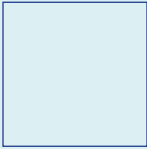


SUMMER 2024 NEWSLETTER

411 Butternut Dr.  
Holland, MI 49424



RESILIENCE  
ADVOCATES FOR ENDING VIOLENCE™

# New Leadership Strengthens Our Resilience

**We are thrilled to welcome Ortencia Bos as our newly appointed Board President and Shannon Garrett as Vice President.**

**Ortencia Bos**, who has been a Board Member since 2019 and previously served as Vice President, brings over two decades of experience in advocating against intimate partner abuse. Currently the Director of West Shore Counseling Services, Ortencia has also played key roles in Ottawa County as a Violence Intervention Officer and a certified Batterer Intervention Program facilitator. Her long-standing commitment to both domestic violence prevention and racial equity work makes her an exceptional choice for Board President.



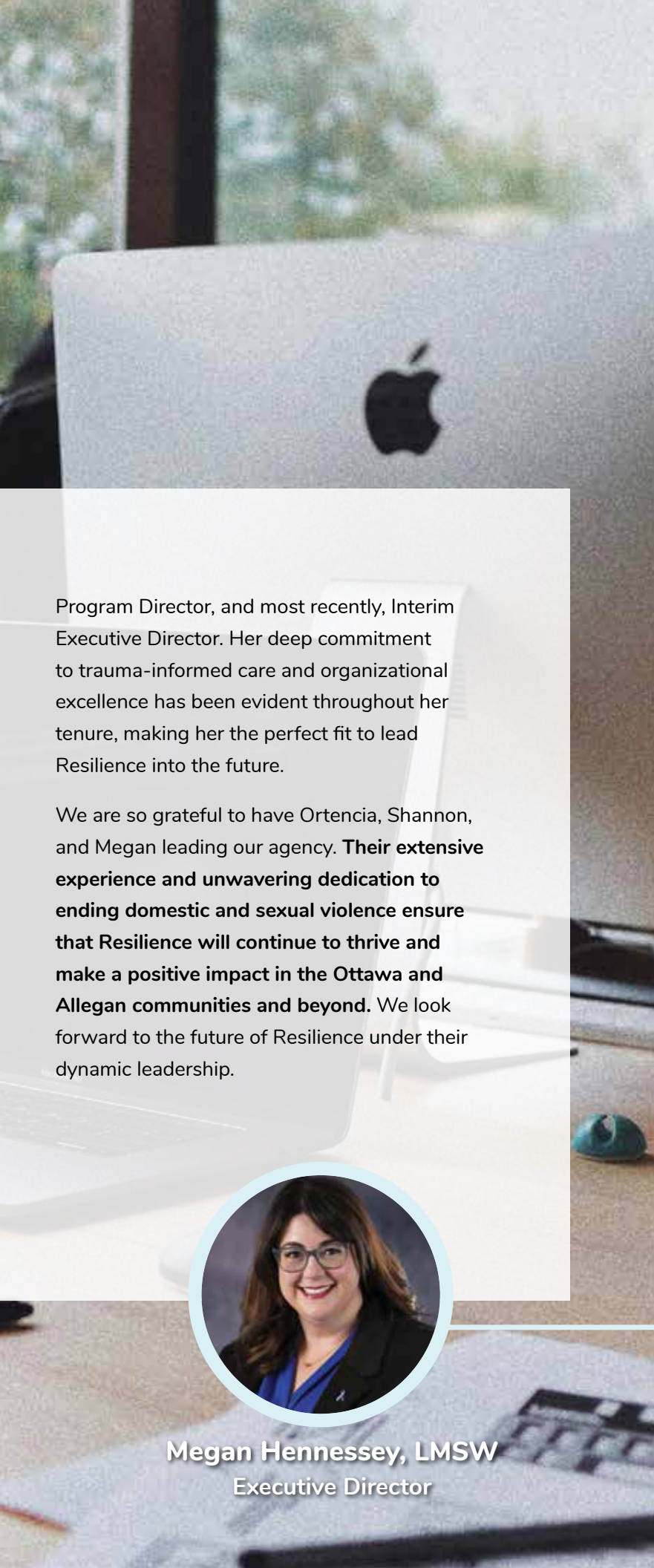
**Ortencia Bos**  
Board President

**Shannon Garrett**, our newly appointed Vice President, is the Chief Strategy Officer for the Michigan Women's Commission and a nationally recognized trainer and strategist. With nearly 30 years of experience, Shannon has worked tirelessly to advance equity and inclusion in civic life across the United States. As co-founder of Vote Run Lead and a founding partner of Civicize.Me, she has empowered countless individuals, particularly women, to engage in political leadership.

