

Christos House News

September 10, 2011



Volume 1, Issue 1

Special points of interest:

- > **October is Domestic Violence Awareness Month! Community events are being held!**
- > **Donations are ALWAYS needed! Tax Credits available.**
- > **Thanks to the community for all you do! We value and need your support! Ending Domestic Violence is not an individual effort, but rather, a community effort.**

From the Directors Desk:

Dear Friends,
As the new Director of Operations for Christos House, Inc., I'd like to take this opportunity to introduce myself and tell you a little about my dreams and visions for the future. I began my career with Christos House about eight years ago as a volunteer. It took me a little less than a day to know I had found my life's work. To say that I found my "calling" is a gross understatement, it simply has become my passion. The work that we do, though tiring at times, is the most rewarding thing I have ever been a part of. It is seeing the look on a mothers face as she tells you this has been the first night her children have slept without inter-

ruption in months, it's when a woman realizes that she is enough just as she is, that she has value and is valued as a viable member of her community. It is when a mother or child realizes that no one is going to scream at or hit them here, they are free. It is when they discover that it's ok to laugh, and yes to cry, and that there is always someone here to listen.

This is why Christos House exists, and this is why we do what we do. I hope that Christos House continues to grow and continues to be the kind of place that shattered lives can be repaired and broken dreams can be mended. A place that the community can

be proud of! The community has been wonderful and I thank each one of you for your continued support no matter how great or how small, each supporter by word or deed has been and continues to be needed.

Not all stories are successful ones, but we hope that each time someone passes through our doors that they take what we have offered and use it to better their life. The last thing said to a woman leaving shelter is, "that we will be here if she needs us again." Christos House will celebrate our 30 year anniversary in June of 2012, and we will be here!

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Children are Victims Too: By Leah Myers

My name is Leah Myers and I am the children's advocate for Christos House Shelter. Over half the school-aged children involved or exposed to domestic violence show levels of anxiety or posttraumatic stress disorder. Without help or

treatment, children are at risk of substance abuse, delinquency, dropping out of school, and difficulties in relationships. We are here to stand by these children and be their shoulder to lean and cry on. What has happened to them is not

their fault! Take a stand against child abuse, get involved!

"Children are great imitators. Give them something to imitate."
Anonymous

A Note from the Shelter Manager:

My name is Lori Barbrow and I am the Shelter Manager at Christos House. I have worked for Christos House for 6 years. I mainly work at keeping the shelter organized and stocked for all residents' potential needs. I also run the food and nutritional program. I advocate with the women to help them transition into a healthier, safer life.

I would first like to thank everyone who has donated items to our organization. We greatly appreciate every donation received. The shelter is a lot like your home. We use the same items as you would in your home and frequently run low. We provide assistance to both women in shelter as well as outreach and could use regular donations of towels, pillows, blankets, toiletries, hygiene

products, cleaning supplies, and most furniture.

Donations are the backbone of our program and help keep the shelter operating! Donations can be taken to our resale shop in West Plains or Alton and to the Shelter.

*In 2010:
Christos House provided 559 residential direct services and 481 non-residential direct services*

"There can be no keener revelation of a society's soul than the way in which it treats its children."
Nelson Mandela

Kids Fest "Coming Together in Love" By: Rita Foster (Outreach Advocate)

In February, a group of people with a heart for children and families gathered to plan an event that would best express a community coming together in love to celebrate the worth of all its citizens, especially the children. Kids Fest has gradually emerged

as an afternoon of fun for children and their families in an atmosphere of sharing and joy. On August 20th at the Tri-county Fairgrounds in Mountain Grove, school, civic and social organizations, churches, & businesses came together in a spirit

of love and goodwill to provide 20 games and activities for area families. Three hours of free fun and food with a homegrown flavor were enjoyed by around 250 people. If you would like to participate next year, please contact Rita at 417-252-0829.

Sexual Assault Awareness By: Melissa Littleshield



My name is Melissa Littleshield and I'm the Sexual Assault Advocate with Christos House. My position is rewarding in being able to help survivors of assault. I'm proud to be active in the

movement to stop Domestic and Sexual Violence. Currently I am on call 24 hours for emergencies. I work closely with the hospitals, clinics and law enforcement within our 8 counties.

With support and understanding the survivors are better equipped to handle the medical and legal system. I would like to thank all those involved in the support of survivors!

In 2010:
There were 51,092
adults, youth, and
children who received
Domestic Violence
services in Missouri.

