



## A MESSAGE FROM KATHLEEN ELLIS

180 Board President

A few weeks ago, more than two dozen high school students staged a fashion show at Monmouth Mall to observe Denim Day and create awareness about Sexual Violence. (See page 4.) These young women wore their hand-painted blue jeans to consciously draw attention to a subject that is often discussed in whispers. With spirit and imagination, they took their heightened awareness to their schools and far beyond. It was a proud moment for these women – and for 180 Turning Lives Around.

The sense of what is right – and what is simply intolerable – that inspires these young women also inspired 180's founders. Those women were committed to making a difference right here in our community. (See page 3) Their story began in the mid-1970s, but lives on in everything 180 does today.

The dreams shared by 180's first Board President, Susan Preston, and many others, were the foundation of this extraordinary organization, which serves thousands of our friends and neighbors every year. Their dream of a shelter for battered women became a reality, and we are about to take that dream one step further as we launch a capital campaign to build a new shelter in the not-too-distant future. It is badly needed, as we turned away over 87 individuals last year for lack of room.

Their presentations at police stations laid the groundwork for our Sexual Assault and the Domestic Violence Response Teams. Each of these programs work in partnership with local police departments and area hospitals to meet, support, accompany, and advocate for victims through the medical and judicial processes.

Our 2014 version of their 24-hour hotline will answer more than 5,000 calls this year. Each month, the 2NDFLOOR® Youth Helpline, also staffed around the clock, answers more than 7,000 calls from youth around the state.

Who can say if the “founding mothers” of 180 ever imagined that the organization they started would grow to more than 80 full and part-time employees and 500 volunteers. For some, like Susan, who have seen how far we've come, I hope they are proud. As 180's Board President, I know I am.

We all owe a debt of gratitude to these women for having the vision and determination to turn their dream into reality. Let's honor them by continuing to pay it forward. Thank you.

## 2NDFLOOR® YOUTH HELPLINE TAKES THE MESSAGE GLOBAL



*Nenita La Rose (left), Brianna Quigley, Marta Santos Pais, Barabara Prado, H.E. Dr. Palitha Kohona Permanent Representative of Sri Lanka to the United Nations, H.E. Karel van Oosterom Permanent Representative of The Kingdom of the Netherlands to The United Nations, and past 180 Board President Phillip Murphy.*

In November, at United Nations Headquarters in New York City, 2NDFLOOR® Youth Helpline partnered with Child Helpline International at an event co-sponsored by the Permanent Missions of The Netherlands and Sri Lanka to the United Nations for the publication launch of “The Voices of Children and Young People,” showcasing 10 years of collected data from child helplines around the world.

2NDFLOOR provides a youth helpline that offers an open entry point, regardless of topic, to children and young adults ages 10-24 through a dedicated call center and interactive website.

2NDFLOOR is available 24-hours a day and it reaches to all 21 New Jersey counties. Today, the statewide program is receiving approximately 7,000 calls each month and 600 web visits daily from youth in every county in the State of New Jersey.

2NDFLOOR is a member of Child Line International (CHI) which is a global network of civil society organizations operating 173 child helplines in 141 countries. Like 2NDFLOOR® these helplines listen to youth and provide regionally sensitive access to advice, resources and services they need. Over the past 10 years child helplines have

*(continued on page 5)*

*... Always believing change is possible*



## A MESSAGE FROM ANNA DIAZ-WHITE

180 Executive Director

From the far reaching corners of the world, to our own backyard, young people struggle everyday with issues ranging from bullying, relationships, peer pressure, violence, and more. And as varied as the problems, so too are the solutions. However, one common answer is a caring adult who listens and offers confidential and non-judgmental advice and coping strategies.

Right here in Monmouth County, we are no strangers to the needs of our young people. For many children, there is no one to speak with to help them deal with their concerns. Fortunately, 180 Turning Lives Around operates the 2NDFLOOR® Youth Helpline serving children and teens throughout the state, 24/7. Youth

who call our toll free helpline are assisted with their daily life challenges by professional staff and trained volunteers. For those who prefer to get answers online, there is an interactive website, 2NDFLOOR.org. This is often the first stop to reaching out. Helplines such as 2NDFLOOR operate all over the world, providing a much needed resource for our children who face a myriad of issues as they navigate through their teens and beyond.

