Implementing the Sanctuary Model

Programs celebrate 2nd year mark of certification process

The SAFE Program of People’s Place, which provides domestic violence services, began working with Sandra L. Bloom, M.D. approximately 10 years ago to adopt the Sanctuary Model and use its trauma-informed approach when providing services to domestic violence victims residing in their shelters.

The Sanctuary Model represents a theory-based, trauma-informed, evidence-supported, whole culture approach that has a clear and structured methodology for creating or changing an organizational culture. This Sanctuary mission is to teach individuals and organizations the necessary skills for creating and changing an organizational culture. (Continued on page 2)
The Sanctuary mission is to teach individuals and organizations the necessary skills for creating and sustaining non-violent lives and non-violent systems and to keep believing in the unexplored possibilities of peace. (www.sanctuaryweb.com)

In 2013, the People’s Place Girls Group Home, Whatcoat Social Services, Independent Living, and Residential Alternative to Detention became part of a broad initiative to expand the Sanctuary Model to other programs within the organization. The agency is collectively learning to provide services to individuals of all ages by treating everyone with respect, tolerance, honesty, and open communication using this trauma-informed model.

People’s Place is currently in the second year of the three-year Sanctuary Model certification process which involves intensive training and on-site consultative guidance. The agency is striving to not only educate and train all staff, but also to make every effort to include residents, so they feel a sense of community and safety.

I recently traveled to Washington, D.C. and visited three of our nation’s war memorials.

The National World War II memorial which sits on the National Mall, opened to the public in 1995. The architecture and construction of the memorial and the fountains located in the center are breathtaking. It is a beautiful tribute to the 16,000,000 who served in the armed forces during World War II and to the 36,574 who died.

I then toured the Korean War Veterans Memorial which is an extremely moving experience. Statues of soldiers, which stand over 7 feet tall, are surrounded by juniper bushes which represent the tough terrain these brave individuals encountered in Korea. Photographs of approximately 2,400 soldiers from the Korean War are etched on a shiny black granite wall and statistics of those lost in the battle are written in stone around the pool of remembrance.

Honoring the lives that served in the Vietnam War, the Vietnam Veterans Memorial Wall was the last stop of my tour that day. This memorial is situated on 3 acres of land and consists of three separate parts: the Three Soldiers statue, the Vietnam Women’s Memorial, and the Vietnam Veterans Memorial Wall which is the most popular part of the experience. The Memorial Wall opened to the public in 1982 and honors the 58,000 who died or remain missing.

If you have the opportunity to visit Washington, you may want to visit these three great war memorials. They are within walking distance of the Washington Monument, the Lincoln Memorial and the White House.

I am pleased to note that People’s Place has been proudly serving veterans and their families for over 25 years. Our Veterans Outreach Program provides transportation for Kent and Sussex County veterans to VA medical facilities and provides referrals for housing, employment, and other vital needs. People’s Place partners with Connections CSP to provide outreach to Kent County veterans through the VA’s Supportive Services to Veterans and Their Families (SSVF) program. SSVF provides eligible veterans and their families with homeless prevention and rapid rehousing services.

Please contact us today at 302-422-8033, extension 173 if you know of any veterans that are in need of assistance or looking for resources.

Del Failing, People’s Place Executive Director
On a Thursday evening in April, more than 30 women gathered at the Sea Colony Tennis Center in Bethany Beach. They came with a covered dish, gift bags filled with toiletries, scarves, jewelry and other donations in celebration of Mother’s Day. They were there as a part of a group called Delaware by the Sea Womenade. The evening was casual and filled with lots of happy greetings and chatter. The cause they were there to support is not a happy one – domestic violence. But the Womenade group is determined to make lives better for women and children who have experienced the terror of domestic violence and are seeking assistance and support through People’s Place 2, Inc. in Delaware. The Womenade group recently celebrated their 5-year anniversary, and the contributions they make to the lives of women are invaluable. To date, their cash donations total more than $10,000, and their in-kind donations include gifts for the women and children, furniture, computers, and shelter supplies, along with many other types of donations which total more than triple the cash donations.

