

RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™

SPRING 2021

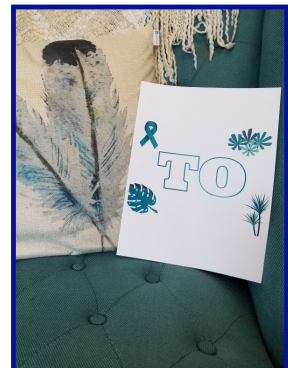
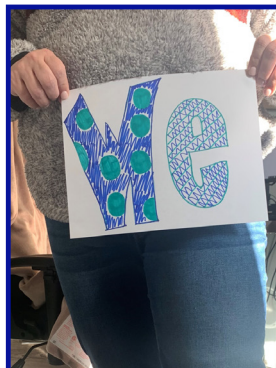
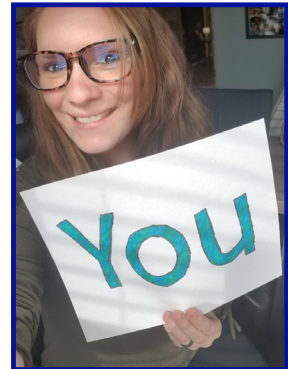
APRIL IS

Sexual Assault
Awareness Month



[Facebook.com/ResilienceMI](https://www.facebook.com/ResilienceMI)

Follow us on Facebook to learn
how you can support survivors
of sexual assault!



Letter from the Executive Director



It's hard to believe that most of our staff members have been working remotely for over a year now. So much has happened in such a seemingly short time. Over the year, we've heard many stories of bravery and resilience from the survivors that contacted us for help. We've had to make tough decisions—like once again not hosting our annual in-person fundraisers, Reach Gala and Le Style de Vie, in 2021. Safety remains our number one priority.

It is an absolute honor to lead this organization. To witness the countless survivors who trust us at a time when they are reluctant to trust anyone. To watch them reclaim the strength they have been told didn't exist within them. To see them regain their power. To hear them find their voice.

At Resilience, we aim to lift up our staff and volunteers as we would survivors. We walk alongside our teammates, encouraging them to stretch their thinking, invest in their growth and wellness, and to realize their full potential. We embrace vulnerability, acknowledge our imperfections, and rely on our colleague's

strengths to provide quality, expert service to our community.

Throughout these uncertain times, I have witnessed our collective team at Resilience rise up to meet this challenge head on. It is because of our incredible staff, volunteers, Board and donors that we are here and will continue to be here for countless survivors and their children at a time when they need us most.

Thank you for walking alongside us in these unprecedented times.

Beth Larsen



The Pandemic Through a Survivor's Eyes

Pandemic. Isolation. Change. Spinning out of control. Challenges resurfacing. The lingering effects of domestic violence and sexual abuse. PTSD. After seventeen years of heightening abuse, I divorced 'him.' That was twenty-two years ago. He was a white-collar, psychologically controlling, sexually manipulative, bible-wielding alcoholic. We had three kids together. They heard and saw exchanges between their parents no child should endure.

I spent years in a twelve-step program for family members of alcoholics and addicts and countless hours in therapy. I felt I had healed. When the symptoms of trauma and abuse recently resurfaced, I was thoroughly bewildered and stunned. Deeply hurt and angry, I reached out to Resilience to get a referral to a Trauma Specialist. I was lost and in need of professional help and support.

I am proud to say that every week I have "Zoomed" through this year with a Resilience Trauma Specialist. I am deeply grateful for the work we have accomplished together. I am healing and learning more about the (sometimes) lasting effects of trauma. In addition to my virtual counseling, my healing repertoire includes weekly yoga, spiritual support (with my Stephen Minister), art therapy, Nar-Anon, walks in the woods, open honest conversations with friends and family, and big hugs from my husband.

