On Being an Advocate

by Regan, SafePlace Sexual Assault Services Advocate

When SafePlace was birthed near the end of 1981, our intention was to empower survivors to make decisions about their lives, by offering support services, and resources to survivors. Legend has it, those support services might have meant wielding a frying pan to assist a survivor in leaving their abuser safely, or offering a safe place to sleep after a survivor was sexually assaulted. I can neither confirm nor deny those legends are true. The 1980s were a crazy time.

Our organization has grown profoundly in the last 37 years, and today, we show up in a myriad of different ways. We still break ground across the country, and we are still very proud of what we do. Offering client led services is still the most important part of the work we do socially, but the only frying pans we yield anymore are exclusively in the kitchen of our all gender, emergency, confidential shelter.

SafePlace is remarkable in the advocacy...
Message from our Executive Director

Welcome home. I’ve heard this phrase countless times in my own life. But what was the most powerful example? Without question it was the time I whispered it to myself when I had moved the final box into my new, small two-bedroom apartment. My girls giggling and running around in their room while I sat in the living room…just me. By myself. Silver key in hand. Finally free from living in a household riddled with abuse. Welcome home. It broke the room’s silence, and it broke free tears I had been holding for close to a decade.

Welcome home. I am so honored to be part of this community’s dedication to stand in the gap for survivors as they strive to find safety and re-build their lives. It is always a powerful thing to witness, and at SafePlace we are committed to supporting survivors as they re-build their own lives to reflect their dream of what ‘welcome home’ looks like for them.

Transformation in a survivor’s life requires comprehensive, holistic support at every level. When it’s done well, survivors can move seamlessly through each of the elements designed to sustain their success. When it isn’t, that’s when survivors can fall through the cracks. As they navigate systems that weren’t necessarily set up for them to win, I am thankful for your commitment to standing in the gap for survivors.

It takes a community effort to bring a strong foundation to those who need it most. When we recognize that each of us holds a crucial piece of the puzzle for survivors and their success, we can maximize on opportunities to show up for one another.

It’s an incredible thing to watch someone come to our doors deeply steeped in feeling broken, and to leave having found a sense of purpose and strength. Though they often walk in our doors hoping to get their most basic needs met, they often leave believing it’s possible to meet more comprehensive goals.

It is inspirational to see what can happen when a survivor is empowered to dream, live and hope freely. This is what your support allows them to do.

It’s life-changing to finally find a place where you belong. At SafePlace, survivors have opportunities to find that now. For many, it will be the first time they have had that kind of support, and it’s possible because of you. Your generosity allows for survivors to access the resources they need to be successful; your kindness shows them that they matter and belong in this community; your presence gives them a place to lean, even if just for a moment, as they set out to stand in the strength of their stories. Thank you for showing up in the countless ways you have since your own SafePlace story started. We treasure you.

In solidarity,

Sarah M. Lloyd, Executive Director

"Tell your funders this,
I don't have anyone to sit with when stuff like this comes up.
It's so helpful to be able to call someone to help me stay grounded
and slow my spinning out of control.
It's exhausting. My friends and family members are sick of it
and don't know how to provide the support I need. I know I've
called SafePlace at least a half dozen times when I'm feeling like
giving up. Maybe not everyone knows this,
but it has saved my life."

-cal1er on SafePlace 24-hour helpline
world, in that we are intentionally not co-located with local law enforcement or prosecutorial services, while maintaining extremely positive relationships with those agencies and organizations. We have had significant success in this regard, in acknowledging that some of our most vulnerable clients do not feel safe accessing services when either or both of those agencies are located in office, for various reasons. In not having them co-located in our offices, it lowers the barriers that a client may have to walking in and receiving services with us. We believe that justice can be served in many ways, and that sometimes it can be in the form of social justice.

While social justice informs every aspect of our work at SafePlace, and advocacy is incredibly important to us, trauma informed care is always at the forefront of our work as well. What that means to us, is that while we are out providing over 8,400 bed nights in shelter, over 7,800 helpline phone calls, and over 13,500 hours of advocacy, we are also navigating the ins and outs of recognizing and understanding trauma on a very intimate level. We work to avoid re-traumatization in our clients, their families, and our staff, while we are also working to provide creative and alternate options to survivors to help them back along their healing path.

At SafePlace, we provide a significant number of services from our office, but we don't stop there. From providing outreach to underserved communities in lower population Thurston County areas, or high barrier clients (incarcerated survivors, including those in youth detention), to attending court with clients, educating youth in schools, staying by the hospital bed of a survivor, attending their doctor's appointment, or moving them into their new homes; to providing many hours of outreach on the street every month to houseless youth who are at high risk for (or are currently living the reality of) sex trafficking. SafePlace advocates are everywhere, and are working hard to provide services to as much of the community as we can reach, and we are always looking for ways to expand that reach. We are never complacent with simply living under our logo. We earn our keep every single day. We are a Safe Place in our community, and we pledge to continue to be so.

