

# RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™

SPRING 2022

## BLUE STAR



Join us this July for an all-new fundraising event! Blue Star Bash will feature music by Mark Lavengood band, a VIP cocktail hour for sponsors, delicious food and drinks, attractive raffle packages, and more! Our event location has both indoor and outdoor spaces leaving plenty of room for social distancing. Only 100 tickets will be sold – you won't want to miss out!



### EVENT DETAILS

**Wednesday, July 27, 2022**

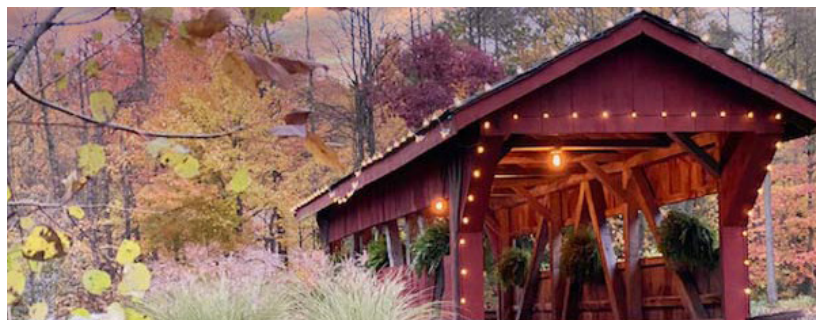
6PM-8PM

A Cut Above Event Center

Saugatuck, MI

FOR MORE INFORMATION

[www.ResilienceMI.org/events](http://www.ResilienceMI.org/events)



# Welcome to our new board members!



**Ava Baxter, Youth Leadership Board Representative,** is a junior at Spring Lake High School. Outside of the being a member of the Resilience Board, she volunteers every week at North Ottawa Community Hospital, helping

to discharge patients, answering the phones, and doing mail runs. She decided to join our Board to help make a difference in our community and spread awareness of domestic violence. In her free time, she enjoys running, swimming, and painting. In the future, she hopes to become a surgeon and help people in any way she can.



**Dr. Laurie Birkholz** believes in the importance of caring for the whole woman through a holistic approach based in lifestyle medicine and prevention. Her Women's Health training allows for additional focus in areas that include menopausal

medicine, sexual health and gynecology. Dr. Birkholz embraces the belief that knowledge is power and strives to educate and empower her patients to lead their healthiest and most fulfilling lives. She is committed to providing a safe space that offers compassionate, evidence-based medicine while promoting social tolerance and equality. ALL are welcome and celebrated in her practice. Dr. Birkholz, husband Eric, and their two children, Hayden and Anna, live in Saugatuck, MI and love all things outdoors. She is a lifelong wellness enthusiast, avid runner and Peloton addict.



**Shannon Garrett** is the Chief Strategy Officer for the Michigan Women's Commission. She is a nationally recognized trainer, strategist and leadership coach. Garrett's commitment to advancing equity and inclusion

in civic life has introduced her to communities throughout the United States, where she's worked alongside thousands of candidates, elected officials, social activists and civic-minded organizations. Her consulting firm, SMG Strategies, combines over 25 years of experience with humor, mindfulness and a no-nonsense approach to building a more active and diverse democracy. Garrett is also a co-founder and board member of Vote Run Lead, a national nonprofit training barrier-breaking women to run for political office, and a founding partner of Civicize. Me, a backyard civic leadership program. She prioritizes intentionally and directly addressing the impact of intersectionality on political leadership in order to welcome more individuals into the civic space and strengthen our democracy and civic institutions. Garrett is a graduate of Alma College and University of Minnesota Law School.



Scan here to make a life-changing donation!



**Joe LaFramboise** is a native of the Great Lakes Bay Region who has recently relocated to Saugatuck. He attended Saginaw Valley State University for his bachelor's degree and attended

Northwestern University in Chicago for law school. He practiced law at firms in Green Bay, WI and Chicago, IL and companies in Midland, MI and Pennsylvania. Currently, he manages the legal department at Haworth, Inc. His legal experience is broad, including employment law, commercial contracts, insurance, litigation, and growing legal departments. He has been on two boards previously. He and his wife, Amanda, and their four children are enjoying the greater Holland and Grand Rapids area.

