

Hello Everyone,

Today, January 22, 2013 **Your President** introduced the guest speaker from the Haven, **Lauren Sandbach** who is the head volunteer coordinator and has a role in Public Relations. The Haven is a national and local charity that deals with domestic violence and sexual assault victims.

The Haven

“In December of 1985, two women representing Levi-Strauss Foundation approached the senior advocate at the Victim-Witness Assistance Program in the District Attorney’s office and offered to help fund a program which was to include a temporary emergency shelter for victims of domestic violence.”- valdostahaven.org/about-us/

The speaker informed us today that one of the founding women had recently suffered the loss of a friend, who was murdered by her abuser. She quizzed us on if we had heard of the Haven before and on what services we thought that it offered. Though we were aware of its presence, we still had plenty to learn.

1. **The Haven acts as an emergency shelter to domestic violence victims**
 - a. Domestic violence victims include both the immediate victim and more than likely her young children who are affected by the home situation
 - b. Domestic violence victims can be male, and the Haven will embrace them equally.
 - c. The location of the shelter is confidential and will be moving by the end of the month.
 - d. The length of shelter stay tends to be 6 weeks maximum with a few clients that must stay a little longer.
2. **The Haven acts as a rape crisis center for the sexually assaulted**
 - a. The Haven helps nine counties of Rape victims in Georgia.
 - b. They accept the call and make contact with nurses and law enforcement to organize proper forensics.
 - c. The Haven has been certified to conduct rape prevention lectures in educational settings and is working on getting certification to teach self-defense.
 - d. Another rape crisis center will be made in April
3. **The Haven works with Outreach to transition clients to their improved everyday life**
 - a. Outreach program provide “prevention, intervention and follow-up services” which may reduce the risk of serious injury to the victim or children involved.
 - b. Outreach provides ongoing support and assistance to keep the client living “a violence free lifestyle”
4. **The Haven provides legal advocacy to clients to handle their situation.**
 - a. The Haven gets women in touch with legal advocate. Children’s advocates are also available to help minors.
 - b. The Haven gives clients a case manager to come up with a plan as to their life, apart from their abuser and outside the haven. This worker also helps get the victim in touch with their former goals or dreams.
 - c. The legal steps necessary often involve retrieving identification and birth certificates. Items that may have been left behind during the escape.
5. **The Haven raises awareness of domestic violence and sexual assault within the area**

“Partners may be married or not married; heterosexual, gay, or lesbian; living together, separated or dating. The violence takes many forms and can happen all the time or once in a while. . Abuse is *never* a one time event.” (Domestic Violence)

The Speaker passed out informational fliers on the statistics of sexual assault, domestic violence, how Georgia compares on a national level and how to get help.

~We were informed that **we are leading as sixth in the nation** to have **abuse victims murdered by abusers**.

~We were also informed that **90% of the victims received in the last month** at the local Haven were **VSU students**.

~**Over half** the women involved in domestic violence **have children under 12** years old.

<http://children.georgia.gov/domestic-violence-websites-0>

6. The Haven educates the public on awareness, resources, and basic emergency action

a. Domestic violence is not limited to physical and/or sexual violence.

“Domestic violence means behaviors used by one person in a relationship to control the other. . . Violence can be criminal and includes physical assault (hitting, pushing, shoving, etc.), sexual abuse (unwanted or forced sexual activity), and stalking. Although emotional, psychological and financial abuse are not criminal behaviors, they are forms of abuse and can lead to criminal violence. . .” <http://www.domesticviolence.org/>

Please take a look at the Violence Wheel to get a full grasp on Domestic Violence.

<http://valdostahaven.org/our-services/outreach-program/>

The tactics to coerce a partner can include

- **Using Intimidation** - - - threatening nonverbal behaviors, destructive behaviors towards the things the victim cherishes or is in close proximity to victim.
- **Using Economic Abuse** - - -restricting the financial freedom of the victim, preventing the victim from finding a job or giving an allowance as a reward
- **Using Emotional Abuse** - - - playing mind games, constantly damaging self-esteem, instilling a fear of insanity in the victim
- **Using Coercion or Threats** - - - making and or carrying out threats, including threats that the abuser will self-injure or commit suicide if a change is made
- **Using Isolation** - - - exerting control over what the victim can do, with whom the victim can speak, the stream of information available to the victim and where the victim can go.
- **Using Male Privilege** - - - treating her like a servant, making all of the big decisions, rigidly defining sex and gender roles.
- **Using Children** - - -to relay messages, for visitation as an excuse to harass the victim and threatening to take the children away.
- **Minimizing** the events, **Denying** responsibility or that events occurred, and **Blaming the victim**

7. The Haven is not for profit and depends heavily on its volunteers for support.

The Haven is locally funded. Volunteers are encouraged to play towards their strengths and can be divided into two categories.

