

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH



RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™

Champions of Healthy Manhood

Brave enough to be vulnerable.
Courageous enough to take a stand.



Watch our Champions Read their Letters

We are currently seeking participants for upcoming seasons of Champions of Healthy Manhood. Contact BradH@ResilienceMI.org

Patriarchy hurts all of us.

Not only is it the root cause of violence against women, but it also negatively impacts the physical, emotional, and social well-being of men and boys. **Our new program, Champions of Healthy Manhood, is a safe space for men to bond and connect during their journey of exploring modern-day masculinity and allyship.**

Our Season 1 Champions recently wrote heartfelt letters reflecting on our culture's traditional definition of masculinity—how it disconnects us from our hearts, prevents us from being vulnerable and asking for help, and programs us to do things that harm our health and relationships. We hope their stories will raise awareness and inspire other men to join our Healthy Manhood movement.

Our first season was a huge success, and we'd love to have you join us for the next season.

Women can't do this work alone, and we need role models like you to help us build safer and healthier communities.

Our seasons are not too time-intensive but still have big results. We meet twice a month and engage in group activities and discussions that help us grow in the following areas: Connection, Authenticity, Vulnerability, Empathy, Advocacy, and more. At the end of each season, we put all of our new skills into action and complete a community Capstone Project together.

The bonds we create, the stories we share, and the impact we have in the community make this a truly unique and transformational experience. Join us.

STRENGTHENED TO SERVE

A letter from our Executive Director

October marks the beginning of a new fiscal year for Resilience, and we find ourselves both reflecting on the past and envisioning the future.

In most of my letters to you I focus on our outward-facing initiatives and the incredible impact our staff is having throughout our community. This time, however, I want to lift up and acknowledge the work of our administrative team. Over the last 12 months, the organization has been navigating a comprehensive operational transformation. This has included the migration of our electronic file structure, accounting software, and our time tracking system—all of which will reduce burden on our organization and provide a more robust financial analysis for future decision-making.

Though I could speak endlessly about my enthusiasm for this enhancement in our operations, I will instead invite those interested in learning more to reach out to me directly. In the meantime, if you encounter one of our incredible administrative team members in the community, let it be known our impact on the lives of survivors and their children would not be realized without their tireless efforts to drive these changes forward.

In solidarity,



Beth Larsen, Executive Director



Ending Domestic & Sexual Violence

Starts With Teaching Healthy Relationships Early On

YOUTH LEADERSHIP BOARD

We couldn't be more proud of our Youth Leadership Board (YLB) and the impact they are having in our community!

Over the past year, our youth leaders have **launched our agency's TikTok page, written blogs on teen dating violence, and completed three mental health workshops** for youth.



Members also served on other committees throughout Resilience to ensure youth

perspectives were being elevated at multiple levels of the agency. **Together, this team of young leaders are centering youth voices in violence prevention in order to build safer and**

healthier communities.

Over the summer and in collaboration with the Community Foundation of the Holland/Zeeland Area Youth Advisory Council (YAC),



members of YLB and YAC hosted mental health workshops for over 50 middle and high school students at the local Boys & Girls Club. Their presentations focused on destigmatizing mental health, harmful myths, recognizing stressors, and how to cope with stress in healthy ways.

For additional youth resources and opportunities, visit ResilienceMI.org/youth

FATHERHOOD INITIATIVE

Did you know **children with loving and committed father figures are less likely to be abused later in life?** Having important conversations, as well as modeling safe and respectful behaviors, can make all the difference.

Here are some key strategies to help you get started:

- + Be present
- + Show physical and emotional affection
- + Play and have fun
- + Ask for, offer, and accept help
- + Express a wide range of emotions

With fathers like you, we can build a safer community for the next generation!

To learn more about our Fatherhood Initiative, please contact BradH@ResilienceMI.org



Discover our
NEW Brochure
on the power
of loving and
committed
father figures.

ENGLISH



ESPAÑOL



Watch this Important Video about
the Risk Factors of Mass Shootings.

NAVIGATING MODERN-DAY MASCULINITY

According to national statistics, **over 98% of all mass shootings in history have been committed by men.**

Our team of Champions of Healthy Manhood recently sat down and had an honest conversation about the troubling intersection between masculinity and gun violence. The team discussed how harmful gender norms often result in men feeling isolated, lonely, angry, and disconnected, and that **in order to prevent violence in the future, good men must come together** and pursue, model, and promote healthy and respectful manhood.

