



A MESSAGE FROM KATHLEEN ELLIS 180 Board President

It is often said that children are our future. If so, 180 Turning Lives Around is in very good hands because over the past few months, a cadre of young people have stepped up and made a real difference in our 180 community.

Some of those amazing and talented teens include 17-year old Harry Goldstein, whose Eagle Scout project entailed building pedestals for Amanda's Easel's traveling art exhibit, "Heads Up;" a group of Middletown South High School students, led by 17-year old Gabrielle Reimann, who initiated

an innovative Denim Day awareness campaign at their high school; and, Germaine Mendonca, a student at St. Mary's Elementary School, who organized two food drives for the 180 Safe House -- and plans to continue those efforts now that she attends Saint John Vianney High School.

In addition, groups of students from all across the state are becoming ambassadors for 180's 2NDFLOOR® Youth Helpline. Youth Advisory Councils, which have been created in many of the state's middle and high schools,

promote awareness of the Helpline and encourage its use by their peers. These young people have demonstrated their desire to think beyond their own needs, and the commitment to do what they can to make a positive change in the world.

These are but a few examples of how the next generation is making a difference. I invite you to take the time to read their very personal stories within these pages, and perhaps you will be inspired. I know I was.

AMANDA'S EASEL RECEIVES \$70,000 ROBIN HOOD FOUNDATION GRANT FOR SUPERSTORM SANDY VICTIMS

180 Turning Lives Around has received a \$70,000 grant from the Robin Hood Foundation for its Amanda's Easel Creative Arts Therapy Program to serve Monmouth County residents who have been affected by Superstorm Sandy.

Amanda's Easel is a nationally recognized therapeutic program in Monmouth County where children express themselves through creative art, play, dance, and music therapies. While Amanda's Easel was created for children ages 4-14 and their non-offending parents who have been affected by domestic violence, this grant will fund short-term creative coping groups for any Monmouth County children who are experiencing trauma associated with the storm and its aftermath.

The Robin Hood Foundation is funding a short-time program to conduct family-based counseling and outreach sessions for more than 400 residents of the storm-damaged county through

ROBIN HOOD

the employment of two case workers and counselors specializing in trauma-based therapy.

"We are grateful to the thousands of individuals who donated to the Robin Hood Foundation's Sandy Relief Fund, which in turn has made it possible for us help those hardest hit here at home," said Cindi Westendorf, Program Coordinator at Amanda's Easel. The program will offer families a course of treatment including the appropriate balance of family, individual, and group modalities. Families are also offered intensive, short-term case management services to give support for additional concerns such as school success for children, housing, food, and employment support. Families can also avail themselves of a medical review for possible psychotropic medications related to such diagnoses as clinical depres-

sion or post-traumatic stress disorder. Up to three sessions to begin individuals on medication if needed, and then transitioning them to ongoing community care are offered. 180 has a long-standing relationship with a community provider to offer this care.

"180 Turning Lives Around has the expertise to provide intense response to disaster victims. Our trauma focused services have been documented to be effective with disaster victims as they move through the trauma and return to fully functioning lifestyles. This funding allows us to re-tool our existing efforts on a temporary, six-month basis to give care to those who need it most," said Westendorf.

"Our program helps to fill in the gap where demand for immediate post-disaster services has greatly exceeded supply, while still utilizing the other services in our county to support so many displaced and traumatized residents," said Westendorf.

... Always believing change is possible



A MESSAGE FROM ANNA DIAZ-WHITE

180 Executive Director

Volunteers join 180 for a variety of reasons. They come to gain experience, learn new skills, meet people, expand their network of contacts, give back to the community, or promote a worthwhile organization or event. What makes them similar is their desire to give of themselves for something they care about. For those who volunteer at 180 Turning Lives Around, it's for the satisfaction of making a difference in the lives of those who come to 180. And they do it because it makes them feel good too!

