



**Volume 3, Issue 2
OCT 2011**

Inside this issue:

Financial Abusive Relationships	pg 2
Mary Kay Foundation \$20,000 Grant	pg 3
COPE Awarded Provider Of The Year	pg 3
Client Comments	pg 3
Shelter Needs	pg 4
Union Pacific Grant	pg 4

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**Qtr. 3 2011
Summary**

156 New Victims

39 Children

38 # of victims reporting weapons were present

89 # of victims who experience physical injury

90 # of victims reporting that a child was present during the violence

128 # of victims who experienced DV in the past

It Takes A Community Of Volunteers And Donors...

COPE's shelter and office in Alamogordo received a much needed face lift this summer, thanks to our volunteers and donors. A few months prior we had contacted a roofing product representative who told us the shelter's roof should be re-coated and it would probably cost about \$25,000 to do. This was overwhelming.

Holloman Air Force Base volunteers from the Big Give, the "Mudslingers," came to the rescue. The Mudslingers, a team of 15 volunteers, cleaned, sealed and put two coats of Elastek on our roof. Most days it was very hot and some days it threatened to rain. Four weeks later, the roof work was complete. The Elastek Company donated half of the product and gave us an 11 year warranty on the roof.

The Mudslingers also did a major cleaning of the kitchen, moved a gutter on the patio that was in the wrong place, cleared trees and bushes from our office location, put in a sidewalk between the shelter and office properties, and installed concrete in an area just outside the shelter. Mesa Verde Enterprises donated the concrete. Uptown Rentals and Sherwin Williams also donated some of their work/product toward this endeavor. The Mudslingers won the grand prize in the Big Give competition for their division plus they won the people's choice award among the big teams.

At the same time a group from First Christian Church, Alamogordo, fixed the doors and front of our storage shed at the office and repainted it. After the shed is moved to the shelter this fall, they will re-shingle it.

Several individuals are also volunteering their time to help COPE and our clients. Their

service and dedication is much appreciated and has proven to be a valuable aid to our clients.

Shawna Anderson has documented over 650 resources to help COPE provide improved advocacy for our clients and is currently assisting in the development of a victim advocate continuity plan.

Diana Matter has been instrumental in the development and implementation of our victim advocate "buddy program" which provides support for clients in the community who struggle with transitional issues surrounding domestic violence.

Belle Moore and Sunny Tomasek provide free haircuts and hair colors for residents at the shelter on a monthly basis helping to increase the self-esteem of clients.

Crystal Shumaker provides 4-6 hours day care and residential advocacy for clients at the shelter twice a week assisting mothers to be able to attend parenting and counseling groups.

Linda Close provides weekly assistance with the shelter pantry and organization of donations for our shelter clients and their children, therefore improving the support and response time for providing clients with personal items, (pajamas, clothes, soap).

Marilyn Moffatt provides monthly assistance with making copies and organizing forms required for intake purposes.

Alma Moritz provides assistance with obtaining pajamas for our children at the shelter on a quarterly basis.

Many church groups, community groups and individuals faithfully gather food and supplies for our clients, donate money, and fill other needs our clients have. We appreciate and value these gifts. These contributions help to support services provided to victims of domestic violence and their children in our community.

For more information on how you can become a volunteer, contact the COPE office or go to www.copedv.org.



The Mudslingers



Mudslingers on the roof

Financially Abusive Relationships

What is Financial Abuse?

Financial abuse often begins subtly and progresses over time. The aim of financial abuse, as with other forms of abuse, is to gain power and control in a relationship. Financial abuse along with emotional and physical abuse, manipulation, intimidation and threats are all aimed at getting and maintaining control over another person. The purpose is to trap them in the relationship.

Financial abuse is a tactic used to control relationships by preventing access to money or other financial resources. It might include:

- Controlling how money is spent
- Withholding money or “giving an allowance”
- Withholding basic living resources, medication or food
- Not allowing their partner to work or earn money
- Stealing their partner’s identity, money, credit or property
- Justifying behavior as cultural

It can be difficult for couples to navigate the complexities of family finances and almost all couples have arguments about money. However, in financially healthy relationships, couples successfully negotiate their wants and needs in the following ways:

- Both partners have access to financial statements and information although one partner might manage the day-to-day finances and bill paying
- Couples identify when they have different values about

money and negotiate joint financial goals

- Couples set plans to meet joint goals and stick to them
- Couples recognize and respect that decision-making is equal regardless of who earns more income for the family
- Each partner has access to money on their own without having to ask for permission or hide their spending
- Financial decisions are made jointly between partners
- Both partners have access to money and knowledge about where and how money is spent, and neither partner is deceitful

These are the elements that appear in happy, productive and loving relationships. A true partnership does not include any facet of financial abuse and includes open dialogue, communication, and agreement to all financial matters.

