

180 IN MOTION

Fall 2012



A MESSAGE FROM KATHLEEN ELLIS 180 Board President

A fresh start. It's something we all dream of at some point in our lives. For many it's a new job, new school, new home, or new relationship. For the women and children who pass through the doors at 180 Turning Lives Around, it's a new life. A life free of fear, violence and trauma. The first months after leaving an abusive relationship are extremely challenging. Victims often fear for their immediate safety and are directly confronting the emotional and physical trauma of abuse and violence.

Victims of domestic violence often leave their homes with little more than the clothes they are wearing. They have a long way to go, just

to get back on their feet, and 180's programs and services can help them get there. Through grants and private donations, 180's dedicated staff and volunteers help survivors of domestic violence begin rebuilding their lives one day at a time.

Particularly in tough economic times, 180 relies on its generous supporters and partners to help educate the community and provide the vital programs and services that enable domestic violence survivors, and their children, to break free from the cycle of violence that confined them and move toward productive and self-sufficient lives. To once again feel safe...and proud.

From the high school student who wanted to help a childhood friend (article on page 2), to the local artists who use their talent to join us in speaking out against domestic violence (article on page 6), there are countless people in our community who long to encourage and help our clients make a fresh start. There are volunteers who inspire others to join our cause, including through the words of a survivor herself, whose personal journey from victim to survivor can make anyone believe. Yes, everyone deserves a fresh start and, with a little help from some friends, everyone has a chance to make it a reality (article on page 3).

180's FAMILIES IN TRANSITION PROGRAM

National research affirms that a lack of affordable housing is a main reason why victims do not leave an abusive partner or feel they have no choice but to return to a violent relationship, even if they initially flee. Many domestic violence victims remain in an abusive relationship because they don't have a safe, affordable place to live. Transitional housing is a crucial step towards ending homelessness, and 180's array of client-driven support service choices makes the real difference in the likelihood of a domestic violence survivor sustaining independent housing success.

180's Families in Transition (FIT) provides housing and support for 10 families at a time in single family condominium for up to 18 months, with a six-month aftercare period

in which supportive services continue to be provided. These services include case management, counseling, Amanda's Easel Creative Arts Therapy, as well as seminars on job training, education, credit counseling, to name a few.



A key component to the FIT Program is the case management services provided to every program participant. Together, the case manager and family develop a step-by-step plan tailored to that particular family's strengths and

needs, designed to empower the family to attain self-sufficiency and regain their emotional well being. "We provide not only emotional support and advocacy, but strive to create stability and build strong healthy families. Services include case management, skill-based educational opportunities, domestic violence and life skills support groups, parenting support and connections to community resources," said Melissa Knott, Program Coordinator for Families in Transition.

A recent graduate of the FIT program said, "I have learned that I am a woman capable of what I put my mind to, even if I haven't accomplished all my goals, I know I am on the right path."



A MESSAGE FROM ANNA DIAZ-WHITE

180 Executive Director

When a domestic violence victim is first introduced to 180 Turning Lives Around, they often arrive from a world of chaos. It is our job to help keep them safe, get them on their feet and restore balance back into their life. For all victims, we provide services, programs and HOPE ... for a life free of violence and pain. From the advocates who meet them at the police station to the social workers who lead support groups, to the community partners who work tirelessly to help spread our message, to the generous donors and dedicated volunteers, everyone has a hand in helping make life better for a victim of domestic violence.

Families in Transition (FIT) is one program designed to meet the needs of survivors who are not in immediate danger and are feeling stable enough to begin rebuilding their lives. Participants are able to start over in one of 180's condominiums, getting the chance to tackle longer-term goals, and the opportunity to re-establish roots and consistency for children who have experienced a range of trauma. The program is about taking the steps to move forward – whether to work or back to school – so a woman can achieve independence and care for herself and her children.

The additional services they receive while in the program - Amanda's Easel Creative Arts Therapy for the children, career counseling, parenting classes, household establishment classes and counseling - are all aimed at giving these women and their families the best chance at a new life.

FIT is one of the many outstanding programs that 180 is proud to offer to our clients. If you or someone you know is affected by domestic violence, please call 180 at 1.888.843.9262 or visit www.180nj.org. Getting the help they need is the first step toward a new beginning.

