

APRIL IS SEXUAL ASSAULT AWARENESS MONTH



RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™

Preventing Domestic Violence Homicide

How Resilience and Community
Partners are Working Together



Every year, Ottawa County loses lives to domestic violence homicide, leaving families and communities shattered. These tragedies are often foreseeable and preventable. **In 2019, Resilience gathered community stakeholders to establish Ottawa County's first Domestic Violence High-Risk Team (DVHRT), with the goal of preventing these devastating losses.**

Unfortunately, the pandemic hindered progress, with quarantine only intensifying domestic violence and mental health struggles. Despite this setback, Resilience continued to see the need for the DVHRT and began reconvening in 2022. Today, the team collaborates to keep survivors safe and hold harm doers accountable.

Resilience leads the charge, coordinating with partner agencies, including West Shore Counseling Services, Ottawa County Probation, Friend of the Court, 20th Circuit Court Clerk, and Ottawa County Prosecution.

The team monitors a list of local individuals at high risk of domestic violence homicide, meeting monthly, with constant communication between agencies due to the nature of the cases being monitored.

The DVHRT is a critical step in preventing domestic violence homicide, but it's not a solo effort. Resilience welcomes new partners to join the Domestic Violence High Risk Team.

To learn more about becoming a partner, reach out to **Resilience's Legal Advocate at 616-494-1720.**

Together, we can save lives in our community.

A LETTER FROM OUR EXECUTIVE DIRECTOR

Spring is a time of growth and resilience, and our organization is no exception. We're eager to share our recent success in the Division of Victim Services Quality Assurance Standards Review. We scored an impressive 98% on the 163 standards that evaluate victim service agencies on policy, staff management, community engagement, the safety of our facilities, and more. Our prevention and systems change activities were highlighted, along with our success in fund development – work that depends on your support.

In the past year, there have been 4 homicidal attacks perpetrated by intimate partners in Ottawa and Allegan. These perpetrators murdered 4 adults, 2 children, seriously injured another adult, and left 3 children with the traumatic memories of witnessing these attacks. We've recently seen a 36% increase in calls to our Help Line, as well as the severity of violence victims are facing.

Resilience needs your support more than ever as we face reductions in state and federal funding. Increasing the flexible funding we receive locally is essential to maintaining our capacity to meet the growing demand for our services.

To learn more about how you can walk alongside survivors, please reach out to me. Together, we can make a difference.

My best,

Beth Larsen



Beth Larsen, Executive Director
BethL@ResilienceMI.org

The Survivor Advisory Council: Advocacy in Action

Resilience's Survivor Advisory Council (SAC) is a **survivor-led forum** that gives domestic and sexual violence survivors the opportunity to provide ongoing input into the agency's programs, services, strategies, and community engagement efforts.

The council has been focusing its recent efforts on policy advocacy and educating elected officials about issues and barriers that survivors face. Assisting with this effort is Resilience Board Member Shannon Garret. Shannon is the Chief Strategy Officer for the



Michigan Women's Commission and the founder of SMG Strategies, a consulting firm that helps aspiring leaders embrace their political ambition. Shannon also provides education on grassroots organizing and activism.

In January, Shannon trained the Survivor Advisory Council on understanding the political process and

working with elected officials.

The Survivor Advisory Council meets monthly via Zoom. All survivors are welcome, including the agency's former and current clients. No prior experience with policy advocacy is needed.



To read about the policy issues that the Survivor Advisory Council prioritizes, please visit the [Survivor Advisory Council page](#) on our website.

To join the Survivor Advisory Council, e-mail HollyJ@ResilienceMI.org

RESILIENT WORKPLACES

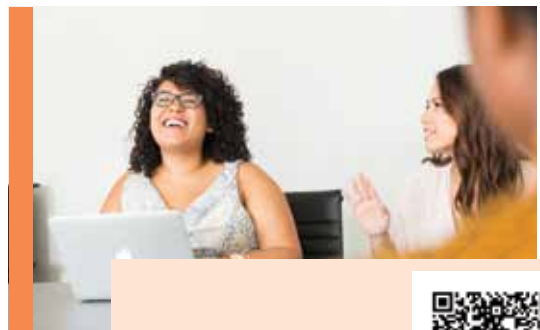
In 2022, the Michigan Department of Labor and Economic Opportunity released its report with recommendations for addressing mental health, trauma, and resiliency in the workplace.

