

Sublette County SAFV Task Force

What's Up:

A note from our Director

I want to welcome you to the first edition of the SAFV Task Force newsletter. I hope that every newsletter will provide readers with at least one piece of information that will make a difference in their life. It does not matter male or female, adult or child, young or old, victim or not. In every quarterly edition you will find a section from Melanie addressing life skills (something we all need), a message from Mandy talking about self-care (something many of us need to learn more about), Sarah will give you some food for thought on addressing social change as it pertains to sexual and interpersonal violence (we all have some component of responsibility). There will also be sections from volunteers, clients, board members and myself as well as day to day information you may find interesting.

In this first year of the newsletter there will be a special series of articles called "Thirty Years and Counting". We are very excited this year because it is the 30th Anniversary of the SAFV Task Force. As we were trying to figure out how to honor this milestone we thought that first it would be best to honor the community members that started SAFV back in March of 1983. Second we want to talk about how laws and policies have changed of the past thirty years. The third article will be about some of the people in Sublette County who have worked tirelessly over the years to help SAFV provide services. The last article will be on how the programming and services at SAFV has changed.

We all here at SAFV hope you enjoy our newsletter.

Robin

Challenge Life:

Lessons on life skills: Melanie

Time Management

Life skills are the skills that a person needs in order to successfully live in today's world. These include knowing how to work at a job, being part of a team, managing money, managing time, learning effective communication skills and living as part of a family.

The Sublette SAFV Task Force is committed to providing life skills training for the community in an effort toward increasing self-sufficiency. This section of the newsletter will be devoted to life skills. This quarter will be on time management.

Time management is the ability to plan your time effectively in order to become more productive. It is an essential life skill in which many of us struggle. Time management helps balance the conflicting demands of time, such as work, studies, leisure time and family.

Make a List

Using a to-do list helps to remind you of what needs to be accomplished. To-do lists are running lists of every task you need to complete. Break large tasks down into smaller tasks and check each one off the list as you complete it. A to-do list helps you feel more in control, stay focused and saves you time.

Make It a Habit

Creating a daily schedule helps you to focus on the task at hand. In your daily schedule allow for some flexibility to allow for some unforeseen need. Allowing for the unexpected can help reduce stress.

Prioritize

How much time do you spend on trivial or unimportant tasks? Learn to spend time on what is important and differentiate between important and urgent. Working hard is not always the same as working effectively. Sort tasks based on importance and complete the most important first.

Set Goals

A goal helps to focus energy on accomplishment. Without knowing what you want, it is impossible to achieve it. Think about what you want to accomplish and write it down. List the final outcome and each step needed to make it a reality.

Break Down Large Projects

Each project we complete is comprised of many steps. When you

break large projects into steps, you gain a sense of accomplishment as each portion of the job is finished.

Avoid Procrastination

Procrastination causes stress and can affect your ability to do well in your job. Putting off tasks until the last moment can lead to substandard or unfinished work. People often procrastinate out of fear. One suggestion for overcoming procrastination is to set reasonable time limits for your project. Once the time limit has been reached, take a break, review your task and reward yourself for what you have accomplished.



Sublette County
SAFV
Task Force

Our services are free & confidential.

Pinedale: 367-6305 Big Piney: 276-3975
24-hr Crisis Hotline: 1-888-301-4435

This year SAFV is celebrating our 30th Anniversary. We would not be here without the support of the amazing people in Sublette County! This year we want to thank this community for all the help and care you have given in the past 30 years.



Translation services available.
Traducción disponible.

Supported in part by
the Office of the Attorney General
Division of Victim Services

Client's Story:

My Story

I grew up in a dysfunctional home. We were not allowed to have anyone at our house, nor were we allowed to say anything. I never really knew my biological father. He died when I was two years old. I was molested when I was nine through twelve by my stepdad. My mother never knew this.

I started drinking when I was fifteen years old and was running around a lot. I met my husband at the same age, whom I married later in my life. Our marriage started out really good. I had four children. Three are alive and one was stillborn.

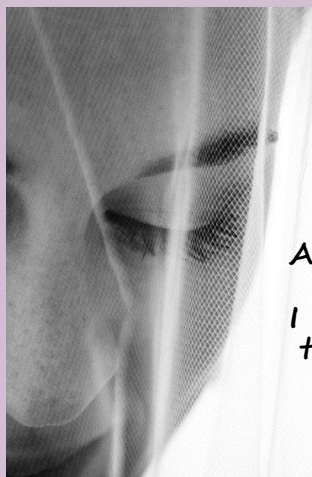
Later on over the years, my husband started beating on me, putting me down, controlling every move in my life. I was not able to have friends, work or go anywhere. He would not give me money. Law enforcement was involved in our lives quite a bit because of domestic violence and alcohol. I was drinking a lot at this time to the point where I did not care about myself. My self-esteem was gone. I felt like I couldn't do anything right. I was a bad person, mother and wife in my husband's eyes. I have neglected my children because of my alcohol use. I would run away, go to a motel and drink. I wouldn't contact anyone. This is when I became suicidal. There were a few times I ended up in the hospital in protective custody. My life was a mess and I had hit rock bottom. This is when I got my

DUI and was in a lot of trouble.