SafePlace means the world to me. Getting to fight this fight every single day, knowing that at the end of it, I will have been a tiny dot among a thousand other tiny dots that make up one giant (optional) helping hand, is the reason I do this work.

That is why I am an advocate at SafePlace. It is only through your generous contributions that I, and other advocates like me, are allowed to continue to do this work. Thank you.

As our Executive Director, Sarah Lloyd would say, you are legendary.

-Reagan, Sexual Assault Services Advocate

Welcome To a Bit of My Heart

Local artist Lichelle Crevison created a show featuring over fifty pieces of original artwork which were on display at SafePlace at our Speak Up, Speak Out gala and during Fall ArtsWalk. Lichelle's powerful art is a testimonial to the healing that art often facilitates.

The following artist’s statement offers some insight into Lichelle’s thoughts regarding her work:

“Welcome, welcome to my heart illustrated. It’s a little bit naked, with some beauty, some ugliness, and even several unfinished bits! I wanted at least the concept represented here, and really, we’re all, at least in part, works in progress. There’s a lot of pain and grief in here, some anger, some guilt, some suffering, some shame, and some peace too. It’s here. It’s really easy to feel like we’re the only one who has ever felt this way, and that makes everything worse. It’s also a lie. The people who know my story know just how vulnerable I am with these pieces shown so publically.

My hope though, is that when others see these bits of me on these walls, they’ll also see a bit of themselves and be freed to whatever degree from their solitary confinement, because it is false.

In each of our stories there are lessons to be heard. There are cautionary tales, and understanding to be gained. Please listen, and be both respectful and compassionate with each other, especially when you see a child or adult act out. You might not know the baggage they’re carrying. The statistics on suffering are real.”
We were thrilled to welcome Treinen as a new sponsor this year for our Speak Up, Speak Out gala. This Olympia based management consulting firm values going beyond what they deliver to their clients and customers, by supporting causes that help improve the world. “I think most of us know someone affected by domestic violence. It doesn’t just affect women, it affects families, friends, coworkers and our communities,” said Will Treinen, CEO. “Our society has come so far in empowering women in so many ways. Yet we still have a lot of work to do. Our efforts to support organizations like SafePlace reinforce the basic need for safety and security, which when established, creates a better platform to continue to empower women to speak up for themselves and for others.”

Teamwork is core to the culture at Treinen and the CEO stressed, “Our business is totally dependent on building and sustaining meaningful relationships with our employees, clients and citizens. We have to care about each other and about our community because it matters.”

Many thanks to the team over at Treinen for your support of survivors of domestic and sexual violence.

To learn more go to www.treinen.com

Self-Defense for Survivors in Support Group

SafePlace constantly works to find better, more creative ways to serve survivors in their path to healing. One way we are working towards better ways to support survivors has been transforming the structure of our support groups. Trauma-informed self defense classes have been added to our group schedule as a way for survivors to reclaim their space, voices and power.

Led by Oriana Lewis, support group participants learn the Five Fingers of Self Defense, and learn ways to take back power in situations where their safety is threatened. Feedback on this round of classes has been positive: body movement and vocalizing has been an empowering experience for participants. Learning how to assert one’s self and having a variety of tools can make survivors feel more prepared and self-assured in their own power.

When Joy, SafePlace’s Community Services Program Manager, first implemented the program, participants were a little nervous about how the class would go. According to Joy, “This approach uses more than just the body for defending yourself. It uses all of the information that you are getting from your senses. When the women hear “self defense” they shy away and they say ‘oh I don’t know if I can do that’. When I tell them it is more than just using their body to defend themselves and I tell them about the 5 fingers of self defense, they perk up and are very interested.”

Joy notes how adding physical activity to support groups is a healing experience: “The women in our support groups are rebuilding their lives after leaving their abusers or are navigating how to live their lives with their abusers still present. One of the more insidious forms of abuse is isolation and silencing their voice…I also try to create activities to help the women to trust themselves again and find their voices by expressing their thoughts. The self defense is the next level for this.”