The report uncovered the calamitous impact of **chronic stress** on employees' physical and mental health. Absenteeism and "presenteeism"—lost productivity that occurs when employees are not fully functioning in the workplace—threaten not only productivity, but overall workplace safety.

The two main culprits for chronic stress were COVID-19 and trauma. While certain sectors like military personnel, health care workers, and first responders are more likely to encounter traumatic events at work, the source of trauma for many employees is outside of the workplace.

Want to create a culture of resilience at your workplace?
Learn more at: ResilienceMI.org/Resilient-Spaces

Intimate partner violence costs \$8.3 billion in expenses annually: a combination of higher medical costs (\$5.8 billion) and lost productivity (\$2.5 billion). **The report recommends training on mental health and trauma for leadership and management and creating supportive workplace policies.**



***Read the full report:**



YOUTH LEADERSHIP BOARD

Resilience's Youth Leadership Board (YLB), comprised of local high school students, is dedicated to promoting positive relationships throughout our community.

The team recently organized a webinar in honor of Teen Dating Violence Awareness Month, titled "Learning to Love Better". Each YLB member leveraged their expertise to present on a specific topic such as love bombing, gaslighting, and ghosting. Through the webinar, attendees gained valuable insights on how to build sustainable and healthy relationships.

Together, these teens are empowering their peers to foster positive connections with others.

Keep up with our **Youth Leadership Board** on Tiktok!





YOUTH VIOLENCE PREVENTION

Live Respect and **Coaching Boys Into Men** are multi-lesson prevention programs Resilience implements in our local schools.

Teachers, coaches, and advocates work together to provide safe spaces for students to learn about harmful gender norms, warning signs of abuse, mental health, and healthy relationships.

We are excited to announce several developments:

New High School Curriculum Implementation

- + We are implementing our violence prevention curriculum in Holland High School as part of their Health and Virtual Tech programs!
- + The Freshman Football team at West Ottawa High School implemented the Coaching Boys Into Men program for the first time!

Expanding Our Reach

- + We are partnering with Out on the Lakeshore and Bluestocking Bookshop to offer two 8-week youth groups for LGBTQ+ youth!

A special thanks to our 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.

“The Live Respect program has been awesome for our West Ottawa Prep boys.

They truly look forward to each weekly discussion in the classroom. . .they feel safe to be vulnerable in sharing everything from struggles with mental health to their own biases towards women.”

– West Ottawa High School Teacher



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.

CHAMPIONS OF HEALTHY MANHOOD

Season 2 Capstone Project: Healthy Manhood at Hope College

In the United States, one in five women are sexually assaulted during their time in college. At Hope College, our Champions of Healthy Manhood recently hosted a two-night event to empower young men who are dedicated to making a positive difference. Throughout the event, students participated in workshops and listened to panel discussions on the importance of promoting healthy masculinity, mental health, connection, and bystander intervention. Together, our Champions and students engaged in meaningful dialogue about the impact of traditional gender norms and how we can work to prevent violence and build stronger communities by valuing and respecting women.



An Invitation to Men

Our inaugural year was a tremendous success, and we'd love to have you join our team! Champions provides a supportive and inclusive

environment for men to explore modern-day masculinity and become effective allies. As you know, women

"It feels so fulfilling to work with so many other good men who also understand the positive impact we can have in our communities."

can't do this work alone, and we need role models like you to help us build a world free from domestic and sexual violence. The bonds we create, the stories we share, and the impact we have in the community make this a truly unique and transformational experience.

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

Celebrating Healthy Fatherhood

Did you know that one in three teenagers experiences physical, sexual, or emotional abuse from a dating partner? While preventing teen dating violence may seem daunting, it is achievable—and we believe that fathers and father figures play a critical role in shifting the culture.

That's why this past January we brought together local fathers and community members to Celebrate Healthy Fatherhood. The event featured a panel discussion on the importance of healthy fatherhood,

round table activities focused on preventing violence, and breakout rooms that explored a variety of topics.

