



The

# Advocate



Winter 2017 [www.SafePlaceOlympia.org](http://www.SafePlaceOlympia.org)

## A Note to Our Community

24-hour HelpLine  
360 754-6300  
TTY 771

 Join the conversation  
on Facebook

Over the summer and on into fall, we have seen some of the worst accounts of physical violence among our clients since we began doing this work in 1981. Our community has recently lost three members of our family to domestic violence. Talk of the incidents has been wide-spread throughout our community, as people grasp for answers about why it happened, how it got to that point and what the children will do in the wake of their cataclysmic loss. These deaths never lose significance for us at SafePlace. Each incident, each story, and each name represents our people, whether they ever reached out for support or not.

We understand these situations all too well. Many of us know survivors, love survivors, and/or ARE survivors. Some of us had the blessed opportunity to get out before it was fatal, but that's not everyone's story. Our hearts break for the ones whose lives were lost

far too soon.

Though the echoes of violence and loss may not have reached your doorstep, it is all of ours to own and remedy. Recent events in our community are a stark reminder that nearly 20 people per minute are physically abused by an intimate partner in the United States; and domestic violence OFTEN goes beyond the reach of romantic relationships.

*Though the echoes of violence and loss may not have reached your doorstep, it is all of ours to own and remedy.*

In our community, it's on a rise. The significance of the abuse is increasing. We are seeing an escalation of violence toward survivors, and the majority of clients we're seeing have been through an attempted murder at least once. In addition, the severity of the situation of callers on our 24-hour helpline is

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## Medical Care for Survivors

### Twenty-five years of medical support at SafePlace



When she attended SafePlace's 48-hour volunteer training back in 1993, Dr. Samantha Ritchie knew the best way for her to help would be to offer medical care

for survivors staying at the SafePlace shelter. Her dad, also a physician, encouraged her to "do what you know."

At the time, providing medical care was a new concept for the shelter. Dr. Sam - as she's known at SafePlace - began providing volunteer medical care at the shelter almost 25 years ago and has continued ever since.

Twice a month Dr. Sam arrives at the shelter to meet with clients who have indicated they wish to speak with a physician. Sometimes it's just to answer their medical questions and provide information, or she might start someone on antibiotics to prevent them from getting sicker.

Other times Dr. Sam has been there when something acute is going on, such as a seizure or diabetic issue. Dr. Sam says, "Usually there's something I can do to help somebody." When asked why she believes it's important to provide medical care at the shelter, she responds, "Anybody who's here by definition is stressed, and stress makes medical problems worse. I don't know their individual stories but it doesn't matter - they wouldn't be here [at shelter] without some catastrophic thing happening."

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## CLIENT SERVICES

Adina Lorena  
Andrewnette Lucille  
AnnaLisa Nina  
Arely Sara  
Colleen Sierra  
Dan Sharon  
Diannah Spencer  
Esmeralda Skylar  
Gabrielle  
Hadley  
Jennifer

## MANAGERS

Amy  
Joanna  
Madison  
Simon

## FACILITIES

Donna  
Zach

## ADMINISTRATIVE

Marilyn

## DEVELOPMENT

Lisa  
Cary

## DIRECTORS

Sarah Lloyd  
Executive Director

April Spaulding  
Program Director

Kellie Patton  
Development Director

Rosalie Saecker  
Fiscal Director

Sandy St. Dennis  
Human Resources Director

## BOARD OF DIRECTORS

Sarah Clifthorne  
Heather Hahn  
Karen Hogan  
Stephanie Stocker

# Message from our Executive Director



As significantly violent instances of trauma permeate our community, it becomes increasingly important for us to heighten our community

competency in trauma-informed care. The work of many organizations in our community is deeply rooted in trauma-informed methods and standards, and SafePlace is no exception. But a comprehensive problem necessitates a holistic solution, and we're all accountable to keeping our community safe, healthy and secure.

What would it look like for us to be trauma-informed in our community? The three main tenets of trauma-informed care are understanding, commitment and practices. These mean that we are paying attention to the whole person, making sure people are trained and equipped to support survivors and focusing on empowerment and strengths-based interventions.