The opportunity for survivors to use their bodies and voices in a way that builds strength can be a grounding experience after violence has affected survivor’s lives. We are grateful for Oriana’s time and skills to teach self defense at our support groups – thank you for supporting survivors!
Commemorative Gifts 2/01/2018 to 9/15/2018

MEMORIALS
In memory of Jeannine Diane Lucas by Penny Marksheffel
In memory of Judy Bricker by Jim Bricker
In memory of Christine Jensen Baker by Karen Lee Valenzuela
In memory of Lori Boyd by Donald Rhodes

HONORARIUMS
In honor of Janet Jackson Charles by Maitri Edwards
In honor of Randy & Anita Carr by Rosalie Saecker
In honor of Wendy Rawlings by Lorraine & Bill Hine
In honor of Randy & Anita Carr by Colleen & Wayne Roice
In honor of Randy & Anita Carr by Richard Figeley
In honor of Randy & Anita Carr by Charles & Dorothy Turley
In honor of Randy & Anita Carr by Deborah & Jerry Halfhill
In honor of Randy & Anita Carr by Mary Pontarolo & Nancy Reid
In honor of Randy & Anita Carr by Anonymous
In honor of Randy & Anita Carr by Douglas & Ann Howie
In honor of Randy & Anita Carr by Thomas Eaton & Cynthia Monge
In honor of Randy & Anita Carr by Darren & Alisa Sprouffske
In honor of Randy & Anita Carr by Frank & Barbara Mason
In honor of Randy & Anita Carr by Kevin & Susan Gordham
In honor of Randy & Anita Carr by Troy & Michelle Hunt
In honor of Randy & Anita Carr by Julie Calkins
In honor of Randy & Anita Carr by Sandy St Dennis & Jim Hickman
In honor of Randy & Anita Carr by Paul & Birthe Martin
In honor of Carolyn Lakewold & Fred Goldberg by Dobkin Family Foundation

In memory of Lori Boyd by WA State Potato Commission
In memory of Lori Boyd by David Fisher
In memory of Lori Boyd by Dr William & Jackie Gavin
In memory of Lori Boyd by Jeffry & Elaine Bean
In memory of Lori Boyd by John & Elizabeth Karpel
In memory of Lori Boyd by Jay Goldstein
In memory of Lori Boyd by Craig Voegele
In memory of Lori Boyd by Herbert Moxley
In memory of Lori Boyd by Rebecca Bogard
In memory of Lori Boyd by Christine & Keith Playstead

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 and log in using your existing Amazon email and password (or set up a new account).

Fred Meyer 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.

Stormans Bayview and Ralph’s Thriftway support non-profit organizations through the 1% Community Rebate Program. Either sign into or create a ThriftieCard account at www.olythriftway.com.

Community Benefit Events from 2/01/2018-9/15/2018
Mahjongg Tournament - Panorama City
Oly Dance
Kroger
South Sound Women’s Center - Blue Friday Events
Dept of Revenue
Storman’s Inc
Jamberry Nails, LLC
Rhythm & Rye
McMenamin’s Spar Cafe
Olympia Downtown Alliance
Traditions Cafe & World Folk Art

2018 Community Grants from 1/01/2018-9/15/2018
Community Foundation of South Sound
Diocese of Olympia
Horizons Foundation
Junior League of Olympia
Lewis Community Spouses’ Club
Ludlow Foundation
Medina Foundation
Nisqually Tribe
Norcliff Foundation
Northwest Children’s Fund
OneFamily Foundation
Rotary Club of Olympia
Squaxin Island Tribe
Thurston County Bar
Wave Foundation
Women United
Zonta Club of Olympia

COMMUNITY FOUNDATIONS

Community Foundation of South Sound
Diocese of Olympia
Horizons Foundation
Junior League of Olympia
Lewis Community Spouses’ Club
Ludlow Foundation
Medina Foundation
Nisqually Tribe
Norcliff Foundation
Northwest Children’s Fund
OneFamily Foundation
Rotary Club of Olympia
Squaxin Island Tribe
Thurston County Bar
Wave Foundation
Women United
Zonta Club of Olympia
fleeing a domestic violence relationship, having tapped out all of the resources she could. She has tried everything, including living in a campground for months with her children. She wasn’t asking to find housing here, she already had housing lined up in a different state — secure, safe, supportive housing, with a community to stand behind her. She just couldn’t get from here to there.

So we helped her. We worked with Bron’s Automotive to repair her vehicle, making it travel safe for the long journey ahead. We provided gas money, food, household items, and diapers for her little ones. We put her family in a hotel to safely stay together while we worked with her to map out the plan to get back home. Our advocates put together road trip care packages to occupy the little ones on the long trek, and maintain momma’s sanity. We stayed in touch with her, so when she ran into difficulties on the journey, her case manager worked with business owners along the way to get her back on the road. When she arrived safely, we celebrated with her and said, enthusiastically, “Welcome home.”

And then there is the refugee family who fled abuse. The mom didn’t have extensive education, work experience or even birth certificates or passports. Her abuser had limited her ability to access all of it. She was surviving on minimal support from the state, and the ends were no longer meeting. Insert SafeHome.

With the help of Sophie, her case manager, our client was not only supported at SafePlace, but all throughout the community. Sophie supported her in getting access to job training at WorkSource, and ESL classes through SPSCC. She worked with DSHS to increase her family’s assistance, and worked with the US Passport Agency to get her daughter’s documents to get enrolled in higher education, starting this fall.

