The Newsletter for the Friends of SAFE Harbor

SERVING LAKE COUNTY, THE MISSION VALLEY & THE FLATHEAD RESERVATION SINCE 1993

Bystander Training Brings It All Home

WHAT WOULD YOU DO?

Everyone has faced a moment where ethical considerations battled fear. Which choice? How will it all work out? It is difficult to intercede in a potentially violent situation and yet, experiences from across the country demonstrate that the role of the bystander in curbing violence, bullying and discrimination is one of the most effective methods. To help promote change within the local community, SAFE Harbor sponsored a train-the-trainer program at Salish Kootenai College with the nationally recognized Step UP! Program based out of the University of Arizona. This exciting and interactive program provides a variety of

tools and steps for bystanders to help them feel more comfortable and confident when confronting potentially dangerous situations.

One of the main themes highlighted at the training concerns the ability of one person to positively influence the choices of others with a simple word or action. Based on this first training SAFE Harbor and SKC plan to host new trainings in the future. For more information call Dana, 676-9242.





High flying acrobats! SAFE Harbor will be sponsoring a Circus and Carnival Fundraiser to help support its legal services program. It is a day for the entire family, including festive food, fun carnival booths, a petting zoo, a "Bouncy" House and two performances by the Culpepper and Merriweather Circus, at 2 & 4:30 p.m. Carnival open from Noon to 6 p.m. Discounted presale circus tickets available at Harvest Food, Super 1 & SAFE Harbor. Seeking ticket sponsors for area youth to attend and volunteers for day of event. For more information or to provide assistance call 676-9242 or 676-0800.

LAKE COUNTY FAIRGROUNDS-RONAN

Tournament Hits A Hole-In-One for SAFE Harbor



Under the direction of Polson Bay Golf Course and Farmers Insurance Group, the Annual Senior Tournament had a great response. Above: co-hosts Tracy, Mark and Bob.

No one was slicing the ball on May 16th and 17th at the 6th Annual Polson Bay Senior Open Golf Tournament. The fundraiser was held on behalf of SAFE Harbor and was a rousing success with \$3,000 raised for services. "It was a fun time and a great weekend. We were so excited to be the beneficiary of this year's tournament," said Cheri Houle, SAFE Harbor Board of Directors President. "I was so impressed by the response from the community and the professional

Overall sponsor and host for all tournament logistics was Farmers Insurance Group in collaboration with the Polson Bay Golf Course staff. Tournament major sponsors included Alpha Technologies, E. Achenbaugh and Walmart Pharmacy. General sponsors were Berg & Devries, CPAs, Community Bank of Ronan, CSKT Gaming, Fidelity Title, First Interstate Bank, Glacier Bank, Jore Corporation, Moody's Markets, Odyssey Auto Glass, Pizza Cafe, Providence Health and Services, Wash n'Go Car Wash, ShowThyme!, St. Luke Community Healthcare and Whitefish Credit Union.

attitude of those putting it all together."

INTROSPECTION

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Methodist Church Shows Support

SAFE Harbor was honored this past week with a check for more than \$1,000 and various household supplies from the Mission Valley United Methodist Church. The church selected SAFE Harbor for support earlier in the year and then solicited contributions from within the membership. "These gifts from the community are vital to SAFE Harbor's ongoing services," said Executive Director DeeAnn Richardson. "We are so thankful to have such loyal and dedicated community partners. The Methodist Church has always been a great friend to SAFE Harbor." This past year SAFE Harbor served more than 400 primary victims and nearly 300 secondary victims, with shelter, food, transportation, legal assistance and household goods. "Many of our clients have needs that slip between the cracks," Richardson explained. "Sometimes it might be getting power turned on at a new apartment or having gas money to get to work. It can be so hard to get to a stable place and that is where this sort of unrestricted assistance is so necessary for our services." Thanks to this great group that's consistently supported SAFE Harbor.



Members of the Mission Valley United Methodist Church Mission Team present a \$1,000, they helped raise to SAFE Harbor Executive Director DeeAnn Richardson including from left, Richardson, Shirley McDonald, Jan Olsen & Nancy Williams.

2015 W4W Gathers Goods For Clients

It was a day for positive energy at the Annual Salish Kootenai College Women for Wellness Health Fair where more than 1,000 local residents took advantage of screenings and the chance to learn more about their own health. During the day, SAFE Harbor was fortunate to be the recipient of more than 50 baskets filled with items for shelter residents donated by community groups, businesses and other friends. A BIG THANKS TO EVERYONE FOR ALL THE SUPPORT!



SATE Harbor Team members Jacqueline McElderry & Beverly Timentwa helped host the Denim Day with SKC students. Dana Grant was the luncheon speaker and shared a new brochure

denim day 2015

Over two decades ago an accused rapist in Italy was found innocent because the victim had been wearing jeans and the court said that it had to be consensual



as that was the only way the pants could be taken off. This verdict started a national protest with women from all around wearing jeans to express their outrage. Today, Denim Day is an international time for people to demonstrate against false ideas regarding sexual assault. As part of the movement SAFE Harbor hosted a luncheon event at the Salish Kootenai College Center for Prevention and Wellness on April 29th. Students and staff had the chance to learn more about issues related to sexual assault, reporting and victim support.

K-O Auto Hosting Raffle

Friends have a way of making the day better and that is exactly what K-O Auto has been doing for SAFE Harbor. In cooperation with Clearwater, K-O has been hosting a raffle for a brand new Trek Mountain Bike. Owner James Krell selected SAFE Harbor to be the recipient of all funds raised from the bike raffle, which is still taking place. SAFE Harbor is honored to have been chosen for this assistance by K-O Auto, Clearwater & their clients.



