

OCTOBER IS

Domestic Violence Awareness Month

In 2019,
over 57,000
incidents of
domestic violence
were reported to
Michigan police.
Many others went
unreported.

Michigan State Police
Criminal Justice Information
Center, 2020



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

Follow us on Facebook
to learn how you can
support survivors of
domestic violence.

Letter from the Executive Director

As we embark on a new fiscal year, we are also in the midst of finalizing our next strategic plan. Reflecting on our journey over the last several years, I am humbled by all that we have been able to accomplish. Our efforts to elevate the organization as the leading voice in the prevention and treatment of domestic and sexual violence in our community have truly paid off. We simply could not have done it without each of you supporting us every step of the way.

As we look forward, we will continue our emphasis on enhancing the community's recognition of and response to domestic and sexual violence. The demand for many of our services continues to exceed our capacity. We must continue to strengthen our collective community response so that survivors and their children can

remain safe in their homes while those who cause harm are held accountable. We must also continue to elevate our efforts to engage men as allies in the prevention of violence among the next generation.

Please join us in honoring the resilience of survivors throughout Domestic Violence Awareness month in October. I look forward to sharing our finalized goals and strategy with you in the coming months.

Thank you for your continued commitment to those we serve.

My best,

Beth Larsen



Welcome to our new staff members!



Brandy Erlandson: Brandy joins our team as a Domestic Violence & Sexual Assault Advocate. Brandy recently graduated from Western Michigan University with a Bachelor of Science in Family Studies. While working towards her degree, she worked at the local school as a substitute teacher and paraprofessional. She loved working with the children and helping those that needed a little extra attention. Prior to this work, she was a Certified Occupational Therapy Assistant and worked in Holland and South Haven. She enjoys fitness, hiking, going to the beach, and spending time with her husband and two children.



Suzanne Katerberg: Suzanne has joined our team as the Crisis & Supportive Services Coordinator. Suzanne has worked as a Crisis Advocate and Volunteer Coordinator for the Sexual Assault Program at the YWCA West Central Michigan in Grand Rapids for the last 20+ years, and she and her husband and Morkie named Stella recently moved to Holland. Suzanne is a strong and empathic leader, with a passion for a multi-disciplinary, community-wide approach to advocacy and significant experience in training, supervision and quality assurance. She's an experienced public speaker and is involved with community racial equity work.



Esveide Mendoza: Esveide has recently joined the Resilience team as a bilingual advocate. Before joining Resilience, Esveide worked with the underserved and migrant populations in our local community at Intercare Community Health Network. She graduated from Hope College with a bachelor's in psychology and Spanish. During her time at Hope, she was a member of the Phelps Scholars program, which covered deep dialogues about race, multiculturalism, and being a citizen in today's global world. In her free time, she enjoys spending time with her family, reading, and crafting with her Cricut.



Maddie VerVaeke: Maddie joins Resilience as our Sexual Assault Specialist. In her undergrad at GVSU, she was one of the founders of the student chapter of "It's On Us". She provided education around campus about sexual assault prevention, consent, and bystander intervention. In 2018, she became a volunteer sexual assault advocate at the YWCA in Grand Rapids and has continued to put in a substantial number of hours providing advocacy for patients. She has a bachelor of science in biomedical sciences and a master's in Public Health. During her Graduate program she fell in love with health education and focused on sexual health, sexual violence prevention, trauma-informed approaches, and Adverse Childhood Experiences (ACES). Because of this, she obtained her certified health education specialist (CHES) certification. In her free time, she enjoys hiking, camping, backpacking with her partner, game nights with friends, going to the zoo, dancing and going to concerts.



Stephanie Wendt: Stephanie is one of our newest Trauma Therapists. Stephanie attended Grand Valley State University where she earned a bachelor's degree in psychology and a master's degree in social work. Through her years of education, internships, and volunteer experiences, Stephanie has developed a genuine interest in the area of trauma. Within the area of trauma, her focus centers around working with those who have been affected by abuse and assault and Stephanie strives to work alongside survivors through their journey. Outside of work, Stephanie enjoys spending time with her friends and family. She also considers herself an outdoor and adventure lover and is always adding to her list of future trips and vacations. One day, she hopes to have visited all 50 states!



On September 11, we celebrated the return of Le Style de Vie! Our signature annual wine, beer, & design event raised over \$17,000 to support survivors in our community!

Thank you to our hosts!

Thank you to our sponsors!



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\$30,000
goal surpassed

SUPPORT



Safe Nights

Our generous donors have raised more than \$30,000 and have greatly increased our capacity to help survivors find safe, sustainable housing after fleeing abuse. This fund helps cover things like rental security deposits, first and last month's rent, beds, video security systems, utility set-up, and so much more. From the bottom of our hearts, THANK YOU to everyone that donated to the Safe Nights Campaign.



