



Mission Statement

The Haven Shelter & Services, Inc. is committed to preventing and eliminating all types of domestic violence and sexual assault within our service area, which includes Westmoreland, Richmond, Essex, Lancaster and Northumberland Counties. The primary focus of The Haven's mission is to provide advocacy and shelter for identified victims of partner abuse and sexual assault as well as to provide support services to victims and their families. To greater further its mission, The Haven seeks to enhance public awareness of domestic violence and sexual assault through community outreach and education.

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The Haven Shelter and Services, Inc.

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The Haven is more than bricks and mortar,
 we are a place where violence free futures begin.



The courtroom is full of strangers here for other cases. Her abuser and his family sit across the aisle. Mary is nervous about speaking to the judge in front of strangers, in front of him and his family.

Sarah was sexually assaulted by her date several hours ago. Since suffering that pain and humiliation, she has had to tell law enforcement what happened, ride for over an hour to get to a hospital in Fredericksburg, and now she waits in a hospital exam room specifically equipped to do an invasive exam once the Forensic Nurse arrives.

These women don't need shelter. They need advocacy and support as they endure what are possibly the most terrifying experiences of their lives. The Haven provides that advocacy and support to individuals like Mary and Sarah every day. As you will see in this newsletter, our services extend beyond the concept of a shelter.

After providing services for 28 years to our community and substantial growth as an organization, we provide an array of services which evolved over the years as needs became evident. Last year, The Haven impacted the lives of 403 individuals who experienced sexual and intimate partner violence through our non-residential advocacy services.



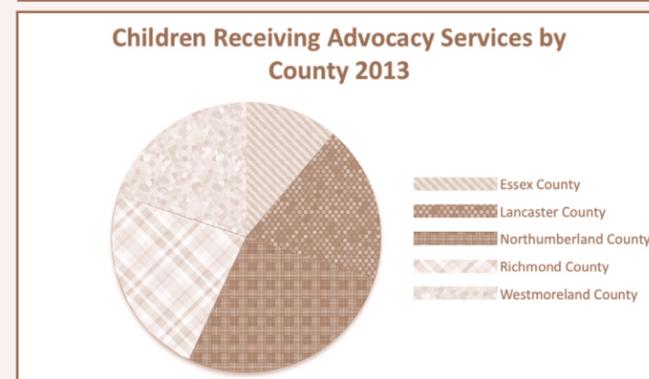
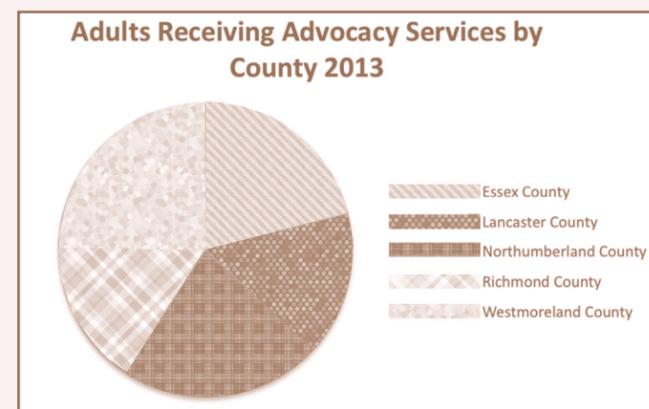
In its simplest form, the advocacy the Haven's staff provides is supporting individuals who have experienced intimate partner violence, sexual assault, and/or homelessness. While most people associate us with the shelter we provide for these individuals, many do not realize that we provide advocacy to individuals who don't necessarily need shelter, but need other types of support in their efforts to build violence-free lives for themselves and their children. Even fewer people are aware of our advocacy activity related to how our community, our state, and our nation respond to these issues and work to prevent such abuse in the future. In this newsletter, we hope that you will learn more about our advocacy efforts and gain a better understanding about how important advocacy is to the big picture of ending intimate partner violence, sexual assault, and homelessness.

Self Advocacy

Everyone had done self advocacy at one time or another and probably many times. We practice self advocacy anytime we seek support for ourselves or make a request or an argument on our own behalf. It can be as simple as pointing out to a cashier at the grocery store that an item was accidentally added twice to the final order when you, in fact, only bought

one, and therefore, some type of correction needs to be made.