RAISE YOUR VOICE

For 19-year-old Grace Farren of Manasquan, helping raise awareness about domestic violence struck a chord at an early age. While a student at the Ranney School, she learned that a friend from middle school was going through a domestic violence situation at home, and Grace was the only one she could talk to. "At that point I knew I had to do something," says Grace, now a sophomore at NYU.

As she began her sophomore year of high school in the summer of 2008, Grace founded her own charitable organization, "Grace's Gift," which raises money for 180. Her first effort was a customized t-shirt with a logo on the front in the shape of a heart, surrounded by the words, "I am loved, I am respected, I have a purpose, I am strong," with 100% of the proceeds earmarked for the Amanda's Easel Creative Arts Therapy Program at 180.

Grace has since branched out to a more wide-spread way to raise funds and awareness for the programs and services at 180. For the past three

years, Grace has planned a musical benefit concert, "Raise Your Voice for 180." This year's event was held on October 14th at McLoone's Supper Club in Asbury Park.



"I started these concerts while I was a senior in high school, recalls Grace. I wanted to do something fun while I was in school. It was a chance to help 180 and get some exposure for hometown musicians.

And speaking of hometown musicians, Bruce Springsteen showed up at that first concert. He walked up to me and shook my hand," says Grace. "It was a great moment."

But perhaps even a bigger thrill for Grace that night was when Amanda Wengert's parents walked into the Stone Pony and handed her a check for \$1,000. "They were just walking along the boardwalk with some friends and saw the posters. They came in and it was just incredible."

That first concert in 2010 attracted more than 250 people, raising more than \$17,000. The 2011 show was held at McLoone's Supper Club in Asbury Park and raised an additional \$15,000 for the agency. This year's event featured return performers Gianna Salvato and Matt Wade, as well as Aaron Valesquez and The Tor Miller Band. The benefit was co-chaired by Grace's friend, Alexa Zupko, a junior at Red Bank Regional High School. "We've always had adults attend these concerts, but never captured the teen crowd," says Grace. "Now we are hoping we can pull students into the event and get them involved."

I WAS A VICTIM OF DOMESTIC VIOLENCE; NOW I AM A SURVIVOR



I woke up October 1, 2009 a wife, a daughter, a sister, an aunt, and an advertising executive. Before noon of that day, my husband made me his victim of domestic violence.

Domestic Violence Victim is the term the police officer used to identify me in the criminal report; DVV is the term the Court Officer used in her report. DVV is the term used by the Judge who granted me a temporary restraining order. DVV was written by the ER triage nurse at the hospital and DVV was reported on my medical record by the ER doctor who treated me. I was now an official victim of domestic violence. I was now another statistic, another victim.

This is my story of how I became a survivor of domestic violence and the role 180 played in helping me move from victim to survivor.

My husband violently assaulted me. The attack happened while I walking to my office. My laptop case became his weapon. He chased me while I screamed to a stranger to call 9-1-1. After three assaults in the parking lot, the police arrived. The officers arrested him immediately after seeing the red marks on my neck and upper arms from his hands. As he was taken away, I started crying and shaking, not fully realizing what had just happened. The officer offered to take me to the Monmouth County Courthouse for a Temporary Restraining Order (TRO), but I just wanted to give them my report and get to my family. I wanted to hide.

I knew of 180, but I had never had any contact with or use for it. Until the day after the assault when I entered the Monmouth County Courthouse with my Mom and sister to obtain a TRO. I was terrified. I had only been to court for jury duty. Luckily, someone directed us to the office at 180. I walked into the office and met a 180 Court Liaison, who asked me to sit and tell her what had

happened. She then explained her job, which was to help me. There was a basket filled with glass stones with words etched onto them. I picked one up that read "BREATHE." The 180 Advocate told me to keep it and I held it in my hand for the rest of the day. That little stone was all I could hold onto.

She explained that I would have to fill out paperwork, meet a court officer and be interviewed to start the process of obtaining a TRO. A court officer interviewed me and explained she needed to photograph my injuries as evidence. Unfortunately there was not a private room, and the best she could do was the employees' ladies room. So I stood in the middle of the bathroom, stripped to my underwear and was photographed. When she asked me why I didn't go to the hospital the day before, my response was, "I'm afraid my husband will find out; he's a doctor." She told me the hospital would protect my identity with an alias. I knew I needed to be treated. I was in severe pain, but the terror I was feeling was overwhelming. I also knew I needed to get a restraining order before I could go to the hospital.