2NDFLOOR recently partnered with Child Helpline International and UNICEF at an event at the United Nations in New York City to shed light on the importance of child helplines throughout the world.

Several local students lent their voices to the event, retelling their own experiences of needing and using 2NDFLOOR, particularly in the wake of Superstorm Sandy, a period of time during which abuse and violence saw a significant rise in our area.

180 recognizes the need to continue to educate and empower our young people through listening, counseling, and support. Through the 2NDFLOOR Youth Helpline, young people in New Jersey have found a way to voice their concerns to help solve their problems. It's important to know that these voices are heard by leading policy makers and abroad, so that they can continue to fund and improve this vital service for our leaders of tomorrow.

## SPECIAL GIFT FROM THE RUMMEL FOUNDATION TO HELP THE YOUNGEST OF VICTIMS -- THE CHILDREN

180 Turning Lives Around received a \$5,000 grant from the Fred C. Rummel Foundation to expand the services of its Amanda's Easel Creative Arts Therapy Program for children who have experienced trauma. The grant will expand the program to better serve the children who reside in 180's emergency shelter. The children are often scared, overwhelmed, and confused in their new surroundings. Additional funding for Amanda's Easel will give the children the tools to safely and comfortably express their feelings under the guidance of a licensed clinician as they work through the crisis.

Amanda's Easel is a comprehensive creative arts therapy program for children ages 4-14 and their non-



offending parent who have been affected by domestic violence.

Children express themselves through the use of art, dance, movement, play and group discussion, individually and in small, age appropriate groups. With the

guidance of a trained therapist these vulnerable children are able to draw, paint, play, or act out their thoughts and feeling, and then begin to put order to the chaos that has entered their lives. The parents are also assisted in dealing with their own trauma, as well as understanding the impact of that trauma on their children, and improving their parenting skills.

"We are grateful for this funding from the Rummell Foundation which has been beneficial for both the mothers and their children. It has given them the opportunity for healthy interaction, healing, and growth," said Cindi Westendorf, Program Coordinator at Amanda's Easel.

# PROFILE OF A PIONEER: SUSAN PRESTON

BY PUJA PATEL

180 Turning Lives Around has had a long and rich tradition of helping victims of sexual and domestic violence. Thousands of people in Monmouth County reap the benefits of 180's life-saving services each year. The seeds of these flourishing programs were sown in 1976 by a small group of Monmouth County women who called the organization they formed the Women's Resource and Survival Center (WRSC).

"We were just a group of women sitting on the floor of someone's home, wearing cutoff jeans, knocking down walls and fighting for our cause," says Susan Preston, the first Board President of WRSC. Susan Preston and the other pioneers knocked down both physical and metaphorical walls as they worked tirelessly in the mid-1970s to establish the first federally funded battered women's shelter in the nation. She recalls the old Victorian building at 57 West Front Street that served as WRSC's office, counseling center, and childcare facility.

When asked what it was like to renovate the W. Front Street home with just their bare hands and the supplies they could scrounge up from donations she said, "Many of us were going through our own turmoil. We could take a hammer to a wall and change the way something looked, and it helped with the things we struggled to change in our own lives."

In the early 1970's Susan served as a board member of the Monmouth County chapter of NOW. It was at one of their meetings that she sat through a presentation given by Margaret Nichols, a member of a smaller women's group known as the Sojourner Truth Chapter of NOW. The presentation stressed the need for

a rape crisis center. Susan remembers knowing then that she wanted to be involved in helping to raise consciousness about such a vital issue in her community. She credits Margaret (Margie) Nichols with teaching many of the women, herself included, the skills needed to write grants. In 1976, WRSC launched the center with \$100,000 in grant money.

The women of WRSC set up a 24-hour hotline, taking shifts to ensure that calls were not missed. WRSC needed



180 Board Member **Larry Lowenstein** (left); Executive Director **Anna Diaz-White**; 180's first Board President **Susan Preston**; and 180 Board Members **Marianne Ficarra** and **Eileen O'Hern Luby**.