While Womenade is part of a national trend for women to honor and support other women in their challenges in life, it was the effort of a very special woman in Delaware, Teresa Zatcoff, who founded a chapter in our area. Teresa belonged to a Womenade organization from Pennsylvania, and when she moved to Delaware 6 years ago, she began a campaign to form a group here. Her friend, Liz Hobler, told her about People’s Place and their work with abused women. Liz learned about People’s Place when her church, the Ocean View Presbyterian Church, assisted families at People’s Place. It is obvious that the other women value Teresa in the way that they speak about her and the way in which the group just continues to grow. At the first meeting, there were more than 125 addresses on Teresa’s list.

While staff at the domestic violence programs get to see the delight on the faces of the domestic violence survivors who receive the benefit of the donations from Womenade, they don’t get to see the delight on the faces of the women making the donations. The women come from all walks of life and include teachers, artists, store owners, nurses, realtors, stay-at-home moms, social workers and many others, some of whom are retired. Some are continuing the work they did before they retired, and some are involved in many other charity efforts, in addition to Womenade.

The following quotes are from some of the members who shared their thoughts about being a part of this effort:

From Peggy Kent: “Spending time with women of the group that share the same passion for creating awareness about domestic abuse and helping those who cannot help themselves is very gratifying.”

Liz Hobler said, ” We all like each other and relish our coming together for giving, dining and fellowship every other month.”

(Continued on page 5)
Resiliency is the ability to bounce back after a setback. It includes seeing the glass as half full, being optimistic and believing in oneself. Psychologists and other social scientists are doing research on resiliency to see if they can find out why some individuals appear to be resilient while others do not.

Resilient individuals are not Pollyannish, always believing, as Annie sings, “the sun will come up tomorrow.” They see, however, that trials and tribulations are part of the larger fabric of life. They are not defeated by failure nor do they give up on trying to set and achieve goals. Setting and achieving goals are necessary for our life to make sense. Otherwise, we are in that canoe with no paddle – going where the stream takes us.

Recent research shows that happiness is a product of a person’s ability to set and then achieve a goal. Setting and achieving goals was more predictive of happiness than money, lifestyle, education or age, not counting individuals in abject poverty. Individuals who do not know if or where their next meal is coming from or who are in unsafe environments need those survival issues taken care of first before they can feel happy in their life.

Resiliency is what we are born with and losing it is what can happen. All infants are resilient. Infants do not know failure as the end point. How many times does the infant fall before it walks? Hundreds? Imagine trying to learn a new skill and failing 100 times. Would you continue? Golfers do. So do writers, researchers. In fact – everyone does. We are, or were, resilient and don’t know it! In fact, you cannot learn unless you fail. Failure is the signal to try something new. If you do not fail (or do not recognize that you are failing) you will not try something new. Remember the saying that insanity is trying the same thing over and over and expecting different results.

Resiliency is not some precious attitude given to a few lucky individuals. All of us can learn to deal with adversity and bounce back. Being resilient does not mean one has to go it alone. Using others in our world to help us maintain a positive attitude is a sign of resiliency. The infant grabs our hands or goes piece of furniture by piece of furniture to learn how to steady himself and gain confidence until one day he lets go of the supports and walks unaided.

When I was a young boy, my grandmother collected four leaf clovers. She was always finding them – even a few five leaf clovers – and putting them in a small vase on her kitchen table. One day, my brother and I and our two cousins decided to challenge grandma. We ranged in age from eight to ten and was old! We told her we thought the four of us could find more four leaf clovers than she. Grandma accepted the challenge. After an eternity (probably about 20 minutes) we gave up empty handed. Grandma had about half a dozen four leaf clovers. After my brother and cousins left and grandma and I were alone I asked her how she could find so many four leaf clovers and her four grandsons could find none. She said, “Joey, you think four leaf clovers are rare and I think they are everywhere.” Grandma was very resilient.

