

ARTEMIS CENTER

Guiding victims of Domestic Violence toward hope and healing

P 2 Shelby B. Receives Helping People, Changing Lives Award.

P 3 This happens every 9 seconds? "Why 9" campaign explains.

FALL 2013 NEWSLETTER

A letter from the Executive Director

Well, it's that time of year again and fall is just around the corner and back to school preparations are underway. Over the past several months and even the last year, you may have heard discussion or talk of "Learn to Earn". The vision of our local "Learn to Earn" initiative is to ensure that every young person in the Dayton region is ready to learn by kindergarten and ready to earn by graduation. You may be wondering, just how does domestic violence relate to this effort?

National research shows that children who witness violence at home are at higher risk for developing severe emotional, social, and psychological problems. These include learning problems, developmental delays, depression, anxiety disorders, and phobias. In addition, they are at higher risk of becoming involved in violent relationships as teens or adults.

Consider Marla. Marla is the five year old child of Max and Sharlene. Marla has seen more violence in her young lifetime than many of us ever will. She has seen her father punch, kick, and attempt to strangle her mother. She knows words that no child should ever hear. Along with her mother, she has moved out of the house on multiple occasions, only to return days or weeks

later when they have had to leave their temporary living quarters. Marla can't count on regular meals, regular bedtimes, or any of the routines that most children take for granted. Max controls where they go, what they do, and when they do it. Life is disorganized and centers around his wants and needs.

Marla models the behavior she has seen in her home. She has tantrums, very little control of her impulses, is easily distracted, and clings to her mother. She is used to falling asleep in front of the television late at night, as her mother is busy trying to placate Max. She snacks throughout the day, seldom eating a full meal. Marla loves, yet fears, her Daddy. She is often awakened by his angry shouting and her mother's cries.

Will Marla begin kindergarten "ready to learn"? Will Sharlene be in the condition to be able to get Marla up and dressed for school? How many days will she miss when the bus goes by and she is not there, and her mother has no access to transportation? How alert will she be in the morning when the bus comes, if there has been an incident the night before? Will she be able to leave her mother? Will she have the time or the chance to eat before school? What will poor

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A SECRET in MY Backpack

On my first day of fifth grade I carried a secret in my backpack; a secret that saved my mom's life.

That summer my stepfather was mad all of the time, and he hit my mom more and more. My mom got a job, and things got worse. Every time she tried to go to work he got mad and made her late. One time he drained the gas tank. Another time, he took the engine apart. Finally, she got fired because she couldn't get to work on time.

The Friday before school started my stepfather saw my mom looking at the Want Ads, and he started yelling. I was in my room, but I opened the door a crack. I saw the whole thing.

My stepfather punched my mom in the mouth and cut her lip. Then he punched her in the eye. He said, "Nobody will hire you now."

My mom sat on the couch and held a towel to her lip. She was crying the whole time. I could tell that she was really scared, and that made me feel scared. My stepfather pulled her into their bedroom and closed the door.

Later, I came out of my room, and he was watching TV like nothing had happened.

Cont. on pg. 2 >



Artemis Advocate Shelby B. Receives Helping People, Changing Lives Award

In May Community Action Partnership honored Artemis Center victim advocate Shelby B. with a Helping People, Changing Lives Award.

The award recognizes direct service providers in our community who consistently demonstrate their commitment to helping others achieve greater self-sufficiency.

Shelby was recognized for her work with domestic violence victims who are involved with Montgomery County Job and Family Services, Children Services Division. She has been with Artemis Center for 19 years and has been embedded at Children Services as "shared staff" for 18 of those years. Over time, Shelby earned the trust and respect of Children Services staff, and she

demonstrated to them that if they can help the non-violent parent get safe, that parent will keep the children safe.

Shelby receives referrals from and consults with Children Services caseworkers who are working with individuals who may or may not recognize the domestic violence patterns in their relationships. She conducts a weekly domestic violence Education Group for moms with open Children Services cases. Shelby makes home visits with caseworkers to talk with victims and provides them with safety planning, support, and referrals to other community services. She also advocates



for victims with caseworkers and at case planning meetings and accompanies victims to court for custody and Civil Protection Order hearings.

Shelby is a great example of our dedicated team of victim advocates who work hard every day to help victims and their children get safe.

A Secret in My Backpack Cont.

I asked him where my mom was. He said she was sick so she was lying down. I knew he was lying. My mom stayed in the bedroom, and the fighting went on all weekend.

On Sunday night my stepfather went out to buy beer. I knocked on my mom's door. I'll never forget how she looked. She had two black eyes and bruises on her arms and neck. She said don't worry, everything would be alright. She wrote a note and told me to give it to the bus driver on my

way to school. Then she told me to stay in my room for the rest of the night. I put the note in my backpack.

In the morning, my mom woke me up for school. We heard the door slam, and I thought my stepfather had left.

When it was time to go, my stepfather was on the porch. He asked my mom where she thought she was going. She said she was just going to walk me to the bus stop. Her voice was shaky. He told her, "You're not going anywhere." His voice was quiet, but he looked mean and scary. My mom told me to go on and to run so I wouldn't miss the bus.