Meet Our Prevention Specialists

Amber and Sunshine became prevention specialists because as many advocates are, their lives have been impacted by domestic violence. Our focus is to prevent violence before it happens, not after the fact.

In the past, prevention efforts focused on risk-reduction-focusing on women's behavior to end domestic and sexual violence. Advocates focused on educational strategies such as encouraging women to

travel in groups, take self-defense classes, and/or avoid drinking. While these were well meaning ideas, they shifted the blame for violence from the perpetrator to the victim. Prevention efforts have refocused on changing the behaviors of perpetrators and social attitudes that contribute to an environment in which violence can occur. By focusing on these behaviors, we take the blame away from the victim. By

education and raising awareness of society and individual attitudes we can examine them and how they contribute to and condone violence.

We are pleased to offer multiple session presentations at no cost to students, community members, and organizations. For more information, please contact Amber or Sunshine at 417-469-1190.

Kelli's Korner

Why? The question is posed. Abuse is an ailment of human society. Why does this happen? There are many reasons, the extent of which cannot be discussed in depth in a newsletter. Yet, there is hope! What is meant to harm us, God, when we allow Him, turns our ashes into beauty. A survivor's testimony of re-

covery from abusiveness can help them to overcome its adversity and affords others courage to step out of their bondage into the freedom of life full of peace and serenity.

I encourage those breaking free to sing their new song so they can have victory over oppression and others can be encouraged to find their way

to a life that is void of abusiveness, addictions, and dysfunctional behaviors-a life that is saved.

By:
Kelli Neel

“Don't be afraid. Am I in the place of God? You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.”
Genesis 50:20 NIV

What goes on behind closed doors-needs to be brought to light!



Domestic Violence Awareness Month Community Activities

October is Domestic Violence Awareness month and Christos House Inc. will be holding several community activities to celebrate survivors and bring awareness.

West Plains:

- Oct 3rd-30th: Clothesline project and winning art contest entries displayed at West Plains Civic Center
- Oct 21st: Documentary *Telling Amy's Story* at 6:00pm with candlelight vigil and panel discussion to follow.
- Oct 22nd: "Celebrating Survivors"- banquet to honor survivors and bring awareness. Dinner and childcare provided!

All West Plains events will be held at the Civic Center. All events are free and open to the public!

Other Events for October:

- Alton Resale will be having an open house on Oct 7th. Refreshments will be provided. Alton resale will be holding various store wide sales throughout the entire month of October

Christos House Inc.

Staff:

Directors:

Sherry Fohey- Operations

Kathy Barron- Finance

Shelter:

Lori.....Shelter Manager

Jackie.....Case Manager

Amber...Prevention Specialist

Sun.....Prevention Specialist

Leah.....Child Advocate

Kelli.....Lay Counselor

Anita (AJ)....Evening Advocate

Susan.....Overnight Advocate

Outreach:

Alicia...West Plains Office Manager

Rita....Texas & Wright Co. Advocate

Felicia.....Oregon Co. Advocate

Melissa.....Sexual Assault Advocate

West Plains Resale:

MJ

Michael

Georgia

Kelly

Rilla

Treva

Alton Resale:

Montana

Freda

Note From Outreach:

Christos House has two outreach advocates that can assist in the outer counties with current victims of Domestic Violence. Outreach advocates work hand in hand with the community to help bring awareness and support. Parenting classes are also offered free of charge by all outreach advocates. If you need assistance or have any questions you can contact:

- ◆ Rita Foster (Texas and Wright) 417-252-0829
- ◆ Felicia Rose (Oregon and Shannon) 417-252-3828

Shelter can be reached 24hrs a day 7 days a week:

1-800-611-5853

We are on the Web!

christoshouse.com

Tax Credit Program

We have a tax credit program for those of our donors who would like to claim their donations. The sponsoring entity is the Missouri Department of Social Services, and the program name is the Domestic Violence Shelter Tax Credit Program. A 50% tax credit is available to all Missouri taxpayers who make an eligible contribution of at least \$100.00 to Christos

House, a qualified shelter through this program. Donors receive a credit in the amount of 50% of the value of their donation when they file their Missouri Income Tax return. This tax credit is in addition to the federal deduction for the donation. After making the donation, the donor completes a brief application and forwards it along with

proof of the donation to: Christos House, P.O. Box 771, West Plains, MO 65775, where it will be signed and forwarded on. The donor then receives the necessary paperwork to take the tax credit within a few weeks. The donor may carry the tax credit forward for four successive years. Contact Kathy Barron with questions at 417-256-3408