

SAFE SPACE

November 2014 Newsletter



Secondary Traumatic Stress & You

The trauma that is thrust upon a victim of domestic or sexual violence can also extend to the family and friends of victims as well. When a person is traumatized by the violence experienced by a loved one, this person is a Secondary Victim. Included in this category of victims is not only parents, siblings, and close friends, but children of survivors. At times, persons who work with those who are traumatized can also experience secondary trauma (this includes law enforcement, medical personnel, advocate workers, and case managers).

Secondary trauma can mimic the signs of Post Traumatic Stress Disorder, or PTSD. This is because secondary victims may re-experience their own personal trauma's, identify closely with the primary victim, or become so involved with the assistance of a victim that detaching from the trauma is difficult.

Some symptoms of secondary traumatic stress may include:

- Hypervigilance
- Hopelessness
- Guilt
- Avoidance
- Social Withdrawal
- Anger/Cynicism
- Sleeplessness
- Insensitivity to Violence
- Chronic Exhaustion
- Disconnection
- Poor Boundaries
- Diminished Self Care
- Loss of Creativity
- Fear
- Physical ailments/illnesses

Understanding and identifying the symptoms of secondary traumatic stress can help family, friends and children who are indirectly affected by the violence exposure to seek assistance and support for themselves as well. In order to continue to sup-

port a primary victim/survivor of domestic and/or sexual violence, it is important to recognize the need for self-care as well. As the saying goes, you cannot help someone else unless you are able to help yourself. The same rings true in offering support and assistance to primary victims as well.

Safe Space offers many services to secondary victims who are experiencing secondary trauma. Advocates are available to discuss the symptoms you may be experiencing, refer you to a counselor or therapist, provide in-person counseling to explore healthy self-care activities, and weekly support groups. Trained advocates can also meet with the primary and secondary victims to help facilitate healthy and positive communications in the midst of trauma that can leave many people feeling emotionally disconnected, isolated, or disinterested.

For more information on secondary victimization, Safe Space services, or weekly support group options, visit our website or call an advocate 24 hours a day.

SHELTER

24 hr. crisis line
(406) 782-8511

Emergency shelter available year-round, 24 hours each day

ADVOCACY

An advocate can help with:

- * Locating financial resources
- * Court accompaniment
- * Brainstorming plans for getting away
- * Anticipating legal needs and resources

SAFETY

If you feel unsafe in your home but are not quite ready to leave, call us to discuss safety planning options that might keep you safe until you are ready. Crisis line is available 24 hours/day!

What's inside?

* Self Care for the Secondary Victim * DV at Night * Desk of the Executive Director * At the Corner of Empowerment & Hope * Client Testimonials * Community Thank You's * Volunteer Opportunities * November Calendar of Events *

Like us on Facebook!



Self-Care Tips for All

Looking for ideas to help keep you emotionally, physically and mentally healthy while providing support to a survivor or a victim? Start here!

- * Eat throughout the day—3 meals may not work, but small snacks can!
- * Stay hydrated! Becoming dehydrated can increase the physical symptoms of Secondary Trauma.
- * Exercise—A quick walk after lunch, sit ups and squats during commercial breaks, or visit places like the YMCA or Fuel Fitness.
- * Get 7-10 hours per sleep every night.
- * Medical Care—don't wait to seek medical help for physical ailments or illnesses that don't go away. See a physician you trust.
- * Keep a journal—This is a great way to sort through difficult thoughts and emotions by writing them down.

- * Meditation/Relaxation Techniques—Safe Space advocates have information available on relaxing breathing techniques and stretches available!
- * Don't be afraid to set limits. Identifying your personal boundaries allows you to succeed and feel good about the things you can do. Saying "no" is okay!
- * Find a hobby or sport to get involved with. Do you like to quilt? Love reading? Want to learn how to cook new dishes? There are classes and programs throughout our community to feed every interest!

Schedule "ME" Time! Just as you would prioritize a doctor or counseling appointment, be sure to honor the scheduled "ME" time you set. Fill that time with time to journal, take a bubble bath, walk a hiking trail, have lunch in a park or other outdoor setting... whatever helps you to feel calm and refreshed again!