I became involved in substance abuse programs and SAFV. I would leave my husband and go to SAFV because I was sick and tired of being sick and tired. Something had to change. I received the help I needed from substance abuse programs and SAFV. I have dealt with issues on my stepdad and my husband on how I was treated. I always thought I deserved the treatment I was getting. After I got sober and was able to deal with the issues that were affecting me, I was able to see that it was not my fault. My stepdad and my husband both had their own problems. It took me thirty or forty years living in a prison to realize this kind of life was going to kill me.

Today I am sober. I like who I am today. I have boundaries to protect myself. My self-esteem is good and getting better. I deserve to be happy and I am not living in fear. I am no longer with my husband, no more walking on egg shells, so to speak. Life is great. I am able to process any problems that come up and come up with a solution without drinking. I have come a long way. I am still in recovery and will be for the rest of my life. SAFV and the counselors have really helped me a lot. Today I am grateful that I am alive and very happy with who I am today. I've survived this and you can, too.

Sincerely,
A Survivor



*I am only one,
But still I am one.
I cannot do
everything,
But still I can do
something;
And because I cannot
do everything,
I will not refuse to do
the something that I
can do.*

Edward Everett Hale



With Their Help:

Thank you to the volunteers

10 Crisis Line Volunteers

7 Board of Directors

Wilderness Church for helping take down the Domestic Violence Awareness month displays

LDS Relief Society for making pillow bags filled with items for the children.

Soroptimist for Co-Sponsoring the girls lunch at the Pinedale High School

Miscellaneous donations of travel soaps and shampoos.

Volunteers needed for:

Sexual Assault Awareness month displays
Spring Cleaning
Pruning flower beds

I am One:

Thoughts from SAFV Volunteers

A volunteer is someone who gives their time and talents by choice, does a good deed for free, and willingly helps others in their community for free. If you possess the skill, the will, and the time then why not help another while you help yourself learn a new skill and gain experience. So, when the opportunity rose for me to volunteer, I simply thought, why not? I've got the time, I've got the will, and I'd like to help this wonderful community we live in become a better place. What better way than to make the community you live in better than to jump in and get involved yourself. That way, you can bring your own creative ideas and input to the table.

With the help of the Sublette County SAFV Task Force, I've been lucky enough to become a lobbyist and take trainings to be an on call Crisis Line volunteer to help people in our own county and people throughout the state of Wyoming. For the last couple of years, I've been a direct lobbyist, meaning I've went to the state capital and presented our representatives with information pertinent to bills affecting Wyoming's population. There's even been a few times where I've helped our local representatives draw up the legislation to be discussed at the sessions. Being able to help not only the people within the county, but throughout the entire state is quite empowering and fulfilling in of itself.

The possibilities for our beautiful communities truly are endless. Let's all see what, when and where our skills can be put to use. Why do people volunteer, simply because they care. So if you care about something whether it is the SAFV Task Force, the local Senior Center, or the Sage & Snow Garden Club, I urge you to get involved. I started volunteering to help people, but the person I've helped the most is me.

Being Me-Sponsible: Self Care Tips: Mandy

Welcome to "WE!":

The Importance of Support Groups.

SAFV hasn't had their Women's Encouragement (WE) support group for about a year now. Well, I am trying to get it up and running again this spring! To hopefully rejuvenate WE, I wanted to provide some information on the importance of support groups in general and then take a look at what ours may specifically look like.

In general, support groups are important because they provide emotional support for individuals who share similar, often difficult experiences. Support groups allow individuals to share their story and have open discussions without judgment. It can be a place to just vent as well as receive feedback and support from other people outside of friends and family. The biggest Breakthrough can be the realization that you're not alone. Besides emotional support, many other benefits can come out of support groups. You may learn new skills, such as how to relate to others. You may also learn some valuable resources and knowledge.

All of these benefits hold true for SAFV's WE group as well. However, ours looks a little different than the typical support group you might think of. WE is for ALL women in the community, and it's not a topic-specific group. It's a group for everyone & everything! WE is completely group-driven. The individuals collectively decide what direction the group is going to go in and ultimately what our group is going to look like.



Starting in April!

