

# Fall / Winter 2010

## ***From Dependent to Independent***

Many people in the community know of Advocates of Ozaukee as the shelter that abused women can go to for safety from their abusive partner. However, many don't realize that Advocates provides so much more than a physical safe place for women and their children. Most victims of violence come to Advocates feeling hopeless and uncertain of their future. Victims of abuse often talk of a lack of confidence, low self-esteem, and feeling like they are unable to do things on their own. While talking with her counselor, one survivor stated, "I just didn't know where to start. It was all overwhelming. He told me that I wouldn't be able to do it on my own. I believed him. Everything that he said that I was...stupid, ugly, worthless, a waste...it was all true to me." Unfortunately, these long-standing, long-term effects of abuse are the biggest hurdle our clients face. Physical wounds usually heal faster than emotional ones.

There are many questions in the mind of a survivor. Why did this happen? What have I done wrong? Why do I feel responsible and guilty? When can I trust again? When will I feel better about myself? Will the pain stop?

Advocates works not only to keep survivors physically safe but also works to address many of the overwhelming feelings associated with abuse. Advocates offers case management, individual counseling, and group support for families while in shelter and provides follow-up services after they have acquired safe housing apart from their abuser. Case managers continue to follow up with these brave women and assist in needed services such as court proceedings, budgeting, medical advocacy, and childcare. Counselors remain available to process feelings after trauma and group facilitators continue with ongoing support and education on abuse. All these services are also available and utilized by families who live in the community but don't enter shelter.

After receiving services, 90% of adults and 93% of their children reported knowing more ways to keep themselves emotionally and physically safe. Families reported feeling more confident and more hopeful about the future.

**Kristen Jordon Wheeler, Associate Director**

Outcomes can always be demonstrated through numbers but perhaps they can be more easily explained through the comments that we have received from our clients. Some feedback from Advocates' clients follows:

***"Advocates picks up the hurt and abused and turns them into strong and able-bodied women again. I have changed from dependent to independent!"***

***"I have grown tremendously in being able to attend to my own needs and problems because of Advocates' help."***

***"I have started life again!"***

***"I learned self-respect."***

***"This is the first time that I could trust in a relationship again. I am no longer bound and scared. I am so grateful."***

***"I will never forget the support that I received during the hardest days of my life."***



### ADVOCATES' HOLIDAY WISH LIST

- |  |   |
|--|---|
| Digital cameras  | Food or coffee gift sets  |
| Gifts cards for restaurants, clothing, music, movie theaters | Scented lotions, body wash and perfume                              |
| Craft sets   | Zip drives  |
| Hand held games  | New underwear and socks   |
| Gas cards and Ozaukee County Shared Ride Taxi punch cards    | Kitchen items – silverware sets, pots, pans, cookware, and bakeware |
| Slippers   | Wrapping paper and gift bags  |
| Jewelry  | Candles   |

### ANYTIME NEEDS

- Laundry baskets
- Waste baskets
- Laundry soap and dryer sheets
- Dishwasher detergent
- First aid supplies
- Toilet paper/ Kleenex/ Paper towels
- Hand soap in pump bottle
- Trash bags/Sandwich and freezer bags
- Coffee

## Advocates Supports Abuse Victims in Jail

Victims of domestic violence and sexual assault are everywhere in society, even in our jails.

Advocates offers support to abuse victims who find themselves in the jail system. A support group is offered weekly to educate women on the dynamics of abuse and sexual trauma. There they learn what healthy relationships and healing look like. Many women who end up in jail have experienced one or more abusive relationships in their lives. They might also be victims of one or more sexual assaults.

For these women, abuse has become the norm for their relationships. Though they suffer the effects of the abuse, they do not know anything different. They may have tried to cope with the pain of abuse through unhealthy and unlawful behaviors that resulted in arrests and jail time. Being in support group while in jail can give a victim an opportunity to learn about abuse while away from the abusive partner. Advocates takes that opportunity to address their issues and their pain and offer hope that things can be different.