Volunteers are the lifeblood of our organization. They play an integral role in every aspect of our work. Volunteers help us accomplish our goals and ob-

jectives. Just a few weeks ago, we honored them and our many community and law enforcement partners as well as our dedicated employees for yet another year of hard work and extraordinary accomplishments.

Currently there are over 500 volunteers working in all facets of the organization, and in the past year, they have donated more than 130,000 hours. Board members help set the direction of the organization, work tirelessly on committees and events, and help raise funds; office workers answer phones, compile mailings, enter data; others are trained to answer our 2NDFLOOR® Youth Helpline or advocate for sexual violence and domestic

violence victims; high school students serve on Youth Advisory Councils to spread the word about 2NDFLOOR, while others educate and engage their peers as to the mission of 180.

180 Turning Lives Around is committed to developing the next generation of volunteers. Explore with us the opportunities to discover your passions, share your skills, talents, and experience. For more information on volunteer opportunities, contact Jaimee Skidmore at jaimees@180nj.org or at 732-264-4360, ext. 4232.

With deepest gratitude for all that our volunteers do for our clients and staff, we say thank you!

SHORE REGIONAL OUTREACH PROGRAM RECEIVES COMMUNITY FOUNDATION OF NEW JERSEY GRANT

180 Turning Lives Around has recently received a \$10,000 grant from The Community Foundation of New Jersey in support of its Shore Regional Outreach Program (SROP).

The Shore Regional Outreach Program was established more than 15 years ago to address the needs of underserved victims of domestic violence. The program is staffed with bi-lingual, multi-cultural counselors who, in addition to having office space in the greater Neptune/Asbury Park area, travel to sites throughout Monmouth County's shore region to work with other social service agencies to establish 180's presence and services.

The professional staff of SROP provides a myriad of services to victims, including telephone crisis support, individual and group supportive counseling and education, safety planning, and court accompaniment for those seeking restraining orders against their abusers.

The funding 180 has received is al-



lowing SROP to provide staff to the Freehold Borough Municipal Court to support services to victims of domestic violence. The program also targets its outreach efforts to the culturally diverse and underserved residents of a variety of African-American, Latina and Caribbean/Haitian communities in Asbury Park, Neptune, and Long Branch.

"Many times these individuals are not only living in fear of their partner, but are living in an unfamiliar place, surrounded by people who speak a lan-

guage they don't understand, and are far from trusted family members," said Adelaida Salermon, Program Coordinator, Shore Regional Outreach Program.

"We are grateful to The Community Foundation of New Jersey. Their continued support of 180's Shore Regional Outreach Program has touched hundreds of lives in the past few years and has truly been invaluable in helping this program evolve into one that is more responsive to the particular and changing needs of its clientele," Salermon said.

The Community Foundation of New Jersey is an alliance of families, businesses and foundations that work together to create lasting differences in people's lives and communities. Its mission is to connect donors to organizations, issues and communities important to them over time, and to provide ongoing leadership on issues critical to the health of New Jersey.

LOCAL COMMUNITY SUPPORT



Members of the **Friendly Sons of Shillelagh of Belmar** (above) and **NJ 101.5 Radio** (below), collected and donated many holiday items for 180 clients.



The Church of the Precious Blood Youth Ministry of Monmouth Beach collected much needed items for clients in our Safe House.



Volunteer **Greg Uberto** put on a magic show for the children in our **Amanda's Easel Creative Arts Therapy Program**.

Right: **Joe Mullane** and **Erica L. Muzikar** of Amboy Bank present 180's Associate Director **Liz Graham** (left) and Corporate and Foundations Officer **Alison Loder** (second from right) with a \$2,500 check to support our Families in Transition Program.



Many thanks to the cast of the **Garden State Players** (left) and **Monmouth University students** (below) for performing Eve Ensler's *Vagina Monologues* in support of Sexual Violence Awareness Month.



Left: 180 staff welcomes and thanks **American Home Mortgage** of Freehold for generously collecting items for families in the **Amanda's Easel Creative Arts Therapy Program** during the 2012 holiday season.