So HOW do we do that? For each of us, this translates differently.

It doesn't require a counseling position at a social services agency to show up

for our community. It takes investment, willingness to ask questions and a strong desire to step out in action against violence. For me, as a leader in our community, I am mindful about decisions I make, and hold others accountable to considering how we can best support survivors with policies, hiring, training and community involvement.

As a mother, it means communicating my clear expectations for the schools my children attend. I expect that they show up in trauma-informed ways, using growth mindset, strengths-focused interventions and intensive training and support for their staff.

As a community member at large, it means that I don't stand for violence; not in words and not in action. I challenge myself and those around me to actively support survivors by creating a culture of non-violent social justice.

We have work to do, and we can't do it alone. May we stand together in unity when any one of us is in danger.

In solidarity,

Sarah M. Lloyd, Executive Director

## THANK YOU TO OUR 2017 SPEAK UP, SPEAK OUT GALA SPONSORS

# WSECU



Bron's Automotive  
Capital Medical Center  
Chicago Title  
Nancy Connery  
Port Blakely  
Thurston First Bank

# Farewell and Thank You to Board President Lucy Clifthorne



SafePlace has been very lucky to have had Lucy Clifthorne as a Board member for the last eight years – four and a half of those years as Board President. Lucy moved to Olympia in 1990 and shortly afterwards took the ACT training and started volunteering with SafePlace, answering the

HelpLine and volunteering at the shelter. Lucy says, “It has been an honor to serve an agency that is so dedicated to its mission and to continually improving its services. It has been inspirational to watch SafePlace grow while continually maintaining its core mission of providing shelter and support to those experiencing domestic violence and sexual assault.” A practicing attorney, Lucy brings passion, inspiration, and her skill for guiding groups with disparate perspectives and agendas to a shared plan. She inspires the people who volunteer next to her to keep going when the odds seem long. During Lucy’s tenure on the board, she supported the organization through a move to a new shelter, and the recent

capital campaign to move operations to our current facility. “SafePlace is now a mature and competent agency that provides four 24-hour programs while developing its community outreach and prevention work. SafePlace is committed to ending violence in our community, by education our youth and ourselves about consent, and working with partners in every corner of our community” Lucy states. She adds, “I may be retiring from the board, but I will remain an ardent supporter of this agency and its mission.” We thank Lucy for her dedicated service on the SafePlace board.

*We are currently recruiting new board members. If you or someone you know is interested in joining the SafePlace board of directors, please contact Sarah Lloyd at sarahl@safeplaceolympia.org or call 360.786.8754 x204. More info is available on the SafePlace website under the tab ‘Get Involved.’*



## Speak Up, Speak Out Gala

The 2017 SafePlace Speak Up, Speak Out gala was a huge success thanks to all of you. For the last two years we have hosted the annual fundraiser here at our Community Service Center as a way to bring the community closer to the work that happens here.

This year featured Executive Director Sarah Lloyd as our keynote speaker. Sarah just completed her first month working at SafePlace, and we hope you enjoyed meeting Sarah and getting to know her as much as we have.

Two of our longtime volunteers each spoke (see articles about Dr. Sam and Allison Coates), sharing information about what they do as volunteers. We were honored to have Rozanne Garman of RHD Enterprises as our emcee and dedicated staff from our Presenting Sponsor WSECU have been helping behind the scenes all year as we prepared for the event.

It was a beautiful evening to be outside under the tent with twinkle lights and live music by Los Super Hermanos. Dillingers

Cocktails and Kitchen put together an incredible menu, and guests moved among a variety of stations, both inside and outside, for delicious food paired with cocktails. Olympia Seafood grilled fresh oysters outside in the garden and inside was a powerful art display by a survivor. The artist, Marcy, said in her artist statement, “I was finally able to see the light at the end of the tunnel, to see the ‘big picture’ and put all the pieces together.”