## Board of Directors

Board of Directors  
President: Sandra Trammell  
Vice President: Ortencia Bos  
Secretary: Lisa Miller  
Treasurer: Tina Fierro  
Youth Leadership Board Representative: Ava Baxter  
Dr. Laurie Birkholz, MD  
Shannon Garrett  
Jasmine Irish  
Joe LaFramboise  
Jeff Lukas  
Dr. Lana Zarlenga, MD  
Erin Zylman

## Leadership Team

Executive Director: Beth Larsen  
Development Director: Christina Scarpino  
Finance Director: Janice Meinel  
Program Director: Megan Hennessey, LMSW

# RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™

## Welcome new Resilience staff members!

**Christa Folkert:** Christa Folkert joins our team as the newly created position of Executive & Operations Coordinator. Christa graduated from Ferris State University with a Bachelor of Science in Health Care Systems Administration and an associate degree in Health Information Technology. Prior to working at Resilience, she was the Staffing/Community Education Coordinator at North Ottawa Community Hospital. Christa enjoys working with people, volunteers at a nursing home, and likes to focus on holistic care, particularly mental health. In her free time, she enjoys spending time with family, hiking, disc golfing and going to the beach.

**Beth Curley:** Beth Curley, BSN, RN joins the Resilience team as our Full-Time Sexual Assault Nurse Exam Program Coordinator. Beth is a Grand Haven High School Graduate with a degree in Education from the University of Michigan and a degree in Nursing from Grand Valley State University. She taught for a short time in Florida before returning to Michigan and deciding to pursue nursing. While in nursing school, she worked as a substitute teacher and as a tech for Holland Hospital. She has over 10 years of experience as a nurse, mostly in Labor and Delivery and Postpartum Care. She currently lives in North Muskegon with her husband and two daughters, and many, many pets. In her spare time, she enjoys running, weightlifting, reading, and dabbling in macrame.

APRIL IS

# Sexual Assault Awareness Month



SCAN ME

to learn more about the Sexual  
Assault Nurse Exam process

**We are proud to announce that we have expanded our services for survivors of sexual assault!**

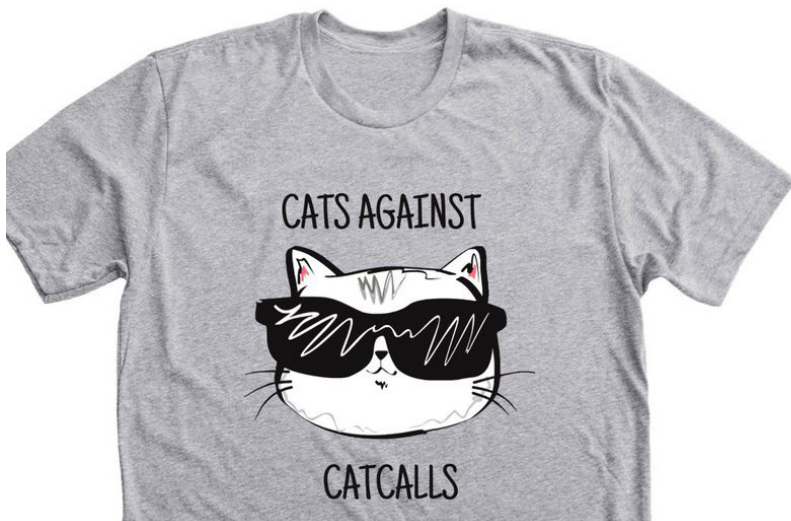
The expansion includes hiring a full-time Sexual Assault Nurse Exam Program Coordinator, Beth Curley, BSN, RN. Resilience is fortunate to have applied for and received funds from the State of Michigan Division of Victim Services to establish parity in programming between domestic violence and sexual assault throughout the State.

For more than 20 years, Resilience has been the first point of contact for anyone age 13 or older who has been sexually assaulted in Ottawa and Allegan counties. Sexual assault exams take place in a private space at our program center in Holland. Survivors over 16 (the age of consent) can choose whether they wish to report the assault to law enforcement. Regardless of if they want to report at the time of the exam, the collection of physical evidence is stored securely and confidentially. Any or all parts of the exam can be declined at any point. Empowerment and consent for the survivor are our top priorities.

Seeing reports of sexual abuse in the media can also be extremely triggering for those that have been sexually assaulted in the past. Considering the many cases of institutional sexual assault that have occurred within universities and places of worship, we want everyone to know that we not only provide immediate care, but also long-term services such as free trauma therapy specific to sexual abuse. Trauma therapy allows survivors to process trauma in a safe space with trained experts providing support and guidance.

Services are available for individuals of any gender, adult or teen, whether the incident(s) happened recently, or many years ago.