Lesli Anderson, Niki Graham & Alana Bahe.

SPRING 2015

INTROSPECTION

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A Woman For All Seasons

She grew up in St. Ignatius and after working in other parts of the world returned to the Mission Valley to share her talents, time and passion. As a SAFE Harbor Board member, LeighAnn Courville Crooks is setting a great example for others. In addition to her board role, she is mother to Milo, wife to Jeremy, friend to all and the Director of the Salish Kootenai College Childcare Program.

SAFE Harbor Board of Directors

President Cheri Houle
Vice President Misty Doss
Secretary LeighAnn Courville
Treasurer Shawna Croft
At-Large Traudle Stockstad
At-Large LaNita Fitzpatrick
At-Large Rich Forbis
At-Large Judith Bromley

Debunking The Most Common

Domestic Violence MYTHS

Myth: When a couple is having a domestic problem, it is just that they have a bad relationship. Often, it's poor communication that is the problem.

Fact: Bad relationships do not result in or cause domestic violence. The idea that bad relationships cause violence in the home is one of the most common and dangerous, misconceptions about domestic violence. First, it encourages all parties involved - including and especially the victim- to minimize the seriousness of the problem and focus their energies on "improving the relationship" in the false hope that this will stop the violence. It also allows the abuser to blame the bad relationship and the violence itself on the victim, rather than acknowledging his/her own responsibility. Violence is learned behavior. Many couples have had bad relationships yet never become physically violent. Many batterers are violent in every one of their relationships, whether they consider them bad or good. The violent individual is the sole source and cause of the violence, and neither his/her partner nor their relationship should be held responsible.

Myth: Most domestic violence incidents are caused by alcohol or drug abuse.

Fact: Many people have alcohol and/or drug problems but are not violent, similarly, many batterers are not substance abusers. How people behave when they are "under the influence" of alcohol and/or drugs depends on a complex combination of personal, social, physical and emotional factors. It is often easier to blame an alcohol or drug abuse problem than to admit that you or your partner is violent even when sober. Alcohol or drugs do not excuse violence.

Myth: Domestic violence is triggered by stress, for example loss of a job or some financial problem.

Fact: Daily life is full of frustration associated with money and work, our families and other personal relationships.

Everyone experiences stress, and everyone responds to it differently. Violence is a specific learned and chosen response to stress, whether real or imagined. Certainly, high general levels of domestic violence can be related to social problems such as unemployment, however, other reactions to such situations are equally possible.

Myth: Most domestic violence occurs in lower class or minority communities.

Fact: Domestic violence occurs at all levels of society, regardless of their social, economic, racial or cultural backgrounds. Researchers and service providers have found, however, that economic and social factors can have a significant impact on how people respond to violent incidents and what kind of help they seek. Affluent people can usually afford private help-while people with fewer financial resources tend to call the police or other public agencies. These agencies are often the only available source of statistics on domestic violence, and consequently, lower class and minority communities tend to be overrepresented in those figures, creating a distorted image of the problem.

Myth: Men are victims of domestic violence as often as women, even if they aren't reported.

Fact: Data from the FBI and the Bureau of Justice Statistics show that 85% of victims of intimate partner violence (IPV) are women. This indisputable fact does not negate concern for the men who comprise the remaining 15% of IPV victims.

Myth: The victim did something to provoke the violence.

Fact: No one deserves to be beaten, battered, threatened or in any way victimized by violence. Batterers will rarely admit that they are the cause of the problem. In fact, putting the blame for the violence on the victim is a way to manipulate the victim and other people. Batterers will tell the victim, "You made me mad" or will try to shift the burden by saying "Everyone acts like that." Most victims try to placate and please their abusive partners in order to deescalate the violence. The batterer chooses to abuse, and bears full responsibility for the violence.

Myth: Domestic violence is a less serious problem-less lethal-than "real" violence, like street crimes.

Fact: It is a terrible and unrecognized fact that for many people, home is the least safe place. Domestic violence accounts for a significant proportion of all serious crimes - aggravated assault, rape and homicide. Furthermore, when compared with stranger-to-stranger crime, rate of occurrence and levels of severity are still under reported for domestic violence.

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New Truck To Tow The Line

Recently, SAFE Harbor said good bye to a great friend-a loyal truck that served the program for many years which had been a gift from long time board member Traudle Stockstad. Now, with assistance of a grant award from the Sample Foundation, SAFE Harbor has a new truck for transportation needs.



COMMUNITY SPOTLIGHT



Polson Methodist Church
Salish Kootenai College
Ronan Women's Club
Faith Lutheran Church
The Country Store
Polson Bay Golf Course
Pablo Christian Church
Polson VFW
Ronan Library

Committed to Creating Connections and Cultivating Collaboration

In the world of non-profits, relationships are a valued commodity. To be successful at this task requires discipline, energy, commitment and the ability to play well with others. SAFE Harbor Executive Director DeeAnn Richardson stays active with her regular office routine along with carrying out a full schedule focused on long-term program stability and success. Currently, she serves on the Montana Non-Profit Association Board of Directors and the State of Montana Board of Crime Control Violence Against Women Act Advisory Committee. These two groups provide strong links to other service providers, funders and partner agencies across the state. Along with these organizations, Richardson is also active with both of the local chamber of commerce, the Philanthropic Education Organization (PEO) and the Northwest Business Women's Network. "We are part of the community," she said. "I want people to be aware of SAFE Harbor and feel that we are supportive of other agencies and programs." SAFE Harbor staff also hold positions with Ronan Housing Authority, the Ronan Library and the LSAR.



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