



# SAFE House Sun

Fall 2011



## Message From The Director

### *Victim or Survivor?*

*When I read or hear these two terms used in reference to people who have experienced domestic violence in any of it's many forms, two distinctly different mental images pop into view.*

*When I hear "victim" I picture a woman who is huddled in the corner or sitting at her kitchen table late at night looking sightlessly ahead waiting for the car door and front door to slam and for the craziness to start again. A woman who believes she is truly trapped, and that there is NO escape. Her eyes tell me that what she sees is a future that is painful, terrifying, confusing and senseless – an indefinite sentence to a life of misery.*

*Survivor produces an image that fills me with optimism and hope. This woman holds a map in her hand and pieces of it are obviously missing. She has committed to a journey of indefinite length through unfamiliar territory. She is not at all sure of the final destination, but she trusts her self to recognize it when she gets there. She hesitates and then takes the first step.*

*And that is our work. To help the people we shelter find the tools and supports they need to start down an unknown road. To help them acquire the skills, the confidence and ability they need to transform themselves from being a victim into being a survivor. And, the great joy of this work is that we see it happen every day.*

### **Page 1**

Message from the Director

### **Page 2**

What's Going on: SAFE House's New Kitchen

### **Page 3**

How You Can Help: Holiday Wish List

### **Pages 4**

Survivor's Stories: A RISE Participants Journey

### **Pages 5**

NCADV: October is National DV Month

### **Pages 6**

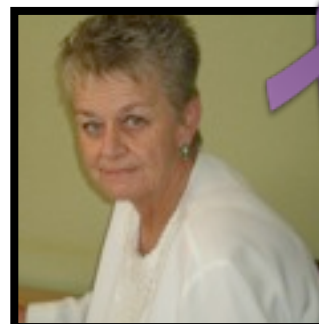
Advocacy Beyond Leaving: Advocacy for Victims In Contact

### **Pages 7**

Contributor's Corner

"Courage is not the absence of fear. It is going forward with the face of fear."

Abraham Lincoln



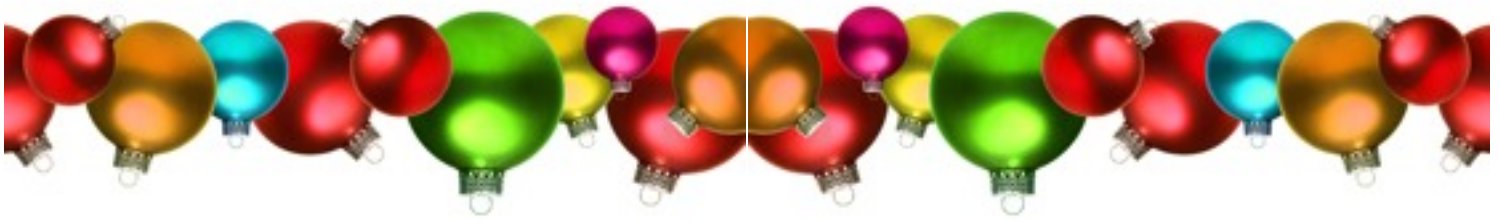
# WHAT'S GOING ON

**KITCHEN REMODELING IS DONE!!**

**AFTER SERVING MEALS OUT OF AN IMPROVISED DINING ROOM OUR NEW KITCHEN IS FINALLY FINISHED.**

**THANKS TO THE STAFF AT BUCK DUNCAN CONSTRUCTION INC. AND BAKER ARCHITECTURE + DESIGN WE HAVE AN IMPROVED, EXTENDED COOKING AREA, AND A SPACIOUS DINING ROOM. NOT TO MENTION A NEW STOVE (BELOW).**





## *HOLIDAY WISH LIST*

Christmas is one of the most difficult times of the year for families in shelter. In the current economy it has become much more difficult to meet the basic needs of our survivors and their children. We especially need the support of our community this year to make the holidays in shelter as cheerful as possible for those who aren't safe in their own homes. If you would like to make a donation this holiday season you can purchase a gift from one of the wish lists below.

Thank you for your support of the people we shelter and the work we do!