Pinedale

Wednesdays @ 5:30 pm
253 N Sublette,
Pinedale (SAFV Office)

Big Piney

Tuesdays @ 5:30 pm
415 Budd Avenue,
Big Piney (SAFV Office)

WE has been designed to allow thinking outside the box. Providing emotional support will always be the top priority. However, a topic and activity component has also been included. In the past, the group has chosen specific topics to address each week or an activity to do once a month. Some examples of topics include victimization, healthy boundaries, stress relief, community resources, financial education and resume building. Some examples of activities include going to Fremont Lake, making Christmas cookies, movie nights, game nights and barbeques at the park.

Some may not think that this really classifies as a support group, but yes it does! It just may not be "typical." Go back to why support groups are important. How many of you would be more open with a group of women that you can also have fun with, have built a friendship with and have learned to trust? Activities such as these create a bond between the women and actually improve the effectiveness of the group. In addition, important and meaningful conversations are constantly taking place.

Attending our WE group has actually been included on some participants' self-care plans. It makes sense! Many women have used this time as their "me time." They have seen it as a way to get out of the house and just focus on their needs. After all, if you're a healthier, more sound-minded woman, you will be a better partner, mom, friend, etc. So embrace this time once a week and do something for yourself!

Wish List

Hooks for bathroom doors
Coat rack
Digital camera
Microwave for office
Bed pillows
Laminator
Color Copy Machine

Bathtub toys
Outside furniture
Outside yard toys
Beige-colored bathroom rug
Light bulbs
Paper products (e.g. toilet paper, paper towels, copy paper, garbage bags etc.)

Looking Back Over Thirty Years:

Robin

What got it started?

In the early 1980's a group of dedicated individuals came together to help establish the Sublette County Sexual Assault Family Violence Task Force. March thirtieth of this year marks the thirtieth anniversary for SAFV filing its Articles of Incorporation. As SAFV celebrates this, it is important to keep in mind the people who gave their time, expertise, and commitment to help establish a program that works to help provide protection, assistance, and support to the victims of domestic violence, sexual assault, and stalking.

- Kathy Lee (formerly Almquist) was a deputy with the Sublette County Sheriff's department; in fact she was the first female deputy for the county. Being a woman, Kathy was the one who worked many of the domestic violence and sexual assault cases. In her position, she came to realize that there was no place where women who were being hurt could go to get support.
- Claudia Meyer had the opportunity to attend a state wide meeting on women's issues. It was there Claudia had the opportunity to hear from the national leaders in the field of domestic violence. Learning that isolation played a key role in domestic violence, she came away from the meeting recognizing a need for Sublette County and was an integral part of getting this group started.
- Pat Weber (formerly Sigurslid), was the Public Health nurse for Sublette County. She had the chance to attend a conference in Montana that was similar to the one Claudia attended. There the mothers of the Battered Women Movement spoke about the importance of breaking the cycle of violence. Because of her commitment to Sublette County residents Pat knew then that this information needed to get back to the county.
- Ed Wood an attorney in Sublette County was asked to join this group of people and help with the establishing of SAFV. Recognizing the importance of this work and the need in the county Ed with his legal expertise helped get SAFV started.
- Louann Heydt wanted to help make a change in the social and cultural behavior that allowed these forms of violence to thrive. She saw how the attitude of "it's private, don't talk about it", left many people isolated and without support. She also saw how the socially acceptable attitude and behavior of overdrinking was causing an escalation not only in physical violence but emotional abuse as well. She knew it was time to no longer stay silent.

A very heartfelt appreciation goes out to these people who were willing to make the necessary sacrifices and do the hard work that was involved in starting an organization such as SAFV. As one of SAFV's violence prevention campaigns for Sublette County states, "You Did Your Part".

Statistics

July 2012 - March 2013

SAFV provides services to anyone who is or has been a victim of domestic violence, sexual assault or stalking. No one will be denied services because of race, religion, gender, ethnicity, age, physical disability, sexual orientation, gender identity, citizenship or sources of financial support.

Number of clients served: **67**

Services offered include but are not limited to crisis intervention, personal and legal advocacy, sheltering, counseling, support groups, emergency assistance and development of life skills.

