

Winter 2008 VOL 4, Issue 4
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!

**To a special *S.E.L.F. for Mental Health* presentation by Ruth Ann Ryan
and Joe Foderaro, founding members of the Sanctuary program
at the
Family Violence Resource Network Quarterly Meeting
January 21 10:00AM – Noon**



9:30 AM – light continental breakfast

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

We will meet in Room 209. 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. **RSVP to Linda at Samaritan Counseling Center at 560 9969 x 226 or Lcrockett@scclanc.org.** *Please note a light breakfast will be provided prior to this meeting, rather than lunch at noon.*

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“Many providers may assume that abuse experiences are additional problems for the person, rather than the central problem.” Hodas, 2004

Scope of Trauma-based problems

90% of public mental health clients have been exposed to a traumatic event
75% of inpatient mental health clients have been exposed to one or more traumatic events
97% of homeless women with SMI have experienced severe physical and sexual abuse

For the past decade Sanctuary staff have been using S.E.L.F. as a powerful psychoeducational tool to organize treatment, training, and even system evaluations. S.E.L.F. stands for "Safety", "Emotional management", "Loss", and "Future", four key domains of recovery from just about anything - and everything

Safety
Emotions
Loss
Future

S.E.L.F. for MENTAL HEALTH PROJECT

A consortium of non-profit organizations including Samaritan Counseling Center, Spanish American Civic Association, Institute for Children & Families, and the Lancaster County Veterans Affairs met throughout 2008 with the goal of developing a network of therapists and para-professionals working with traumatized people that would coalesce around the Sanctuary based S.E.L.F. training. Dr. Lyndra Bills, one of the founders of the Sanctuary model along with Dr. Sandra Bloom, Joe Foderaro, and Ruth Ann Ryan, helped to design the project.

The consortium conducted focus groups, compiled surveys, and took into consideration the outcomes of the "Many Faces of PTSD" conference in 2007, and the Lancaster General sponsored Mental Health Summit in 2008.

Due to a number of unanticipated events, we were not able to secure a major grant we applied for to develop the project over a multi-year period. However – we remain committed to improving treatment and creating greater access to care for all those who have experienced trauma.

Our emerging Plan "B" is to develop the network on a smaller scale over a 1 – 2 year period. Participants would meet for 4 hours monthly for ten months, or 40 hours, for training in the S.E.L.F. model, which would be provided at a Lancaster location. Case consultation/discussion sessions would also be held on a monthly basis, and continue for at least 6 months following the training.

We hope to secure some funding to support project development, and to partially subsidize the cost of training for participants from non-profit agencies. As we work toward this end, we want to introduce you to Joe Foderaro, LCSW, BCD and Ruth Ann Ryan, APRN, BC who would be our S.E.L.F. trainers and guides.

Joe and Ruth Ann have trained clinicians and para-professionals to use the S.E.L.F. model with traumatized children and adults in some of the most difficult settings. At our January FVRN meeting, they will talk about their work and utilization of this model, which is widely used in group settings.

We hope you will join us for this special presentation. For more information about S.E.L.F. and the Sanctuary model, go <http://www.sanctuaryweb.com>

Linda Crockett
 Director, Walking Together: Support for Survivors of Family Violence Program

More about the Model...

The Sanctuary Model® is a comprehensive trauma-informed method of care. It is based on understanding the neurological, biological, psychological and social effects of trauma and violence on humans, and is informed by knowledge of the prevalence of these experiences in persons who receive mental health services.

The fundamental premise of Sanctuary is that trauma is about *what happened to you*, rather than *what is wrong with you*. It encourages clients toward self-reliance and autonomy. This is a paradigm shift from the view of people who have been traumatized as being “sick”. In the Sanctuary construct, health is an achievable goal and a person is capable of moving beyond the initial impact of their traumatic experience.