### Women

Full size toiletries  
Toothpaste/Toothbrush  
Hair Products (Gel, Mousse, & Hairspray)  
Makeup/  
Perfume  
Razors/Shaving Cream  
Pajamas/Nightgowns  
Women's Underwear & Bras  
Socks  
Slippers  
Purses  
Clothing & Shoes (assorted sizes)  
Tweezers/Nail Clippers  
Curling Irons/Blow dryers  
Alarm Clocks  
Daily Planners  
Backpacks and School Supplies  
Gift Cards (Wal-Mart, Target, etc.)  
Movie Tickets/Passes  
Toiletry Gift Sets

### Children

Clothing & Shoes (assorted sizes)  
Pajamas & Slippers  
Toys  
Puzzles  
Blocks  
Art Supplies  
School Supplies  
Sports Equipment (balls, etc.)  
Bicycles, Tricycles & Helmets  
Action Figures  
Board Games  
Portable Radios  
Handheld Electronic Devices  
Gift Cards  
Movie Tickets/Passes

### Babies

Strollers (Umbrella & Regular Size)  
Diapers/Wipes  
Diaper Bags  
Toys

While we appreciate used items throughout the year, we like to make the holidays a very special time for our families and request all new items this time of year. Your generosity is greatly appreciated this holiday season. S.A.F.E. House is a 501(c)(3) agency and all donations are tax deductible.

Please contact Sharon Sanchez at 247-4219 ext.23 or [ssanchez@safehousenm.org](mailto:ssanchez@safehousenm.org)  
OR Anna Jones at 247-4219 ext.41 or [ajones@safehousenm.org](mailto:ajones@safehousenm.org) with any questions or to coordinate the pick up of your donation. Or if you would prefer, your gifts can be dropped off at our Thrift Store, located at 1301 San Mateo NE, - open 9 to 4 Monday though Friday. Thank You!



## Survivor's Stories

Danielle \* entered the RISE program in recovery from a four-year meth addiction, which resulted in her losing her family, becoming homeless, and living in her truck for two years. Danielle was ready for a fresh lease on life. Danielle had a new three-bedroom apartment and a job that she really enjoyed. Within two weeks of entering the program, a “friend” helping her move into her new place raped Danielle. Danielle fell into a deep depression that resulted in her being fired from her job. Danielle began to see a therapist at SAFE House to help her cope with the assault, and with time, was able to move forward with her life. Danielle saw how difficult it was to enter the new job market without an education under her belt, so she took a leap of faith and returned to school. Danielle excelled in her classes and her life began to have some stability. Danielle’s children moved back in with her and she began to establish a new relationship with them. Just as things were looking up, Danielle was diagnosed with cancer. Danielle had surgery to remove the tumors in her leg and began chemotherapy treatments. Danielle states this was one of the hardest times in her life, “to go to school, reconnect with my children, and fight cancer”. Danielle’s daughter began to rebel and push the boundaries set by Danielle. Her daughter was experimenting with drugs, having parties, ditching school, and talking back to her. Danielle’s own mother added fuel to the fire by encouraging Danielle’s daughter to treat her badly and letting the daughter know there was always a “safe haven” at Grandma’s. Fed up, Danielle kicked her daughter out, which resulted in a huge fight. Danielle’s daughter told her that she hated her and her son returned to live with his father in another state. Danielle fell into a deep depression, going through the days making the movements, but not actually being present. She was able to pass her classes that semester, but just barely. At a routine check up for her cancer, which was in remission, it was discovered that the cancer had metastasized into Danielle’s nasal cavity. Danielle was devastated, she kept repeating, “I can’t ever seem to catch a break”.

*“...for the first time in a long time, I am happy.”*



Danielle had to face her second surgery and rounds of chemotherapy without any emotional support systems in her life. Her daughter and mother continued to tell her that they hated her and her son was states away. Instead of feeling sorry for herself, Danielle dug deep and found a strength and resilience to not allow her family to emotionally and verbally abuse her, to not allow her cancer to take her life without a fight, and to not allow anyone to walk all over her again. Danielle decided that she truly needed a fresh start. She scouted colleges in other states that offered her a degree program and settled on a program in a neighboring state. Danielle drove her beat-up, old pick up truck to the new town, met with an advisor, and registered for classes. Danielle then went to find an apartment and new oncologist. After securing all three, Danielle returned to Albuquerque and began packing. Danielle said that without the constant support and encouragement of RISE, she might have given up. Taking an assessment of all that she had endured during her two years participating in RISE, Danielle said that she was proud of herself, her accomplishments, and the new chapter in life that she was about to embark on. Danielle graduated the program and is doing well in her new life. Danielle still does not have the family that she has always wanted and is still fighting her cancer, but she states, “for the first time in a long time, I am happy.”

*\*Name has been changed*





## OCTOBER IS NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH



Domestic Violence Awareness Month evolved from the first Day of Unity observed in October 1981 by the National Coalition Against Domestic Violence. The intent was to connect battered women's advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became a special week when a range of activities were conducted at the local, state, and national levels.

These activities were as varied and diverse as the program sponsors but had common themes: mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence.

In October 1987, the first Domestic Violence Awareness Month was observed. That same year the first national toll-free hotline was begun. In 1989 the first Domestic Violence Awareness Month Commemorative Legislation was passed by the U.S. Congress. Such legislation has passed every year since with NCADV providing key leadership in this effort.

