

“Imagine who you want your kids to become. Be that.”

—Anonymous

July 2014
Volume 3, Issue 4

Christos H peline

THE AWARENESS FACTOR...

Where is the manual? July is Purposeful Parenting Month. As we know, children do not come home from the hospital with a manual on parenting. But, here are two consistent principles of parenting:

Empathy and consequences will do the teaching.

Children learn by imitating and copying.

What is purposeful parenting? In short, the raising of a child or children with intent and determination. But, what happens in homes where violence is constant? There are consistencies in the parenting styles of mothers and fathers in domestic violence situations. An abusive father tends to:

Be controlling and authoritarian

Be less consistent

Be manipulative with the children

Intentionally undermine the other parent's ability to parent their children.

73% of abusers used their children to control the mother. **1 in 5** battered mothers stated their abuser hit or sexually assaulted her in front of her children. **57%** of battered mothers stated their abuser blamed them for his acts of abuse towards the children. **50%** of fathers that abuse their partners, also abuse their children

The victim of violence, tends to:

Have high levels of stress

Be impatient with children

Be emotionally distant

There is a **40%** co-occurrence of child abuse in domestic violence situations. The impact of abuse on a child is lifelong. Children that are not themselves abused, but are witnesses to violence, are just as traumatized. In general, boys exposed to violence will show problems such as hostility and aggression. Girls exposed to violence show problems with depression and somatic complaints. Both boys and girls may have trouble in school academically and socially. The longer and more frequent the exposure to violence by children, the greater the long-term damage including but not limited to:

1. Behavioral and emotional problems.
2. Cognitive functioning and attitudes.
3. Antisocial and aggressive.
4. Fearful and inhibited.
5. High levels of anxiety and depression.

Parenting and caring for children exposed to abuse can be exhausting. Know that you're not alone, there is help.

When parenting a child survivor of abuse remember a few tips:

Be patient

Imitate and copy - Set the example of appropriate behaviors

Empathy - give the child lots of love and also offer appropriate consequences - the consequence of their actions will teach the lessons.

Be consistent

Do not forget that the victim of abuse also needs patience, support, and encouragement to parent their children and to take care of themselves. This will allow the survivor to be the best parent they can be.

No one should ever live with fear and violence.

Melissa



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wish list



WHERE'S THAT WELL?

With our house being full around the clock, we sure could use a wishing well to be able to fulfill the needs we have. From newborn babies to teenagers, expectant mothers to grandmothers—we provide safety, shelter, and support to them all. With that being said, our house is similar to yours—bedrooms, bathrooms, kitchen, play area, living room, laundry rooms...

What we are asking of you is...can you help fulfill some of the needs we have? Maybe you have extra of something and want to find a use for it? Maybe you aren't going to use that something anymore and don't want to throw it away? Maybe you have a few extra dollars (something hard to come by) and would like to help someone in need? Below is our list of items that we always are in need of. If you can help, we thank you! Also, items donated may be eligible for tax write-offs (call for more information).

Personal Hygiene Items for boys, girls, & women (shampoo, conditioner, body wash, feminine products, etc.)

Mattresses	Box Springs	Furniture	Bath Towels	Non-violent Toys
Cleaning Supplies	Appliances	Toilet Paper	Paper Towels	Pillows
Yarn & Craft Products				

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.' To this day, especially in times of 'disaster,' I remember my mother's words and I am always comforted by realizing that there are still so many helpers—so many caring people in this world."—Fred Rogers

UPCOMING EVENTS

Back-to-School Fairs have been scheduled and we will be there! Keep an eye on our Facebook page for details!

Get your Glow on at the GlowDown! Register by July 28th at eventbrite.com and bring your best glow on August 23rd at Booster Field in Willow Springs at 8pm!

We are currently planning for October's awareness activities for Domestic Violence Awareness Month so be on the look out!