Below: Members of the **Atlantic Highlands Yacht Club** present 180 with a check from the 2012 proceeds of the annual Ms. Race.



The Hair Design School of Ocean Twp., NJ, hosted two Days of Beauty to benefit 180. Students learned about sexual violence from 180 staff and participated in Denim Day.

LOCAL HIGH SCHOOL STUDENTS DECIDE EDUCATION IS BEST DEFENSE

"I would imagine that the day I take my Driver's Ed road test is going to be pretty nerve-wracking," says Tara Smyth, a Middletown High School South Junior slated to get her driver's license in May. "I would like to think I'm going to end up elated that I passed! I can't imagine that day being a tragic memory."

Tara is one of several young women who gathered in the offices of 180 Turning Lives Around Inc. recently to learn more about Denim Day, observed worldwide during April, which is sexual assault awareness month. The tragic event Tara is referring to happened in Italy in 1998. The case involved a young woman who was attacked by her driving instructor. The victim wore tight-fitting jeans and the judge ruled that the victim must have consented to sex because she was forced to help her attacker remove her jeans. People all over the world were outraged. The Italian Supreme Court decision overturned the rape conviction, and wearing denim in the month of April is now an international symbol for the rights of all sexual assault victims.

One group already committed to wearing denim is a group of concerned students at Middletown South High School. On a recent Sunday evening, these eight women learned about sexual assault prevention, bystander intervention and most importantly, the services that 180 provides to Monmouth County residents who become victims of sexual assault. Following the informational session, the girls hand-painted jeans with creative messages about Sexual Assault Awareness Month. Some of the ideas they got

across included, "My body is the only thing on this earth that is 100% mine. Why would you destroy that?," "There is No Excuse," "Stand Up and Speak Up," and even a Seuss-like poem "Pants loose or tight, skinny or fat, my body's my body and that is that." The girls wore these jeans to school on Denim Day not only to make a statement, but to help educate their peers and teachers.

"We described the workshops and programs that 180 offers to our school administrators and said that we wanted to help," Senior Gabrielle Reimann said. "These are services and information that any one of us might use or need. It's important to spread awareness." Gabrielle thinks about going away to college next year. "Many girls my age will be far away from friends or family for the first time, which is scary enough without thinking about how some of these things could happen. The information we learned from 180 will help."



One way 180 seeks support for these programs is through their own Denim Day effort aimed at Monmouth County businesses and organizations, where employees and members make dress down day count by paying \$5 to wear blue jeans to work. Proceeds are used to support 180's Sexual Assault Prevention Programs.

"Denim Day is an outward example of how a community can help change people's perceptions about violence against women, men, and children," said Anna Diaz-White, 180's Executive Director. "We are so proud of these young women for taking the initiative to stand in support of survivors, educate their peers, and encourage others to do so as well."

Any school, business or organization that would like to participate in Denim Day should contact Lauren Brajer at 732-264-4360 ext. 4231 or laurenbr@180nj.org.

To find out more about the Sexual Violence Prevention Program at 180 (workshops are tailored to each audience), contact Sue Levine at 732-264-4360 ext. 4271 or susanl@180nj.org.

180's 24 Hour Sexual Violence Hotline number is 1.888.264.RAPE.



3RD ANNUAL DENIM DAY CAMPAIGN



Thank you to our participants!

- Township of Aberdeen
- Ansell Grimm & Aaron
- Borough of Belmar
- Borough of Bradley Beach
- Central Jersey Blood Center
- The Curchin Group
- Hazlet Township
- Henry Hudson Regional High School
- Holmdel Township
- Borough of Keyport
- New Jersey Natural Gas
- Middletown High School South Staff
- Morgan Stanley, Red Bank
- UBS/Anselmo Wealth Management
- Zodiac Emergency Systems
- 180 Turning Lives Around Staff

Should your municipality, school or company like to participate in next year's campaign, please e-mail Lauren at laurenbr@180nj.org or 732-264-4360, ext. 4231.