And we haven’t even talked about housing. Through our SafeHome Housing Program, we were able to find this client a sustainable housing placement and worked with her to identify a long-term strategy to keep her there once SafePlace’s assistance ends. When this individual’s abuser took two of their children, with plans to flee the country with them, Sophie partnered with our legal advocate, Northwest Justice Project, local courts, state agencies in multiple states, as well as major airlines to return her children safely to her…where she could say, with tears of relief, “Welcome home.”

This is what our SafeHome Housing Program is designed to do. It’s more than a stop gap, or a simple agreement with a landlord to make a space for survivors, though these are oftentimes pieces of the puzzle. SafeHome is a way to look at the whole picture, and work together to meet the needs. Holistically. Comprehensively. Creatively. Effectively. SafeHome takes insurmountable problems and turns them into manageable action plans. This program is doing things we knew weren’t possible with typical housing programs. This program is literally transforming lives.

As we build the interconnected destiny of our community’s capacity – as we all find ways to do our part in supporting holistic survivor success - I am certain that our trademark will become our community’s unification toward doing whatever it takes to say to survivors: Welcome home.

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**What’s Happening at SafePlace....**

In partnership with Community Youth Services, SafePlace has been doing outreach and working with youth at-risk. Our partnership includes working with participants at Rosie’s Place and street outreach.

A selection of SafePlace employees attended the National Sexual Assault Conference, and focused on training to better serve survivors in the LGBT+ community, male survivors, and survivors with disabilities.

SafePlace provides court advocacy two days a week for hearings on items like protection orders. Between the beginning of June and end of August, we served 87 clients with legal advocacy.

Our Legal Clinic offers twice-monthly opportunities for clients to ask questions and receive guidance from volunteer lawyers and SafePlace advocates. We served 71 clients through this clinic in July, August and September.

Beginning October 1, in partnership with Family Education and Support Services, we’re offering a parenting class at our shelter. The class focuses on how domestic violence and sexual assault of family members affect youth, and how trauma impacts our minds in the long term. Childcare is provided during this activity, allowing parents the time to learn skills about parenting after trauma.

Our advocate Sierra has at least one high school speaking engagement a week during the school year. Recently, she spoke with Olympia High School’s football team about healthy relationships, with family, friends and significant others.
How can I Help?
Supporting Survivors Through Community Benefit Events

What is a Community Benefit Event? It’s a fun way to support SafePlace by raising both vital funds and awareness about the services we provide. The possibilities are limitless when planning a community benefit event, and we’ve seen everything from New Year’s Eve parties to fashion shows, house parties, garage sale proceeds, and youth group activities. The great thing about community benefit events is that they can be as fun and creative as you want to make them. It can be as simple as an online post asking for donations, or an elaborate event with performers, costumes, and music.

Hosting a party in your home is a great way to share with a group of your friends about these important issues and what is happening in our community to address them—in a relaxed home environment. Please contact us today with your ideas and we are happy to work with you on how to proceed. We can send someone to talk to your group about our programming and provide materials if you wish.

We have made it easy to host a community benefit event and will provide all the tools and support you’ll need.
Contact Ellie at 360.786.8754 x200 or elspethp@safeplaceolympia.org to learn more.

Mane as de Prevenir el Asalto Sexual

Aveces 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:** ¡Edúcate! 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 desconocido, sino un amigo, familiar, pareja, o conocida?

**Compartir es bueno:** Lo que aprendas, compártelo con tus familiares, amigos, y compañeros 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 un niño, “¡las niñas no juegan con carros!” o “ese color no es para los niños”, piensa en el mensaje oculto que estás reforzando.

**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 amigos 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 creo 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 presenten de forma degradante a mujeres u hombres.

**Food & Beverages**

Dillingers Cocktails & Kitchen
Mousetrap
Sofie’s Scoops
Bittersweet Chocolates
Helsing Junction Farms
The Bread Peddler
Olympia Seafood Company
Everyone’s Brewery
Delicious Life Dinner Company
Batdorf & Bronson
Left Bank Bakery
Three Magnets Brewing Co.

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SPSCC Foundation
The Haney Team
Capital Medical Center
Connolly, Tacon & Meserve
South Sound Bank
Reliable Electric Inc
Morgan Hill Law, PC
People’s Injury Network Northwest
Gypsy Greens
Tipsy Piano Bar
Envision Family Law
Rainier Dodge
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@safeplaceolympia.org
www.safeplaceolympia.org

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

Remember #Giving Tuesday on Nov 27
Start the holiday season with the gift of safety by donating to SafePlace on Tues Nov 27.

Seeking a Solid
When all but the floor beneath you is shaken.
by Artist Lichelle Crevison