-Indirect Volunteers: Do not need training-

They help collect donations and furnish houses for victims with a new start. They host the drives in general, heavily dependent upon supplies given by volunteers and the community.

These drives tend to be more than clothing and non-perishables and include toiletries, bedding, house appliances, dishes, hygiene products, household items, toys and more. While the Adopt-a-family drive is especially used during Christmas, drives and donations are ongoing year-round.

Be a Community Events Assistant
Or a Community Outreach Educational Assistant
Or a Donation Pick-up Assistant (in which you may set your own times)
Or a Donation House Assistant from 8am to 5pm on weekends
Or a Baker and Party thrower for Birthdays, delivering cards and sweets to the victim and children.

To be involved, you will need to take the confidentiality pledge. It is encouraged that you come in groups and be prepared for heavy lifting.

-Direct Volunteers: Will deal directly with victims-

They must undergo 6 hours of training with an orderly, be prepared for a background check, and also take the confidentiality pledge. All hoops are for the protection of the victims.

- Children Activity Leader (sitter)
- Transportation Assistant
- Field Trip Chaperone (sitter during parentless outings)
- Arts and Crafts Leader which is taught at the shelter; supplies are bought by the Haven
- Workshop Leader- for relevant topics and skills such as:
 - Women's issues
 - Parenting
 - Interview Tips
 - Budgeting
 - Couponing
 - Exercising
- Telephone Crisis Line Assistant from 8pm-5am, preferably 1-4 hour shifts.
- Counselor- You must own a masters in Psychology, Sociology or another related field.

To get started, send an e-mail to volunteer@valdostahaven.org or contact Your Vice President nralbritton@valdosta.edu who will get you in touch with them.

Club Matters

T-shirts are needing to be pre-ordered in case the demand for them exists this semester. They will cost \$12 and incorporate last semester's design. Don't forget about the **Psi Chi** T-Shirts (for the same price as well) The design is attached. You may order them now **until January 31st**.

Relay for Life and **Raffle Tickets** were discussed today. If you know a business owner, pitch the idea of sponsoring us at the main event. Fliers are made to assist in pitching the idea to business that we will advertise in exchange for a contribution to our raffle prizes. More **fliers** will be available at next meeting. Raffle tickets are to be sold for \$0.75 a ticket. The tickets will be handed out next meeting. If you can, print them out, they **are attached**.

Valentine's Day Grams Candy grams that fit the season will be sold from the 12,13th and especially the 14th. Your Treasurer took it upon herself to hand out demos to the attendees and passed out order forms as well. The **cups of goodies** are sure to bring us a 100% increase in profit and **cost only \$2**. A more substantial gram is **\$3** and is practical for customers who want to watch their sugar intake and **buy stomach filling items**. Please get to advertising. We need the last order forms by February 11th before volunteers make them that day for the delivery.

The famous **Psych club Chili Cook off** will be Tuesday Feb 12th @ 12:30. Bring in a chili to be judged if interested. We will vote for **Best Chili**, *Hottest Chili*, and Most Original.

Chili entry is free. There is a \$1 donation to psych club to eat all the chili you can handle and we will also have drinks. It will be held in the psychology building room 1302. For those bringing in a chili entry, please bring it to the break room and then around 12:15 we will take all the chili and other items down to 1302.

Mock GRE sign-up sheet is going out. **Please sign-up** if you wish to participate so that Dr. Browne can order the appropriate amount of kits. Also, sign up to help grade them in a timely manner.

Bake Sale is happening **January 31st** with Psi Chi working alongside us. A sign-up sheet for bakers and volunteers to man the station for even 15 minutes from **11-2pm**.

Psychology Department Pamphlet is in the making and Psych Club has been asked to organize it. Next meeting bring your ideas of what must be included in order for the pamphlet to represent us well.

Birthday Card for VSU President will be made the next meeting and we call upon the artistic and talented to help us with other projects that day as well such as the **Banner for Psychology Club** and **Poster for Psych Table at Organizational Fair**. The Organizational Fair is our participation in VSU affairs and to show our support and presence in the organizational make-up. Come out and represent us.

Upcoming Event

Jan 28. Attend Organizational Fair **Ballrooms A & B in Student union at 1pm**

Jan 29. **Psych Club meeting** which will cover pamphlet making, banner making, poster making, and b-day card making. We need the talents among us to come make this possible.

Jan 31. Attend Organizational Fair **Ballrooms A & B in Student Union at 6pm**

Feb 1. **Mock GRE** at 2pm with helpers to score those who have signed up.

Feb 12. **Psych Club Chili Cook-Off** at 12:30pm in 1302. Bring **\$1** or your chili entry.

Mar 13-16 SEPA in Atlanta, GA

Mar 30 GPS in Morrow, GA

Gina-Marie Guyette

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