Share your ideas for self-care with us on:

FACEBOOK



DV at Night:

A Message From Our Night Advocate

People stay in abusive relationships for many reasons even as they are trying to escape them. They could be living in fear of what will happen if they leave, especially if their partner has threatened them before, or fear retribution another way, like spreading lies or outing them (if it's a LGBT relationship). They may believe the abuse is normal or not understand what a healthy relationship looks like. Perhaps they are embarrassed and feel they've done something wrong, or have low self-esteem and think they deserve the abuse. It's also not uncommon for people in relationships that were once happy to hold on, no matter the abuse, because they hope they can change their partner or are still madly in love with them.

For some, cultural or religious pressures keep them in abusive relationships. Many are told that marriage is for life and divorce is a sin. At school, there may be peer pressure—if they are dating someone popular, they may feel no one will believe them or that everyone will hate them if they expose their partner as an abuser. What if they are pregnant or have children? Or their abuser controls their finances, leaving them nowhere to go? * www.breakthecycle.org (Continued on next page)

Warning signs that someone know is being abused.

The person frequently has bruises or injuries.

The person becomes unusually quiet or withdrawn.

The person is frequently absent from work or quits.

The person stops talking about their partner.

The person wears concealing clothing clothes even in warm weather.

What you can do if someone you know is in an abusive relationship.

Express your concern for their safety.

Take the time to listen and believe what you hear.

Encourage the person to make their own choices.

Do not judge or criticize the person's decisions.

Do not expect change overnight; be patient and continue to offer them your support.

Let the person know that many other people are in abusive situations and let them know about agencies that help.

If you know someone or you yourself are in an abusive situation, our trained advocates can help. Call us 24 hours a day, 7 days a week:

406-782-8511

1-877-335-8511



From the Desk of the Executive Director

Becoming a part of the fight against domestic and sexual violence has been rewarding in so many ways for me personally and professionally. For over two years, I have worked for Safe Space advocating for the safety, rights, and empowerment of all victims. I was honored to have the opportunity in February this year to lead the Safe Space team into the future as the Executive Director.

In the last 6 months, I have had the joy of bringing new services to not only Butte-Silver Bow, but also to the other 5 counties we serve. This would not have been made possible with the support of our caring communities and businesses, a team of passionate staff, dedicated Board Members, and enthusiastic volunteers.

We have all heard the phrase of being “Butte Tough”. Being Butte Tough has taken on a new meaning for me as the Executive Director of Safe Space. I have seen strength in victims and survivors. The strength of overcoming fears, trauma, and obstacles such as financial independence, mental and medical health care, and maneuvering through legal procedures that come across as a foreign language. There is strength in waking up in the morning and going to a job interview for the first time in years after being so isolated by an abuser. There is strength in taking steps to protect oneself. Even more strength can be found in the support of families, friends and collaborating agencies workers. I am proud of the survivors who are finding their strength and violent free paths through empowerment and education. I am also honored to work in a community that is full of “Butte Tough” support for survivors and in taking a stand to end the cycle of abuse!

The Corner of Empowerment & Hope!

There is a little yellow house called Jacobs House on the corner of Montana Street and W. Granite Street where resources are abundant and support is never ending. The Family Resource Center is located within Jacobs House at 201 W. Granite St. in Uptown Butte. The Safe Space Sexual Assault Specialist, Sandra Mellott, is available Tuesday through Friday 8:00 a.m.—4:00 p.m.

At the Family Resource Center, survivors and their family and friends can stop by to gather information on the many available resources through Safe Space and throughout the Butte community. Working with an advocate one-on-one allows for information to be processed and healing to begin.

Safe Space is proud to offer support groups throughout the week facilitated by Sandra Mellott (Monday, Tuesday & Thursday's) and by Marci Robinson (Wednesday's) for survivors of domestic and sexual violence, as well as the children who are directly and indirectly effected by the trauma of abuse in the home. These are all listed on the calendar at the end of this month's newsletter.