The S.E.L.F. protocol is most often used in a group setting. Its application can be highly sophisticated and adopted for use by clinical therapists. It can also be used as a basic psychoeducational group curriculum facilitated by para-professionals in organizations that routinely work with traumatized individuals. Perhaps most importantly, it is a powerful “tool” that can be taught to and then utilized by people exposed to trauma to further their own healing.

IN THE NEWS

Déjà vu All Over Again: A commentary by the Rev. Marie Fortune

December 2, 2008: Another murder in a church; another domestic terror homicide. **On Nov. 23, Joseph Pallipurath entered the St. Thomas Syriac Orthodox Kananaya Church in Clifton, NJ and killed his wife.**

He knew he could find her in church. Reshma James, 24, had left her abusive husband in California and moved in with relatives in New Jersey. She had restraining orders against him in both states. James' relative and another church leader were critically injured in the attack.

Although the church and the community around it were shocked by this incident, the important thing to realize is that this is not unusual. Domestic terror is part of all our communities and can easily end up with these headlines announcing murder in a church, synagogue or mosque.

James had gone to her family for support, was attending church for support, and did all she could to be safe. Tragically neither her family, the church, nor the community could protect her from a husband who had come to take her back.

The sad lesson here is that every congregation should increase its awareness about domestic terror and have a safety plan in place for any victim who is attending services. For example, a battered woman should feel confident in sharing her dangerous situation with her congregation and its leaders. She should know that they will not betray her trust. If she has a protective order and knows her partner is dangerous, the church should have security at the

entrances able to identify her abuser and immediately contact law enforcement. Those who care for her children in church should be kept informed to try to minimize the possibility of kidnapping them.

We should do everything we can to insure her and her children's safety in church. The possibility of "sanctuary" takes on new meaning for a battered woman and new responsibility for her faith community. ---Rev. Dr. Marie M. Fortune, FaithTrust Institute

FaithTrust Institute is a multifaith organization based in Seattle, WA working to end sexual and domestic violence. For information go to <http://www.faithtrustinstitute.org>

Recognizing and Responding to Domestic Violence in the Congregation

Abuse by a partner impacts more women than cancer, diabetes, or heart disease. Many of these women are among our friends, families, and congregations. Tragically, we tend to not pay attention to the very real issue of domestic violence and how it may be affecting the family sitting next to us as we gather for worship until we read the kind of horrifying news described in the Rev. Marie Fortune's above commentary.

Domestic violence does not stay at home. It follows those affected into every aspect of their lives, including their workplace, social spaces, and churches.

Although we typically think of domestic violence as being defined by battering, the emotional and psychological abuse characteristic of these relationships is often more devastating than broken bones and bruises. These victims carry wounds not readily visible.

The Walking Together program at Samaritan Counseling Center offers educational and training sessions for clergy and congregations that incorporate the practical and safety issues involved in helping a victim of abuse, as well as spiritual issues. We offer

- Training for parish nurses, Stephen Ministers and congregational care teams on identifying and responding to adult victims of domestic violence/sexual abuse within scope of your ministry
- Training for clergy on pastoral care of victims and offenders
- One hour educational presentations appropriate for adult Christian Education classes

Featured Educational Presentation

Faith as a Resource: Responding to Domestic Violence

One in three women suffers abuse by an intimate partner during her lifetime. In this general education session, participants learn to define domestic violence by its core dynamic of power and control, and consider how abusive behavior is unfaithfulness to the marriage covenant. We will identify some signs that might indicate abuse is occurring, and discuss how to approach someone we suspect is being hurt, incorporating the concept of good stewardship of our lives into our conversation with victims.

For more information on Safe Church consultation, training or educational programs, contact Linda Crockett at 717-560-9969, extension 226 or email Lcrockett@scclanc.org

Warwick Ministerium

The Longest Night

Friday, December 19, 7:00 pm

St. Luke's United Church of Christ
222 N. Broad Street, Lititz

Quiet worship for anyone finding this Christmas difficult or hard...