Mark your calendars now for Saturday, February 14th, 2015! Our 12th Annual Chocolate Festival is on its way!! Christos House and the Chocolate Factory... it'll be scumiddlyumptious!

If you would like to help with any activities or would like to learn more about volunteer opportunities, please contact Kelli Neel at 800-611-5853.

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GLOWING THE DISTANCE —KELLI NEEL, SHELTER SUPERVISOR

There is a lot of buzz about our upcoming "Glow Down" and we're excited to be hosting this event!!!

It's time to "Glow the Distance" and help raise monies for women and children who have been abused or assaulted!!! Do you have what it takes?! Come on out and get your "Glow Down" on!!!

Everyone is welcome!!! Pre-registration closes July 28th at a reduced cost of \$25 per person ages 8 years old and older. Children under the age of eight are FREE though they must also be pre-registered in order to receive a "Glow Down" t-shirt at a reduced rate and glow gear (assorted bracelets, glow powder, necklaces, and/or other glowing materials to help you glow).

After July 28th, registration costs will increase to \$30 for persons 8 years old and older through August 22nd and there is no guarantee that you will receive a "Glow Down" t-shirt. Children under the age of eight will remain free but still need to be registered. Please register online at <http://www.eventbrite.com/e/christos-house-first-annual-glow-down-tickets-11857830089>.

Finally, registration costs will be \$5 for children under the age of eight and \$35 for persons over the age of eight at the gate on the day of the event.

So, with that said, spread the word, join the excitement, and come out and see how far you can glow!!!

Kelli

PREVENTION IS THE KEY—SUNSHINE GORSKEY & AMBER BRIGNOLE, PREVENTION SPECIALISTS

So, as parents, we would all do anything to prevent our children from experiencing hurt, pain, and other bad things...right? Well, in the effort to end domestic and sexual violence, we feel the same way. We fully believe that prevention education is a key piece in the effort of ending violence against all individuals. This is why Christos House has a prevention program available for all schools, businesses, organizations, and churches to not only educate our youth, but also adults.

Our program addresses the important issues our youth are dealing with such as bullying, healthy and unhealthy relationships, and sexual assault. We hope to create a positive change for our future generations to change the world our youth live in by providing them with information and support in all aspects of their lives. To reach our youth, educating all community members is imperative. As parents and adults involved in the lives of the younger generations, we must know how to help and what to look for.

Our program uses an evidence and research based bystander intervention approach that has been adapted from Green Dot, Etc., Inc. The bystander approach to ending violence is about enabling community members to prevent and intervene in violent situations—making whole communities a part of the solution. All of us have probably been bystanders to conversations or behaviors that can contribute to violence, and more than likely, we've all been unsure about how to speak up, or we've felt afraid or anxious to do so. Learning to recognize these behaviors and to respond appropriately, however, can help to alleviate this anxiety and enable individuals to be an active bystander in a way that's right for him or her. By providing a knowledge base and skills training, students and adult community members can be empowered to be a part of the primary prevention movement to end violence against all.

By primary prevention, we mean "activities and education that take place before the violence has occurred to prevent initial perpetration or victimization". The focus is on changing the behaviors of perpetrators and social attitudes that contribute to an environment in which violence can occur. The Center for Disease Control and Prevention views prevention as a public health issue. It focuses on the health and well-being of the community rather than the individual.

We want to prevent the violence instead of dealing with the aftermath of violence. By bringing this program into your school or organization, you are saying you want to do the same. Bottom line: Do we want to help people beat the odds or do we want to change the odds?

If there is a teen in your life you are concerned about, please call us at 800.611.5853. We are available 24/7 and have many resources available to help. If you are interested in discussing our prevention program further and/or scheduling presentations, please call 417.469.1190.

Sunshine & Amber

Sunshine Gorskey holds a Bachelor's degree in Human Services from Southwest Baptist University. She previously worked for Christos House as a Prevention Specialist and is once again on the Prevention Team. She believes that prevention education is the key to end domestic violence and believes it begins with our children and youth.