By engaging in meaningful conversations and modeling safe behaviors, we can raise a generation of healthy, respectful men.

Learn more about how you can promote healthy relationships and prevent dating violence:



SURVIVOR STORY

Empowered to Move Forward

Jane's world was turned upside down after she was sexually assaulted by someone that she had considered a friend.

Feeling lost and overwhelmed, she didn't know where to turn to.

Content Warning: This story contains descriptions of sexual assault that may be triggering.



She called her mom who knew about Resilience and offered to accompany her.

Upon arriving at Resilience's private medical suite, Jane was warmly welcomed by an advocate who promised to guide her through each step of the process. With her mother by her side, Jane met with a trained nurse who collected forensic evidence and provided critical follow-up care. Throughout the exam, the nurse explained each step and ensured that Jane felt safe and comfortable.

After the exam, Jane was left wondering what her next steps should be.

Should she press charges? She became anxious thinking about the future.

The advocate explained that it was entirely up to her to decide how to move forward, and that Resilience would keep her sexual assault kit on file for up to 5 years while she processes her trauma and decides the best path forward.

Realizing that the trauma of sexual assault can have long-lasting effects, Jane's mother asked about therapy. The Resilience team reassured her that Jane could receive free and confidential therapy for as long as she needed.

Jane left Resilience with a sense of gratitude for the expert care she received. She hopes that other survivors know that they too can turn to Resilience for support and compassionate care, and that they too can be empowered to heal and move forward.



Scan to learn more about Resilience's sexual assault programs and take a virtual tour of our building.

24/7 Sexual Assault Help Line

Sexual assault services available for victims age 13+. Law enforcement involvement is optional.

1-800-848-5991 or 616-392-1970
FREE & CONFIDENTIAL



Gaining Ground

Highlights from Resilience's Sexual Assault Programs

We're proud of our team's dedication and ongoing commitment to staying up-to-date with the latest practices and certifications in sexual assault prevention and response.

EXPANDING OUR EXPERTISE

Our Sexual Assault Team is one of Resilience's most impactful forces for change, meeting monthly to review cases and coordinate resources. The team is dedicated increasing its effectiveness on the front lines of survivor support, and has participated in several development opportunities this year.

Our Program Coordinator and nurses have taken time to attend conferences, such as the **End Violence Against Women International** and the **International Association of Forensic Nursing Conference**. These conferences provided opportunities to connect with law enforcement, advocates, and prosecutors, discuss best practices, and learn about innovative programming.

In addition, all five of our on-call nurses, including our Program Coordinator, gained **specialized education in forensic evidence collection**. Four of the five have earned **SANE-A certification**, which requires at least 300 practice hours and a labor-intensive certification exam. Our fifth nurse has completed a **Master's in Forensic Nursing**, further expanding our expertise in the field.

SOLIDIFYING PARTNERSHIPS

Focused on connecting with local youth, our team has partnered with **Hope College** and **Grand Valley State University** to provide education on consent and sexual assault to students. Our team is also actively engaged in community initiatives, such as the **Ottawa County Crisis Intervention Team**. These events have allowed us to connect with local law enforcement and share information about our sexual assault services

We're excited to announce that we've established formal partnerships with **Holland Hospital** and **Trinity Health Grand Haven**. As part of these partnerships, we're in the early stages of developing in-house educational courses for nurses and other hospital staff to promote a better understanding of sexual assault and how to provide compassionate care for survivors.

By collaborating with local partners and community organizations, Resilience is strengthening the prevention of and response to sexual assault in our community.



NEW AVENUES FOR CRITICAL CARE

We're thrilled to announce that, thanks to our new Medical Director and Board Member, Dr. Laurie Birkholz, Resilience can now provide sexual assault victims with antiretroviral drug called Non-Occupational Post Exposure Prophylaxis (nPEP).

This medication is a crucial preventive measure that minimizes the risk of HIV transmission for victims who have been exposed to the virus. Previously, victims could only seek this medication at the Emergency Department or their primary care physician. Because the drug must be taken within 72 hours of exposure, having 24/7 access through Resilience exponentially increases victims likelihood to receive it.