Check out our facebook page for additional photos!
www.facebook.com/180turninglivesaround

SPECIAL EVENTS

The "Sweet Dreams" Gala was held on Saturday, March 2nd, at Navesink Country Club in Middletown.



*Liz Swikart (left), Mike Lilley, emcee
Melissa Stark, and Robert and Diane
Butters.*



*Cliff Grossi (left) and John
Budzyrna*



*From left to right: 180 Board Member
Tom Widener, Janet Mindur, Anthony
and Dana Demonaco, and Rick and
Ana Blank, Jr.*



*180's sold out L.O.L. - Laugh Out Loud Winter
Comedy Show was held on January 12, 2013
at the Two River Theater in Red Bank. Many
thanks to Michael DeStefano for producing a
great show!*

TEENS SERVE ON YOUTH ADVISORY COUNCILS TO PROMOTE 2NDFLOOR®

180's 2NDFLOOR® Youth Helpline is a toll-free, anonymous and non-judgmental service with staff and trained volunteers available 24 hours a day, 7 days a week, 365 days a year to assist young people with daily life challenges. Callers, ages 10-24, receive comfort and guidance with various topics of concern.

"In surveys, we learn that those who call the helpline most often are referred by their friends and peers," says Lisa Petrone, MA, SAC, 2NDFLOOR's Volunteer/Outreach Coordinator. For this reason, 2NDFLOOR has instituted Youth Advisory Councils (YAC) to promote awareness of the helpline and encourage its use by young people throughout the state.

Members of YACs serve as ambassadors for the helpline and assist by spreading knowledge of 2NDFLOOR to their peers, schools and communi-

ties. A Youth Advisory Council can create its own programs or events to do this, or may choose from activities suggested by 2NDFLOOR, such as wearing 2NDFLOOR t-shirts and handing out promotional materials, or developing morning school announcements to encourage use of the helpline. Either way, materials, guidance and support are available from 2NDFLOOR staff. "We make the kit as complete and simple as possible for YAC advisors to implement, but we are always here to provide support or answer questions," said Petrone.

Oftentimes a YAC sprouts out of a middle or high school's existing organization, such as a Key Club, Honor Society or other student group," said Petrone. "Sometimes it's easier than creating a whole new group." Youth who participate in these activities will be provided with certificates of participation, t-shirts and other rewards,

compliments of 2NDFLOOR.

"We are grateful to all the young people who volunteer to be on our Youth Advisory Councils. They serve as positive role models to the other students," said Petrone. "They realize the value of 2NDFLOOR and are helping us spread the word. Through this program, many students throughout New Jersey become familiar with 2NDFLOOR so they can reach out to us any time before their problems become unmanageable."

To get a YAC started at a school near you, or for more information about 2NDFLOOR, contact Lisa Petrone at 732-264-4360 ext. 2266 or e-mail lisap@180nj.org.

2NDFLOOR®
888-222-2228
YOUTH HELPLINE

EAGLE SCOUT PROJECT BENEFITS AMANDA'S EASEL



The Goldstein Family

Current Boy Scout Harry Goldstein of Freehold volunteered over 120 hours of his time to Amanda's Easel, a program of 180 Turning Lives Around. In order to achieve the highest rank in scouting, the coveted Eagle Award, he designed and constructed free standing pedestals for a traveling domestic violence awareness exhibit entitled "Heads Up".

Q. How did you choose 180 for your Eagle Scout Project?

A. One of the troop mom's mentioned 180, so I decided to check out the agency website. I wanted to choose an organization that has not been approached before by other Scouts and do a project that is completely out of the box.

Q. What are the requirements to become an Eagle Scout?

A. A scout must be under the age of 18, choose a local organization and develop a proposal to benefit the organization that involves both a fundraising and construction component that demonstrates leadership skills amongst peers and requires over 100+ volunteer hours.