We added an after-party this year so guests could continue to enjoy each others’ company, dance and sample a variety of desserts from local small businesses. Sofie from Sofie’s Scoops arrived on her gelato delivery bike with Mexican chocolate and hibiscus gelato and Bittersweet Chocolates had a mouth-watering assortment of chocolates to sample.

It was truly an honor to host our community here at SafePlace. Everything from the music and speakers to the deeply moving art exhibit, small business food vendors, sponsors, volunteers, and all of



you, who care so deeply about supporting survivors of domestic and sexual violence. We hope you will join us next fall to Speak Up and Speak Out in 2018!

*A special thank you to WSECU for being our Presenting Sponsor. If you would like more information about being an event sponsor, please go to our website at [www.safeplaceolympia.org](http://www.safeplaceolympia.org) and click on the Speak Up Speak Out page.*

# When Volunteering is Life-Changing



**W**ith over 20 years' experience in the military – 10 years active duty, and currently serving in the Army reserves – Allison Coates brings a unique perspective to her volunteer position

at SafePlace.

After arriving in Olympia, she began looking for volunteer opportunities and attended SafePlace's advocate training in 2014. Once completed, Allison began volunteering as a SafePlace SARP Advocate (Sexual Assault Response Program). Taking one or two shifts a month, Allison is on-call to respond to sexual assault calls, meeting survivors at St. Peter Hospital for exams, and providing information and

advocacy.

Her volunteer work with SafePlace was the catalyst for a new career path in the military. Recognizing that the military was becoming engaged in trying to change the culture and prevent sexual assault and sexual harassment, Allison began working as a sexual assault/harassment victim advocate at JBLM.

Allison considers the work, "life-changing." In her professional role, she sees survivors at Madigan Hospital and notes the similarities, and differences, between services in the private sector and the military. In both situations the clients receive free advocacy and free legal support. However, she notes that if someone is sexually assaulted while serving in the military, they are also eligible for free behavioral health care and free medical care for the rest of their life.

Allison says, "It's not making the

person necessarily whole again, but it's nice to be able to offer that."

Allison's extra-curricular activities also support SafePlace. Since 2010 she has been a member of the South Sound Roller Derby,



competing under the name "Alli-Oop."

Each quarter the derby supports a local non-profit by raising funds at a roller derby bout through a raffle and bake sale. SafePlace

was a recipient in 2016. The South Sound Roller Derby - which emphasizes empowerment for women in the community - also purchased a brick in SafePlace's Path to Healing.

## Holiday Giving

You can help make things a little easier for a survivor by giving while shopping with the following retailers.



**AmazonSmile** Simply go to [smile.amazon.com](https://smile.amazon.com) and log in using your existing Amazon email and password (or set up a new account). On the [smile.amazon.com](https://smile.amazon.com) page you'll see: Select a charity. Type SafePlace Olympia in the search field and then select SafePlace Olympia when the list appears. Amazon will remember your selection and give 0.5% of the price of your eligible AmazonSmile purchases to SafePlace.

**Fred Meyer** Are you a Fred Meyer customer? You can link your Rewards Card to SafePlace and support us every time you purchase. Either sign into your account or create an account at [www.fredmeyer.com](http://www.fredmeyer.com). Scroll to the bottom and click on 'Fred Meyer Community Rewards'. Type SafePlace in the search field and select SafePlace when it appears, then enroll. The more customers that enroll and designate SafePlace, the greater the donation will be.

**Stormans** Bayview and Ralph's Thriftway support non-profit organizations through the 1% Community Rebate Program. Either sign into or create a ThrifteCard account at [www.olythriftway.com](http://www.olythriftway.com). Once logged in, simply click on the green tab that says 'Non-Profits.' In the search field, type SafePlace, then select SafePlace when the name appears. Now, SafePlace will

## Remember #Giving Tuesday on Nov 28

Your online #Giving Tuesday gift is stretched, which means more resources for survivors in need. Go to [www.safeplaceolympia.org](http://www.safeplaceolympia.org) on Tues Nov 28 and make your gift go a little bit further.