500 cases in the first year to maintain funding. They ended up with over double the number of clients. And though they hadn't been expecting it, most of the calls pertained to domestic violence. Susan recalled a particular case in which she and a colleague, Becky Scarborough, had answered a call and rushed to escort the victim to one of their safe homes. They arrived to find the victim being chased out of her apartment building by her boyfriend who was brandishing a knife. Susan described that many times, the police who were called in these kinds of situations would take the abuser for a walk around the block to "calm down," while another officer assured the victim of their safety. Then the abuser

was allowed to enter back into the home. One of Susan's roles was to rectify such a response by giving presentations at police stations providing guidelines on how to handle victims, and educating the police about the statistics and traumas associated with domestic and sexual abuse. "The response was never too supportive in those days," Susan said. "Many times you could hear them whisper, 'She was asking for it,' under their breath as my colleague and I talked. It was pretty frustrating to hear those comments, but we knew we had to persist."

Looking back on her efforts, Susan is proudest of her work with the schools to ensure that children who had been displaced because of abuse in their homes were able to access education. For some time, she joined other staff to offer home instruction at the shelter in the evenings, despite working full-time as an educator. She recalled putting in extra time to work with a special needs student. Eventually, Susan and others approached schools to admit the children, provided

that the home district paid tuition. This arrangement was a precursor to the system in place today.

Susan Preston, a true pioneer of 180, went on to have a long and successful career in education. When asked about her current passions, she says helping to care for her grandsons comes first and foremost. Beyond that, she is a fierce advocate for anti-bullying, claiming that many abusers start off as bullies. She remains active as a board member of her church, utilizing the grant writing skills she says the women's center gave her, to do more good in the community.

## 180 TURNING LIVES AROUND and JBJ SOUL KITCHEN COMMEMORATE DOMESTIC VIOLENCE AWARENESS MONTH & HURRICANE SANDY ANNIVERSARY WITH ART EXHIBIT FOCUSED ON STORIES OF SURVIVAL



Last Fall, just two weeks shy of the one-year anniversary of Hurricane Sandy, and in the middle of Domestic Violence Awareness Month, 180 Turning Lives Around, in partnership with the Jon Bon Jovi Soul Kitchen, unveiled an art exhibition entitled “The Ride: Stories of Survival,” at the Red Bank community restaurant.

The sculptures were created by local residents who have survived domestic violence, Hurricane Sandy, or both, through 180 Turning Lives Around’s Amanda’s Easel Creative Arts Therapy Program. “The Ride” is an exhibition about life’s ups and downs. The theme of a roller coaster depicts both the story of the local community over the past

year, as well as an iconic Jersey Shore image from the storm.



“Each survivor’s personal journey is displayed in miniature with beads on their own track,” said Cindi Westendorf,

Amanda’s Easel Program Coordinator. “Survivors of a traumatic event often find themselves feeling as if they are going backward, slipping downhill, or climbing forward to a successful end.

Photographs of Sandy’s devastation and the NJ residents affected surround “The Ride” sculpture. The inspiring images of neighbors helping neighbors after the storm mirrors the efforts that 180’s trained trauma counselors provide when reaching out to help victims of domestic violence every day. 180’s mission to end domestic violence in Monmouth County would

not be possible without their skill and compassion. After Sandy, they were able to share that expertise with storm survivors as well.

“Art is a healing tool. Through courage and strength, we come out on the other side of adversity,” continued Westendorf. “We are also proud to partner with Jon Bon Jovi’s Soul Kitchen to present this exhibit to the community. We share a common purpose to help our neighbors in need.”



*Dorothea Bon Jovi (left) with past 180 Board President Phil Murphy, Amanda’s Easel Program Coordinator Cindi Westendorf and Tammy Murphy, 2NDFLOOR® Advisory Council Member.*

## LOCAL STUDENTS SPREAD SEXUAL VIOLENCE AWARENESS AT MONMOUTH MALL



Monmouth County high school teens spoke out against sexual violence on March 29, 2014 at the Monmouth Mall in Eatontown during a Denim Day fashion show. The students donned hand-crafted blue jeans with slogans such as “There is No Excuse” and “My Body, My Rights”. This successful event not only encouraged teens to speak out but spread awareness throughout the surrounding community.