**Purchase t-shirts to show your support for survivors!**



GO TO  
[bonfire.com/store/resilience-merchandise](https://bonfire.com/store/resilience-merchandise)

Resilience receives all profits made from our Bonfire merchandise store.

# What Were You Wearing?

"What Were You Wearing?" is a nationwide art installation created in 2014 by sexual and domestic violence advocates, Jen Brockman and Dr. Mary Wyandt-Hiebert. The exhibit is inspired by Dr. Mary Simmerling's poem "What I Was Wearing". The poem describes the clothing she was wearing at the time of her sexual assault and why she remembers it, and that she remembers what her perpetrator was wearing, but no one asked him. It is a common misconception that if someone is wearing "promiscuous" clothing, it is an invitation for sexual violence.

The purpose of the installation is the challenge victim blaming specifically around the idea that sexual assault can be prevented based off what the survivor was wearing. Asking what a survivor was wearing after they were sexually assaulted further instills self-blame, isolation, and can adversely impact the survivor. The art installation shows an overwhelming number of everyday clothing: jeans, sweatpants, t-shirts, sweatshirts, work clothes, etc. This display of clothing dispels the myth and shows that it does not matter what a survivor is wearing, the only one to blame is the person perpetrating the assault.

The installation represents various types of sexual assault survivors including women, men, non-binary, and children. The images and quotes provided are from local survivors of sexual assault who graciously shared their story and clothing with us to help spread awareness.

**Instead of asking "what were you wearing", we encourage you to challenge rape culture and a victim blaming society by believing the survivor and asking, "how can I help?"**



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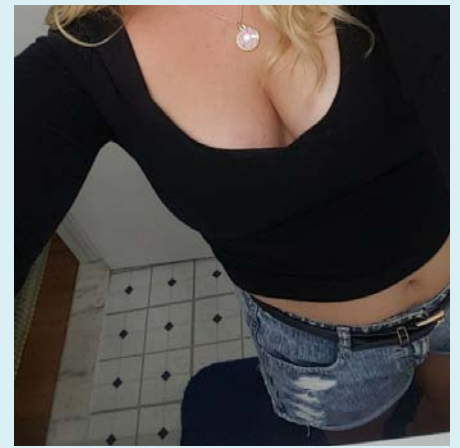
"I was wearing a crop top and sweatpants. After disclosing the "success" of my investigation to my mother, she came to visit and celebrate. She was supportive throughout the entire process, but she flipped a switch after reading the police report. She said that it made her "physically sick" and that she questioned my character. She believed it was consensual and I wanted it. She decided to make this about her and invalidated my experience. She told me she "doesn't know how she failed so bad as a mother to make me hate myself so much and make me have such low self-esteem that I continue to put myself in situations like this to get hurt". It is hard to have someone who is supposed to be supportive think of me in this way."



"The last time I was raped I was wearing this flannel buttoned up all the way and leggings. One of the least "promiscuous" outfits I can imagine wearing. It has been 5 years since it happened. The memory is still vivid, but it hurts less. The perpetrator disregarded me based on the fact he saw medication bottles with my name on it. My own dad said "But were you a virgin? That would have been worse". I think the words haunt me more than the assault itself."



"It was cold out and I was wearing pants and a sweatshirt. I didn't realize what happened because I was under the influence at the time. I woke up the next day and went to the police department to file a charge and report what happened. The officers told me I couldn't get a sexual assault exam because there "wasn't enough evidence" and they wouldn't be able to do anything about it because I was under the influence. I wish I knew my rights at the time. I still see him, and it sends me in a spiral every time."



"It's no sweatsuit but it is what I wore. I remember feeling so excited to have my belly out this night. I've always struggled with body positivity, and it was a huge step for me to wear a crop top. Honestly, I don't think I've worn one since. Every time I get dressed the thought of if I look too inviting comes into my head. I'm proud of myself for bravely battling that thought even if sometimes I lose. Someday I hope that thought will be gone for me and all women."



Sexual assault is NEVER your fault.

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

## Did you know

Resilience provides advocates (staff members, interns, and volunteers) that walk through the entire exam process to provide comfort and share after-care service information with survivors.

LEARN MORE ABOUT OUR SEXUAL ASSAULT ADVOCATES:

[SuzanneK@ResilienceMI.org](mailto:SuzanneK@ResilienceMI.org)





## Empower Monthly Giving Program

We are so pleased to see our list of monthly donors growing! Each month, their investments drive initiatives like direct support, digital resources, education programs, and violence prevention training. Healing from abuse is a long-term journey, and our monthly supporters are dedicated to providing care for survivors for as long as they may need it.