# Commemorative Gifts 2/16/2017 to 9-16/2017

## HONORARIUMS

In honor of Caitlin Gosiaco  
by Matt & Mallory Carnett

In honor of Caitlin Gosiaco  
by Lisa Gosiaco

In honor of Joan Lynch by  
Lawrence Eickstaedt

In honor of Paul Ryan by  
Diane Christie

In honor of Julia Egger by  
Robert Egger

## MEMORIALS

In memory of Beatrice Pink  
by Kathryn & Robert Long



In memory of Jessamine  
Sherman by Kathryn & Robert  
Long

In memory of Emily A.  
Roberts by Marta Fowler

In memory of Marian Lail by  
Sandra Milano

In memory of Amy Hanford  
Erwin by Carol Ann Hanford

In memory of Tina McCarroll  
by Kelly and Alice Collins

In memory of Zofia  
Katernyza Sobieska by Geraldine  
Miki Calvo

## Boggs Inspection Services: A Commitment to Give

Motivated by the desire to give back to organizations that inspire him, Dwayne Boggs, owner of Boggs Inspection Services, has made a lasting connection with SafePlace.

For the past two years, Dwayne has offered a promotion in which he designates \$5 for each inspection booked in the month of May to support SafePlace. In addition to supporting SafePlace, he also designates specific months to donate to organizations providing services for individuals with Autism and Muscular Dystrophy.

Dwayne said he first became aware of SafePlace through talking with the wife of one of his inspectors. He was moved to donate when he learned how his contribution breaks down to directly impact the life of a survivor. He notes that even if someone only has a few dollars to give, it all adds up and can make a big difference for someone experiencing violence.

"I myself have been exposed to domestic violence and when it comes to that, in my opinion, unless you've lived in a bubble, you know someone who's experienced it either mentally or physically."

He adds, "I also really like to give back to kids because they can't control their environment, they can't control if they're brought up in home with domestic

violence."

Dwayne takes it a step further and, along with his staff, promotes the fundraisers. When real estate agents or home buyers call

### WHAT YOUR GIFT BUYS

\$2.50 buys an all-day bus pass to get to court and file a protection order

\$25 buys childcare so a mom can attend a support group

\$100 buys 24-hours in the shelter for a mom and two kids- includes a private room, basic necessities, and access to 24-hour advocates and support

\$250 provides one week's worth of fresh food at the shelter

\$500 provides staffing for a 12-week support group including private follow-ups

to schedule, the staff lets them know that \$5 of their inspection will be donated. During the inspection, the inspectors also thank

the client for choosing Boggs Inspection Services and share again about the donation. To further spread awareness, Dwayne suggested that he can share information and handouts about SafePlace when he's promoting the fundraiser in the future, noting that some people are new to the area and may not know about the services SafePlace provides.

As a local small business owner, Dwayne is grateful for the ability to give back to the community – something he didn't know he'd ever be able to do. He says, "I never thought I'd be in that position because I came from a lower middle class background." He adds, "It's important to give back, even for small businesses."

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***Hosting an event is a wonderful way to spread awareness and support services in our community.***

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*If you are a business owner and would like to explore ways to support SafePlace with a promotion or event, please contact Lisa at 360.786.8754 x200 or lisag@safeplaceolympia.org or see the 'Get Involved' tab on the SafePlace website: [www.safeplaceolympia.org](http://www.safeplaceolympia.org)*

As a local family physician, Dr. Sam says that in her regular practice she hears some difficult stories, but at the SafePlace shelter, “all the stories are difficult.” She says that she’s glad SafePlace is here, “It would be great if we didn’t need this place, but we do need it and it’s great that it’s so well organized.”

Dr. Ritchie’s philosophy of medicine is best summed up by these words from Dr. Atul Gawande:

“We’ve been wrong about what our job is in medicine. We think our job is to ensure health and survival. But really it is larger than that. It is to enable well-being. And well-being is about the reasons one wishes to be alive. Those reasons matter not just at the end of life, or when debility comes, but all along the way.”

Dr. Sam recognizes how difficult it would be to deal with the issues 24/7. However, she is encouraged by what she

sees, “I get to see some of the kids and how much the mothers love their kids and are doing the best by their children.”