In addition to the information on support groups, advocacy, and plethora of resources available to all, the Family Resource Center at Jacobs House also houses weekly volunteer meetings, the monthly volunteer pot luck social, and trainings.

Stop in and visit Sandra today to find out more about Safe Space, supports groups, or how to become a volunteer!

It was very comfortable for me to open up and talk. I was safe! I felt like I was heard and understood.
I felt important!

The staff listened to what I had to say and what I want to try to do. Thank you so much!

I didn't realize there were so many ways to be abused or exactly what is considered domestic violence. I was able to talk about what was going on.

I was scared...about everything. Especially starting over. You helped me to start with one step everyday. I know it won't be easy—but I know I can do it. I have my advocate to help! Thank you!

Have You Heard? Client Testimonials

Thank You

A big thanks to our recent supporters:

Butte Exchange Club: Field of Honor awarded Safe Space with \$5,173.00.

For help with our radio ads at KOPR and KBOW, thank you's to:

The Baron Restaurant , 1515 E. Commercial, Anaconda

Butori Collision Center, 1811 4 Mile Road, Butte

Les Schwab Tire Center, 290 Holland Street, Butte

Randy Simkins with Summit Financial, 29 Discovery Dr., Butte

Remax (Denise Kelly), 1617 Harrison Avenue, Butte

Shalk's Posie Patch, 1644 Harrison Avenue, Butte

And many thanks to the numerous private donors who continue to provide support in their own special ways.

Committees to Join:

* Shelter Friends * Resource Center Troopers * Flamingo Flockers * Holiday Helpers * Volunteer Advocates * Children's Activity Group Planners * Financial Committee * And more!!!

Volunteer Chairs Still Open:

* President * Co-President * Treasurer * Grant Writer *

**Weekly Volunteer Meetings 5:30 P.M. on Thursdays
All Are Welcome To Attend!**

This month's Volunteer Appreciation Prize is:

Inflatable 3.5' Flamingo Christmas Lawn Decoration!



Here's how you can receive multiple entries to win this fun flocking friend (as we start planning for the 2015 Flocking Season):

- 1. Attend any volunteer meeting throughout the month.**
- 2. Bring a friend with you to any meeting.**
- 3. Commit to any committee or chair position for one term.**
- 4. Volunteer at any function, donation pick up, on the crisis line, or in other ways!**
- 5. Extra opportunities are announced randomly on our Facebook page as well!**

November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 LGBT DV/SA Support Group 12pm at Highland Campus Flamingo Meeting 6:00-7:00 PM	4 Women's Sexual Assault Support Group 2pm -3 pm	5 Women's Support Group 4-5 pm	6 Men's Sexual Assault Support Group 2 -3 pm Monthly Volunteer Meeting 5:30 PM	7	8
9	10 LGBT DV/SA Support Group 12pm at Highland Campus	11 Women's Sexual Assault Support Group 2pm -3 pm	12 Women's Support Group 4-5 pm	13 Men's Sexual Assault Support Group 2 -3 pm Shelter Friends Volunteer Meeting 5:30 PM	14	15
16	17 LGBT DV/SA Support Group 12pm at Highland Campus	18 Women's Sexual Assault Support Group 2pm -3 pm	19 Women's Support Group 4-5 pm	20 Men's Sexual Assault Support Group 2 -3 pm Misc. Volunteer Committee Meetings 5:30 PM	21	22
23	24 LGBT DV/SA Support Group 12pm at Highland Campus Monthly Volunteer Potluck Social 6:00 PM	25 Women's Sexual Assault Support Group 2pm -3 pm	26 Women's Support Group 4-5 pm	27 HAPPY THANKSGIVING - No meetings	28	29
30	<p>All Volunteer Meetings are held at Jacobs House. Volunteer Contact: Nancy Brancamp nancyb@safespaceonline.org Flamingo Committee Contact: Rachel Cotton rachelc@safespaceonline.org OR Sabrina Tauscher sabrinaw@safespaceonline.org For Support Group locations, contact: Sandra Mellott sandram@safespaceonline.org</p>					

Additional activities may be scheduled after this publishing. Please visit www.safespaceonline.org for up to date information.