**Thank you to our current Empower members:**

Anonymous Members

Linda Allen

Larry and Lena Ball

James and Angela Betzold

Victoria Cartwright

Tina Fierro

Linda Furbush

John and Marjorie Hoekstra

Jack and Anne Ogilvie

Mark and Ellen Kreiger

Beth and Joe Larsen

Shannon Pathuis

Richard Schaap

Gary and Lisa Scharphorn

Tyson Smith

Ezzio and Elizabeth Villaverde

Kent and Carrie Ypma



TO BECOME A MEMBER OF THE  
EMPOWER MONTHLY GIVING PROGRAM,  
[www.ResilienceMI.org/Empower](http://www.ResilienceMI.org/Empower)



# Thank you to our 2022-2023 partners!

Our generous partners ensure that even in a time when we can't host all of our annual fundraising events, we still have the funding needed to provide crucial programs and services for abuse survivors. Thank you to our annual partners for helping create a future free from violence!



HAWORTH®

meijer

HOWARD  
MILLER®

Metal  
Flow

LANDSCAPE  
DESIGN SERVICES

shape  
CORP

MAGNA

DENOAYER  
CHEVROLET  
www.denoayerchevy.com

GENTEX  
CORPORATION

GC  
GLOBAL CONCEPTS ENTERPRISE, INC.



## LEARN MORE

To inquire about sponsorships for Blue Star Bash or our annual partner program, please email [ChristinaS@ResilienceMI.org](mailto:ChristinaS@ResilienceMI.org)

## MAKING A DIFFERENCE

Engaging youth to end dating abuse in the Tri-Cities

Thank you to all who joined us in person and virtually for Making a Difference in Grand Haven!

A special thanks to our event sponsors, i'move and Lake Michigan Credit Union.

# Protecting Children & Supporting Survivors of Sexual Abuse

A Free Noon Training Series of Lakeshore Alliance Against Domestic and Sexual Violence

In addition to Sexual Assault Awareness Month, April is Child Abuse Prevention Month! We are proud to be collaborating with the Ed and Nancy Hanenburg Children's Advocacy Center to host five free training sessions via Zoom throughout the month of April.

## 5 Steps to Protect Children

**Wednesday, April 13**

12PM - 1PM

**Presenter** Amy Dalman, BA  
Prevention Director,  
Children's Advocacy Center

## The Road to Resiliency After Sexual Assault

**Wednesday, April 20**

12PM - 1:30PM

**Presenter** Stephanie W., LLMSW  
Trauma Therapist,  
Resilience

## Darkness to Light: Stewards of Children

**Thursday, April 21**

11AM - 1PM

**Presenter** Amy Dalman, BA  
Prevention Director,  
Children's Advocacy Center

## 1 in 4: Sexual Assault, Consent, and Response

**Wednesday, April 27**

12PM - 1:30PM

**Presenters** Beth C., BSN, RN  
Maddie Vervaeke, MPH, CHES  
Sexual Assault Staff Members,  
Resilience

## Raising Resilient Children: Healing After Domestic Violence

**Thursday, April 28**

12PM - 1:30PM

**Presenter** Becky S., LMSW  
Clinical Services Supervisor,  
Resilience

**RESILIENCE**  
ADVOCATES FOR ENDING VIOLENCE™



Ed and Nancy Hanenburg  
**Children's Advocacy Center**  
abuse prevention & intervention



SCAN ME

REGISTER ONLINE  
at [bit.ly/3q8yjYV](https://bit.ly/3q8yjYV)



## Champions of Healthy Manhood

The #1 health concern for women and girls around the world is gender-based violence, specifically, men's violence against women. For far too long, we have lived in a society that places the burden of prevention on the very shoulders of those who are most at-risk of experiencing it. The time has come for us to put the responsibility of violence prevention where it belongs: in the hands and hearts of good men.

Champions of Healthy Manhood is a new program that seeks to do just that and is all about creating a safe space for men to learn, grow, and connect during their journey of exploring modern-day masculinity. Over the course of 4-months, this group of allies and leaders will gather and experience the following:

- Build solidarity and trust with other men
- Learn how rigid forms of masculinity negatively impact our health, safety, and relationships
- Develop/practice important interpersonal skills that benefit all types of relationships (authenticity, communication, vulnerability, empathy, etc.)
- Speak out against violence and promote healthy manhood in the community

This will be a terrific opportunity for men to connect and make a difference and should be a transformational experience for all involved.