Providing volunteer medical care at the SafePlace shelter is a sacrifice for someone with limited free time, but Dr. Sam says that each time she volunteers she’s almost always glad she did. She understands that the support she offers is providing more than the medical care, “...usually it’s people that I can talk to and sometimes they are very grateful – not just because of treatment – but they’ve been beaten by life and we all need somebody to talk to.” This is especially true for moms and children without health insurance. Many survivors don’t have insurance for a host of reasons. Even with insurance, sometimes it can take weeks to be seen, which means their situation often deteriorates. Dr. Sam is also able to give the women information about different avenues for medical care in the area.

In addition to her practice at Vantage Physicians, Dr. Sam brings medical care



to Haitians through the non-profit group Friends of Haiti.

At the recent SafePlace fundraising gala, we presented Dr. Sam with the 2017 Speak Up, Speak Out! Advocacy Award for her work in making SafePlace’s mission to support survivors of domestic and sexual violence a reality. We are grateful to Dr. Sam for her many years of volunteering at SafePlace’s shelter.

## Note *continued from page 1*

increasing, with many experiencing torture abuse. Out of approximately 30 calls per day to our helpline, 25 are extreme cases of physical violence. This is unprecedented in our 36 years of doing this work.

It is happening as we speak. It is happening to someone who matters to you. It is happening, and we cannot afford to look away. As a community, we must face it head on.

There isn’t a profile for people who abuse, or who experiences abuse. Domestic violence happens in all kinds of situations, families and environments. It’s important to pay attention, know the signs and to meet people experiencing domestic violence with support, not judgment.

Remember you’re not alone – SafePlace has numerous resources and programs to support people impacted by domestic and sexual violence, which includes you as you provide support. Call our helpline at (360) 754-6300 anytime day or night. We will support you as you support your loved ones.

This community is our home. We are in it together. Let us never get complacent over the loss of one of our own.

*If you find out a loved one, friend or colleague is experiencing domestic violence, it’s natural to be unsure of how to respond. Here’s a good place to start:*

### **What to Do:**

**Listen** – Some of the most insurmountable moments we have in life are lessened just by someone listening to us. There’s great power in being heard.

**Believe Them** – The process of disclosing domestic violence is challenging, uncomfortable and often dangerous. Trust them and their story, and prioritize their physical AND emotional safety in telling you.

**Ask What they Need** – Violence, and its impact, is an individualized experience. What you would want in a similar situation may be harmful for someone else. Ask them what they want. If they don’t know, accept that as the answer. Healthy boundaries may be new for them (and you), but you can help your loved one build and maintain them.

### **What NOT to Do:**

**Never ask why they don’t “Just Leave”** – Leaving is a multi-faceted issue for survivors; it’s never simple and rarely safe. Asking why they don’t just make it stop downplays the difficulty of the situation, often increasing isolation on the part of the survivor.

**Don’t tell them what to do** – The power of choice is an incredible thing, and people experiencing domestic violence rarely get to make choices for themselves. Where you intend helpfulness, they can perceive continued abuse.

**Don’t add pressure or timelines** – Solutions to domestic violence issues are not linear, nor is the process to get out of them linear. You may help your friend for weeks, only for them to turn around and go back. Don’t add pressure to a challenging situation. Offer support, a listening ear and resources like SafePlace.

# 8 Maneras de Prevenir el Asalto Sexual

A veces se siente imposible prevenir el asalto sexual, como si fuera un asunto demasiado estrecho como para una sola persona. Pero hay mucho que puedes hacer para prevenirlo como individuo, como madre o padre, como dueña de una empresa, o como miembro de nuestra comunidad.

**Destruye los mitos:** ¡Educate! Existen muchas ideas falsas sobre la violencia sexual. Tomarte el tiempo de descubrir la verdad te beneficiará mucho. Por ejemplo, ¿sabías que casi el 90% de los asaltos no son perpetrados por un desconocida, sino un amiga, familiar, pareja, o conocida?