EQUIPPED TO SERVE MORE SURVIVORS

Our expanded Sexual Assault programming has led to an increase in the number of people seeking sexual assault exams. **In FY2021, we performed 38 exams, compared to 61 exams in FY2022.**

To help us manage the increase, our team of four exceptional volunteer advocates take shifts to provide much-needed relief for our on-call staff.

Additionally, we've **extended the amount of time we keep sexual assault exams in storage from 1 year to 5 years**, allowing victims the time they need to process the experience and decide how they would like to move forward.

Resilience is committed to educating and informing our community while providing sensitive, timely care for survivors. Our incredible staff and volunteer advocates regularly go above and beyond to ensure that each person who comes to Resilience feels supported and empowered. We're honored to support survivors across their lifespan, and offer them continual guidance and resources as they heal from sexual abuse.

Announcing: New Programs Extend Our Reach

NEW TRAINING EQUIPS SERVICE PROVIDERS TO BETTER SERVE MARGINALIZED GROUPS

Our program staff have created a new training curriculum that is approved by the state's Department of Victim Services for VOCA-funded positions. The curriculum includes live and recorded trainings and webinars, covering Resilience staff's areas of expertise, tips for effective advocacy, and lessons learned. The training is designed to make Resilience services accessible, culturally sensitive and inclusive, and empowering for every survivor.

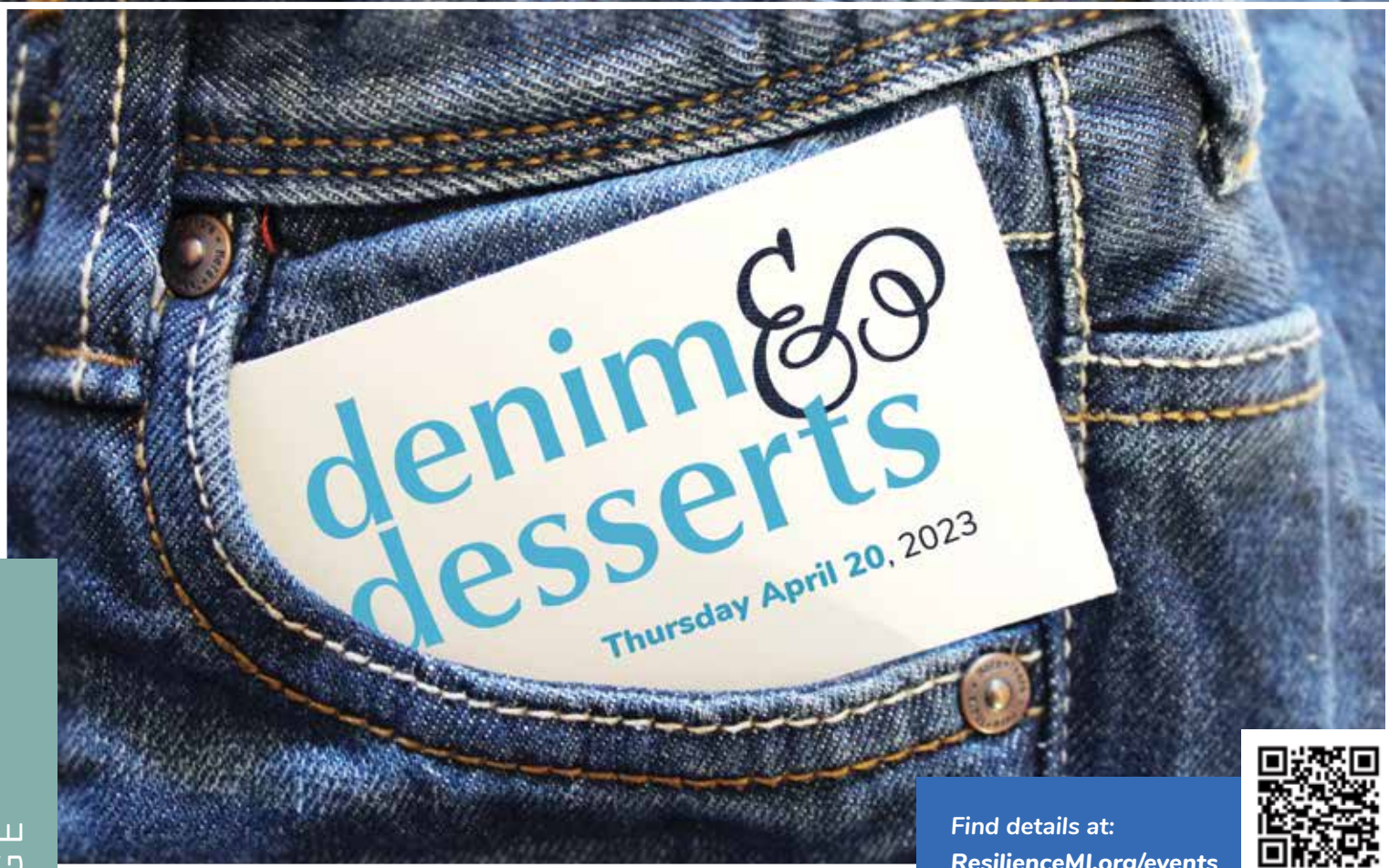
All direct service workers will receive this training before meeting with any survivor, including those who identify as LGBTQ+, use an interpreter, have intellectual disabilities, are male, are from different cultures, or are navigating Title IX policies.