Number of services: **865**

*A thank-you
to our donors,
without you
we wouldn't be here!*

July 2012 - March 2013

Individual private donations
Donations made in memory of
Sallie Otteman and Charlene Callas
Wind River Baptist Church
Our Savior's Lutheran Church
Wyoming Women's Foundation
Wyoming Community Foundation
Stage Stop Dog Sled Race
Saint Andrews ECW
EnCana Cares
Foursight Foundation
Ramlose Foundation
Bank of the West
United Way
Wilderness Church

Annual Spring Luncheon

Tuesday, April 16th
11:45am - 1:00pm
Lovatt Room, Pinedale Library

Lunch catered by:
Moose Creek Catering
Tickets \$20
(to help cover cost of Luncheon)

*Please call SAFV &
reserve your tickets in advance
Limited seating available
We are asking for an RSVP*

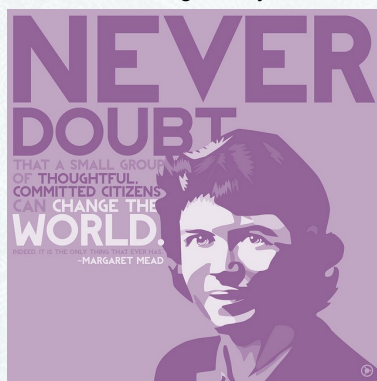
**Pinedale: 367-6305
Big Piney: 276-3975**

**Presenter: Jeffrey Bucholtz
Topic: Creating Positive Change
in Our Community**

The Change we want to see: Social change in our world: Sarah

Sexual Assault in the US

In the past few months there has been a lot of media coverage on violence against women. The Violence Against Women Act (VAWA) was rejected, fought for, and finally passed. Two very high profile rape cases have gone to court and created upheaval around the world. After the Steubenville case sentencing, many of the media organizations



highlighted how sad it was that the perpetrators lives are ruined, but little was said about how the victim's life has been ruined. In covering the gang rape case in India, much of the US media discussed how barbaric that country was

without seriously looking at the huge problem this country has with sexual assault.

All these media stories have brought the issue of violence against women into most homes. Many of us have been thinking about the reasons why violence happens and the consequences of it. The statistics of sexual assault in the US are depressing. According to the CDC someone is raped every 2 minutes and almost a quarter of all women will be sexually assaulted at some time in their life. These kinds of statistics make me question: why is sexual assault so common in this country?

Growing up in Wyoming, the Equality State, I always knew that sexual assault happened but assumed it just wasn't that common here. Women are supposed to be equal in the USA, especially in Wyoming. It surprised me when I discovered that Wyoming and the USA are no better than the rest of the world, in fact we are worse than many places. Why is this? Why would anyone ever think it is ok to sexually assault another human being? It took me a while to realize that there are many parts of our culture that allow sexual assault to happen.

Now and Again: Prevention at SAFV

In the past few months SAFV has been busy throughout Sublette County. Robin was in the High Schools this February for Teen Dating Violence Awareness Month. SAFV helped to resurrect the Courageous Conversations (formerly Tough Topics) in coordination with The Sublette County Library and various organizations from the County. Courageous Conversations will be involved in awareness months, and has already started helping. In February, the County Libraries hosted a film night and will host another in April. SAFV has also participated in the Prevention Coalition's Kick Butts Day hosted by the PAC.

April is Sexual Assault Awareness Month so look for the teal ribbons around town. Teal ribbons are the internationally-recognized symbol for Sexual Assault Awareness Month and wearing a teal ribbon signifies support for victims & survivors of sexual assault. There will be baskets of ribbons and bows at local businesses around the county. Show your support for ending sexual assault by wearing a ribbon!

Objectification of women and unreachable ideals of femininity create a society where women are valued less than men. Our ideas of masculinity as overly aggressive and misogynistic greatly contribute to men thinking it is ok to take whatever they want from a woman with or without her permission. Our perceptions of who is to blame when there is a sexual assault also contribute. Why does it matter what someone is wearing or how much they had to drink? It is never ok to violate a person.

Admitting that we as a culture have a problem is not easy, but things will never change unless we change them. Allowing sexual assault to be a part of our culture is unacceptable. We must teach our children to respect all people. We must stop blaming victims, and we must stop being silent. I challenge you, next time someone tells a joke about sexual assault or objectifies another person, say something. Teach your sons and daughters that all people are equal

I'm Doing
My Part



What's Happening

April Is Sexual Assault Awareness Month

April 11—"Trust" film at Pinedale Library

April 16-18— Sexual Assault Summit – Rock Springs

April 15— Coordinated Care training "Collaborative Prevention"

April 16— Annual SAFV Task Force Luncheon "Creating Positive Social Change"

April 16— Big Piney and Pinedale High School Presentations on dating violence "Before It Happens"

April 25— "Trust" film at Big Piney Library

We "Women's Encouragement Support Group. Tuesday 's in Big Piney & Wednesday's in Pinedale

TBA—Cent\$ible Nutrition Program "Feeding Families for less" Courageous Conversations—every 3rd Tuesday of the Month

Beginning of May— Women's Safety Challenge Prevention Coalition— Every Third Thursday of the Month Coordinated Care— Every Third Tuesday of the Month

For more information concerning any of the upcoming events please contact the SAFV Office at 367-6305/276-3975