



One Voice

CENTER FOR WOMEN IN TRANSITION

2018 REPORT TO OUR COMMUNITY

*“If one voice,
my voice,
keeps speaking,
eventually people
will listen.”*

—Krystle, local survivor of intimate partner violence

There is nothing more uniquely powerful than one’s voice and to be heard.

For many survivors, their voice has been muted; challenging their dignity and self-worth. Our voices have the power to influence others, to express our thoughts, our feelings and our opinions. At Center for Women in Transition, we are here to amplify the voices of survivors so they can reclaim their identity and have the freedom to choose what is best for their future.

At the Center, every strategic decision takes into consideration what is in the best interest of survivors. We are proud to share that we launched a Survivor Advisory Council last summer. This group of more than 15 survivors was asked to identify their individual strengths that would contribute to this organization. Attributes like leadership, advocacy, perseverance, resilience, courage, and tenacity were consistently mentioned. Through initiatives like these, we are becoming a community of survivors working collectively to end domestic and sexual violence in our community.

In this report, you will witness how Center for Women in Transition works to amplify the voices of those we serve and to thank you for using your voice to support our mission. Together, we can end domestic and sexual violence.



Beth Larsen
Executive Director



Vicki Rosenberg
Board Chair

BOARD OF DIRECTORS

President: Vicki Rosenberg

Vice President/Treasurer: Sandra Trammell

Secretary: Jean Martin, PhD, RN

Past President: Diane Ybarra

Tracy Brinks

Michael Brown

Sue Fleming

Jasmine Irish

Jeff Lukas

Lisa Miller

Mat Nguyen

Paul Pruitt

Carol Sarosik

LEADERSHIP TEAM

Beth Larsen

Executive Director
BethL@cwitmi.org

Jan Meinel

Operations Director
JanM@cwitmi.org

Holly Jasinski

Program Director
HollyJ@cwitmi.org

Christina Scarpino

Development Director
ChristinaS@cwitmi.org



A community using their voice

GROWING WITH OUR COMMUNITY

In 2018, we identified several areas in which we could expand or enhance services and programs to better meet the needs of the families we serve.

2018 FOCUS AREAS

- + Trauma-informed, empowerment-based, survivor-centered programming
- + Prevention and systems change
- + Financial viability
- + Strategic talent management
- + Agency branding and expertise



2018 RECOGNITIONS AND AWARDS

- + Seth Mika – Equity Matters Award Finalist, Holland Young Professionals (April 2018)
- + MI Biz Best Managed Non Profit Finalist
- + Lesley Coghill - 2018 MIPERC Outstanding Preceptor Award, Grand Valley State University Public Health presented by Midwest Interprofessional Practice, Education, and Research Center (September 2018)
- + 2018 City of Holland Social Justice Award (January 2019)

Services For Our Community

CRISIS INTERVENTION

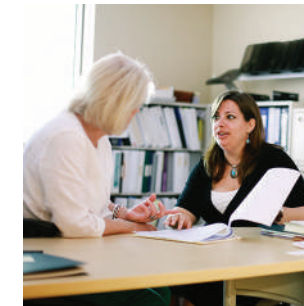
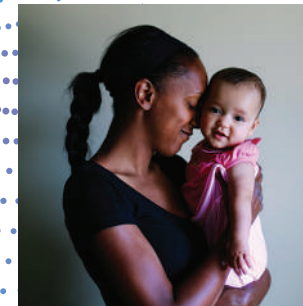
- 24-hour help line
- Emergency shelter
- Sexual assault forensic exams
- Emergency walk-in services

SUPPORTIVE SERVICES

- Case management
- Supportive housing
- Legal advocacy
- Support groups for adults and children
- Trauma therapy for adults and children
- Wardrobe for Work

PREVENTION & COMMUNITY OUTREACH

- Girls on the Run
- Engaging Men and Boys as Allies
- Coaching Boys Into Men
- LIVERESPECT Coaching Healthy and Respectful Manhood
- School violence prevention, including educator training and curriculum lending
- Prevention Pays: Domestic Violence and the Workplace training



Your voice is heard

Lack of safe and affordable housing is often reported as one of the primary barriers survivors of domestic violence face when they choose to leave an abusive partner. This is why we are part of the conversation to address this issue in Ottawa and Allegan Counties.