## 2NDFLOOR® MESSAGE CONTINUED

received more than 126 million contacts from children and young people around the world, 500,000 of those calls have been fielded by the New Jersey Helpline.

The publication was presented to international stakeholders and advocates of child protection by 2NDFLOOR Youth Advisory Dasja Owen, Demi Dressler, Dale Donohoe and Christopher Clowney after a touching speech by Union Beach resident and KHS student Brianna Quigley regarding her very own experience with Superstorm Sandy.

*"I am just one of the hundreds of thousands of kids in my state, in the country, in the world that experienced or are experiencing fear like this. The emotional needs of children and teens in our community cannot be overstated. Whether it is the everyday problems that we go through or a disaster that lays waste to an entire community and everyone is going through the same fear and pain, kids may need someone to talk to, someone to lean on. A youth helpline like 2NDFLOOR can meet that need."* - Brianna Quigley

2NDFLOOR has partnered with CHI in marking this pivotal moment because of the urgent need to inform policymakers of the issues our youth are facing in their daily lives. When viewed as a whole, the data collected not only confirms that children utilize and confide in helplines, but the data provides insight as to the effectiveness of current programs and services in any given area.

Concurrent with New Jersey's data, the global data analysis shows that 17% of the contacts made with child helplines over the past decade have been concerned with abuse and violence. While common topics of conversation from youth were peer relationships (17%), it is startling to see that abuse and violence is equally as common (17%). Psycho-social/mental health issues such as feeling depressed, anxious,

or suicidal made up (16%) of the 10 years of data, and family relationships 15%.

"Youth today are more networked than ever before, but they are also more singular, and in many cases, more lonely than ever before, and helplines help solve that paradox." said Mr. Philip Murphy, co-founder of 2NDFLOOR Youth Helpline and former U.S. Ambassador to Germany in his closing remarks to the United Nations.

In the State of New Jersey, especially in the wake of devastating Super Storm Sandy, we are no strangers to the state of the emotional and mental health of our young people. 2NDFLOOR and 180 Turning Lives Around Inc. understand this and how important it is to keep a pulse on our youth as they are our "tomorrow." 2NDFLOOR has been a committed member of Child Helpline International for over a decade providing information on the data it collects and has engaged in numerous policy dialogues both domestic and international so as to provide the best possible service to New Jersey's youth.



*180 client gives Paul Sansone Jr. a big thank you hug.*

Paul has a special place in his heart for single moms. "My mother raised four boys between the ages of 3 and 8 on a waitress's salary," he said, "Hope for a Ride' offers a break for women like her so they can have the chance to turn their lives around." Sansone Jr.'s 66 Automall offers many creative ways to give back to the community, such as his Rent-To-Own program and an EZ Referral Network that helps non-profits with fundraising. To learn more, visit [www.66automall.com](http://www.66automall.com).

Walking into the showroom to take possession of the car, Sherri was both laughing and crying. Her littlest ones ran forward and tumbled over the back seats, each claiming one as Sherri enveloped Paul in a big bear hug. "This is like a miracle!"

## SANSONE JR'S HOPE FOR A RIDE PROGRAM GIVES MOBILITY TO A NEEDY FAMILY

*To read the full story, go to [www.180nj.org](http://www.180nj.org)*

On days when there was no money for a taxicab, sometimes all Sherri S. could do was hope for a ride to work from a friend. A victim of domestic violence, things were tough for her and her four children, whose ages range from 6 to 16. They had been without a car for a year.

"There were lots of times the only shopping I could do was at a convenience store," she told 180. "The food was a lot more expensive and there weren't as many healthy choices. But when I couldn't afford a taxicab, we had to shop there for food." There were also times that Sherri had to turn down badly needed work because there was no way for her to get to her catering job.

"It was really hard on my kids," she said. There were a lot of opportunities

they had to miss. "Soccer, their youth group... We really missed bowling." Sherri recalls the heartache of thinking her son might be embarrassed by taking a cab to his 8th grade graduation. She encouraged him to go with others as she followed behind.