We are also delighted to announce **Megan Hennessey** as our newly appointed Executive Director. Megan's journey in the field began 16 years ago as a college intern with our agency. She has since taken on various roles at Resilience including Clinical Services Supervisor,



**Shannon Garrett**  
Board Vice President



Program Director, and most recently, Interim Executive Director. Her deep commitment to trauma-informed care and organizational excellence has been evident throughout her tenure, making her the perfect fit to lead Resilience into the future.

We are so grateful to have Ortencia, Shannon, and Megan leading our agency. **Their extensive experience and unwavering dedication to ending domestic and sexual violence ensure that Resilience will continue to thrive and make a positive impact in the Ottawa and Allegan communities and beyond.** We look forward to the future of Resilience under their dynamic leadership.



**Megan Hennessey, LMSW**  
Executive Director

## A NEW CHAPTER, ALIVE WITH POSSIBILITIES.

A letter from our new Executive Director

Dear Friends and Supporters,

**I am deeply honored to step into the role of Executive Director at Resilience,** and I want to express my heartfelt gratitude for your unwavering support during this time of transition. Your dedication to supporting survivors of domestic and sexual violence truly inspires me. It is a privilege to continue working alongside such a talented and passionate team.

**As we embark on this new chapter together, I am more committed than ever to upholding the values that have been the cornerstone of our organization: collaboration, transparency, and inclusivity.** Together, we can create a community where survivors are not only supported, but also celebrated for their strength and resilience. Throughout this newsletter, you will discover how our agency not only provides crucial support and resources, but also integrates survivor voices into every aspect of our work.

Looking to the future, I am excited about the possibilities ahead and the impact we can make together. I encourage each of you to make a meaningful donation to Resilience by returning the enclosed envelope or through our website. **Your contribution plays a crucial role in providing life-changing support for local survivors of domestic and sexual violence.** Together, we can ensure that every survivor receives the care and resources they need to heal and thrive.

In solidarity,

**Megan Hennessey LMSW**, Executive Director



# Survivor Voices Make Communities Safer

## SURVIVOR ADVISORY COUNCIL (SAC)

SAC has been a pivotal force in legislative advocacy since its formation in 2018. Recognizing the importance of survivor voices in shaping public policy, SAC created a Public Policy Agenda in July 2020, highlighting their commitment to influencing legislation with a focus on issues pertinent to domestic and sexual violence. **Their advocacy efforts include participation in the Michigan**



**Safe Access of Victim’s Economic Security (SAVES)** workgroup, where they contribute

to creating a more trauma-informed and survivor-focused court system.

In addition to these efforts, members actively participate in various public forums and legislative initiatives. In September 2023, they were **invited to join a roundtable discussion on the Address Confidentiality Program with Michigan Attorney**



**General Dana Nessel.** In January 2024, SAC member, Gabby Dunai, and then-Interim Director,

Megan Hennessey, **advocated for House Bills 4945 and 4946 and Senate Bills 471 and 472, which address domestic violence and firearms legislation,** during a Grand Rapids Day of Action.

These activities demonstrate SAC’s unwavering commitment to advocating for legislative changes that protect and empower survivors, reflecting their broader mission to end violence through informed policy and community engagement.

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*All survivors are welcome to join the Council, including the agency’s former and current clients. No prior experience with policy advocacy is needed. If you are interested in learning more or becoming a member of the SAC, please contact Megan Hennessey at [MeganH@ResilienceMI.org](mailto:MeganH@ResilienceMI.org) or **616-494-1724***

## YOUTH LEADERSHIP BOARD

Youth Leadership Board (YLB) members **honored survivors by creating a denim display for our recent Denim & Desserts event.** Youth leaders painted empowering messages on jeans and gave out denim bracelets and awareness buttons. These young leaders are making a difference in our community by promoting healthy relationships, consent, and gender equity.

Resilience's Youth Leadership Board amplifies youth voices and empowers local students to become the next generation of leaders in violence prevention.

**We are currently seeking students who have a passion for social justice, community outreach, and supporting survivors of abuse to join us.**

**Apply today! (see below)**

Together, we can build safer communities through the power of healthy relationships.