It’s important to know that financial abuse can happen to anyone regardless of their income, education or independent success. Despite great diversity, survivors face similar struggles, challenges and conflicts as they try to care for their families, secure work, find affordable housing and create long-term assets.

To help you determine whether or not you are in a financially abusive relationship, go to the Allstate Foundation link at: <http://www.allstatefoundation.org/financial-empowerment-curriculum>.

Used with permission from The Allstate Foundation

DV Offender Treatment Intervention (DVOTI)

The Domestic Violence Offender Treatment Intervention (DVOTI) program meets every Monday and Wednesday in Alamogordo, and on Tuesday and Thursday in Ruidoso. The group process is recognized as the most effective intervention method to promote behavior change for domestic violence offenders. Group members often begin their meeting by watching a vignette on domestic violence scenarios. A group exercise is given and group members are encouraged to participate. The topics vary each week depending upon the theme.

The exercise as shown in the chart depicts group members’ inputs. They were challenged to discuss the effects of domestic violence on children. Some of the members talked about their

own experiences as children who witnessed domestic violence by naming their feelings and experiences. While other members did not believe children were affected by witnessing a domestic violence incident, their perceptions were changed after listening to the effects of domestic violence on their peers.

The outcome of this group session was that group members were able to visualize the information because it was tangible. Group members vocalized their disappointment in their past behaviors in the presence of their children towards their partners.

This article was written by Donna Lawrence & Jerold Wiley

Group Input on the Effects of DV on Children

- | | | |
|-------------------|---------------------|---------------------|
| • Habit of abuse | • Emotional Stress | • Lost |
| • Abuser | • Shy | • Jealous |
| • Resentment | • Homicidal | • Low self-esteem |
| • Fear | • Nightmares | • Runaway |
| • Angry | • Bed-wetting | • Homeless |
| • Helpless | • ADHD | • Loner |
| • Upset | • Psychotic | • Self-destructive |
| • Confused | • Insomnia | • Bipolar |
| • Used | • Substance Abuse | • Abusive |
| • Isolated | • Destructive | • Dominant |
| • Outcast | • Alone | • Lack of attention |
| • Depressed | • Hostile to others | • Abuse animals |
| • Anxiety | • Rebellious | • Broken |
| • Physical Stress | • Envy | • Sadness |

COPE Receives \$20,000 From Mary Kay Foundation

The Center of Protective Environment, Inc. (COPE) has been chosen to receive a \$20,000 grant from The Mary Kay Foundation as part of the organization's annual \$3 million national domestic violence grant program. COPE is one of 150 domestic violence organizations participating in the program. The grant will be used to support services and to provide specialized training for COPE staff to better meet the needs of victims of domestic violence and their children.



"This grant is such a blessing to COPE in a variety of ways," said Kay Gomolak, Executive Director.

"Not only does it make up for a deficit in funding this year but also gives us hope and strength to continue what we do. Domestic violence is not going away and deserves very serious attention. Programs to help battered women and their children require a lot of resources. That's why we are so thankful The Mary Kay Foundation is helping us help families in Otero and Lincoln Counties."

Domestic Violence Outlook

According to the second "Mary Kay Truth About Abuse" national survey conducted in March 2011, domestic violence shelters indicate the economic downturn has increased demand for services. Shelters also report, the ability to raise funds and provide services will be hampered into 2012. Due to the economy, the survey also revealed:

- 80 percent of domestic violence shelters nationwide (more than three out of four) report an increase in women seeking assistance from abuse, and most attribute this to financial issues.
- 76 percent of domestic violence shelters (three out of four) indicate their funding has decreased.
- 65 percent of women in shelters can't find employment due to the economy.
- 56 percent of shelters note the abuse is more violent now than before the economic downturn.

"In light of the economic downturn and alarming increases in domestic violence, The Mary Kay Foundation's mission is more critical than ever before. COPE has helped so many women and their families in Otero and Lincoln Counties. We know they will use these funds to benefit even more domestic violence survivors and their children and help end domestic violence," said Jennifer Cook, The Mary Kay Foundation board member.