Resiliency is not the same as success. Success is the end of a process and requires a judgment. Judgments contain presumptions and prejudices. They differ and are rooted in the culture and socioeconomic status you grew up in. What the Wall Street executive thinks his daughter must do to be successful may not be what the teacher from Milford Delaware thinks her daughter must do. Judgments divide and may make it more difficult to be resilient. Having resilience is a process, like The Little Train That Could, and success may be more like art; it is in the eye of the beholder.

How do you know if you have resiliency? We all have things happen in our lives that we do not want or regret. Are the bad things that happen to you a result of bad luck, things out of your control, permanent fixtures? Do you give up trying to achieve goals believing there are obstacles that you cannot move or move around? Do you accept other’s judgments about success more than your own judgments about success? Are you living an isolated life and have no one for your support system or to bounce things off of?

The glass is half full AND half empty. Both statements are true. You (literally) get to choose how you want to describe the experience. If you want to support or relocate the resiliency skills you have (or had) – think about the positive reality of glass half full. Think that whatever set back has occurred – it is not permanent – unless you stop making efforts to change it. This does not mean the setback will become a landslide victory or accomplishment. It just means it won’t be the (unaltered) setback. If you lost your six figure income job you may not be able to find another job with that income stream. That doesn’t mean you won’t be able to find another job that may create opportunities for other pleasures. I had such an experience where I went from a job with a significant income stream to one with a more modest income. I was not able to maintain the same lifestyle in the later job that I had in the former, but I have had experiences and joys now that I did not have before. I would be perfectly miserable if I would have let the setback of losing the higher paying job be an end or if I would be continually mourning the loss instead of accepting the change and opportunities it brought.

I have almost 30 years’ experience as a psychologist. One hour, an adolescent walks into my office to complain they have nothing to do and can’t find a job. The next hour another adolescent walks into my office to talk about the need to change their schedule with me because they have a job and are doing some volunteer work one evening a week. It always amazes me that adolescents who want to find summer work do. They are resilient. They know there are jobs out there – they just have to find them. Like my grandmother and four leaf clovers, they believe in abundance and find it.

Resiliency helps fuel our search for the things we want in life. It helps us keep things in perspective, persevere and learn. Observe people around you – resilient people are noticeable as are individuals who are negative and defeated. The glass is half full and half empty. Which do you prefer?
Womenade (Continued from page 3)

From Lori Meighan: “We have fun at the bi-monthly potluck dinners that bring us together in order to collect the items needed, but it is much more than dinner. I feel that all the women involved are truly there because their hearts go out to these families.”

Mary Headman writes: “I never imagined that it would be so wonderful to get together with a group of ladies on a regular basis in the name of a good cause. I am so happy to be able to support the efforts of People’s Place!”

Lastly, from Teresa this statement: “Our hope is to always be the Angels that make a difference for your families in shelter.”

We urge you to become a part of this wonderful work and start your own Womenade group. It seems to be something that women need to do — to come together, to support each other and to give back when they are able. If you would like to know more about Womenade, you can access their website: www.washingtonwomenade.org. If you would like to contact Teresa Zatcoff about starting your own group, email her at delawarebytheseawomenade@gmail.com.
The women living at the Abriendo Puertas domestic violence shelter have always tended to congregate in the kitchen and dining room area of the house. While preparing meals, they share their stories, hopes, fears, and dreams for a better future with one another while their children play nearby. Although these rooms were functional, they were dated and in need of some repairs and a serious “face-lift”.

Enter the Leadership Central Delaware Class of 2015 from the Central Delaware Chamber of Commerce. Class members sign up for a 10 month commitment of training to become more effective and dynamic leaders in the community and their profession. Each year when the class begins they vote on a community project to perform from a variety of local applicants. Abriendo Puertas, which is the People’s Place Hispanic domestic violence program, was the program chosen this year by the 25 participants. Their intent was to somehow make a difference in the lives of domestic violence survivors and their children. They accomplished just that by improving the living conditions at the shelter by remodeling the kitchen and dining room areas.