In October 1994 NCADV, in conjunction with Ms. Magazine, created the "Remember My Name" project, a national registry to increase public awareness of domestic violence deaths. Since then, NCADV has been collecting information on women who have been killed by an intimate partner and produces a poster each October for Domestic Violence Awareness Month, listing the names of those documented in that year.

The Day of Unity is celebrated the first Monday in October. NCADV hopes that events in communities and regions across the fifty states will culminate in a powerful statement celebrating the strength of battered women and their children.

National Coalition Against Domestic Violence, [www.ncadv.org](http://www.ncadv.org).



## Advocacy Beyond Leaving

*“I don’t want them arrested.  
I still love them. I just want  
the abuse to stop.”*

Every day, police departments across the country receive distress calls from women, children, and occasionally men who are seeking emergency assistance after (or during) occasions of domestic violence. As the police interview victims and ask if they would like to press charges, a common phrase rings out: “I don’t want them arrested. I still love them. I just want the abuse to stop.”

For family, friends, and community advocates, it is difficult to comprehend how women in abusive relationships can claim to love the man who batters them. Oftentimes, outsiders trying to assist women in abusive relationships become frustrated, resentful, or apathetic because the victim refuses to press charges, to testify about the abuse in court, or even to leave the abusive relationship. From an outside perspective, situations such as these seem to indicate that the victim does not want help, and there is nothing more that anyone can do for her.

This is not true. Women who choose to stay could do so out of necessity, choice, or both. Whether or not others agree with her decision, the fact is that these victims are still in need of advocacy and support. Such needs do not end if a woman returns to her home. Neither, therefore, should advocacy.

By enacting a philosophy established by Jill Davies entitled “Advocacy Beyond Leaving,” family, friends, and “outsider” advocates involved in domestic violence situations can effectively support victims of abuse, even if they choose not to leave their abusers. To initiate this type of advocacy, one simple act must take place: the advocate must listen to the voice of the victim.

Listening to the victim allows advocates to understand the situation particular to each victim. It also allows the victim to analyze and communicate her specific needs, rather than allowing an advocate to assume that the victim’s needs are just like everyone else’s. In doing this, the advocate can then work alongside the victim to develop a strategy that will ensure provision for the victims’ safety and needs, as well as the safety and needs of her children or other family members.

To often, women who choose to stay are written off as weak or easily manipulated and have no self-respect. This is not always the case. As the advocates, friends, and family members of victims of domestic violence, we must give whatever kind of support is needed. This may include helping her get to safety as she leaves, or helping her create safety as she stays. Whatever her choice, support should be available to victims of domestic violence. Advocacy must not end at the front door.

*Taken from the online article you can find at [www.bcfs.net](http://www.bcfs.net)*



# Contributor's Corner

## A BIG Thank You to you all!

Buck Duncan Construction, Inc.  
Baker Architecture + Design  
Canteen of Central NM  
Lawyers, Guns & Money  
Agave del Sol

Denim & Dancin' was held on Saturday, October 8th. We would like to thank everyone in attendance for making this night a success. Thank you for supporting us and all of the work we do!



**Special Thanks to**  
Kathie Williams  
Susan Wachter  
Kathie Preonas  
Karen Griffith &  
Cheryl Strotz



1700 Juan Tabo Blvd  
Albuquerque NM 87112  
505.294.9610

The BZ donated 11 pair of tennis shoes to our teen boys in shelter. Thank you for your generous donation!



Party City's Westside location has donated Halloween costumes for the children in shelter, our non residential program and RISE program. Thank you for all your support!

We are currently in the process of updating our website. Take a look!  
[www.safehousenm.org](http://www.safehousenm.org)





**S.A.F.E. House**  
P.O. Box 25363  
Albuquerque, NM 87125

**Phone:** (505) 247-4219  
**Fax:** (505) 224-9695  
**24-Hour Crisis Hotline:** 1-800-773-3645

**S A F E H O U S E S U N**

**Yes**, I am ready to help provide safety and support for survivors of domestic violence and their children in our community.

I want to be a part of S.A.F.E. House's mission to break the cycle of violence in New Mexico.

I would like to make a donation of:

\$1,000                      \$750                      \$ 500

\$250                      \$75                      \$50

Other: \$ \_\_\_\_\_

Your donation can be made by:

Enclosing a check (made payable to S.A.F.E. House) to P.O. Box 25363  
Albuquerque, NM 87125

OR, by going to our website at [www.safehousenm.org](http://www.safehousenm.org) and making a secure, on-line donation.

The return on your investment will be a brighter, safer community. With your help, one more mother will have a place to lay her weary head, one more child will know peace, one more family will have a chance at life.

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