One of the challenges I am working through is the vicious behaviors my adult children have hurled my way. I have learned that without any intervention when they were young, the effects of grooming, alienation, and brainwashing followed them into adulthood. Subsequently, I was again on the receiving end of abusive and controlling exchanges heightened when 'he' suddenly died. (Yes, he died!) Our kids lashed out at me. They blamed me for his death (eventhough his death was due to natural causes). They accused me of ruining his life. For ruining their lives. For their addictions and personal failures.

Now, with the help of Resilience, I am re-learning to breathe my way through the hard stuff. I am reclaiming my integrity, strength, and courage to stand up for myself and the truth. Challenge has brought change.

My deepest gratitude to Resilience and the services that save and restore lives. I have been renewed and empowered with the help of this fabulous organization. I am making progress towards getting my voice back, overcoming psychosomatic challenges, courageously facing my past, incorporating healthy coping skills, and breaking the cycle of abuse by being in a healthy relationship. The positive effects of my work have had a ripple effect in all my relationships: personal and professional.

I have learned that I am worth it. Namaste.
Susan Elizabeth

Services Update

Our services remain predominantly virtual.



For more information on the status of programs, services, and donations:
www.ResilienceMI.org/2021



20 years of Support for Sexual Assault Survivors

This year, we are celebrating the 20th anniversary of our Sexual Assault Nurse Examination (SANE) program! For 20 years, we have provided free and confidential assault exams for victims in our community.



“Resilience’s SANE program provides survivors with a safe and trauma-informed space to be treated by highly trained medical professionals for not only their medical needs following their assault, but emotional needs as well. The SANE program allows survivors to use their voice regarding their care options and gives them the time they need to make those choices.”

- Tara Blandford-Mayberry,
Resilience SANE Program
Coordinator



20
years

As a part of our SANE program, trained registered nurses are available 24 hours a day to administer timely, sensitive, and comprehensive forensic medical exams for adults and teens who have recently been sexually assaulted. Specially trained advocates provide emotional support, education, and legal advocacy for survivors and their families. Services for survivors of sexual assault are available to anyone aged 13 or older. Survivors over 16 can choose if they want to report the assault to law enforcement (Resilience is legally obligated to report assaults where the victim is under the age of consent).



Myths about Sexual Assault

Myth: You can spot a rapist by the way they look or act.

Fact: There is no surefire way to identify a rapist. Many appear completely normal, friendly, charming, and non-threatening.

Myth: People who are raped “ask for it” by the way they dress or act.

Fact: Rape is a crime of opportunity. Studies show that rapists choose victims based on their vulnerability, not on how sexy they appear or how flirtatious they are.

Myth: If you're in a relationship, you can't experience sexual assault.

Fact: An individual consents to being in a relationship but does not sign over their body autonomy to their partner simply because of the link to a more intimate relationship. This can include casual relationships, as well as more intimate romantic relationships. Giving consent once does not give the other party access in perpetuity.

Myth: You deserved it or it doesn't count because we were under the influence.

Fact: A survivor being under the influence of drugs or alcohol does not mean that they asked to be assaulted or abused. An individual has a right to partake in whatever they choose, it is not an invitation for people to have access to their person at whatever capacity they want. Drugs and Alcohol are mediums assailants may utilize to perpetrate, to make their victims more vulnerable.



Sexual assault is NEVER your fault.

For support for survivors, contact us at 1-800-848-5991.

Sign up

Sexual Assault Virtual Support Workshop

April 16, 10AM-1PM

To receive a virtual invitation, please e-mail BradH@ResilienceMI.org

TOPICS INCLUDE:

Sexual Assault 101
Trauma & The Brain
Coping Strategies
Empowerment
Self-Care

Healing is a process.
Transform the lives
of those that have
been abused.



Empower Monthly Giving Program

Abuse comes in many forms: physical, mental, emotional, financial, sexual, and more. Many survivors report experiencing trauma symptoms years after leaving an abusive relationship. Resilience is dedicated to providing around-the-clock support for all survivors, for however long they need it.

You can provide long-term support to survivors by becoming a member of the Empower Monthly Giving Program.