All funding for the project was raised personally by the class members, or through their respective companies, and totaled $4,443.00. The money was used to install new kitchen cabinets, countertops, flooring, paint for the walls and ceiling, lighting, sink fixtures, and a new over the stove microwave. The class members, led by Josh Titter, Project Leader, coordinated a work schedule that enabled everyone to participate in the remodeling project which took approximately 3 to 4 weeks to complete. Everyone then jumped in and worked together to create a beautiful new kitchen and dining room for the Abriendo Puertas residents and their children.

The group was coordinated and led by Josh Titter, Ron Barasino, and JR Ennis, who all did a phenomenal job working with People’s Place and the Abriendo Puertas staff. Hard working and generous other class members were; Frank Taormina and Sandee Gelven, Bayhealth; Felicia Cook, Central Delaware Chamber of Commerce; Chris Cooper, Central Delaware Habitat for Humanity; Major Matt Ernest and First Lt. Sarah Bergstein, DAFB; Felicia Dorman, Dayspring Consulting Group; Cassie Porter, Delaware Economic Development Office; Tom Byrd, Delaware State News; Eric Hart, Delaware State University; Lisa Falconetti and Dr. Lisa Strusowski, Delaware Technical Community College; Derrick Stanley, Dover Downs, Inc.; Patrick McMaster, Dover International Speedway; Amy Balke, Incorporating Services, Ltd.; Jake Wooleyhan, Kraft Foods; Mahala Duffy, Longevity Entertainment; Kareem Batie and Teresa Knotts, Proctor & Gamble – Dover Wipes Co.; Neal Nicastro, PPG Industries; Kevin Washington, Primerica; Danielle Hufford, Shure Line Electrical; and Drew Kennedy, Spot-On-Marketing.

Below: “Before renovation” photos of dining and kitchen areas at Abriendo Puertas.
CrossFit Lewes members exceeded last year’s total and presented the People’s Place SAFE Program with a check for $47,093 at their “Share the Pain” event on 5/17/2015 in Lewes, DE. This is the second year that CrossFit Lewes put countless hours into raising funds to benefit the domestic violence program which serves victims and their children in both Sussex and Kent counties.

Last year’s event which raised more than $33,000, helped over 100 domestic violence survivors transition into safe homes of their own. This year, money raised from the CrossFit Lewes Share the Pain event immediately started helping domestic violence survivors and their children in our community. Donations from the event provided assistance with car repair costs and childcare co-pays which enabled a mother to begin working at a new job, and another survivor able to keep her job by receiving help with transportation costs.

SAFE Program Director, Marcey Rezac shares that “It is really amazing to see our local community come together and raise these funds. This money is a life changer for many survivors, helping them to find safety, stability and establish violence free homes.”

People’s Place is thankful for the generosity and hard work CrossFit Lewes put into this year’s event to benefit the SAFE Program. We want to acknowledge the months of planning, obtaining business sponsorships, gathering silent auction items, raising donations on personal fundraising pages, and holding several pre-event fundraisers that were involved in the event’s success. Special thanks to Kris Carper, owner of CrossFit Lewes, Craig Klassic, CrossFit Lewes Trainer, and CrossFit Lewes members, Chip Thompson and Stephanie Kichline for coordinating this outstanding fundraiser.

We would also like to recognize this year’s “Share the Pain” Hero sponsors – Kids Cottage and Atlantic “Midway” Theaters. Other significant sponsorships were received from Schell Brothers, IG Burton, Atlantic Transportation, Anderson Flooring, Bella Terra Landscaping, and Community Bank. Many thanks to the following sponsors; The Big Chill Cantina, The Starboard, County Bank, Cape Gazette, Lewes Auto Mall, Satterfield and Ryan, Beebe Healthcare, Lewes Meineke, Orthopedic Associates of Southern Delaware, State Farm agents, Jeanine O’Donnell and Matt Basile, Bling Salon & Spa, Delaware Coalition Against Domestic Violence, Hurlock Real Estate, Therapy at the Beach, eRevolution Ventures, and Millman Appliances.