For many people, Christmas is a difficult time. Some have recently lost a loved one, some are lonely, some have lost a job, and some are suffering from illness or the pain of a broken relationship. Others feel financial stress or the burden of past memories. The Christmas season can make it more difficult to cope. This service is planned for anyone who is finding this Christmas season difficult or sad.

There will be gentle music, readings, time for quiet reflection, and a brief address. There is also an opportunity to light a candle in memory of a loved one, or as a sign of hope. There is a time for fellowship and refreshment afterwards.

You may know someone who would like to attend this service. Invite them to come with you. Perhaps you too need a quiet time for reflection and prayer. Some people come to the Longest Night each year because they enjoy the quiet service amidst the crazy rush and hectic chaos of the Christmas season. You are welcome here.

A Circle of Life Group is starting on January 27. Join us, and 2009 just may be the year you keep those New Year's Resolutions!

CIRCLE OF LIFE GROUP COACHING

The *Circle of Life* was developed to mobilize the incredible wisdom, strength, and knowledge that reside naturally within each individual. The *Circle* is a holistic and comprehensive lifestyle coaching method for stress mastery, integrative medicine, and personal effectiveness that engages each person on all levels -- physical, emotional, energetic, and spiritual. Self-reliant and self-directed individuals, who are joyful and productive, renew and enhance our families, organizations, and communities for a strong nation and a peaceful world.

Self Care is the core essence of the Circle process. Self Care is using your ability to direct and manage your health and well-being in all aspects of your life. Taking time for Self Care positively affects the quality of your life and empowers you to meet your goals. Relaxation and stress reduction practices are incorporated into each Circle session, and your personal "blue print for change".



For more information and an enrollment form, contact LCrockett@scclanc.org or call 560 9969 x 226. Customized Circle groups or retreats also available on-site at your organization, church or business.

2009 Open Enrollment Group schedule: Winter/Spring

Tuesday January 27 through Tuesday March 3 6:45 PM – 8:30 PM

Wednesday March 25 through Wednesday April 29 6:45 PM – 8:30 PM

6 week group cost: \$210 (includes Circle of Life Participant Guidebook, a \$35 value

Location: Samaritan Counseling Center, 1803 Oregon Pike, Lancaster PA 17601

Facilitator: Linda Crockett, Certified Circle of Life Coach

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.

FVRN 2009 meeting schedule 10 AM - Noon MARK YOUR CALENDARS!

January 21	Program Sponsor: Samaritan Counseling Center
April 15	Program Sponsor: Sexual Assault Prevention & Counseling Center
July 15:	Program Sponsor: Samaritan Counseling Center
October 21:	Program Sponsor: Domestic Violence Service of Lancaster County

Except for the April 15 meeting, which will be held at the YWCA, 110 N. Lime St. all meetings will be held at First United Methodist Church, 29 E. Walnut St.

Special Addendum to the electronic FVNR newsletter (Not included in paper copies)

Despite all the legal advances of the past three decades, little has changed for women who report a date rape.

I received the link to this article published on MSNBC from Deb Francis at the YWCA Sexual Assault Prevention & Counseling Center. It is a chilling reminder of how far we have to go in the area of helping the general public (i.e. juries) understand that most rapes are committed by someone the victim knows, and often within the context of a dating or other relationship.

Have you or someone you care about had the experience of justice denied in the legal system because you were sexually assaulted by someone you knew? If you would like to share your comments on what we can do to better educate the public on this issue in a future edition of this newsletter, please email LCrockett@scclanc.org

Linda Crockett

The date-rape ‘doctor’ they could not convict

10 women charged him with drugging and sex attacks, but juries said no

<http://www.msnbc.msn.com/id/27825997/from/ET/>

By Sabrina Rubin Erdely Nov 21

Leigh thought her date was going quite well, right up until the point, she says, when she was drugged and raped. It was her first time meeting Jeffrey Marsalis, a gregarious trauma surgeon who had contacted her through the online dating site Match.com. Tall, blue-eyed and engaging, Marsalis had taken her out in downtown Philadelphia, entertaining her with stories of life in the ER.