COPE Named Provider Of The Year

COPE received a Provider of the Year Award at the annual New Mexico Coalition Against Domestic Violence (NMCADV) IDEAS conference held in Albuquerque this September. COPE received the award for leadership in promoting and implementing important, cutting edge models of services. According to Pam Wiseman, Executive Director of NMCADV, "The COPE Board of Directors and staff



Board President, Sigrund Shoemaker, accepts the award for COPE.

should be commended for their commitment to undertake this very important effort. Most people know that victims of violence suffer trauma. What many do not know is that the staff working to help victims experience trauma, too. Often referred to as vicarious trauma, exposure to the pain of others, can, over time have

a negative effect on everyone within the organization."

Wiseman added that it's crucial that organizations address this problem. "The most effective organizations going forward will be those, like COPE, that recognize how trauma can affect everyone in the organization and work to make that situation better. We look forward to hearing about their progress."

The New Mexico Coalition Against Domestic Violence provides support and assistance to domestic violence programs all across New Mexico. For more information, please visit them at NMCADV.org.

Some comments from our clients...

From a survivor receiving services from the Alamogordo office:

No improvements I can think of, excellent help and services. Excellent help and making me feel safe and that people care.

From a survivor receiving services from the Ruidoso office:

The Staff at COPE are caring. I feel comfortable sharing what had happened to me to get the help I need to heal. Thank you COPE.

From Ruidoso DVOTI group members:

This is the best most informational education endeavor of my life-It should be a required class in high school. Thank you!

Funding Update

In our June 2011 newspaper insert, we reported a 30% funding cut from the state for all domestic violence agencies over the past two years. This funding loss has seriously affected our budget. We are grateful for grants such as the Mary Kay Foundation and the

Union Pacific Foundation that support our services and allow us to provide certain services. However, we still have a significant funding gap. Please consider a donation to COPE to help us continue to meet the needs of victims of domestic violence and their children in our community.



909 South Florida Ave
 Alamogordo, NM 88310
 Hot Line: 575.437.2673
 Hot Line: 1.866.350.2673
 Office: 575.434.3622

www.copedv.org

1204 Mechem Dr, Ste 12
 Ruidoso, NM 88345
 Hot Line: 1.866.350.2673
 Office: 575.258.4946



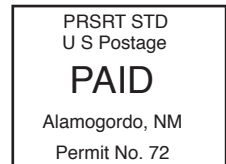
Our Vision: A community knowledgeable about domestic violence and abuse and fully engaged and committed to its eradication.

Our Mission: To help people affected by domestic violence and other forms of abuse in Otero and Lincoln Counties, New Mexico.

We do this by:

- Providing a comprehensive array of direct services, including shelter,
- Engaging others in effectively addressing these issues in our community,
- Promoting safe and healthy relationships through awareness and prevention.

Services include: shelter and housing advocacy to reduce homelessness, crisis intervention, advocacy and counseling services.



909 South Florida Ave
 Alamogordo, NM 88310

Return Service Requested

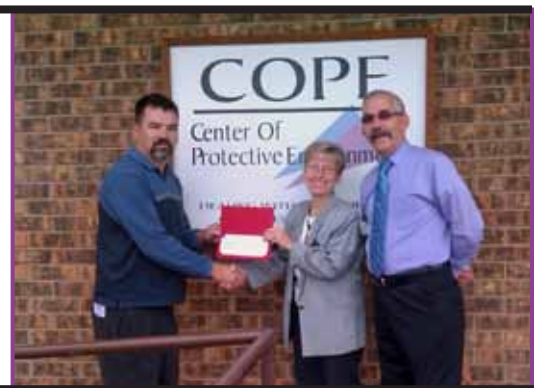
List of Needs for The Shelter

We have lots of folks with us who are in great need of shampoo, conditioner, hair spray, gel, razors, makeup, paper products, towels, hair dryers, deodorant, hair brushes, pillows, blankets, kitchen towels and cleaning supplies (brooms, mops, dish towels, dish soap, laundry detergent), triple and double A batteries, diapers (size 2,3,4) and lots of wipes.

Also, story books (gently used are fine), coloring books, sketch pads or drawing tablets and bath size towels for general use.

Union Pacific show support

Kay Gomolak, Executive Director, and Perry Lawson, Director of Community Education, receive a grant of \$5,000 from Union Pacific to support community outreach services.



A comments from one of our clients...

“Being a male victim I was very hesitant to come in and ask for help. The concern for my case was awesome. I was helped so much and the help is continuing. I am so grateful, not only for my advocate but this agency.”