You can still support the Safe Nights fund!

Learn more at www.ResilienceMI.org/Safe-Nights

The Resilience Series

This Domestic Violence Awareness Month, we are honoring survivors with The Resilience Series. This blog series celebrates the incredible stories of survivors that have truly learned what it means to embrace resilience.



Sometimes her answer to “why I didn’t leave sooner” she attributes to exhaustion, for sleep was a rare commodity. Sometimes her answer is mental abuse has a way of teaching one not to believe in their own capabilities. Other times her answer is marriage has its road bumps, and perhaps this is a phase couples go through. Love and one’s values when vowing I do have a way of teaching one to keep going through the “for worse” in the hopes “for better” is coming soon.

And then there are the moments when she feels like the convicted individual standing before the judge with a bowed head in shame. She can barely voice I don’t know why it seemed so impossible to leave sooner, her voice choked out by self-blame. When she is in those moments, the inner young woman in her comes to the rescue gently whispering you fell in love, and you innocently believed. You were certain she was the one that loved you unconditionally when your family was initially skeptical and questioning. Initially her family struggled to understand that she was choosing her same sex as her wife. With that twenty-year-old impressionableness, she believed

her wife when told she didn’t need those who disagreed with how she was choosing to live her life. We come to crossroads in our lives in which we don’t always recognize that we are standing at a juncture in which we decide. Those decisions can be made at an unconscious level, a feeling that we may not even fully be aware of, yet we deeply internalize.

“...The healing of their wounds will continue, and she is not naïve to think it may be a lifetime journey. But she made it to here – the four of them made it to here – which means they can do anything! Joyfully, kindly, bravely, with determination, with faith, with unlimited dreams, and most of all their beautiful, worthy, authenticity.”



To get the whole story, visit
[www. ResilienceMI.org/blogs](http://www.ResilienceMI.org/blogs)

Our sincerest of thanks to Christine Hassing for providing healing through story-telling and to the courageous survivors that shared their experience with us.”

Partners in Prevention Conference

Over the last year, communities everywhere confronted unspeakable hardships and there were marked increases in both the frequency and severity of violence at home. Domestic violence was labelled "the pandemic within the pandemic." At Resilience, the demand for services was overwhelming. Emergency shelter requests reached the highest numbers we've seen since first opening our doors nearly 45 years ago. The need for domestic and sexual violence prevention is more crucial than ever.

This October, in conjunction with Domestic Violence Awareness Month, Resilience is proudly hosting our first-ever Partners in Prevention Conference in collaboration with regional and statewide partners. The Partners in Prevention

2021 Conference highlights West Michigan's efforts to end domestic and sexual violence through prevention, community engagement, and systems change. This three-day virtual conference is October 7th, 14th, and 21st. The conference showcases best practices in engaging men as allies in violence prevention and fostering student leadership in preventing dating violence and sexual assault; and explores avenues for legislative advocacy and systems change, highlighting the work of Michigan's tribal programs.

To learn more about the Prevention Conference, visit www.ResilienceMI.org/events

Thank you to our Partners!

Arbor Circle
Department Of Human Services Little
Traverse Bay Bands Of Odawa Indians
Ed & Nancy Hanenburg Children's Advocacy
Center & Youth Advisory Team
Gentex Corporation
Global Concepts Enterprise, Inc
Grand Haven Area Community Foundation
& Youth Advisory Council
Grand Valley State University Center
For Women & Gender Equity
Gun Lake Tribe Health & Human Services
Hope College Students Teaching &
Empowering Peers (S.T.E.P.)
LAADSV Lakeshore Healthy Manhood Collective

Little River Band Of Ottawa Indians
Victim Services Program
Resilience, Call To Action Team & Survivor
Advisory Council
Michigan Coalition To End Domestic &
Sexual Violence
Safe Haven Ministries & Young Leaders
Against Violence
Uniting Three Fires Against Violence
YWCA Of West Central Michigan

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!

PLATINUM



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BRONZE



LEARN MORE

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



A huge thanks to the volunteer groups

from ITW Drawform that came out for the United Way Day of Caring! They helped us with some major renovation projects at both our program office and emergency shelter! Also pictured, is our very own Resilience team of volunteers that helped deep clean the Community Kitchen with Community Action House. We look forward to Day of Caring every year!



Vicki Rosenberg (left) and Jean Martin's (right) terms as Resilience Board Members are coming to an end after a combined 15 years of service!