Our 24-hour safe shelter houses up to nine families in private rooms. Families are provided support, food, clothing, laundry, advocacy, and case management to help them get through the initial phase of crisis. Supportive housing allows for longer term rental assistance and support that leads to independence and freedom.

In 2018, we provided

5,603

NIGHTS OF
EMERGENCY SHELTER

18,778

NIGHTS OF
SUPPORTIVE HOUSING
TO LOCAL FAMILIES

Our agency stands ready to respond 24-hours a day, 365 days a year. Our 24-hour help line is often the first place survivors interact with our agency. Trained advocates field questions about housing and shelter, legal issues, and more. While each day is different, the atmosphere we work to promote is the same. Our community knows that they can count on us for professional, confidential assistance and support, at no cost to the survivor.

In 2018, we responded

2,513

CALLS TO OUR
24-HOUR HELP LINE

633

EMERGENCY
WALK-INS



Educating voices

9 INTERNS

5

MASTER
STUDENTS

4

BACHELOR
STUDENTS

4

INSTITUTIONS
PARTICIPATED

Hope College
Grand Valley State University
Western Michigan University
Michigan State University

2,471 SERVICE HOURS

MASTER
STUDENTS

21 INDIVIDUALS IN THERAPY
25 CHILDREN
14 PARENTS IN GROUP THERAPY

BACHELOR
STUDENTS

45 INDIVIDUALS THROUGH
DOMESTIC VIOLENCE &
EMPOWERMENT SUPPORT GROUPS



In February, CWIT was awarded
OUTSTANDING INTERN EMPLOYER
by Grand Valley State University.

We are here to listen

Even after survivors have established physical safety in their lives, it's not uncommon for them to have post-traumatic stress symptoms that impeded their access to the feeling of safety and healing. Our therapists each use a variety of evidence-based therapies, such as trauma-focused cognitive behavioral therapy, dialectical behavioral therapy skills, biofeedback, and internal family systems, to help adults and children understand how their brain works and obtain healthy coping skills so they have the ability to find peace after violence.



WHY GROUP THERAPY WORKS

Group therapy allows survivors to feel comfortable sharing their stories. We create a safe space for individuals to process memories and emotions. When survivors recognize they are not alone, they are able to express themselves without judgment, while connecting with other survivors.

Therapy Groups

DOMESTIC VIOLENCE EDUCATION

Often the first support group that survivors will experience at the Center. Basic domestic violence education and support is provided, discussing topics such as the cycle of violence, protecting oneself from abuse, what causes victims to stay, healthy relationships, and empowerment.

SELF-EMPOWERMENT

Following domestic violence education, survivors are encouraged to join our self-empowerment support group. After learning about the many factors that play into intimate

partner violence, survivors can focus on self-care, mindfulness, overcoming self-defeating behaviors and increasing self-esteem.

DIVORCE SUPPORT GROUP

This group is hosted at the Center's program office over the summer. It is an eight-week group designed for those that are contemplating, experiencing, or have experienced divorce.

REDECORATING THE HOLIDAYS

During the holidays many people may struggle with feelings of anxiety, depression, and loneliness. This is a 2-day support group that focuses on taking back control of stress and depression while

reinventing what the holidays mean to you.

SHAME RESILIENCE

Survivors of domestic and sexual violence often struggle with feelings of shame and guilt, even after leaving their abuser. The Center recently offered "Connections: A Psychoeducational Shame-Resilience Curriculum", used to help survivors recognize and understand shame as well as develop resilience.

PARENT AND CHILDREN TRAUMA GROUPS

These therapeutic support groups are for children (ages 5-12) that have been exposed to domestic violence, as well as their parents or caregivers. The parents and children meet on Wednesdays in

separate groups to learn about topics based on the National Child Traumatic Stress Network and Trauma Focused Cognitive Behavior Therapy. Topics covered include trauma symptoms and behaviors, how trauma affects the brain, dealing with stress and unhealthy coping mechanisms, and how to advocate for your child.

MANAGING SECONDARY TRAUMA

This ongoing, monthly meeting was developed for CWIT staff to learn about and discuss how to manage secondary traumatic stress. Secondary traumatic stress is the emotional duress that results when people hear about the firsthand trauma experience

of another, and is a common occupational hazard for professionals who do essential work by hearing painful stories of traumatized individuals. This group is another example of how CWIT leadership is committed to making sure CWIT employees are taken care of and have all the tools possible to do their job well.