Amber Brignole received her Bachelor's degree in Psychology and Criminology from Drury University and is currently pursuing her Master's degree in Social Work at MSU. She started at Christos House as an intern in 2010 and then joined the Prevention Team. As a survivor of teen dating violence/domestic violence, she believes wholeheartedly in the prevention program and its need.

Our Prevention Specialists are certified Green Dot Bystander Intervention Strategy instructors for middle schools, high schools, colleges/universities, and communities. They have also attended many trainings regarding prevention and other topics.

it's happening...

**1 in 3 high school students have been or will be involved in an abusive relationship, a figure that far exceeds rates of other types of youth violence.*

**Only 33% of teens who were in a violent relationship ever told anyone about the abuse while 81% of parents believe teen dating violence is not an issue or admit they don't know if it's an issue.*

**66% of students who witness bullying believe they should intervene...less than 25% actually do.*

**Over 50% of middle schoolers have been cyber-bullied while 60% never told their parents.*

what teachers and students

are saying...

"Thank you! You really changed my life. You guys are amazing!"

"I learned how to prevent bad things...learned ways to intervene..."

"I like how you share personal things. It makes things seem real."

"I enjoyed the way they interacted with the students—involved them with the presentation."

"I think that this presentation has really helped me and if anyone needs my help...I can help them more and walk them through it."

"It helped a lot and gave me confidence."

"I have been a part of an abusive relationship and never told anybody. I thought it was my fault. This really helps and I'm glad that I got out of that situation."

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www.christoshouse.com

PARENTING LOVE AUDIT

Love is a blend of affection, devotion, and loyalty. It is part emotion and part commitment. Real love—unconditional love—is hope blended into the reality of life. In times of parenting trials, parents should respond in love to children who may be anything but lovable in those hard times. Our family members, especially our children, need to know that our love is never in doubt. It always protects, trusts, hopes, and perseveres.

So, as parents, once in awhile it may benefit us to perform a parenting love audit as it relates to our children...

"As parents, we guide by our unspoken example. It is only when we're talking to them that our kids aren't listening." – Robert Brant

*Love is patient...*Am I patient with my child who is so different than I am?

*Love is kind...*Am I kind when it takes my child twice the amount of time to do something than I think it should?

*Love does not envy...*Do I wish my child were more like someone else's child?

*Love does not boast...*Am I quick to share what my child does well or hide areas when my child doesn't seem to measure up?

*Love is not proud...*Am I hesitant to share how I'm really doing or how my child is really doing out of fear of what people will think?

*Love does not dishonor others...*Do I ever dishonor my child, demanding that s/he be someone other than the unique person s/he has been made to be?

*Love is not self-seeking...*Am I ever selfish in my interactions with my child?

*Love is not easily angered...*How much energy do I waste being angry at my child?

*Love keeps no record of wrongs...*Do I have an ongoing list in my head about everything my child has done wrong?

*Love does not delight in evil but rejoices in the truth...*Do I keep my mind focused on the truth about my child?

*Love protects...*Do I protect this unique human being I was entrusted with even when s/he challenges my authority?

*Love trusts...*Do I trust that there is a bigger picture in mind for this child's life?

*Love hopes...*Do I hope and believe the best for this child, or do I dread what tomorrow might bring?

*Love perseveres...*Do I keep my mind on the future possibilities rather than focusing on the difficulties and challenges I'm dealing with today?

If you audited yourself at this moment...what would the result be?