To learn more about Champions of Healthy Manhood, contact BradH@ResilienceMI.org



FAITH PLACES BECOME RESILIENT SPACES

"I was able to share my experience with my pastor and others in the church. I learned it wasn't my fault."

-Resilience client

Nearly 1 in 5 women and 1 in 7 men report having experienced severe physical violence from an intimate partner in their lifetime. It is quite common for survivors to look for religious or spiritual guidance as they seek to make sense of the trauma, find a way out, and find a path toward healing. However, **recent research on pastors' knowledge of domestic violence found that at least half "do not have sufficient training to address situations of domestic or sexual violence."** Anyone can be a victim, or a perpetrator, of domestic violence, regardless of their religion, race, age, ethnicity, sexual orientation, level of education, or the community in which they live. Unfortunately, almost half of the pastors reported that "domestic and sexual violence were not issues in their congregation."

Resilience has received critical support from local faith communities since we first opened our doors 45 years ago. Through the Resilient Spaces program, we are deepening these partnerships. **Resilient Spaces is a training and certification program designed especially for leaders and other influential members of local faith leaders.** Resilient Spaces interactive workshops can be taught in-person, online, or in a hybrid format. Sessions are customized to meet the unique needs of the group.



Learn more about how we work together to address and prevent domestic violence. Visit ResilienceMI.org/resilient-spaces or email Prevention@ResilienceMI.org



It's not your fault. You are not alone.

If you or someone you know has been affected by domestic or sexual violence, **help is available 24/7.**



Help Line: 1-800-848-5991
Toll-Free: 616-392-1970
Spanish: 1-866-728-2131
E-mail: GinnyP411@gmail.com



MULTI-LAYERED PREVENTION FOR SCHOOLS

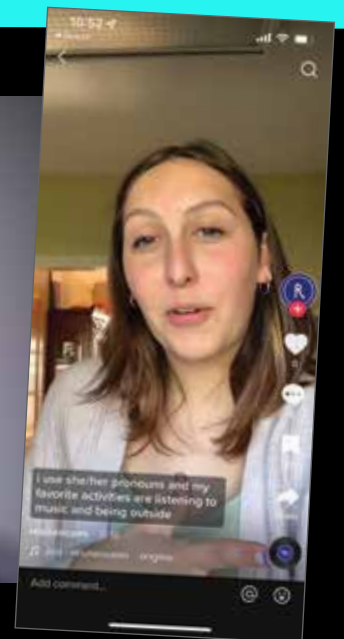
Live Respect and **Coaching Boys Into Men** (CBIM) are two multi-lesson prevention programs Resilience implements in our local schools. Teachers, coaches, and advocates work together in order to provide safe spaces for students to learn about harmful gender norms, warning signs of abuse, mental health, and healthy relationships.

“Brad [Resilience’s Men As Allies Coordinator] has created a space in which students feel safe to be vulnerable in sharing everything from struggles with mental health to learning how to recognize their own biases towards women. He and this program have been incredibly valuable to us and we are excited about the impacts they are having in these young men’s lives.” - West Ottawa Teacher

A special thanks to our school partners: West Ottawa High School, Holland High School, Harbor Lights Middle School, Macatawa Bay Middle School, Hope College TRIO Upward Bound, and The Bluestocking Bookshop.

If you are interested in bringing Live Respect or Coaching Boys Into Men to your school, church, or organization, please contact BradH@ResilienceMI.org to learn more.

Tell a Teen
in Your Life...
We're on TikTok!
[@ResilienceMI](https://www.tiktok.com/@ResilienceMI)





SURVIVOR STORY

My Mother's Resilience

How did I get here?

This isn't me.
This isn't my life.
I would never have
put up with this.
I am not this kind
of woman. I have
always considered
myself to be strong
and independent.

So, how did I get here?

The following is an excerpt from a personal story sent to us by the daughter of a survivor who recently passed away. We dedicate this feature to the two of them and to every survivor who may be reading this.