ALLEGAN COUNTY CORRECTIONAL GROUP

This rotating 8 week curriculum at the Allegan County Jail is a support group for female trauma survivors. This group gives incarcerated trauma survivors a safe space to learn about and discuss the impact traumatic experiences have had on their lives. The group focuses on

recognizing unhealthy coping patterns while learning how to implement healthier strategies that the inmates can utilize when they are released from incarceration.

SUPPORTING SURVIVORS OF ABUSE

This 7-week group focuses on educating community members on how to be effective support for trauma survivors. Through education on trauma's impact, group members were able to increase empathy and understanding on how to effectively help someone healing from a traumatic experience.

Promoting respect, healthy relationships, and bystander intervention by engaging men

This 3-year grant to engage men and boys as allies continues to show success. Our Call to Action Team members have taken a pledge to create materials to educate our community of the positive role men play in ending abuse and plan for future events to raise awareness.

These role models promote men’s leadership in the lives of boys age 11-18 in Ottawa County. They work to encourage boys to contribute positively to healthy relationships and a safe community. Team members contribute to the team’s success in developing and delivering educational programs that engage men and boys in promoting respect and preventing dating violence and sexual assault.

THANKS TO OUR TEAM MEMBERS!

Blake Andrea
Brad Hieftje
David Mallis
Juan Martinez
Brandon Melnyk

Ottawa County Call to Action Projects



	LIVE RESPECT	COACHING BOYS INTO MEN
HIGH SCHOOL PROGRAMS	4	3
STUDENTS	142	103
TEAMS/CLASSES PARTICIPATING	9	5



Survivor Advisory Council

Tenacity. Resilience. Perseverance. Courage.
These are some of the strengths that participants in the new Survivor Advisory Council identified within themselves.

Tracy Brinks chairs the Survivor Advisory Council of 27 members. Tracy serves on the CWIT Board, is a local professional, mother and former service participant. The group is dedicated to making a difference by sharing their perspectives, providing resources, taking legislative action, and working to improve the community’s response to domestic and sexual violence. Tracy shares the survivors’ input with the Board of Directors to make sure their voice is incorporated into CWIT’s services and strategic goals.

Your Voice

YOUR GIFTS OF TIME AND TALENT ARE
THE BACKBONE OF OUR SUCCESS.

Volunteers answered the help line, advocated for clients during sexual assault exams, staffed our front desk, greeted guests at agency events, and cheered at the starting line of the Girls on the Run 5k event. Your diverse personal and professional backgrounds extend our reach and further our mission.

Thank you for being here for local survivors of abuse.

WANT TO LEARN MORE?

Find information about volunteering
on our website at cwitmi.org

Volunteer positions available in these areas:

Advisory councils
Board of Directors
Child care
Data entry
Event committees
Food preparation for groups
Girls on the Run coaches
and volunteers

Holiday programs
Interns
Maintenance
Receptionist
Therapy
Transportation
Wardrobe to Work

Community Support \$774,741

ASSETS

Current Assets	\$1,784,281.48
Property, Plant & Equipment	\$1,992,700.69
Other Assets	\$1,678,812.69
TOTAL	\$5,455,794.86

LIABILITIES

Current Liabilities	\$138,632.79
LT Debt	\$22,589.69
Fund Change	\$10,746.65
Net Assets (unrestricted)	\$3,271,863.16
Net Assets (restricted)	\$511,962.57
Net Assets (permanently restricted)	\$1,500,000.00
TOTAL FUND BALANCE	\$5,283,825.73
TOTAL LIABILITIES & FUND BALANCE	\$5,455,794.86



*Our Mission
is to respond to, reduce,
and prevent domestic
and sexual violence. This
mission will be achieved
through education,
collaboration, and
advocacy with crisis
and supportive services
to victims and survivors.*

cwitmi.org

facebook.com/cwitmi



CENTER FOR
WOMEN IN
TRANSITION



Community Partner

Holland Program and Business Office
411 Butternut Drive
Holland, MI 49424
(616) 392.2829

Grand Haven
300 N Ferry Street, Suite C
Grand Haven, MI 49417
(616) 392.2829

Allegan
151 Brady Street
Allegan, MI 49010
(269) 673.2299

24-Hour Help Line (800) 848.5991
Hablamos Español (866) 728.2131



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