Next, the 180 Court Liaison walked us to the courtroom, where I testified before a judge in a closed courtroom. My mom and sister would not be allowed in, but the 180 Court Liaison remained with me. The judge granted me a TRO. After we left the courtroom, I was strongly encouraged to get to the hospital for medical treatment. The 180 Court Liaison was so gentle, kind, reassuring and knowledgeable. I was so grateful "she" was working that day.

My mom and sister drove me directly from the courthouse to the hospital. At the Emergency Room I was immediately taken into a private room, the door was kept closed, blinds on window shut and I was assigned an alias name.

My injuries were so severe, it would be over a year before the majority of the injuries would be bearable.

My family wanted me to get to 180 immediately for counseling. I knew I needed to go, but I was in so much pain I could not sit up long enough for the car ride and the sessions. Truth be told, going to 180 would make it more real that I was a domestic violence victim, and I couldn't face that yet.

I promised my family I would go after the holidays. When I called the office, the receptionist was so nice to me. I was crying the minute she answered the phone; I couldn't believe I was doing this. She transferred me to a counselor, with whom I made an appointment. My sister had to drive me, as my neurologist had not cleared me to drive yet.

I walked into 180, dressed in what had become my new look for walking out my front door - hat, sunglasses, scarf to hide the bruises, sweats and shoes that I could pull on, since I could not yet tie my own shoes because of my injuries. I was so emotional walking into the office for the first time; I had no idea what to expect. The counselor treated me with such kindness, empathy and respect. I knew I was in the right place. She explained the services and how I could go through an eight-week DV101 support group then go into an ongoing group. I walked out of her office with hope.

I realized that I did not become a victim of domestic violence the day my husband violently physically assaulted me, but I had been a victim during our entire relationship. I came to learn that DV is not just about physical violence but all kinds of abuse from emotional abuse to financial abuse, the lies and the manipulation. She taught me about safety in leaving an abuser.

(Survivor continued on pg 5.)

LOCAL COMMUNITY SUPPORT



The Atlantic Highlands Leo Club, a group made up of 6th-12th grade students, hosted The H.O.P.E. Walk (Hold On Pain Ends) at Middletown North High School this past May to raise awareness about domestic violence.



The Window Treats team generously hosted a design seminar in their new showroom on Broad Street in Red Bank, with Sally Morse, an international interior designer, in August to benefit 180.



Special guest May Fiore shared her love for children and provided two evenings of activity at Amanda's Easel where the families were able to make their own animal and make a wish to "stuff" inside. Both the mothers and children were happy to connect with one another and talk about special times.



Congressman Frank Pallone held a press conference at Amanda's Easel to show his support of the VAWA Bill (Violence Against Women Act) and listens to former clients of 180 speak about how the agency helped them.



Over 1,800 women competed in the Jersey Girl Triathlon on July 29, 2012 at Pier Village in Long Branch, to benefit 180.



Right: Kathy & Doug Rice (left) of Split Second Racing with 180's Executive Director Anna Diaz-White, and Jersey Girl Triathlon committee member John Budzyna.



The 2nd Annual Women of Song organized by Maxine Snow (right), was a 3 day weekend event featuring female poets, artists and songwriters to benefit Amanda's Easel.



The Concorde Hair Design School in Ocean Twp. held a Day of Beauty to support 180.

Below: A 180 staff member gets her hair styled by a student.



The Garden State Players hosted Eve Ensler's "The Monologues" at The Trinity in Keyport to raise awareness during Sexual Violence Awareness Month.



(Survivor continued from page 3.)

As I continued with the DV101 sessions and the group sessions that followed, I was starting to “come out of hiding,” as I call it now. I started to venture out of the house for things other than doctor appointments, physical therapy, biofeedback, and individual therapy. I was starting to relax a little more, trying to be safe but not paranoid.