NEW SUPPORT GROUP PROGRAM FOCUSES ON STUDENTS IMPACTED BY VIOLENCE

Recently our Trauma Therapy Team developed a support group program for schools that specifically focuses on students who have been impacted by domestic violence.

Through psychoeducational, non-judgmental support, therapists will help students gain a deeper understanding of what domestic violence is, learn how to manage their trauma symptoms, acquire new relaxation techniques, and receive emotional support.

If you are interested in bringing this group to your school, **contact our Clinical Services Supervisor, 616-494-1726.**



Find details at:
ResilienceMI.org/events



Mark Your Calendars

You won't want to miss the following big events:



2nd Annual Blue Star Bash

Saugatuck, MI

Thursday, July 27, 2023



NEW

Purple Party

Northern Ottawa, MI

Thursday, October 5, 2023

Thanks to your incredible generosity,

96 Individuals & Families

received gifts through **Adopt-a-Family** this year!

One survivor participating in the program put items like personal care products, toilet paper, and cleaning supplies on her wishlist. **She was overwhelmed with joy** when she saw that she had received a vacuum cleaner that she hadn't asked for. She told her advocate, "I am so happy I won't have to sweep my carpet anymore to keep it clean!"

We want to express our sincere gratitude to the incredible volunteers who keep this program running smoothly and efficiently!



May Basket Collection Starts Soon!

Visit ResilienceMI.org/may-baskets or scan the QR code to see our wishlist.

Thank You!

By becoming a monthly donor to Resilience: Advocates for Ending Violence, you're providing critical services to survivors of domestic and sexual violence. Your recurring donation allows us to plan and budget for the future, ensuring that we can continue to provide quality care and advocacy to those who need it most. It's an easy way to make an impact year-round!

Monthly donors fund a range of services: 24/7 crisis response, counseling for adults and children, legal advocacy, and so much more.



EMPOWER MONTHLY GIVING MEMBERS

Anonymous Members

- Linda Allen
- James and Angela Betzold
- Susan Braman
- Cliff Burgess
- Linda Furbush
- Alissa Heynen
- John and Marjorie Hoekstra
- Allyson Huttenga
- Mark and Ellen Krieger

Joseph Laframboise

- Beth Larsen
- Shannon Pathuis
- Richard Schaap
- Tyson Smith
- Elisabeth Stapleton
- Fred and Caroline Van Antwerp
- Ezzio and Elizabeth Villaverde
- Kent and Carrie Ypma
- Lana Zarlenga

New Expanded Benefits for Qualified Charitable Distribution (QCD)

The NEW Legacy IRA Act, new federal legislation passed in December 2022, has expanded how IRA QCDs can be used and now allows individuals the opportunity to use an IRA QCD of up to \$50,000 to fund a Charitable gift Annuity (CGA) or Charitable Remainder Trust (CRT).