To learn about the Youth Leadership Board or to apply for membership, contact [BradH@ResilienceMI.org](mailto:BradH@ResilienceMI.org)



**Tell a Teen in Your Life...  
We're on TikTok!**

[@ResilienceMI](https://www.tiktok.com/@ResilienceMI)

*"I joined YLB to make a difference in my community. [It] has given me multiple opportunities to spread awareness and to give back. I have enjoyed the pure kindness and support from all of Resilience staff. I walk through the door to smiles and warming voices making me feel safe and comfortable to be my true self."*

*– Amanda T., YLB Member  
from West Ottawa High School*

## CHAMPIONS OF HEALTHY MANHOOD

With a focus on strengthening relationships and prioritizing mental health, Champions of Healthy Manhood (CHM) provides a safe space for local men to understand and embody healthy manhood.

Through podcasting, allyship events, and mentoring programs, these Champions use their collective voice to advocate for respect and gender equity.

The relationships built, stories shared, and the community impact make CHM a unique and transformational experience.



Join us for the next season of Champions of Healthy Manhood. Contact [BradH@ResilienceMI.org](mailto:BradH@ResilienceMI.org)



### Meet Champion, Dan Noe

During Season 1, our Champions wrote **heartfelt letters** reflecting on how our culture's traditional definition of masculinity 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.

**Listen to Dan (pictured at left along with his wife) read an open letter to his son by scanning the QR code.**



*"I have watched an already great husband become even greater. Champions of Healthy Manhood allowed Dan the safety and community to explore more about himself as a person. He was given permission to access a more vulnerable side of himself than the examples of "manhood" that he has witnessed or what society has told him he has to be. This has had a profoundly positive effect on how he shows up as a partner, a father, and more importantly how he feels about himself. I have no doubt that the growth he has experienced with Resilience will have a generational impact on our family. I will forever be grateful."*

– Sarah Noe, wife of Champions of Healthy Manhood participant, Dan Noe



IMAGE CREDIT: HOLLAND PUBLIC SCHOOLS

## COACHING BOYS INTO MEN

With the goal of violence prevention, Coaching Boys into Men (CBIM) trains and motivates coaches to teach their young male athletes healthy relationship skills, mental health practices, and that violence never equals strength.

By leveraging the power of sports, Resilience is transforming the culture of teams and schools, and preventing violence of all kinds in our communities.



*“We’re grateful to Brad from Resilience for bringing his program to a group of 8th grade young men at Holland Middle School.*

*You are making a difference in the youth of our community! Thank you for your time, patience and commitment in modeling and educating our students on what it means for a man to have healthy relationships, develop leadership skills, fostering their mental health and contributing to society and their families in a positive way.”*

*– Nick Cassidy, Holland Public Schools Superintendent*

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### Current teams include:

- Holland Varsity Soccer
- Holland Varsity Tennis
- Holland 8th Grade Football **New!**
- Holland 7th Grade Football **New!**
- West Ottawa Freshmen Football

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To bring CBIM to your school, contact [BradH@ResilienceMI.org](mailto:BradH@ResilienceMI.org)

## **New!** HEALTHY MANHOOD - SUMMER PROGRAM FOR BOYS

This 6-week summer program aims to connect young men in our community with positive male role models to create space for powerful conversations about healthy masculinity. Lessons emphasize the importance of authenticity, vulnerability, empathy, and connection. Open to middle school and high school aged boys living in Ottawa or Allegan County.

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To learn more about our programs for youth, visit [ResilienceMI.org/Youth](https://ResilienceMI.org/Youth).

# Fighting for Change

## New Legislation Aims to Protect Survivors of Domestic Violence

### From Survivor to Advocate: Highlighting Survivor Gabby Dunai's Contributions

Resilience's Survivor Advisory Council (SAC) consists of domestic and sexual violence survivors who guide the agency's direction, advocate for policy changes, and educate elected officials about the challenges survivors face.



Gabby Dunai, a longtime SAC member and domestic abuse survivor, experienced repeated threats and gun violence at the hands of her ex-partner, often in front of her young son. Her story of survival and resilience highlights the dangers many face. **Her bravery in sharing her story and advocating publicly has been instrumental in advancing new gun control measures in Michigan.**

**Gabby was recently recognized as a Community Influencer by the Michigan Department of Health and Human Services' Social Determinants of Health.** We extend our heartfelt thanks to Gabby for her unwavering dedication and passion in ensuring that no one else must endure what she went through.