SCAN ME

Scan this QR code with your smartphone to hear our Men As Allies coordinator share more about Champions of Healthy Manhood.

LEARN MORE  
[BradH@ResilienceMI.org](mailto:BradH@ResilienceMI.org)



# Youth Leadership Board

Our agency recently formed a Youth Leadership Board with the mission of centering youth voices as empowered influencers and community leaders in prevention. Our members work on various projects, provide feedback, and serve on other Resilience committees to ensure youth voices are being heard at multiple levels of the agency. Some projects the YLB has been working on since their establishment include creating content for Teen Dating Violence Awareness Month and launching a TikTok page for Resilience. Scan the QR code below to watch the video they created for our recent fundraising event, Making a Difference. We are so grateful for their insight and commitment to creating a safe, healthy community for all.

## Youth Leadership Board Representatives

Ava Baxter (Spring Lake High School)

Ema Zylman (Black River High School)

Brisa Sandoval (West Ottawa High School)

## Youth Mentor

Emma Bruns (Grand Valley State University)



SCAN ME



**TikTok** @ResilienceMI







Are you a survivor  
of abuse who  
has always wanted  
to give back  
and help others?

**We are looking for new members to join our Survivor Advisory Council.** Our goal is to raise the voices of survivors. Members influence the agency's programs and services, raise awareness about domestic and sexual violence, and advocate for social justice. We meet monthly via Zoom and participation is confidential. There is no obligation to attend a minimum number of meetings and no prior experience is necessary. **Contact Holly Jasinski for more info: [HollyJ@ResilienceMI.org](mailto:HollyJ@ResilienceMI.org)**



**GUN LAKE CASINO™**



**Gun Lake Casino is now a certified Resilient Space!** Key members of the human resource and leadership team at Gun Lake Casino now have an in-depth understanding of how domestic violence impacts the workplace. Through interactive virtual training sessions, surveys, and discussion, the dedicated group learned to how recognize, safely respond to, and provide resources and referrals to their colleagues and guests in need of assistance. A special thanks to Stephanie Moore for coordinating this effort.

**Find out how your organization or business can become a certified Resilient Space:**  
[prevention@ResilienceMI.org](mailto:prevention@ResilienceMI.org) or call 616-212-9366  
[www.ResilienceMI.org/Resilient-Spaces](http://www.ResilienceMI.org/Resilient-Spaces)

# Our annual May Baskets collection has begun!

Poverty can often create additional barriers to leaving an abusive relationship. 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're looking for donations of personal care and cleaning products to fill May Baskets! Please consider purchasing some of the items on our wish list or hosting a collection drive!

Questions? E-mail [SherryM@ResilienceMI.org](mailto:SherryM@ResilienceMI.org)



Donations can be dropped off  
at our Holland Program Office  
on Butternut Drive during  
business hours  
**Monday – Friday, 9AM – 5PM.**



To see a full wish  
list of items, visit  
**[wResilienceMI.org/May-Baskets](http://wResilienceMI.org/May-Baskets)**



Interested in  
becoming a  
volunteer?



[www.ResilienceMI.org/volunteer](http://www.ResilienceMI.org/volunteer)

# Another great year of Adopt-a-Family!

We had an overwhelming response to our Adopt-a-Family campaign this past holiday season. Thank you to everyone that adopted families, and all the incredible community members that also donated monetary funds and gift cards to the program!

90  
families  
adopted



# Thank you!

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

Christine Hassing  
Community Foundation of the  
Holland/ Zeeland Area  
Dialog Direct  
Gentex Charitable Fund of the  
Community Foundation of  
Holland/Zeeland Area  
Grand Haven Area  
Community Foundation  
Grand Rapids Griffins  
John Ball Zoo  
Mary Ellen Murphy  
Mignon Sherwood Delano Foundation  
Paty Stoetzer  
Perrigo Charitable Foundation  
SECMO Gas Company  
SheFit  
Soup for All  
TWO MEN AND A TRUCK  
Urban Air Adventure Park  
Youth Fund of the Grand Haven Area  
Community Foundation  
Ward W. and Jean M. Verseput Fund  
of the Coopersville Area Community  
Foundation Community Action Fund  
West Shore Aware  
Woodward Charitable Trust  
WSI Staffing & Recruiting

## RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™



# RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™

411 Butternut Dr. Holland, MI 49424

Find our 2021  
annual report inside!



## 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](http://www.resiliencemi.org)  
[facebook.com/resiliencemi](https://facebook.com/resiliencemi)

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