Eleven months after the assault, I finally ventured to the food store. I was so proud that I was actually in the supermarket, and almost finished shopping when my husband approached me. I remembered the 180 counselor’s words “DO NOT ENGAGE”. I couldn’t turn around because of other shoppers, so I walked straight ahead and did not look at him. I left my cart in the middle of the store. I found a manager, told her what happened and asked her to watch me get to my car. I drove to the Police Department to fill out an incident report. I told the front desk officer what I was there for, and while waiting to give my report, the officer contacted a 180 Domestic Violence Response Team (DVRT) member to come to the Police Department. I was terrified, shaking and crying,

but comforted to have someone there with me. Again, I was not alone. Although I don’t remember her name, that volunteer was amazing to be there for a total stranger. I hope she knows what a difference she made that day.

A month later my husband came to my house at 11:00 on a Friday night. My guardian angels were again looking out for me, because I saw him before he could do anything. He turned and left while I called 9-1-1. This time I was not going to hide. The officer came to the house, took the report, but because he didn’t witness my husband breaking Civil Restraints, it was up to me to file charges. First thing Monday morning I went to Monmouth County Courthouse and requested another TRO, which I was granted. I then went to my local police department and filed three charges against my husband, which were sent to the Prosecutors’ Office. I had become so empowered and educated in the past year and knew he would not stop unless I got a Permanent Restraining Order, which was granted three weeks later. Last year I walked into my pain management doctor’s office for another round of epidurals. He hadn’t seen me in a year, and introduced himself. When I told

him who I was, that we’d met several times, he couldn’t believe it. He didn’t recognize me at all. “You look great,” he said. “Have your eyes always been that green?” I said, “Yes.” He asked me what I changed. He was so used to seeing me shuffling to walk, hair in a hat or pony tail, no make up and my eyes were vacant for so long. I replied that my divorce had been finalized and I was free. My eyes have their sparkle back. Several months after graduating from my counseling group I was invited to do a Window art project at Amanda’s Easel. A woman from my group was there. She too, didn’t recognize me.

I hated the word victim, it seemed weak and helpless. I did not want to be thought of that way. I did not want this label. I have come to realize victim does not mean weakness. Victim is a word to describe an unfortunate event/circumstance that has happened to a person. I have no shame using the word victim, because it is his shame, not mine.

Being a survivor is how you overcome a traumatic situation. He made me a victim of domestic violence, but I have made myself a survivor.

WARNING SIGNS & HELPFUL HINTS

ARE YOU IN AN UNHEALTHY RELATIONSHIP?

- Does my partner shame me or humiliate me in front of others or in private?
- Does my partner control where I go, who I can talk to, and how I spend my money?
- Has my partner abused a pet, or threatened to hurt a pet?
- Has my partner hurt or threatened me, or forced me to have sex?
- If you answered YES to any of these questions, your health and safety may be in danger.

IF YOUR SAFETY IS AT RISK, YOU CAN PROTECT YOURSELF:

- Call 911 if you are in immediate danger.
- Prepare an emergency kit in case you have to leave (keys, money, important documents, medicines, social security numbers, bank account information, etc.).
- For confidential support and assistance, call 180’s Domestic Violence Hotline at 1-888-843-9262 or 732-264-1111.

CHILDREN ARE AFFECTED TOO...

Children who are exposed to family violence are more likely to develop social, emotional, psychological and/or behavioral problems than those who are not.

TIPS FOR PARENTS...

- Listen to your children and discuss their fears and concerns.
- Assure them that violence is not their fault.
- Let them know that violence is not okay.
- Develop a safety plan with your children, including safe people they can call in an emergency in addition to 911.

“HEADS UP” ART EXHIBIT



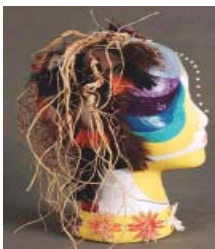
For the fourth consecutive year, Amanda's Easel Creative Arts Therapy Program, along with 180 Turning Lives Around staff, will mark Domestic Violence Awareness Month with a traveling art exhibit focused on the healing journeys of abuse and trauma survivors.

This year's event, entitled "Head's Up: Speaking Out Against Domestic Violence and Sexual Assault," uses decorated styrofoam heads to illustrate the difficult transition from victim to survivor. These heads were created by both survivors and local artists wishing to speak out about domestic violence.