Q. Who approves the construction project?

A. My troop's Project Counselor, Scout Master, and a representative from the Boy Scout Council determine if the project is acceptable. After meeting with 180 staff and learning about their mission and programs, I felt well prepared to present my project which included statistics and other agency information on domestic violence.

Q. How much did you need to fundraise in order to purchase the materials you needed to make the pedestals?

A. I needed to raise \$400 to fund the project. I decided to buy chocolate bars from Old Monmouth Candy and sold them to individuals in the local community. By selling chocolate and receiving donations, I raised \$350 and personally contributed the extra \$50.

Q. How do you feel your project helped 180?

A. Aside from the actual construction project, I felt I helped raise awareness. After learning that pregnancy can be the most dangerous time for a victim, I presented at CentraState Medical Center in Freehold. I spoke about 180's programs to a room full of 15 representatives from the four OB/GYN practices within the hospital. They were all very attentive and asked good questions. I was very happy when they took the agency brochures back to their offices.

Q. Did the building of the pedestals go as planned?

A. No, there were several changes in design and cost estimates before a perfect plan took shape. With the help of my team, we were able to complete it on time.

Q. Who was on your team?

A. 12 scouts in my troop helped along with 2 leaders from the Boy Scouts of America, and of course my parents since they have to drive me around.

Q. What is your advice to future Eagle Scouts?

A. They should definitely approach different local organizations rather than go with an organization that has been approached over and over again. If they don't, it is their loss.

180 congratulates Harry on becoming a part of the Eagle Scout brotherhood. Harry looks forward to bringing his leadership, public speaking and fundraising skills to college. In addition to providing a high quality display that the agency will use in many future events, Harry helped 180 spread awareness about domestic violence and its effects in Monmouth County. 180 is extremely proud of Harry and wishes him the best of luck on his future endeavors.

HOST A COMMUNITY FUNDRAISER

It is with the help of the community that fundraisers keep our lifesaving programs operating to help victims escape and heal from the cycle of abuse.

Who can help?

Any individual, school, company, organization, civic or religious group.

Get Started!

Please call 180's Development Office at 732-264-4360, ext. 4233 and mention that you are interested in hosting a community fundraiser. Let us know your ideas and we will do our best to help you!

Need Ideas?

Please consider hosting a ...

- ◆ Gold selling party
- ◆ Wine Tasting in Your Home
- ◆ Pampered Chef event
- ◆ Penny Drive
- ◆ Potluck Lunch or Dinner
- ◆ In lieu of birthday or wedding gifts
- ◆ Host an event with a suggested donation
- ◆ Mary Kay party
- ◆ Jeans Day at Work

180 will provide:

- ◆ agency brochures
- ◆ promotional materials
- ◆ a representative to attend the event if needed

Questions?

Please call the Development Office at 732-264-4360, ext. 4233 or e-mail Barbara at barbaran@180nj.org.

SIGN UP TO RECEIVE EMAILS ABOUT 180 NEWS AND EVENTS!

Please e-mail Jaimee at jaimees@180nj.org with your name and email address!

180 *Turning Lives Around, Inc.*
1 Bethany Road
Building 3, Suite 42
Hazlet, NJ 07730

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Hotlines

732-264-4111
732-264-RAPE

Toll Free

888-843-9262
888-264-RAPE

2NDFLOOR® Youth Helpline

888-222-2228

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UPCOMING EVENTS

August 4th - 4th Annual Jersey Girl Triathlon

Pier Village, Long Branch

Portion of proceeds to benefit 180. Register today at jerseygirltriathlon.com

August 17th - Annual Ms. Race Regatta

August 20th - 7th Annual Golf Classic

Hollywood Golf Club, Deal

Sponsorships are available. Please contact Barbara at barbaran@180nj.org.

September 2013 - 2nd Annual H.O.P.E. Walk

Middletown High School North, Middletown

May 10, 2014 - Spring Gala

Navesink Country Club, Middletown

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



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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 errors or omissions. Please send corrections to connieh@180nj.org.