**Compartir es bueno:** Lo que aprendas, compártelo con tus familiares, amigas, y compañeras del trabajo.

**Qué roles ni que nada:** Observa detenidamente los roles de género y estereotipos que te rodean. Los estudios demuestran que la mayoría de las perpetradores de violencia sexual no aceptan roles de género intercambiados, y tienen valores muy rígidos sobre la masculinidad, feminidad, y homofobia. La próxima vez que le dices a una niña, “¡las niñas no juegan con carros!” o “ese color no es para los niños”, piensa en el mensaje oculto que estás reforzando. La homofobia se relaciona directamente con el machismo y la violencia sexual.

**Analiza esto:** Detente a pensar en todo lo que nos enseñan los medios de comunicación-- sobre cómo supuestamente deben comportarse los hombres y las

mujeres, y cómo deben relacionarse. Pasa tiempo con tus seres queridos y sobre todo tus hijas, ayudándoles a detectar los mensajes ocultos sobre la violencia sexual que transmiten los medios. No aceptes nada sin pensarlo críticamente.

**Sé el cambio que deseas ver:** Demuestra lo que son las relaciones saludables ante las demás personas. El hacer un esfuerzo por respetar continuamente a las personas envía mensajes positivos a tus amigas y familia. ¡Mereces relaciones saludables!

**La violación no es graciosa:** Es cierto, hay personas que bromean sobre la violación y el asalto sexual. Si llegas a escuchar una broma de ese tipo, explica con gentileza que es un asunto real que afecta profundamente a muchas vidas. Puede que recibas atención negativa por “aguafiestas”, ¿pero no crees que vale la pena a largo plazo?

**No financies el machismo:** El activismo de consumidores es influyente. No compres revistas, ni rentes películas, ni te subscribas a sitios en internet que presentan de forma degradante a mujeres u hombres.

**Habla en nombre de los sobrevivientes:** Déjalas saber a las personas en tu vida que estás conectado a recursos o que tus puertas están abiertas para hablar cuando sea. Ese detalle significará mucho para alguien que necesita apoyo.

Existen muchas otras maneras de seguir poniéndole un fin a la violencia sexual en nuestra comunidad. Siéntete con confianza para contactarnos si te gustaría aprender más, hacerte voluntario, o donar.

## 2017 Community Grants

Horizon Foundation  
Northwest Children's Fund  
OneFamily Foundation  
Elizabeth Lyn Foundation  
Junior League of Olympia  
Rotary Club of Olympia  
Lewis Community Spouses' Club  
Zonta Club of Olympia



## Community Benefit Events from 2/16/2017- 9/16/2017

Alternative Facts Improv Show  
Boggs Inspection Services May Fundraiser  
Conduent Cares Event  
Draggin' Out the Diamonds So She Can Shine Show  
Femme Fatales WMC, Freya Chapter  
Poker Run  
Fresh Eyes Movement Event  
India Hicks Online Fundraiser  
International Women's Day Fundraiser - Jim Cooper  
Kroger Shoppers Rebate  
March Madness Event  
Melanie Bakala, State Farm Grand Opening Collection  
OlyCLAW Women's Arm Wrestling Event  
Olympia High School Interact Club - Rotary  
Olympia Orthopaedic Associates Staff Event  
Pinnacle Health Solutions Fundraiser and Collection  
Soup Sisters Monthly Gathering  
Storman's Shoppers Rebate  
UW Neighborhood Clinic Collection  
Valley Athletic Club Winter Warm-Up  
WSDOT 'All in the Family' Fundraiser

SafePlace ofrece oportunidades para personas que deseen ser voluntarias o líderes en su comunidad al completar las 48 horas de entrenamiento. Hablaremos sobre varios temas, incluyendo los siguientes:

*Violencia domestica*  
*Abuso sexual*  
*Efectos de la violencia en niños y jóvenes*  
*Derechos del inmigrante*  
*Ordenes de proteccion*  
*Una comunidad diversa*  
*Herramientas de como apoyar a un sobreviviente*  
*El trauma y sobrevivientes*