Left foreground: CrossFit Lewes Trainer Craig Klassic and Owner Kris Carper; background: members. Right: Chip Thompson, Marcy Rezac and Craig Klassic hold the check representing $47,000 raised for People’s Place SAFE Program.

Left photos: Paige Haley (foreground), Aiden Rezac (background) and competitors “Sharing the Pain” at the event.

Above: Ann Southard, Domestic Violence Therapist, is also a talented face painting artist as 3 year old Blake can attest.
Eagle Scout Dylan Hoffman

Eagle Scout Project Benefits Children at Abriendo Puertas

Last year, Dylan Hoffman witnessed a violent altercation between a couple in the rear parking lot at the Milford Wawa.

“I saw a guy in the parking lot shouting at a female, ripping her purse out of her hand and then hitting her in the head,” states Dylan, who admits he has a habit of intervening when he sees something amiss. “Luckily, I was able to break it up and get her away from the situation.”

After this incident he started thinking about the children that have to witness such chaos in their lives and decided he wanted to do something to make their lives a little brighter.

Dylan approached People’s Place in November of 2014, requesting their permission to build a swing set for children at the Abriendo Puertas domestic violence shelter. This project was not only his way of giving back to the community, but also part of his pursuit to become an Eagle Scout in the Boy Scouts of America. His dedication, determination and hard work have given many children affected by domestic violence, the ability to go outside and play in a safe and peaceful environment. Dylan’s swing set will continue to be a very special spot at the shelter for many years to come.

Dylan successfully completed the seven steps required to obtain the honor of becoming an Eagle Scout, which included this project and approximately 15 hours of paperwork which was then submitted and reviewed by two separate committees of Boy Scout leaders. People’s Place applauds Dylan for his achievement and thanks him for his kindness in choosing to help our Abriendo Puertas program and its families.
People's Place hosted its Annual Breakfast on May 20, 2015 at the Milford Senior Center. There were approximately 150 staff, volunteers, board members, and community business leaders in attendance to recognize the agency and its accomplishments during the past year. Del Failing, Executive Director went over the Annual Report figures and updated guests with news regarding the agency and its eleven programs. The breakfast also provided an opportunity to present two “Employee of the Year” awards, a “Rookie of the Year” award, “Group and Individual Volunteers of the Year”, and a special “People Helping People” award this year.

Receiving recognition for their commitment and dedication to the agency this year were:

- **Debra McKenna, SAFE Program**
  2015 Employee of the Year
- **Susan Beneventano, Counseling Center**
  2015 Employee of the Year
- **Otelia Taylor, Whatcoat Social Services**
  2015 Rookie of the Year
- **Leadership Central Delaware 2015 Class**
  2015 Group Volunteer of the Year
- **Barbara Perkins**
  2015 Individual Volunteer of the Year
- **Rev. Deacon Dorothy Vuono and the Circle of Light**
  2015 People Helping People Award
Veterans Outreach Program Supported by the Milford Lions Club

Mike Rowe, Director of the People’s Place Veterans Outreach Program, was a guest at the Milford Lions Club 9th Annual Eunice C. Reed Fund Awards Dinner on May 14, 2015. The dinner hosted by the Milford Lions Club, ended with an awards ceremony to present $67,400.00 of monetary support to 21 non-profit organizations. People’s Place was extremely pleased to receive a $4,000 check designated for the Veterans Outreach transportation costs.

Founded in 2006 by the Milford Lions Club, the Eunice C. Reed Fund is just one way the club continues to financially support local organizations. Ms. Reed’s desire, by leaving a large portion of her estate to the Milford Lions Club, was to help the club continue the mission, “We serve” in the Milford community.