Cheryl Legel, Volunteer Manager/Advocate

Visit our website: [www.advocates-oz.org](http://www.advocates-oz.org)

### *The Results of Your Support*

*The economic downturn has affected every one of us. However, it hasn't affected everyone equally. We have seen an astounding decrease in income in clients of Advocates. During 2010 the average income level of women seeking help from Advocates dropped to below \$7,000. Can you imagine trying to live on \$583 a month? This is an increase of 46% over the past year and has more than doubled over the past five years with an increase of 110%.*

*As a result of these staggering numbers, Advocates has had to react by allowing women and children to stay in shelter for a longer time while we work with them to maximize their financial resources. Advocates has provided significantly more in financial support to victims.*

*The potentially tragic results of this situation is that some victims feel that they cannot make it on their own; that they cannot get a job that would support them and their children; and, therefore, they may not come into shelter or feel they have no choice but to return to the abusive situation. To date we have been able to minimize this situation and, in fact, we are extremely proud of the fact that 80% of the women who enter Advocates shelter do not return to their abusive partners. That is an astounding success rate that we share with each of you who have supported Advocates and our vital programs.*

*Thank you all who have donated items for shelter, gift cards for clients, money, time, and your talents. There is no way Advocates could do the work we do without your contributions. **Won't you please consider supporting the women and children we work with again this year?***

Barb Fischer, Executive Director

### *JOIN A SUPPORT GROUP*

*Groups are open to all women and their children experiencing domestic and/or sexual violence.*

#### **Domestic Violence**

**Tuesdays  
6:30—8:00 p.m.**

*Children's Domestic Violence Support Group meets at the same time. It is open to children of all ages.*

#### **Sexual Violence**

**Thursdays  
6:30—8:00 p.m.**

*Childcare provided.*

**Call for more  
information.**

**262.284.6902 or  
1.877.375.4034**

# DAY OF CARING 2010

Once again Rockwell partnered with Advocates for our 2010 Day of Caring Event. Rockwell had over 30 volunteers participate this year and they tackled projects such as repairing our shed door and repainting our shed. They also sorted donations, power washed the shelter, spread mulch, built a garden,



fixed our playground equipment, removed trees, replaced shingles, and helped with other housing maintenance projects. It is always amazing to see how much gets accomplished in a day. We are truly grateful for their continued dedication.

## Many Ways YOU Can Help

Thanks to all of you who have helped with all of our fundraising opportunities that do not cost you or us anything but a little bit of time. Please keep the phones and receipts coming.

**Cell phone collection** - drop your cell phone in the box at Cornerstone Community Bank. You can get posters at [www.shelteralliance.net](http://www.shelteralliance.net) to run your own collection for us. Call Cindi to find out more at 262-284-3577.



**Pick N' Save** - stop in at the customer service desk and choose Advocates - 014750.



**Sanfilippo Sentry** - send your receipts to us from September through December by January 10.



Sign up for Charitable Checking at **Cornerstone Community Bank.**



Each year, Kleen Test Products Corporation sponsors a Volleyball Tournament for its employees as an opportunity to raise money for charity. Congratulations to the winning team, The Lion Tamers, who chose Advocates as the recipient of these funds.

The Ozaukee Master Gardeners have been taking care of our landscape for many years. The blooms through spring and summer are fantastic. Whether in heat, rain, or fair weather, the volunteers show up and have a great time working together, sharing their knowledge with each other and with the agency. Thanks to them all!





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 www.advocates-oz.org

Contact Cindi [officemanager@advocates-oz.org](mailto:officemanager@advocates-oz.org)  
*if you would like our newsletters emailed to you.*



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Advocates is in need of a gently-used well-running van or other vehicle to transport clients.



Call Barb at  
 (262) 284-3577 or  
 (877) 375-4034  
 to make a tax-deductible donation of your used vehicle.

**New Board Members**

Advocates would like to welcome the following board members who all joined during 2010 and thank them for their passion, commitment and sharing their talents with

Deanna Dewey	Mark Langholz	Lucia Francis
Kathy Butler	Peg Roethle	