Para mas informacion contractarse con Arely al 360-786-8754 x108  
arelyb@safeplaceolympia.org





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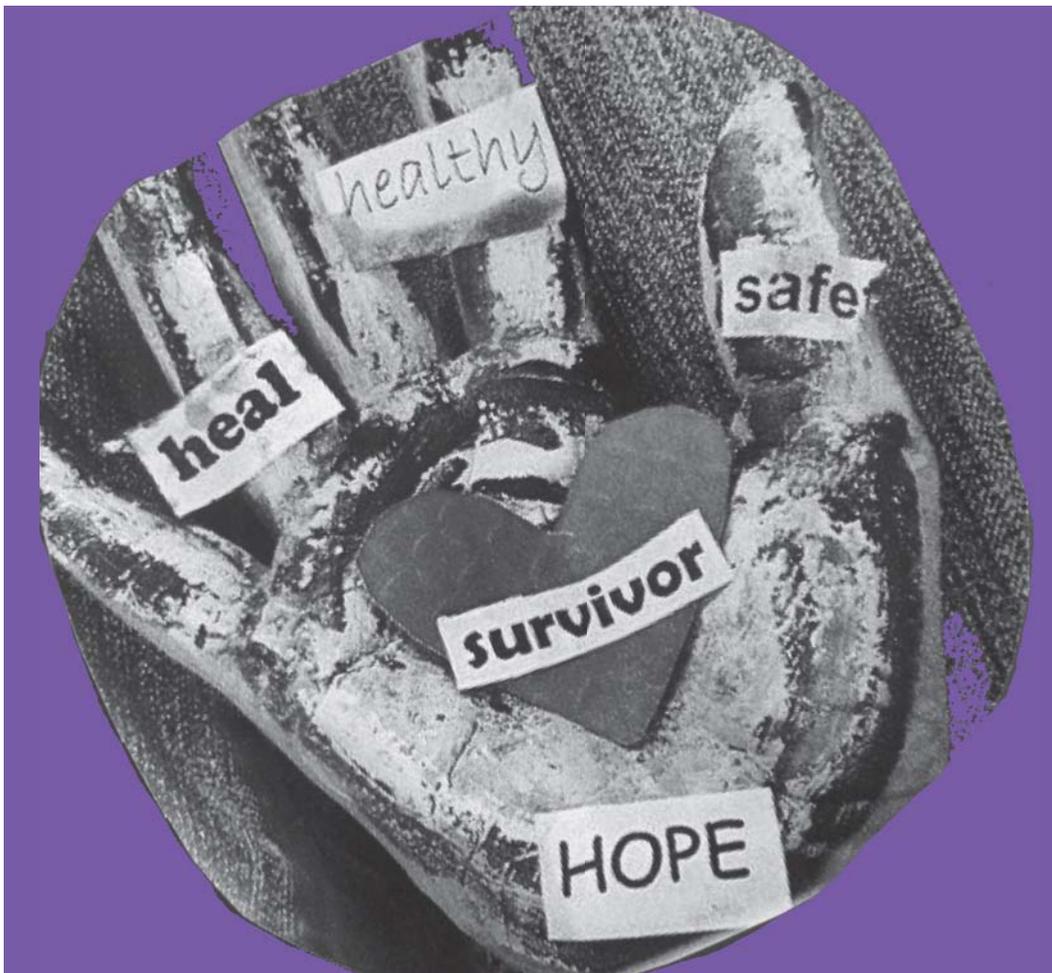
P.O. Box 2002 Olympia, WA 98507-2002

ADDRESS SERVICE REQUESTED

Community Service Center  
521 Legion Way SE  
Olympia, WA 98501  
Business phone: (360)786-8754

[safeplace@safeplypia.org](mailto:safeplace@safeplypia.org)  
[www.safeplypia.org](http://www.safeplypia.org)

24- Hour Help Line:  
(360) 754-6300  
TTY 711



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“When my son and I were experiencing domestic violence, I honestly never thought I could ever make it through. You stood by my side and let me know I wasn’t going to fight it alone. Walking through these doors was the first step to a new start.”

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