The People’s Place Veterans Outreach van travels from the southern tip of the state to the most northern tip every week. Mr. Rowe said that he travels approximately 400 miles per week and purchases between $150.00 to $200.00 worth of gas weekly. Due to the amount of time that is spent on the road, the program had to purchase 4 new van tires recently and there are additional repair issues that need addressing in the near future. The Lion’s Club generous award for $4,000 this year will help People’s Place continue to provide local veterans with services and transportation to area V.A. hospitals.

If you know a local veteran in need of services or you would like further information about the Veterans Outreach Program, please call (302) 422-8033 ext. 173.

People's Place
Helping people find their path to growth and independence

The Center for Community Justice

MEDIATION TRAINING

September 10th, 11th, 17th & 18th, 2015
9:00 a.m. - 5:00 p.m. every day

For information on Registration and Fees
Please Contact:

THE CENTER FOR COMMUNITY JUSTICE
1131 Airport Road, Milford, DE 19963
(302) 424-0890 • Fax (302) 424-1404

Basic Mediation Training to be Offered by the Center for Community Justice

This 4 day training lays the groundwork for anyone interested in becoming a mediator, becoming a volunteer mediator for the Center for Community Justice Program, or for working on conflict resolution skills.

The People’s Place CCJ Program provides victim-offender mediation for misdemeanor crimes and some felony property offenses referred by the justice system. They also provide community mediation services for issues such as landlord-tenant disputes, family conflicts, neighborhood issues and employee-employer concerns.

Spaces fill up quickly, so please call (302) 424-0890 today to reserve a spot.
People’s Place is dedicated to helping people find their path to growth and independence.

Correspondence regarding The People’s Voice should be directed to Kim Rigby (302) 422-8033, ext. 198 krigby@peoplesplace2.com

Sign Up for our E-Newsletter at www.peoplesplace2.com

Visit our Website at www.peoplesplace2.com

Like us on Facebook at www.facebook.com/peoplesplace2

HOW YOU CAN HELP

Give a gift today showing your support so that we may continue to provide the services needed to “help people find their path to growth and independence”.

There are almost as many ways to make a planned gift as there are needs to be met. Explore the list on our website to discover new ways to make a gift that will take into consideration your personal circumstances and the needs of your loved ones.

For more information about how you can leave a legacy of helping others, please contact Kim Rigby at (302) 422-8033, ext. 198 or e-mail at krigby@peoplesplace2.com

WISH LIST

We receive a variety of generous donations throughout the year. We kindly request that before a clothing drive is organized or if you have large furniture to donate, please contact our office. If you wish to make a ‘Wish List’ donation, please mail or drop off items between 8:30 a.m. and 4:30 p.m., Monday through Friday, at:

People’s Place Administrative Offices
1129 Airport Road, Milford, DE  19963  •  (302) 422-8033

Wish List Items: Twin size sheets, twin size blankets, bath towels, wash cloths, new pillows, kitchen linens, pots and pans, clothes baskets, dishes, flatware, glasses, kitchen utensils, small kitchen appliances, pajamas, slippers, laundry detergent, cleaning supplies and toiletries.

JOB OPPORTUNITIES

People’s Place employs a variety of professionals, from direct care staff to administrative support specialists.

If you are interested in joining our team, you can get information on our website at www.peoplesplace2.com/employment.
People’s Place “Bravelets”

Want to help others “Be Brave” during hard times? Show your support of People’s Place by purchasing an affordable and unique piece of jewelry which not only looks great, but also raises money for our mission to continue helping others. The People’s Place “Bravelets” page can be found at “Armed with Hope – People Helping People” at https://www.bravelets.com/bravepage/armed-with-hope-people-helping-people.

25% Off Savings!

Purchase a $5.00 Boscov’s shopping pass from People’s Place and you will be entitled to receive a 25% discount on purchases* made throughout the day of October 20, 2015. Boscov’s is donating $5.00 back to the organization from each shopping pass purchase. This will help to support People’s Place and its eleven programs located throughout Kent and Sussex Counties. Please contact krigby@peoplesplace2.com or call 302-422-8033, ext. 198 to purchase your shopping pass today.