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Scan the QR code to read  
Gabby's survivor story or visit  
[ResilienceMI.org/Gabby](https://ResilienceMI.org/Gabby)

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# About Michigan's New Legislation

## Michigan Implements Emergency Risk Protection Orders (ERPO)

In February 2024, Michigan enacted the Extreme Risk Protection Order (ERPO) law, commonly known as the "red flag law." This legislation allows civil courts to temporarily remove firearms from individuals deemed a risk to themselves or others. ERPO petitions can be filed by law enforcement, family members, household members, and healthcare providers.

**This measure is crucial in preventing potential tragedies involving firearms.** ERPOs are particularly important in cases of domestic violence, offering an additional safety measure to Personal Protection Orders.

Advocates at Resilience remain ready and available to provide support and guidance through the complex application process.

## Michigan's Address Confidentiality Program

Launched in September 2023, Michigan's Address Confidentiality Program protects survivors of violent crimes by providing a substitute address for public records, **preventing abusers from locating their victims once they've relocated** (current addresses cannot be safeguarded). The program includes free mail forwarding and supports public services like schools, state benefits, and voter registration. Our staff is trained to assist survivors with applications and every phase of rebuilding their lives.

Special thanks to **Attorney General Dana Nessel** for visiting Resilience (pictured below) to discuss her commitment to this program.



## New Gun Laws to Protect Survivors

Last November, Michigan passed crucial legislation to keep guns away from convicted domestic abusers. Senate Bills 471 and 528, along with House Bill 4945, prevent those convicted of domestic violence from purchasing, owning, or transporting firearms for eight years, closing a significant gap in current gun laws.

Governor Gretchen Whitmer praised this legislation for reducing gun violence and protecting survivors.

**The advocacy of survivors like Gabby Dunai and the dedication of our Survivor Advisory Council (pictured below) were key to passing these laws.**

Our deepest gratitude to all who courageously shared their stories to support these life-saving measures.



## Amplify Survivor Voices

As Resilience continues to support survivors before, during and after acts of violence, your support is more crucial now than ever.

Donate today to provide life-changing support and resources for survivors of violence. Together, we can ensure a safer community for us all.

Give securely at [ResilienceMI.org/donate](https://ResilienceMI.org/donate) or return the enclosed envelope with your donation.

## CHILDREN'S THERAPY HEALING GARDEN

Our Children's Therapy program has started a healing garden! This garden is more than just a place to grow herbs; it's a sanctuary for children to find peace, express themselves, and engage in therapeutic activities.

This Spring, children planted cilantro, basil, parsley, and dill seeds that were generously provided by the Herrick District Library's community seed library.

"Greening and Growing" is a community-level violence prevention strategy and a testament to the power of nature in promoting health, safety, and well-being. Together, we're planting the seeds of hope and healing!



### Benefits of Growing Healing Gardens:

- + viewing plants reduces stress, fear, anger, and sadness as well as lowers blood pressure, pulse rate, and muscle tension.
- + growing things and working with one's hands is therapeutic.
- + gardens are safe, calming environments that represent places of peace and healing.

## TRAININGS, SUPPORT GROUPS, & WORKSHOPS

The deep expertise of our staff enriches our programming. Over the past year, we have hosted numerous new trainings, support groups, and workshops designed to provide essential support for survivors and better equip our community to respond to abuse.

Many of our fee-based trainings have been approved by the National Association of Social Workers (NASW) Michigan for Continuing Education credits. *All support groups and workshops for survivors are completely free.*

### Here are some trainings, support groups, and workshops we've offered over the last year:

#### Trainings:

- Understanding and Screening for Domestic Violence
- Strangulation in Intimate Partner Violence
- Therapeutic Interventions for Children Who Witness Domestic Violence
- Working with LGBTQ+ Survivors of Sexual Assault
- Conversations Around Consent
- Exploring Abuse Through a Disability Lens in collaboration with Disability Network Lakeshore

#### Support Groups & Workshops:

- Navigating Friend of the Court & Divorce
- Spirituality, Religion, and Abuse
- Life Savings Financial Empowerment
- Furry Friends & Frankfurters (therapy dog day)
- Coparenting after Domestic Violence
- Trauma-Sensitive Yoga
- Coping Skills

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View upcoming trainings and support groups at [ResilienceMI.org](https://www.resilienceMI.org)

# Shaping a Resilient Community

## Thank you for your support!



Last Fall, the **Mary Kay Ash Foundation** graciously awarded Resilience a \$20,000 grant!



**Holland Police Officers Association** chooses Resilience as the benefiting charity for their annual fundraiser!



**This year's interns**, some of whom are pictured above, provided healing therapy, led trauma-informed yoga, wrote impact blogs, and much more!