"This is a very special project," said Cindi Westendorf, Amanda's Easel Program Coordinator. "The participants are literally putting a face on domestic violence," continued Westendorf. "These symbolic faces are a way to share their personal stories of transformation."

Decorated with words and various art materials, the heads illustrate each participant's personal journey, sharing stories of courage, emotional growth and inspiration. "The most important thing about it is not the final products that are in the exhibit, but instead the process that goes into the making of the heads," said Westendorf, who hosted more than a dozen workshops at Amanda's Easel for the purpose of creating the heads.

The process of creating these pieces of art has touched many people who are telling their stories of abuse.



The graphic imagery provides a safe and non-threatening way for survivors to speak out and release the pain that has been part of their lives.

"The creative art workshops provided the survivors the opportunity to share memories and experiences in small groups," said Westendorf. "These heads are their way to break the silence and share their story in a safe and confidential way."



The idea to include local artists for the first time stems from the agency's mission to educate the community in the fight against DV. "Not only do we have people participating who themselves have transitioned through 180's services, but members of the local artistic community for whom

the issue of DV elicits a spark," continued Westendorf.

The "Head's Up" exhibit opened September 27 at Regal Pointe Independent Living in Middletown. An Artist's Reception was held at Gallery U on Friday, October 19 at which time the artists will be selling their work and donating a portion of their sale back to 180. From there, the exhibit is expected to travel to several public and private settings throughout the county.

"We really want people in the community to stand up, take notice and speak out against violence," said Cindi Westendorf.



PLANNED GIVING

Each year thousands of individuals make gifts to charitable organizations and institutions of their choice. The funds from these gifts are used to help ensure continued excellence in any number of different programs. Many have found that time spent considering the best ways to structure their contributions can help them make meaningful gifts while meeting personal planning goals as well. Contact your financial planning advisor to explore some of the possibilities we present for you here.

- You will discover ways to make larger gifts than you may have thought possible.
- You will learn how to make gifts that actually "give back" for a time, providing extra income in retirement years or helping to fund educational expenses and other needs.
- You can add meaning to your gift by using it to honor a special friend or loved one.
- You will see how to save money on income, gift, and estate taxes and instead put those amounts to use in ways you choose.
- You will enjoy your giving more, knowing that you are investing in the lives of others in ways that allow you to give the most you can at the lowest possible cost.

That's what effective gift planning is all about. It just makes sense to maximize the potential of what you have by preserving financial security for yourself and your loved ones, while at the same time making a positive impact by funding the organizations and institutions in which you believe.

For more information on how to make a planned gift, please contact Connie Heath, Director of Development at 732-264-4360 or connieh@180nj.org

WELCOME TO THE BOARD

180 Turning Lives Around is pleased to welcome four new members to our Board of Trustees: Robert C. Fouratt, Melinda Ragin, Siran Hovnanian Sahakian, and Carol Stillwell.

Robert is a Certified public Accountant and Managing Partner with The Curchin Group. During his 25 years in public accounting, he has developed an expertise in working with not-for-profit organizations and small to mid-size businesses. He is a former board member of the Shrewsbury Foundation for Education and currently volunteers in youth sports and the Shrewsbury 5K Classic.



Melinda is currently the Talent Acquiring Manager at Snelling Staffing Services, where she recruits high-level professionals for clients nationwide. Her diverse business experience includes Internal Auditing



at Vonage America and JP Morgan Chase, Consultant with Ernst & Young, LLP, Senior Financial Examiner at the Federal Reserve Bank of NY, and Foreign Exchange Analyst with Manufacturers Hanover Trust.

Siran is no stranger to non-profit organizations. As a member of the Hovnanian Family, she was raised to give back to the community. Siran is a director with The Hirair and Anna Hovnanian Foundation, Inc, which has been supporting health organization, among other causes, since it was established in 1986. In addition, she sits on the Board of the Monmouth Medical Center Foundation.



Carol Stillwell is the owner, President and CEO of Stillwell-Hansen, Inc., a company which sells and services network protection and HVAC (heating, ventilation and, air-conditioning) products. While a young girl, Carol learned the

importance of giving back to the community and she, along with her late husband, Gordon, devoted their entire lives to philanthropy and improving the lives of others. Carol has served in numerous capacities for many local organizations, including Riverview Medical Center Foundation, Food Bank of Monmouth and Ocean Counties, Make-a-Wish Society, Monmouth Medical Center Foundation, Parker Family Health Center, and the YMCA.