RESPECT VS SARCASM WITH CHILDREN—RITA FOSTER, OUTREACH ADVOCATE

It's always good to work with parents in parenting class for more than just a few weeks. In talking and getting acquainted, you can get to know a lot about the family dynamics. Sometimes when we as parents are confronted with the beginning of "pushback" from our children, we have this inner red flag that goes up. This pushback starts in the toddler stage with "No". We've all heard that. We begin to panic that God forbid, we are "losing control". We immediately react and stop it in its tracks. In what we think is a well-earned response but is actually sarcasm, we symbolically pound our chests reminding our children that we are the ones with the power—we are the ones who will always win, and they don't have a chance. At this point, the child is already in control as they quickly learn that when I push mom and dad's buttons getting an emotional rise out of them as they scramble to control me, **"I feel powerful!"**. Another down side of this parental reaction is the sarcasm or mixed messages that are so divisive.

When a child begins to push back, they are doing what naturally comes next to them. They are beginning to become independent, self-reliant, and confident. Growing up in a world that is centered in the survival-of-the-fittest mentality, it's important that we do everything we can to facilitate this independence. We should even celebrate it the first time it happens because our child is very normal and if we do a good job, they won't be sitting around the house as adults when they should be out going to college or working at a good job.

So how do we facilitate this in a healthy way to give them freedom within boundaries without sarcasm and power struggles?

The definition of sarcasm is described as the use of words that mean the opposite of what you really want to say especially in order to insult someone, to show irritation, or to be funny. Sarcasm is not a laughing matter with children and you may lose an opportunity to build a relationship of trust with your child at a very crucial stage.

When a child resists you, do everything you can to treat them with respect as you redirect them. Stand firm on what you have requested without an argument filled with sarcasm and put downs. Respect their feelings and encourage better communication so you know why they're resisting you if there is an immediate reason. Your child will have greater respect for you and for themselves because you understand that it's okay for them to have a different opinion and that obedience doesn't have to happen because they lost the argument. Everyone is a winner this way.

—Rita



"ALTHOUGH IT HAS NOT BEEN EASY AND WAS NOT WHAT I EVER THOUGHT I WOULD DO, COMING TO A DOMESTIC VIOLENCE SHELTER HAS BEEN THE BIGGEST BLESSING IN DISGUISE FOR ME AND MY CHILDREN." — Resident's Thoughts

A RESIDENT'S THOUGHTS...

"Things did not turn out how I planned. My life, our life, was not how it looked from the outside. The abuse was always there—mild physical and a lot of verbal at first. Over the years, it got worse. With each pregnancy until I had my daughter and realized she would grow up to marry a man like her dad. Community living, not being self-sufficient, and having three children under 3 with me full-time was overwhelming to even think about, let alone do. Although the path was not easy—I am thankful I made the choice of safety. Every day I become closer to who I should be and I learn something new. What messes us up most in life is the picture in our head of how it was supposed to be. Instead of living in the moment, we look back and hurt or look forward and worry..." —continued on page 6.



CHRISTOS HOUSE, INC.

Our mission is to provide a safe place for victims of domestic and sexual violence to escape the abuse and make positive change in a supportive atmosphere.

Christos House is a non-profit shelter for victims of domestic and sexual violence. It is located in Southwest Missouri and serves 8 counties including: Carter, Douglas, Howell, Oregon, Ozark, Shannon, Texas, and Wright. All services are confidential and provided at no cost.

A RESIDENT'S THOUGHTS...

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"Although we tend to think negatively about 'needing' a shelter, it has been and is a huge blessing. I have accepted the situation for what it is, given our lives to God and realize 'needing' to be at a shelter is no something to be ashamed of. In fact, bringing yourself alone to a shelter is brave and even more courageous to do with children. Living in a shelter is only a moment in time—it will pass and you will be proud of how far you have come and what you have accomplished. It took a bit of adjusting—going from a situation where you are hurt and being told how horrible of a mom you are to having three kids in a shelter with you is not easy.

Although it has not been easy and was not what I ever thought I would do, coming to a domestic violence shelter has been the biggest blessing in disguise for me and my children."

Christos House was founded in 1982 by a group of concerned citizens who recognized the need to provide services for victims of domestic violence. It is a 36-bed facility. The shelter is staffed 24 hours a day, seven days a week.

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