...I keep asking myself the same question as the answer seems to slip further away. People are pulling at me for information, asking their own questions. I am supposed to know what I want to do next, and how to go about it. I just want to yell STOP, I need to breathe, but time is too important. My head is spinning, chaos is everywhere. Nothing



is the same anymore. My whole world has begun to tip on its side, and things are starting to roll off the edge. I don't have enough time to catch them all. I don't have the strength to chase each one. I don't even know which one to pursue first. Worst of all, I need to hang on to myself. **Everybody wants to know how they can help but the problem is, I don't know.**

I was prepped from birth. I thought my childhood was normal for the most part. Growing up, the family that surrounds you is how you see the world. You watch how they interact with each other and relate with each other, how they speak and fight with each other. So, the cycle continued.

I am not sure if my first husband ever would have become as physically abusive as my second, but Shawn had emotional abuse

down to a science. I remember being unhappy all the time with him and not understanding why. He was incredibly cruel and judgmental after we married. I could never act right, think right, dress right, cook right, or entertain right. I was constantly being accused of thinking about having an affair. The only happiness I ever felt was with my kids. Thankfully, they were young and needed lots of attention.

Maybe for healing, maybe for revenge, maybe for forgiveness, maybe for understanding... I don't know why I am writing this. I have thought about it many times and never started it, but here I am. I have thought about my kids reading it—would it help or hurt? If it was actually published, would it be helpful to other people to understand or just feel like a personal ranting? Can I write something like a book that will put everything out there for the world to see when I am such a private person? I guess I am hoping this will be some kind of a journey of understanding for



myself... why I made the choices that I made, and to help my kids not make similar choices. To help "stop the cycle" to borrow

from a popular phrase. I guess I would ultimately like to feel like someone could benefit from my pain and be saved from the same fate. **There is so much confusion and mixed feelings about abuse, we have to start to shed the light.**

FROM HER DAUGHTER

After reading this, I have gained perspective on how victims feel. You can have all the counseling in the world, a strong family, everything you "should" need, but nobody understands your personal hell.

Our lives were changed forever by my father, in so many ways. Even just the reassurance that the guilt I was feeling was not really my own guilt, it was ingrained in me, manipulated guilt, really gave me a new perspective on the entire situation.

That's why I hope this may help. Some people may not take the time to read it, but even if it brings the same realization to just ONE other person - that you are not crazy, that what you feel has been so conditioned into you - that was my mother's entire goal. I know it helped me. And I really hope it helps someone else.



Bringing awareness to
Grand Valley State University



Our team joined **GVSU** in welcoming
back students at **Campus Life Night**



Several Resilience team members joined other
community organizations at Kollen Park in Holland
for **National Night Out!**



We are **PROUD** to have
been a part of **Allegan's**
first PRIDE festival!



Resilience joins **Holland PRIDE** this
summer for their largest festival in history!



Resilience joined **MKS Wealth Advisors** for their **Women's Luncheon**. Attendees donated personal care and cleaning supplies for our shelter!



Through this year's **Postal Food Drive**, Resilience received 70 boxes of non-perishable food for those staying in our emergency shelter!

Our Community Empowers Our Mission —Thank you!



Michigan State Attorney General Dana Nessel visited our Grand Haven office to discuss the escalation of violence in our community and the importance of establishing multi-disciplinary support for survivors.



In Grand Haven, **Harbor Transit** hosted a car wash to raise funds for survivors!

Resilience Has Participated In **17 Community Events** this Spring/Summer

Your support makes our presence possible.



At **Hope Blooms Story-telling Workshop for Survivors**, author Christine Hassing provided survivors with helpful tools to write their own stories.



BLUE STAR *Bash*

PRESENTED BY:



MORE THAN
\$60,000 RAISED
To Support Survivors

Thank you to our sponsors and participants for a phenomenal Blue Star Bash! Enjoy a complete recap and event photos on our social media.

Save the Date for Next Year's Event!

SEE BELOW

ENGAGE

Mark Your Calendars

You won't want to miss our next big events:



Denim & Desserts

Boatwerks, Holland

Thursday, April 20, 2023



Blue Star Bash

Ivy House, Saugatuck

Thursday, July 27, 2023

Your Generosity Raised almost
\$30,000 Last Year for

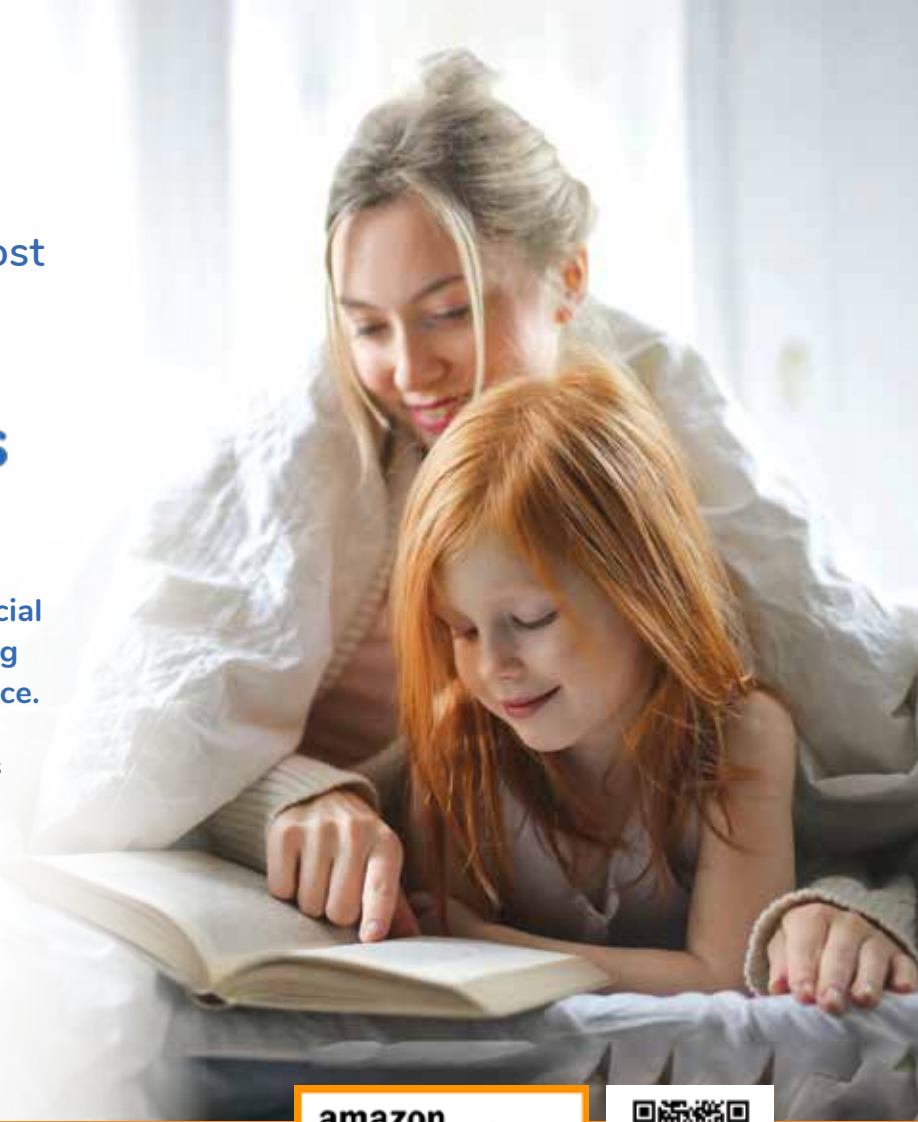


Our Safe Nights Campaign funds crucial
financial support for survivors facing
homelessness due to domestic violence.

Financial strain is one of the main reasons
victims return to their abuser.

To support Safe Nights:

visit our website,
return the enclosed donation envelope,
or call 616-494-1721



Make a house a home for Survivors of violence.

Visit our Amazon Wishlist for current needs.



Thank You!

Each month, investments from our Empower members 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.

Become a monthly supporter: ResilienceMI.org/Empower

EMPOWER MONTHLY GIVING MEMBERS

Anonymous Members

Linda Allen

James and Angela Betzold

Tina Fierro

Linda Furbush

John and Marjorie Hoekstra

Jack and Anne Ogilvie

Mark and Ellen Krieger

Joe LaFramboise

Beth Larsen

Shannon Pathuis

Richard Schaap

Gary and Lisa Scharphorn

Tyson Smith

Elisabeth Stapleton

Ezzio and Elizabeth Villaverde

Kent and Carrie Ypma

Lana Zarlenga

Ready to Respond

Become a stronger survivor advocate through online training.

Resilience offers professional development and community training on various topics including the trauma-informed approach, self-care, supporting survivors, and much more. These trainings offer social work continuing education hours and help to strengthen the community's response to domestic and sexual violence.

ResilienceMI.org/training

Thank You!

Thank you to the following groups and individuals who have recently partnered with or donated to Resilience:

Allegan County Community
Foundation Legacy and TAG

Allegan County United Way
Bekins

Big Dutchman Co.