Our **Youth Leadership Board** partnered with the Children's Advocacy Center's Youth Advocacy Team for the Break the Silence walk!



This year's **Postal Food Drive** collected over 26,000 lbs of food for local nonprofits including Resilience!



The amazing employees at **Consumer's Energy** once again embodied the Easter spirit with a donation of 146 baskets!



In March, **West Michigan Lakeshore Association of Realtors** collected donations and raised funds to benefit Resilience!



We joined **Holland Mayor Nathan Bocks** at **Holland West Elementary** for donations collected by the students to benefit our agency and Community Action House!



Thanks to the amazing support of guests and sponsors, our Denim & Desserts event raised

**over \$70,000**

to support local survivors of domestic and sexual violence! It was an unforgettable evening filled with sweet treats, solidarity, and meaningful connections.



SPONSORED BY

**HAWORTH Helps**



**HEALING CHAMPIONS**  
Dr. Laurie Birkholz & Associates,  
Landscape Design Services, Transmatic

**HOPE ADVOCATES**  
Lumir, Meijer, Tennant Company

**STAR SUPPORTERS**  
Corewell Health, Mark & Robyn Hofmeyer, Kenowa Lumber,  
MKS Wealth Advisors of Raymond James, Sjaarda Homes  
& Properties, Soundoff Signal

A special shoutout to those who made this event possible. Your commitment to standing with survivors is inspiring.



Event photos by Jess Miilu

ENGAGE

## Mark Your Calendars

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

For tickets and sponsorship opportunities, visit [ResilienceMI.org/Events](https://ResilienceMI.org/Events)

**TICKETS ON SALE NOW**



- THIRD ANNUAL -  
**Blue Star Bash**  
Ivy House, Saugatuck

**July 25, 2024**



- SECOND ANNUAL -  
**Purple Party**  
Little Red Barn, Nunica

**October 10, 2024**

## FOSTERING A MIND-BODY CONNECTION: TRAUMA-SENSITIVE YOGA FOR SURVIVORS

In May, our Clinical Services Supervisor, Krystal Diel, and Therapy Intern, Alexis Hall, **presented at the Michigan Coalition to End Domestic and Sexual Violence (MCEDSV) annual conference.** They shared their expertise with service providers from across the state, highlighting the importance of a mind-body connection in trauma recovery, and practical applications for therapists.



## FUTURES WITHOUT VIOLENCE ADVISORY COUNCIL

Prevention Team Members Lesley Coghill and Brad Hieftje have been **invited to serve on Futures Without Violence's Coaching Boys into Men (CBIM) Advisory Council.** Members from around the country help inform CBIM priorities, shape CBIM materials, make connections with youth and coaches, and provide feedback on the state of CBIM in local communities.

## DAY OF ADVOCACY

Beth Curley, our Sexual Assault Nurse Exam Program Coordinator, recently **traveled to Washington, DC for an annual Day of Advocacy with the International Association of Forensic Nurses.** She spoke with legislative representatives to highlight critical policy issues and the crucial impact forensic nurses make on short and long-term health outcomes for patients.



## Make a Lasting Impact as an Empower Monthly Giver

Leaving abuse is only the first step. Life after leaving is like climbing an endless staircase, each step a new challenge to overcome. **Resilience is here for the journey—will you join us?**

As an Empower Monthly Giver, **your gifts provide consistent support** and access to vital resources and services for as long as survivors need. Your monthly contributions drive both emergency services and long-term support, like trauma therapy, support groups, and so much more.

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To join our Empower Monthly Giving program with a recurring gift, visit: [ResilienceMI.org/Empower](https://ResilienceMI.org/Empower) or call 616-494-1721.

## Join The Resilience Legacy Society (RLS)

RLS members are generous donors committed to ensuring that our work continues into the future.

You can join RLS by naming Resilience as a beneficiary of your will or life insurance policy, or by gifting specific asset (property, stock, etc.).

Members experience a wide variety of benefits, including invitations to exclusive events and public recognition (or you may choose to remain anonymous), and special updates throughout the year.



RLS Members, Dave and Jane Armstrong

To leave a lasting legacy for generations to come, contact:  
Christina Scarpino, Development Director  
ChristinaS@ResilienceMI.org

## Financial Strain

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

Resilience's Safe Nights campaign generates crucial financial support for survivors facing homelessness due to domestic violence.

★ Safe Nights  
★



To learn how you can provide Safe Nights for survivors, visit:

[ResilienceMI.org/Safe-Nights](https://ResilienceMI.org/Safe-Nights)

# Thank You!

Groups and individuals listed on this page have recently partnered with or donated to Resilience.