“We are honored to welcome such a diverse and accomplished group to our board,” said Board President Kathleen Ellis of New Jersey Natural Gas. “The combination of their experience and expertise will provide great leadership and insight in advancing the agency’s mission.”

180 RECOGNIZES DEDICATED STAFF & VOLUNTEERS

180 Turning Lives Around staff, volunteers and community partners celebrated another great year at the annual Celebration, held July 25. The event was hosted by and held at Regal Pointe, an independent living facility in Middletown, which graciously supplied the evening’s refreshments.

More than 100 people turned out for a festive evening, which celebrated the good works of 180 and honored many of the individuals who help make it happen.

Staff awards were handed out to Denise Lowe, for five years of service, Robbie Herman for 10 years, and JoAnn Palumbo, for 20 years. Executive Director, Anna Diaz-White, expressed deep appreciation for the dedicated services of each of these women.

Outstanding Volunteer Awards were given to Susan Kelly, Alberta Marino, Lucille Corsentino, Susan O’Donnell, Debra Petrizzo, Danielle Luca and Susan Cohen.

“Volunteers are the backbone of our organization,” said Anna Diaz-White, 180’s executive director. “These awards recognize individuals who have demonstrated particular dedication and commitment through consistent volunteer efforts on behalf of those in need.”

The Community Partner Award was given to JJ Mistretta of Remax Realty, who works with clients from 180’s Families in Transition Program (*See related story on page 1.*) to help find safe and affordable housing once they are prepared to graduate from the program.

“JJ does more than find people a place to live,” said Diaz-White. “She works

with our clients to prepare them as they begin to move on with their lives and enter the workforce and home ownership.”

Four officers, all involved with 180’s Domestic Violence Response Teams, were honored for their outstanding work with victims of domestic violence. Receiving awards were SFC William Colangelo of the Middletown Police Department, Sgt. Michael Halpin of the Brookdale College Police Department, Lt. Dennis Cahill of the Monmouth Beach Police Department, and Officer Josephine Celaruo of the Bradley Beach Police Department.

“180 could not do the job it does without the tireless work of our law enforcement partners and volunteers,” said Diaz-White.



1 Bethany Road
Building 3, Suite 42
Hazlet, NJ 07730

NON PROFIT
US POSTAGE
PAID
PERMIT NO. 423
RED BANK, NJ

Hotlines

732-264-4111
732-264-RAPE

Toll Free

888-843-9262
888-264-RAPE

2NDFLOOR® Youth Helpline

888-222-2228

180 Board of Trustees

- Kathleen Ellis- President
- Danielle Sherwood- 1st Vice President
- Jacqueline DeFelice- 2nd Vice President
- Gregory Greene- Treasurer
- Susan Doctorian Kyrillos- Secretary
- Martha Delehanty
- Lisa Fardella
- Marianne Ficarra
- Robin Fitzmaurie
- Robert Fouratt
- Delores Jones-Brown
- Ann Koepp
- J. Laurence Lowenstein
- Eileen O'Hern Luby
- Jay Patock
- Melinda Ragin
- Debbie Reilly
- Siran Sahakian
- Kelly Small
- Carol Stillwell
- Steve Turi
- Jim Weakley
- Tom Widener

- Executive Director: Anna Diaz-White
- Associate Director: Liz Graham
- Director of Development: Connie DeSpirito Heath
- Director of Operations: Mary Lou Killian
- Director of Program Services: Jo Ann Palumbo
- Director of Development 2NDFLOOR® Youth Helpline: Nicole Romaine-Settembrino

SAVE THE DATE

March 2, 2013

Spring Gala

Navesink Country Club, Middletown



“LIKE” us on facebook!

Check our website, **www.180nj.org**
& click on **News & Events** for more
information.

180 IN MOTION is published by 180
Turning Lives Around, Inc., a non-profit
organization serving individuals
affected by domestic violence and
sexual assault, rape and child abuse.
180 apologizes for any omissions. Please
send corrections to connieh@180nj.org.