"Jean and Vicki have served on the Resilience Board for 7 and 8 years, respectively. Over the course of that time, their wisdom, insight, and support were pivotal to elevating the organization as the leading voice in the treatment and prevention of domestic and sexual violence. I am incredibly grateful to them for the legacy they have left which will be felt for generations to come." - Beth Larsen, Executive Director

Thank you for all you've done for survivors in our community!

Domestic Violence Awareness Month

You may be wanting to know more about what you can do in your everyday life to help support survivors and foster a violence-free community. Learning how to develop a Safety Plan is a great way to be prepared if someone you know discloses to you that they are in a dangerous situation.

We often hear from survivors who are afraid to leave their abusive partners because of the threats that have been made against them or their loved ones. As a relationship progresses, abusive people tend to escalate the things they say and do to maintain the power they take from their partners, and that can include threats to hurt or even kill co-workers, friends and family.

Domestic violence is the single biggest indicator of murder-suicides in the United States. Leaving (or deciding to leave) an abusive relationship is the most dangerous time for survivors. One of the most helpful things you can do to help a survivor looking to you for support is to help them create a Safety Plan.

Every survivor must choose their own path in determining what is safest for themselves and their loved ones. Every situation is different; therefore, each person's plan will be unique. Although some of the things outlined in a safety plan may seem obvious, it is important to remember that in moments of crisis the brain does not function the same way as when we are calm. Adrenaline can make it difficult to think clearly or make logical decisions about safety. Having a safety plan laid out in advance can help to protect survivors in those stressful moments.



Learn more about Safety Planning and download a sample Safety Planning guide at www.ResilienceMI.org/safety-planning



A Safety Plan is a prioritized list of strategies and support systems that survivors can utilize when in danger.

When creating a Safety Plan, consider things like:

If I decide to leave, I will _____
(Practice how to get out safely. What doors, windows, elevators, fire escapes could you use?)

I can tell _____ about the situation and request that they call police if _____

I can teach my children how to use the telephone to call 911

I can use a code word with loved ones to let them know I am in danger:

If I feel that I am in danger, I can move to these locations in my house: _____
(avoid areas with potential weapons and few escapes such as the kitchen and bathroom)

I can leave money and extra keys with:

Upcoming Virtual Group: Raising Resilient Children



Raising Resilient Children is a monthly parenting education & support group hosted via Zoom. This group is for parents or caregivers that are currently parenting children who have witnessed domestic violence. Each month, our Trauma Therapy Team will provide information on a new topic (trauma and the brain, rethinking discipline, coping skills, etc.) and hold space for discussion and questions from the group. Our goal is to support caregivers doing the hard work of parenting after trauma in an easily accessible way. **Join us every month or just for one meeting!**



Meetings via
Zoom 12PM-1PM
Questions? Ready to register?
Contact Jenna at
jennap@resilienceMI.org
or 616-494-1011

Services Update

Walk-in services are available at our Holland Program Office Monday – Friday from 9AM-5PM. Advocacy and therapy is currently being offered in-person and virtually. Services remain available 24 hours a day, 7 days a week.



For more information:
24-Hour Help Line:
[800.848.5991](tel:800.848.5991)
Hablamos Español:
[866.728.2131](tel:866.728.2131)
E-mail:
GinnyP411@gmail.com





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
James and Angela Betzold
Kent and Carrie Ypma
Larry and Lena Ball
Lee Karner
Linda Allen
Mark and Ellen Krieger
Mike and Janel Hagerty
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

Adopt-a-Family

This cooler Fall weather has us starting to think about the Holiday season! We will once again be seeking donors for our Adopt-a-Family program. Survivors using Resilience services fill out wishlists of items that are needed or wanted by their family. You are matched with a family based on parameters you set, to help make the holiday season a little brighter for survivors.



Want to get involved?

Contact Sherry Martens at SherryM@ResilienceMI.org

Thank you!

Thank you to the following individuals, groups, and businesses that have recently partnered with us to help survivors embrace their resilience.

Allegan County Community Foundation
Allegan County United Way
Allendale Community Foundation
Greatest Needs Fund and the
Dr. Harold Sheridan Fund
CATO
Christine Hassing
Emily Christopher
GHSP
Gospel Community Church
Grand Haven Area Community
Foundation Community Relief
and Recovery Fund
Greater Ottawa County United Way
Gun Lake Casino
Holland Junior Welfare League
Holland Sam's Club #6417
Holland Walmart #1942
I Support the Girls
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Lyfe Cycles
Panera Bread
Ramona Jolene
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Charities of Outstate Michigan
School Supply Donors
Sigma Sigma Sorority
West Shore Aware
Women's Service Day

RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™