as relatively trusting organizations, and too often fail to take steps to reduce risk, prevent abuse, and learn how to respond appropriately when it occurs. When both victim and offender are congregants, churches struggle with the tension between extending hospitality to all who desire to be part of the fellowship while protecting vulnerable children and adults.

The **Safe Church** initiative through the Walking Together program offers training for clergy and congregations to prevent abuse, respond to victims and perpetrators, reduce risks, and create environments characterized by inclusiveness and safety. **For more information visit our website at <http://www.scclanc.org/clergyandcongregations.htm> or call Linda at 560 9969 x 226.** Training is available on topics such as:

- **Adult and Child Education on Child Sexual Abuse Prevention**
- **Recognizing and Responding to Domestic Violence in the Congregation**
- **Recognizing, Responding and Report Child Abuse in the Congregation**
- **Pastoral Care for Victims and Offenders**

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### Staging Hope: Understand the Impact of Childhood Trauma

**A four-session Psychoeducational Group Focused on how Childhood Trauma Impacts the Body, Emotions, Spirit and Relationships**

*Facilitated by Dr. Stephanie VanDeusen*

October 1, 8, 15 & 22 6:00 – 7:15 PM  
351 W. James St., Lancaster PA

\$35/group OR \$120/all four groups  
Register to [svandeusenphd-stages.com](http://svandeusenphd-stages.com)

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**Adult Children Anonymous** (ACA) is a 12 step recovery group for adults who grew up in dysfunctional homes. It meets every Thursday, including holidays, at 7:00-8:30 pm at Lancaster Friends Meeting, 110 Tulane Terrace, Lancaster (one block off of Columbia Pike at Wheatland Shopping Center. (ACA is not sponsored by the Friends Meeting)

ACA is open to all without charge. Small groups. No one has to talk. No one tells anyone what to do. Everyone is anonymous. What is said is confidential. Smoke free. Handicapped accessible building.

You can get the documents and other material needed for attending your first meeting by calling 717-290-7723 (Lancaster by writing to [adultchildlpa@yahoo.com](mailto:adultchildlpa@yahoo.com).  
Submitted by: Grayfred Gray at [ggray@attglobal.net](mailto:ggray@attglobal.net)

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**The Many Faces of Post-Traumatic Stress Disorder:  
 How Communities, Families and Professionals Can Help Conference**

<http://www.scclanc.org>

**Presentations and material from the workshops at this September 2007 conference will remain on the Samaritan Counseling Center website until December 1. Please download any material you would like to keep for reference prior to that date.**

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**ABOUT THE FAMILY VIOLENCE RESOURCE NETWORK**

**The FVRN meets 4 times a year. If you are interested in connecting with others who are concerned with family violence in Lancaster County, plan to attend these meetings!** Great opportunities for learning, networking, and discussing prevention and assistance strategies in a cross-disciplinary forum that includes religious, medical, agency, mental health, survivor, advocate and community volunteer perspectives.

**Meeting are held from 10 AM – noon; a light networking lunch follows. Mark your calendar for the 2009 meetings!**

**Wednesday January 21\*\*\*April 15\*\*\* July 15\*\*\*October 21**

**The Network was created by the Walking Together program at the Samaritan Counseling Center. In addition to meetings, a quarterly newsletter is produced.**

**For two years, grant funding supported the Network meetings and newsletter production. We are looking for**

- **Funders/contributions to help us continue this important work**
- **Partner organizations to share hosting of the meetings by providing meeting space, a light lunch, and planning the agenda.**

**If interested in hosting a meeting in 2009, or contributing to the cost of organizing/maintaining the Family Violence Resource Network contact [LCrockett@scclanc.org](mailto:LCrockett@scclanc.org) or call 560 9969 x 226.**