That's all Paul Sansone Jr. of 66Automall needed to hear before he accepted a recommendation from 180 for Sherri to apply for his "Hope For A Ride" program. He and his wife Christine started the service to help families just like Sherri's.

## SPECIAL EVENTS & LOCAL COMMUNITY SUPPORT



180 held its annual winter **LOL Laugh Out Loud Comedy Show** on Saturday, January 4th at Two River Theater in Red Bank. Many thanks to producer, **Michael DeStefano** for putting together another great event and to 2<sup>nd</sup> Vice President **Jackie DeFelice** for opening the show with welcoming remarks.



180 staff member **Lauren Brajer** (4th from left) is presented with a check from members of the Atlantic Highlands Yacht Club **Janice Miller** (left), **LuAnn Rathemacher**, **Eileen Campbell**, **Emily Smith**, and **Diane Kropfl** with the proceeds from the annual Ms. Race Regatta.



Over 1,100 women of all ages competed in the **4th Annual Jersey Girl Triathlon** to benefit 180 in August 2013. Many thanks to **Split Second Racing** for a fun and empowering event.



180 held its annual **Golf Classic** at Hollywood Golf Club in Deal in August 2013. Thank you to **Ray Rapcavage**, creator and founder of The Golf Swing Shirt, for donating shirts to golfers.



A representative from **NJ 101.5 Radio** (left) and Members of the **Middletown Township PBA** (right) dropped off many holiday items for clients in 180's programs this past December.



# VOLUNTEER SPOTLIGHT: JOAN ANDERSON

BY MELISSA KNOTT & JENNY LU TROCCHIO

Joan Andersen has been a supporter of 180 Turning Lives Around since she started volunteering to help with fundraising events in 1992. From there, Joan and 2 of her friends, Ann Askin and Peggy Franznich (now deceased) began putting together spring gift baskets.

Wanting to do more, Joan and a small group of friends and family members decided that they wanted to “adopt” the families participating in 180’s Families in Transition (FIT) Program, as well as at the Safe House. So year after year for the last 18 years, Joan and Ed Anderson, along with their group of Holiday Helpers, have been one of the biggest contributors of putting holiday smiles on the faces of FIT and Safe House clients and their children.

Joan’s initial group of friends included Ann Askin, Peggy Franznich, Stephanie Carvana, Joanne Cinque, and family members. Joan’s friend, Eleanor Collier, has her own group of about six

people. Over the years, this small group has grown to over 60 people contributing their time, money, effort, and love to making the holidays a special and memorable time for families who are otherwise dealing with trauma, sadness, and stress, in addition to displacement and life-style changes.



*Joan and Ed Anderson*

The people involved with this endeavor are people with real life challenges of their own, yet they truly have the spirit

of giving in their souls. Despite the challenges some of them face they still find the desire to help others in need.

During the 2013 Holiday Season, this amazing group of donors provided 434 gifts to FIT clients and 269 gifts to the Safe House clients. They also donated personalized and beautifully assembled Spring Season gift baskets as well.

In 1996, Joan received 180’s first Mary Olive Riley Volunteer Leadership award for extraordinary volunteerism which was presented to her at the Deal Country Club.

We would like to extend our deepest heart-felt thanks to all these wonderful donors who support 180’s FIT and Shelter clients, and especially to Joan and Ed Anderson, who not only take the time to organize both gift collections, and use their home as the staging area. Without Joan and Ed, none of this would be possible!



*180 staff (left) dressed and ready to plunge into the ocean on New Year’s Day 2014. Plungers (right) gather on the beach to plunge for the 2nd time.*



*The Atlantic Highlands L.E.O. Club hosted the 2nd Annual H.O.P.E. Walk at Middletown High School North this past October to raise awareness about domestic violence.*

*Many thanks to Sean Clifford and The Sons of Ireland team for choosing 180 to be one of their beneficiaries for the 2014 New Year’s Day Polar Plunge in Asbury Park.*

## VISIT OUR SOCIAL MEDIA PAGES!

- Check out our new website, [www.180nj.org](http://www.180nj.org)
- “Like” us on facebook, [facebook.com/180turninglivesaround](https://www.facebook.com/180turninglivesaround)
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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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