Each month, your investment drives initiatives like direct support, digital resources, education programs, and violence prevention training. No monthly gift is too small! **Empower survivors to create a life beyond abuse.**

Thank you to our current Empower members:

Beth Larsen
Elizabeth and Ezzio Villaverde
Gary and Lisa Scharphorn
Grace Koorey
Jack and Anne Ogilvie Family Fund of CFHZ
Kent and Carrie Ypma
Larry and Lena Ball
Lee Karner
Linda Allen
Richard Schaap
Shannon Pathuis
Tina Fierro



TO JOIN

www.ResilienceMI.org/Empower

NOT READY TO GIVE MONTHLY?

Every donation helps! Make a one-time donation at ResilienceMI.org/donate-today

QUESTIONS

Christina Scarpino,
Director of Development
616-494-1756

Passionate Partners

Partner with Resilience to create a future where all relationships are healthy and free from violence. Partnerships with individuals, groups, and corporations drive the mission of Resilience. Build a resilient future by becoming a partner today!

Thank you to our Passionate Partners!



LEARN MORE

To learn more about becoming a partner, contact Christina Scarpino at ChristinaS@ResilienceMI.org

PLATINUM



DIAMOND

SILVER



BRONZE



Thriving Together

Resilience is a proud member of Thrive Ottawa County, a group of West Michigan organizations and individuals dedicated to informing our community about the importance of understanding the impact of Adverse Childhood Experiences (ACEs), providing local ACEs data, and linking people to support and resources.



FOR MORE INFO, VISIT:
<https://thriveottawa.org/>

What are ACEs?

ACE stands for Adverse Childhood Experiences. Adverse Childhood Experiences affect mental and emotional health without question, but recent studies show that stress and trauma also manifest in multiple physical ways—with connections to everything from heart disease, stroke, suicide, and diabetes to an overall shorter lifespan. The largest study to date to make these connections is the original ACE study conducted from 1995-1997 at Kaiser Permanente, a large, California-based health care company. The study found that childhood abuse, neglect, and household challenges can significantly impact later-life health and wellness. While experiencing ACEs is common, there is a lot that we can do to mitigate their impact. Thrive Ottawa works to promote protective factors and resources available for local families.

Hair Salons Offer Lifelines for Survivors of Domestic Violence

Professional Hair Stylists often develop close and trusting relationships with their clients, even if only for a few hours at a time, over the course of years or even decades.

“I have a bond with my clients, they trust me and are comfortable being completely vulnerable in my chair. They’re with you, you’re physically touching them, so you’re very much in their space.”

- Caroline Kampfschulte,
Stylist at Jeffrey Richard Salon in Grand Rapids.

It’s not uncommon for clients to tell their trusted salon professional about almost everything: weddings, job interviews, graduations, breakups, even details about abusive relationships. This can put salon professionals in a tricky position. While they may be concerned about their clients’ safety and wellbeing, they aren’t always sure what to do our say and don’t want to overstep their role or act as a therapist. That’s why education is essential. Resilience is proud to offer training that provides salon owners and employees tips for recognizing domestic violence among their clientele and discreetly getting important safety information into the hands of domestic violence victims.

This idea isn’t new—in fact, fourteen states have already introduced or passed legislation that requires salon professionals to receive training



about domestic violence. While a bill has not yet been introduced in Michigan, local salon professionals have long been hungry for this information. Resilience has developed customizable curriculum for salons based off of a national model called, Cut It Out®: The Beauty Community Against Domestic Violence.

A lot of abuse is invisible. While the stylist may notice bruises and injuries in the head and neck area, more often it’s what their clients say that indicates that they are disempowered or trapped, e.g., “I’m not allowed to cut it too short.” Or, the partner is physically present and hovers or “supervises” the entire haircut/color process to maintain control.

It’s not always possible to bring it up, however, if there’s a Resilience poster or brochure in the bathroom or changing room, a person can privately get the information needed to find help.