“He seemed a little full of himself,” Leigh recalls; still, she was having a good time. She slowly drank one beer, then a second. Their date was in its fourth hour when Marsalis ordered a

carafe of white wine, and Leigh excused herself.

“I would never think to be so cynical that I’d stand there and watch as he poured my drink,” remembers Leigh, a striking blonde (who, like all accusers in this article, is identified by her middle name). When the 28-year-old accountant returned to her barstool, her glass of wine was waiting. Leigh took a sip.

As she would later testify, the next thing Leigh remembers she was in a dark room, facedown on a bed — and Marsalis was anally raping her. The pain

felt as if he were ripping her in two. Her limbs were leaden, her mind sluggish.

“Stop, please stop,” Leigh mumbled. Marsalis simply chuckled. Leigh slid back into unconsciousness but kept resurfacing that endless night to discover Marsalis violating her limp body. Finally, she opened her eyes to an apartment filled with late-morning light.

“Good morning,” Marsalis said, smiling and leaning in for a kiss; Leigh, stunned, kissed him back. “I had a wonderful time last night. I hope you did, too,” she says he told her,

staring into her eyes. Leigh felt groggy and confused as she pulled on her jeans. So when Marsalis walked Leigh to her car and suggested they get together again, Leigh heard herself say, “Sure.” She was certain she hadn’t gone to bed with her date of her own volition — and that she couldn’t possibly have blacked out after barely three drinks — but her certainty was softening in the face of his chivalry. Am I reading the situation wrong? Leigh wondered as she drove herself home. Would a rapist act this nicely?

Baffling as her experience seemed on that day in February 2005, Leigh was only the latest woman to struggle with the same confusion. Because Jeffrey Marsalis wasn’t really an ER doctor looking for love. He was an unemployed paramedic and nursing-school dropout whose true profession, prosecutors assert, was full-time predator. Investigators would discover 21 women who claimed Marsalis drugged and raped them — many listed in a file on his computer called “The Yearly Calendar of Women.” Authorities suspect his true tally is far higher. “Any woman was potential prey,” says Philadelphia special prosecutor Joseph Khan. “Plenty of women were attracted to him, but this guy was aroused by the very idea of nonconsent.”

As Leigh drove home that morning, she had no idea what lay in her future: that she would join 9 of those 21 accusers to face Marsalis in Philadelphia courtrooms over the course of two trials, telling nearly identical stories of assault. They would be 10 educated, professional women versus a demonstrated liar — a man who had pretended to be a doctor, a CIA employee, even an astronaut — whom a court-appointed psychologist would decide met the legal definition of a “sexually violent predator.”

And yet the most remarkable thing about both trials wasn’t the way they exposed the alleged tactics of a serial date rapist. It was that despite the outrageousness of the accusations against Marsalis, the testimony of 10 women wasn’t enough to get a single rape conviction against him. The verdicts in these cases would be far lighter than his accusers sought — and victims’ advocates say the outcome reveals a disturbing truth about the justice system. Nationwide, despite all the legal advances of the past three decades, little has changed for women who report a date rape. Because in far too many instances, juries don’t believe date rape exists.

Cases still hard to win
When it comes to rape

prosecutions as a whole, so much has changed for the better: Thirty years’ worth of advocacy, better investigation techniques and tighter laws have led more women than ever to come forward and report the crime to police. But in cases of nonstranger rape — which represent three quarters of all rape cases in the United States — all that progress often comes screeching to a halt in the deliberation room. “Cases where a victim knows her assailant are still extraordinarily hard to win,” says Jennifer Long, director of the National Center for the Prosecution of Violence Against Women in Alexandria, Virginia. “Juries are extremely resistant.”