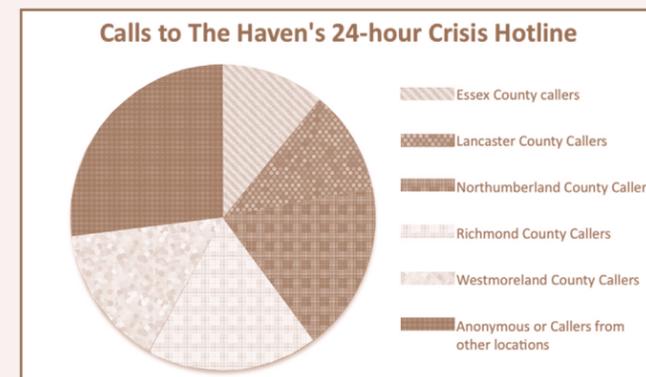
Those who have experienced or are experiencing the traumas of intimate partner violence, sexual assault, and homelessness typically have tried any number of ways to advocate for themselves. Some may choose to call law enforcement to report an assault. Others may not. Some may sign up for and attend a support group as a means to heal from the trauma. Many request help from members of their family, circle of friends, church family or the clergy. Often, because of the confidentiality afforded by the medical community, individuals may talk with a medical professional whom they trust. Even the act of defending one's self during a physical or sexual attack is a form of self advocacy. The act of self advocacy can be very frustrating at times, but can also be empowering even when not entirely successful.



Individual Advocacy

When self advocacy proves not to be as effective as someone who has experienced these traumas would like, The Haven has highly trained staff available to provide additional advocacy services on this person's behalf or individual advocacy. Some of these services include providing crisis intervention in person or through our 24-hour, Toll-free hotline, assisting someone in developing a safety plan based on their own individual needs, providing information and education about the dynamics of intimate partner abuse, sexual abuse, and/or homelessness. Very often Haven advocates may work with other allied professionals to help the service participant gain the services and support they need. We have advocates available to accompany service participants in criminal and civil court hearings and during

forensic exams at the hospital to help ensure that the participant understands everything that is going on and has as much information as possible about the options they have to consider.



Systems Advocacy

Working to change the systems within our communities, counties, state, and nation is some of the most important work our advocates do. When we as a society can respond more effectively to or eliminate the traumas our service recipients experience, we can make a profound difference.

The Haven engages in a variety of systems advocacy activities with our local communities. Our advocates have helped local jurisdictions develop protocols for most effectively responding to reports of sexual assault. Representatives of The Haven participate in local Family Action Planning Teams, local resource councils, and trainings for law enforcement officers and health professionals.

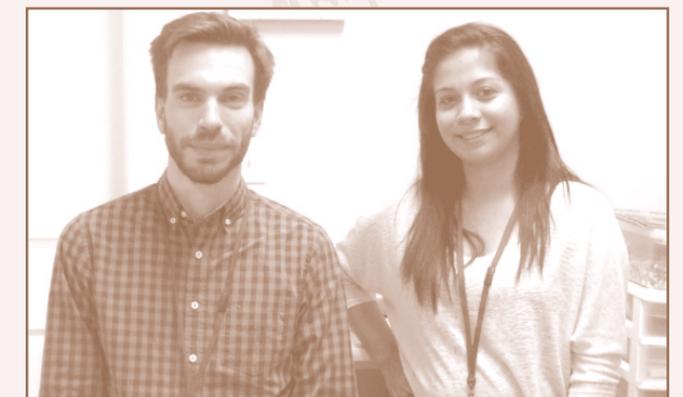
At the state and federal levels, staff participate in efforts of the Virginia Sexual and Domestic Violence Action Alliance (The Alliance) to bring about changes to enhance our work with our program participants. As an example, advocacy work at the state level has resulted in improved protective order legislation.



Front L-R – Sue McGlenn – Sexual Assault Program Coordinator, Colleen Jordan – Advocacy Director, Lynn Sharpe – Crisis and Support Program Manager
Back L-R – Ruth Miklem – Community Response Advocate, Lupita Oceguela – Crisis and Support Program Manager

Building systems of Prevention.

The Haven's prevention program seeks to build a community and a society that goes beyond just responding to those who have experienced abuse. We want our communities and our society as a whole to promote healthy sexual relationships and interpersonal interactions so that everyone is less likely to experience abuse of any kind including bullying. Our program is currently focused on reaching young people who are in the process of building relationships and on a small population of prison inmates who will be re-building relationships in addition to building new ones upon release. These programs provide the opportunity to obtain the tools to build healthy relationships. It is our hope that we can build our prevention programs to reach wider into the community to help create a society that promotes healthy relationships and eliminates factors that increase the risk of violence.



Chad Lewis – Prevention Program Coordinator;
Sonia Lopez – Prevention Program Facilitator



License Plate

Help The Haven bring home funds to increase our prevention efforts in this community by purchasing a "Peace Begins at Home" plate through the DMV. The Haven is a shareholder in the funds that the purchase of this plate will raise.

"When you think of The Haven, it is our hope that you will think not only about the vital shelter we provide to individuals in this community, but also about all we are doing to make your community safer for you and for everyone."

– Ellen Yackel, Executive Director.