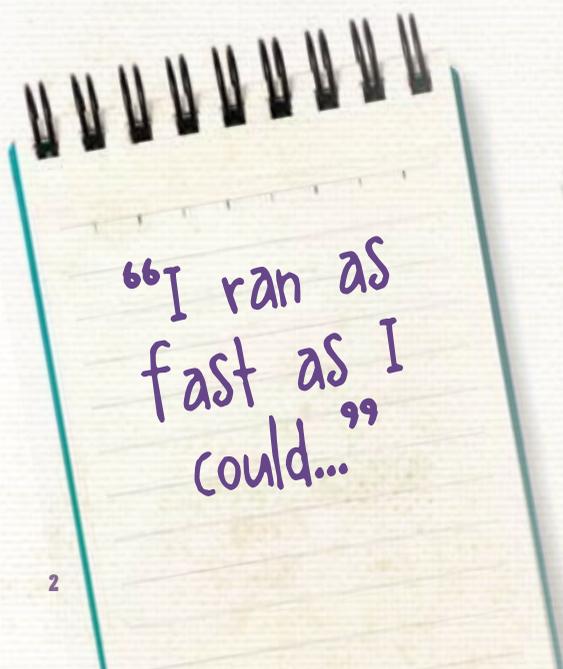
I ran as fast as I could. I was out of breath, but I gave the bus driver the note and told him it was really important and to read it right away. After the bus driver read the note, he called on the radio for help.

At school I was so scared. I couldn't pay attention to the teacher. All I could think about was my mom and was she okay. After lunch, I was called to the office. That really scared me. I knew it had to be serious to get called to the office on the first day of school.

When I got there, my mom was there with a policeman. The plan worked. The bus driver told the police that my stepfather was holding my mom hostage. The police saved her and put my stepfather in jail. The policeman gave my mom a paper about the Artemis Center, and then he took us there.

Now, we are safe. I can sleep at night because there isn't any fighting, and I can pay attention at school because I know my stepfather can't hurt my mom anymore.

Many children served by Artemis are in need of the supplies necessary to succeed this upcoming academic year. Donations of new backpacks, index cards, composition notebooks, scissors (blunt/safety), bottles of glue/glue sticks, baby wipes, boxes of tissues, boxes of sandwich bags and more are needed. Please contact Sarah Throckmorton at 937.531.5709 or by email at saraht@artemiscenter.org if you'd like to make a contribution.



A letter from the Executive Director Cont.

impulse control look like in the classroom? How successful will she be in waiting her turn?

Clearly, Marla would not be entering school under ideal circumstances, and it is likely that school will not be easy for her. When she cannot keep up with the other students, can't sit still, misses many lessons because of absenteeism, how will she fare? What message will she receive about herself and her abilities?

It should be clear that witnessing domestic violence affects children in multiple

areas of their lives, with poor school performance being but one. Children who live with violence in their homes learn that the world is a hostile place. As they come to an awareness of how different their lives are from those of other children, shame and guilt become commonplace. Trust is impaired.

How can we help these children? The first thing is to assure their physical safety. Advocates and child therapists both work with mothers to help them develop a safety plan for themselves and their

children. Perhaps there is a code word that can be used that will be a signal to the child to implement their safety plan (run to the neighbor's house, etc.) In some cases we can help mothers to obtain safe housing for themselves and their children. We assist with Civil Protection Orders (CPO's) that protect not only the mother but also the children. Our pantry can help a victim with diapers, formula, and food staples. Once in a safe situation, our free child therapy program can help children like Marla recover from the trauma they have experienced.

There are many reasons why a child may not be entering school ready to learn, including physical and developmental difficulties, minimal opportunity for enrichment experiences, etc. Keep Marla in mind as you consider these reasons, and help us to help children like her. Your support of Artemis Center can have a critical impact on both the individuals we serve and our community as a whole.

Artemis

Girls Gone Riding



Do you like spending time with your girlfriends? Do you like being pampered? Can you pedal a bike? Gear up for a good cause because this is the event for you!



September 14th Artemis Center will host "Girls Gone Riding: Cycling to end Domestic Violence"! This is an all-ladies bike ride where participants can choose from 10, 16, 22, or 28 mile routes. Along the way riders stop to be pampered! We've got things like facials, hand massages, yoga, and belly dancing lessons planned! All stops are also stocked with nourishing and sweet treats (doesn't a chocolate fountain make

you want to ride? How about a CARMEL fountain?!) Registration is \$35.00 and includes an event t-shirt!
Check-In begins at 8:00 AM and riders may begin at 9:00 AM – start location is UD River Campus (1700 S Patterson Blvd)
More event information can be found at www.artemiscenter.org.

WHY 9?

You can help make a difference!
www.artemiscenter.org

Every 9 seconds a woman is battered.

At Artemis Center we are committed to guiding victims of Domestic Violence towards hope and healing. We are committed to leading the community in its fight to end domestic violence. This year, we are committing to educating the community and spreading awareness about this lethal issue. As part of the campaign you'll see banners in Downtown Dayton during Domestic Violence Awareness Month, community supporters wearing 9 lapel pins, and prominent local fixtures lit up purple during nights in October. When you see a 9, or when someone asks, please help Artemis Center in educating the community.

ARTEMIS CENTER

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310 W. Monument Avenue
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Visit us online!
www.artemiscenter.org

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**DAYTON'S PREMIER
LADIES DAY OUT**

9.14.13

Grab your girls

AND PREPARE TO BE PAMPERED!

**10, 16, 22 OR 28
MILE ROUTES**



For registration details

AND EVENT INFORMATION

www.artemiscenter.org

 /DaytonGirlsGoneRiding

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ARTEMIS CENTER 

Guiding victims of Domestic Violence towards hope and healing