Adopt-a-Family Donors & Volunteers

Allendale Community Foundation

Consumer's Energy Employees

Community Foundation of the Holland/Zeeland Area

Community Impact Day Volunteers

Community Share: A Gentex Charitable Fund of the CFHZ

Cold-Link Logistics of Holland

Coopersville Area Community Foundation

Disability Network Lakeshore

DTE Foundation

Elite Dental

Fellowship Reformed Church

Gentex Employees

Global Concepts Enterprise Employees

Good Shepherd Lutheran Church

Grand Haven Area Community Foundation

Grand Haven High School Pay It Forward Program

Holly Harvey

Haworth Employees

Herrick District Library

Holland Junior Welfare League

Holland Police Officers Association

Holland Walmart #1942

Holland West Elementary

Hope Church

Hope College Society of Women Engineers

Hope College Students Teaching & Empowering Peers

Jean Marie's

Kalamazoo Community Foundation: Remembering Maggie Fund

Mary Kay Ash Foundation

May Basket Shop Donors

Michigan Coalition to End Domestic and Sexual Violence

Mignon Sherwood DeLano Foundation



## 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

**Rickey Ainsworth, MA, LLMSW**  
Trauma Therapist (they/them)

**Tori Conner, LLMSW**  
Trauma Therapist (she/her)

**Gabrielle Harter, BS**  
On-Call Shelter Assistant (she/her)

**Riley Lampen**  
On-Call Shelter Assistant (she/her)

**Dani Linderer, MA**  
Help Line Assistant (she/her)

**Tamela Schaap, LLMSW**  
Trauma Therapist (she/her)

**Dre Steward, BS**  
Supportive Housing Advocate (he/him)

**Nicole Stewart**  
Program Support Specialist (she/her)

**Katie Weatherwax, BSW**  
Survivor Advocate (she/her)

## Resilience Board of Directors

**Ortencia Bos**  
Board President

**Shannon Garrett**  
Vice President

**Lisa Miller**  
Secretary

**Tina Fierro**  
Treasurer

**Dr. Laurie Birkholz**  
Medical Director

**Sandy Trammell**  
Past President

**Jasmine Irish**

**Joe LaFramboise**

**Jeff Lukas**

**Dr. Lana Zarlenga**

**Erin Zylman**

NuVescor Group & Rua Associates

Pearl Vision

Perrigo Charitable Foundation

Postal Food Drive Donors & Volunteers

Salon Cheveux

Spring Sweet

Springview Foundation

Two Men and a Truck Lakeshore

Chris Wistrom

West Michigan Community Bank

West Michigan Lakeshore Association of Realtors

Woodward Charitable Trust



### 24-hour Help Line

For immediate support, call  
616.392.1970 or 800.848.5991  
En Español 616.355.9755  
or 866.728.2131

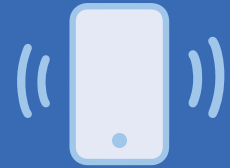
**SAFE SPACE  
FOR EVERYONE**

[www.ResilienceMI.org](http://www.ResilienceMI.org)  
On social media @ResilienceMI

## COMMUNITY IMPACT IN FY2023 RESILIENCE PROVIDED:

**66** FREE & CONFIDENTIAL  
**SEXUAL ASSAULT  
EXAMS**

**URGENTLY NEEDED** → SEXUAL ASSAULT VOLUNTEER ADVOCATES  
Visit [ResilienceMI.org/Volunteer](http://ResilienceMI.org/Volunteer) to learn more.



**3,463 CALLS**  
FOR SUPPORT TO OUR  
24/7 HELP LINE



**6,522** NIGHTS OF  
**EMERGENCY SHELTER**



**12%** INCREASE  
FROM FY2022

### DID YOU KNOW?

Nationwide, **sexual assault is the most underreported crime**, with some estimates suggesting that up to 90% of rape cases go unreported. The number of unreported assaults increases for victims that identify as male or belong to a historically marginalized group.

For more information about our services and our most recent annual report, visit [ResilienceMI.org/About-Us](http://ResilienceMI.org/About-Us).

### Your Support is Critical!

*Thank you!*

**Give** to Resilience to provide crucial services to survivors > [ResilienceMI.org/Donate](http://ResilienceMI.org/Donate)

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

**Volunteer your time** to help survivors directly or indirectly > [ResilienceMI.org/Volunteer](http://ResilienceMI.org/Volunteer)

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