LEARN MORE

To learn more about the Resilient Spaces educational program for salon professionals, please visit <https://resiliencemi.org/resilient-spaces>

For your health and safety, all Resilience training is currently being provided virtually. Let’s work together to address your training needs.



Want to help
but don't know
where to get
started?

Here are some ways you can
give back to the community!

Volunteer

We are currently in need of after-hours Help Line volunteers.
To learn more volunteer opportunities, visit
www.ResilienceMI.org/volunteer

Donate

Your gift changes lives. Please consider mailing your donation
to our Holland Program Office with the provided envelope,
or visit www.ResilienceMI.org/donate

Resilient Spaces

Learn how your business or faith community can be better
equipped to recognize and understand domestic violence.
To learn more, visit www.ResilienceMI.org/Resilient-Spaces



Follow us on social media

Our social media is updated daily with the latest
information on Resilience programs and services.

LAKESHORE HEALTHY MANHOOD COLLECTIVE

Join this dedicated group of community leaders who educate, empower, and influence
men and boys to pursue and model authentic, respectful, and healthy manhood.

Virtual Meetings - Collaboration - Plan Community Education Events

A West Michigan prevention-focused coordinated community response
committee of the Lakeshore Alliance Against Domestic and Sexual Violence.

RESILIENCEMI.ORG/MEN-AS-ALLIES

PREVENTION@RESILIENCEMI.ORG



May Baskets

Many survivors find that poverty creates additional barriers to living an abuse-free life. While many survivors can receive public assistance, such as WIC or SNAP, these programs do not allow the purchase of any taxable items.

Each May, Resilience provides laundry baskets filled with taxable everyday necessities such as, personal care & cleaning products, to all survivors utilizing our services.

We will begin collecting donations on Monday, May 17.



If you'd like to donate to our May Baskets Campaign, contact Sherry Martens at 616-494-1741



To see a full wish list of items, visit www.ResilienceMI.org/Donate

DZ Cashmere Sale Returns!

Thank you Edward Duffy and the Duffy Family!
The DZ Trading Christmas Cashmere Sale raised more than \$100,000 and the Duffy Family donated proceeds to Resilience and the Boys and Girls Club of Greater Holland in the amount of \$50,000 to each agency! Our sincerest thanks to each person that worked hard to make this event happen!



Adopt a family

This year, more than 80 families received gifts through our holiday Adopt-a-Family program! This was no small feat, given the limited number of staff/volunteers we could have in the building at once. We couldn't do this without our amazing supporters and volunteers. We want to give a special shoutout to Mindy Miller and Karen Pieper, who spent endless hours organizing, wrapping, and preparing gifts to be given out. Thank you so much!!

80
families
received
gifts

Thank you!

We'd like to thank the following groups and individuals that have partnered with, or donated to our agency recently:

Adoption Associates
Berlin Raceway
BuhlerPrince Care and Share
Cashmere Sale Volunteers
Community Relief & Recovery
Fund of GHACF
COVID-19 Community
Stabilization Fund of CFHZ
DTE Foundation
Emma Clark
Fellowship Reformed Church
First Presbyterian Church of Holland
Holland Rescue Mission
Hope Church
Kappa Delta Chi Sorority
L&M Cleaning Services
LifeTree Community Church
Louis and Helen Padnos Foundation
Perrigo Company Charitable Foundation
Powderhorn Charter
Resilience Staff Members
Semco Energy
Share the Dough
Staffing, Inc.
Survivor Advisory Council
The Community Share -
A Gentex Charitable Fund of CFHZ
The Duffy Family
The Mignon Sherwood
Delano Foundation, Inc.
Tri-Cities Soup for All
Walmart Foundation
West Shore Aware
Woodward Charitable Trust

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411 Butternut Dr. Holland, MI 49424



Our Mission

Respond to, reduce, and prevent domestic and sexual violence.

24-hour Help Line

For immediate support, call us at
616.392.1970
or 800.848.5991

En Español:
616.355.9755
or 866.728.2131



www.resiliencemi.org
facebook.com/resiliencemi

RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™

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