Important details about this new QCD opportunity include:

- Although not limited to a single gift, the full \$50,000 must be used within a single year and can be done only once during the lifetime of the IRA owner. This allows the option to create multiple CGAs with one or several charities.
- Spouses may each contribute \$50,000 from separate IRAs to create a new \$100,000 CRT.

**This information is not intended as legal, financial, or tax advice. Please consult with your legal, financial, or tax advisor in your planned giving decisions.*

Thank You!

Our sincerest thanks to the groups and individuals listed below who have generously partnered with or donated to Resilience. We are deeply grateful for your support and commitment to creating a world free from violence.

Adopt-a-Family Donors

Adopt-a-Family Volunteers

Allegan County Community Foundation T.A.G. Team

Allendale Community Foundation

Bluestocking Bookshop

CATO

Coopersville Area Community Foundation

Derek Emerson

Devine Family Foundation

Harbor Lights Middle School

Homeless Prevention Partners – Tri-Cities Soup for All

Holland High School

Holland Virtual Tech School

Hope College Events & Conferences

Innovative Nail Oasis

JSJ Foundation

Laura Jonker

Macatawa Bay Middle School

Michigan Women's Commission

Mignon Sherwood Delano Foundation

Molina Health Care

Movement West Michigan

Nestlings Diaper Bank

Out On The Lakeshore

Panera Bread

Perrigo Company Charitable Foundation

Plascore, Inc.

Sam's Club

The Community Share – A Gentex Charitable Fund

West Ottawa High School

West Ottawa Work Study Program

Woodward Charitable Trust



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**
- + **Visiting our Blog** at ResilienceMI.org/blog
- + **Following @ResilienceMI** on social media
- + **Donate to change lives > scan our QR code**



Welcome Resilience's Newest Staff Members!

Maria Seidl
On-Call Shelter Assistant

Naviah Duron
On-Call Shelter Assistant

Jessica (Jess) Miilu joins our team as a part-time Survivor Advocate. Jess recently graduated from Western Michigan University with her Bachelor's in Family Science and is pursuing her Master's Degree in Social Work at Grand Valley State University. Her passions and specialties include mental health advocacy, intersectional feminism, and combating homelessness. She also works part-time at West Shore Counseling as a co-facilitator of a Men's Batterer Accountability Group. In her free time, she enjoys exploring and creating.

Our Board of Directors

Sandra Trammell
President

Ortencia Bos
Vice President

Lisa Miller
Secretary

Tina Fierro
Treasurer

Ava Baxter
Youth Leadership Rep.

Dr. Laurie Birkholz

Shannon Garrett

Jasmine Irish

Joe LaFramboise

Jeff Lukas

Dr. Lana Zarlenga

Erin Zylman



We invite you to view our
2022 Annual Report online at:
ResilienceMI.org/About-Us



24-hour Help Line

For immediate support, call
616.392.1970 or 800.848.5991

En Español 616.355.9755
or 866.728.2131



www.ResilienceMI.org
On social media @ResilienceMI

APRIL IS SEXUAL ASSAULT AWARENESS MONTH



EVERY **68** SECONDS

an American is sexually assaulted.
Every 9 minutes, that victim is a child.



People who have been sexually assaulted are more likely to use drugs than the general public.

The likelihood that a person suffers suicidal or depressive thoughts increases after sexual violence.

TEAL

is the color of Sexual Assault Awareness. Wear teal in April to support survivors.

SEXUAL VIOLENCE IS COSTLY

Recent estimates put the lifetime cost of rape at **\$122,461** per survivor, including medical costs, lost productivity, criminal justice activities, and other costs.



Out of every **1,000** sexual assaults, **310** are reported to police...



50 of the 310 will lead to an arrest...



28 of the 50 arrests will lead to a felony conviction...



...and **only 25** perpetrators will face jail time.



WHAT CAN I DO?

Make a **financial donation** to Resilience to provide crucial services to survivors: ResilienceMI.org/donate

Donate like new or gently used clothing, toiletries, and non-perishable food items to: **411 Butternut Dr. in Holland.**

Volunteer your time to help survivors directly or indirectly: ResilienceMI.org/volunteer

Spread the word about supporting survivors of sexual assault, and encourage others to get involved.