Brooks Family Community
Fund of the CFHZ

Community Foundation of the
Holland/Zeeland Area

Counterpart

Five Below

Frances Jaye

Greater Ottawa County United Way

Holland Junior Welfare League

Hope College TRIO Upward Bound

Jim & Sheryl Jurries

JSJ Foundation

Lake Trust Credit Union

MassageSci

May Basket Donors

Onalee's

Quinn Vise Hair Salon

Sam's Club - Holland

School Supply Donors

The Bluestocking Bookshop

Visiting Angels of S.W. Michigan

Walgreen's Rewards

Walmart - Holland

West Shore Aware



Stay informed

Learn more about how to end violence and support survivors and get notified of opportunities, events, and programs by:

- + Subscribing to our **monthly e-newsletters** and **bi-annual newsletter** > scan the QR code below
- + **Visiting our Blog** at ResilienceMI.org/blog
- + **Following @ResilienceMI** on social media



Welcome New Staff

Krystal Diel, LMSW-Clinical (she/her)

joins Resilience as our Clinical Services Supervisor. She received her Master of Social Work at GVSU and her Bachelor of Social Work at CMU. Krystal is an experienced trauma therapist who has worked with survivors in a variety of settings: crisis lines, a children's advocacy center, emergency room and primary care, universities, and domestic violence/sexual assault agencies. As an EMDR clinician and certified yoga teacher, Krystal takes a trauma-informed and survivor-centered approach to meeting survivors' needs.

Jennifer Veltema (she/her) joins the Resilience team as Child & Family Advocate in our emergency shelter. Jennifer has a long history of serving children and families through her participation as a host parent with Safe Families for Children and various other roles and experiences with adoption and foster care. She is a self-described trauma nerd who is passionate about empowering survivors to find healing from trauma through nervous system awareness and regulation.

Caitlyn Nyhuis, LLMSW (she/her) joins

Resilience as a Trauma Therapist. She received her Bachelor of Psychology from GVSU and her Master of Social Work from WMU. Caitlyn has worked in the social work field since 2018 and has formerly interned with Resilience. She is passionate about empowering survivors and helping children who have experienced trauma through their healing process.

Our Board of Directors

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Vice President

Lisa Miller
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Tina Fierro
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Youth Leadership Rep.

Dr. Laurie Birkholz

Shannon Garrett

Jasmine Irish

Joe LaFramboise

Jeff Lukas

Dr. Lana Zarlenga

Erin Zylman

OCTOBER

IS DOMESTIC VIOLENCE AWARENESS MONTH

♀ ♀ ♀ ♀ **1 in 4 WOMEN**

♂ ♂ ♂ **1 in 7 MEN**



Domestic violence is widespread.

In the United States, nearly one in four (23.2%) women and one in seven (13.9%) men will experience severe physical violence at the hands of their intimate partner in their lifetime.

Domestic violence is a pattern of verbal, physical, emotional, and/or sexual abuse in any relationship that is used by a partner to gain or maintain power and control over the other partner.

750% 

Partner strangulation is linked to homicide.

A person involved in a domestic violence attack of strangulation (often referred to as choking) is more than 750% more likely to be killed by their offender in the next year. Cases of intimate partner strangulation are on the rise in our community.

PURPLE

is the color of Domestic Violence Awareness. Wear purple in October to support survivors.

MORE WEAPONS = MORE VIOLENCE



Over half of all intimate partner homicides are committed with guns.

5x

A person is five times more likely to be murdered if the abuser has access to a gun.



More than one in four homicides in the United States are related to domestic violence.



The use of firearms in domestic violence situations increases the risk that there will be multiple fatalities.

Ottawa County prosecutor's office noted a **45% increase in weapon violations** in their 2021 Annual Report.

WHAT CAN I DO?

Policies that prevent abusers from accessing guns have been shown to reduce intimate partner homicides by as much as 25%. It is important to learn about and advocate for these policies.

Red Flag Laws

Although there has been some progress in this area, Michigan law does NOT currently prohibit individuals convicted of domestic violence misdemeanors from purchasing or possessing guns. While a Personal Protection Order may forbid the perpetrator from legally purchasing/possessing a firearm, there are no requirements that firearms be removed from the homes of domestic violence perpetrators.



Learn about Protective Orders & Firearms at disarmdv.org