

CHOICES is ending domestic violence through safety, healing and education for individuals, families and our community.

In one year, CHOICES

Answered 1257 crisis calls

Provided 415 nights of emergency shelter

Counseled 49 children

Assisted with 141 Orders of Protection

Was ready to help victims and survivors of domestic violence and their children **24 hours a day!**

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The Purple Ribbon

Symbolizes that you stand against intimate partner violence and that you will speak out to promote safety in every home.

Fall 2009

From the Executive Director's Desk... by Carrie Melton

As you may know, fiscal year 2010 for CHOICES began July 1st with some major adjustments to accommodate for the Illinois State budget cuts.

The program was initially cut by 75% and was forced to eliminate one position and decrease all staff to part time positions. In order to meet the clients' needs and maintain a working level of services, CHOICES decided to close the office on Thursdays. This allowed for increased staff coverage the other 4 days of the week, and gave some structure to the program hours. During this time, the 24-hour crisis hotline continued to be available to those most in need.

When the budget was finally passed in August, CHOICES received information that the cut was not as drastic as initially reported, so CHOICES was able to increase hours for all remain-

ing staff and reopen on Thursdays. The Legal Advocates are available four days a week, and the Family Advocates are available five days a week.

Because CHOICES is still without a full, complete staff, we are asking that those who are making referrals to CHOICES and those seeking services through CHOICES call ahead or call for an appointment, so that the staff can adjust their schedules and prioritize services.

CHOICES' staff members remain committed to the mission and are focused on providing core services such as safety planning, hotline support, emergency counseling services, legal advocacy, children's counseling/advocacy, and information/referrals.

On another note, the CHOICES Board of Directors adopted a new mission statement: **CHOICES is ending**

domestic violence through safety, healing, and education for individuals, families and our communities.

The CHOICES Board of Directors took the 'bad news' of state budget cuts and turned it into an opportunity to evaluate the CHOICES program and set priorities for the agency.

Throughout the Fall and Winter, the CHOICES Board will be discussing topics such as the board's role, fundraising, fiscal stability, communication, future endeavors, and staff connection.

If you are interested in volunteering your time at CHOICES, whether it is serving on the Board, a fundraising committee, or assist with an upcoming event, please contact me at 815.244.5360.

Upcoming Events...Domestic Violence Awareness Month

It is a delicious month to support the CHOICES Program! We have a number of food-related activities to raise money in support of our mission!

- Hump Day Helpings
- Carroll County Cookie Bake Off
- Galena Dips and Gifts

In addition to those yummy fundraisers, CHOICES is also sponsoring a number of awareness events to continue promote our mission of educating the community about domestic violence:

- Jo Daviess Co. Domestic Violence Task Force
- Myth or Fact articles in

local newspapers

- Silent Witness Project
- Volunteer Training

For more information, please call either office at:

(815) 777-3681 or
(815) 244-5360

CHOICES, Inc.**Board of Directors**

Marj Mapes, Pres

Carol Unangst, VP

Casey Folks, Tres.

Mike Klippert, Sec.

Elaine Townsend

Marcy Kiefer

Pam Watts

Jennifer Vandigo

Carroll County Cookie Bake Off

On October 24th CHOICES will be hosting a Cookie Bake Off and Bake Sale at the Land of Oz/ Subway in Mt. Carroll, IL.

Bake Off:

- Open to all ages
- \$10 registration fee for adults entering the bake sale
- Those entering the bake off must bring 2 dozen cookies to add to the bake sale and 3 cookies to be judged by our "Celebrity Judges"

- Judging begins at 9am sharp
- There will be one prize for the overall winner

Bake Sale:

- The Bake Sale will run from 8am until 1pm
- Anyone wishing to donate baked goods for the sale are asked to bring their items to the Land of Oz prior to 8am on October 24th.

- Or you can call Kim at 815-244-5360 to make other arrangements



Hump Day Helpings

October is Domestic Violence Awareness Month and two local restaurants want to help spread the word about the issue in our community!

CHOICES will be the recipient of "Hump Day Helpings" this October when The Market House

Restaurant in Galena and the Olde Hotel Restaurant in Warren will donate a portion of their proceeds to the CHOICES Domestic Violence Program.

Every Wednesday in October the Market House will donate 50% of their dessert sales and the Olde

Hotel will donate 15% of their total sales (excluding bar and banquets).

On behalf of those affected by violence in their own families, please take the time to treat yourself by patronizing these fine local restaurants on Wednesdays in October!



Galena Dips and Gifts Partners with CHOICES

Judy Reedy of Galena Dips and Gifts (and CHOICES Volunteer) has partnered with the CHOICES program to sell her dip and soup mixes.

Galena Dips and Gifts uses the highest quality spices and herbs from around the world to make their gourmet party dips, spreads and seasoning blends.

They use no chemicals, preservatives or anything unnatural. If salt is required, they

add only a small amount of sea salt making the mix tasty, yet low in sodium.

As a party dip, they are perfect with fresh veggies, pretzels, chips, and crackers. As a spread they are perfect on bagels and cocktail rye bread.

Judy is also packaging dips as gift sets that are perfect as teacher's gifts or stocking stuffers.

To order one of these delicious dips, soups or gift items, go to: <http://galenadips.com/choices.html>

Your purchase helps CHOICES fulfill its mission.

~Thank You!





Courtwatch

Court Watch of Jo Daviess County will mark 2 years of observation this October.

The volunteer observers (9 observers) have been busy observing cases related to domestic and sexual abuse, such as such as: violations of orders of protection, aggravated criminal sexual assault, domestic abuse, interference with reporting 911, violate sex offender registration, child por-

nography, and aggravated domestic abuse.

The observations have generated discussion around a number of topics including the sound system in the court rooms, repeat offender issues (dismissals, sentencing), dismissal rates, and court room demeanor/court start time.

The observers have begun to narrow their focus to the sound system and repeat offender issues.

Specifically, this Court Watch program is a citizen-lead group of volunteers observing court proceedings involving domestic violence and sexual assault and abuse.

If you are interested in participating in the court watch program you may contact an observer or a steering committee member for more information.

courtwatching@yahoo.com

Steering Committee:

- Bryan Bohnsack
- Carrie Melton
- Sharon Gillip
- Josh Jasper

Hotline Volunteers...We Want You!

Thanks to a gift from a local foundation, the CHOICES Domestic Violence Program is offering free training to individuals interested in volunteering their time and talent to the agency.

The Illinois Domestic Violence Act requires that any individual working directly with domestic violence survivors complete 40 hours of domestic violence training. The training consists of reading and videos

that can largely be done on your own!

Training topics include: defining abuse, safety planning, crisis counseling, lethality assessments, and the Illinois Domestic Violence Act.

Due to recent budget cuts, CHOICES is in need of individual volunteers for the 24 hour hotline. Hotline workers are the first line of response to individuals in crisis situations

and are a valuable part of the work done at the agency. To learn more, contact Steph at 815-777-3681 or

scocagne@galenalink.com



“Somewhere on this planet, someone has a solution to each of the world's problems. It might be one of us. With your help, we can build a more hopeful world. “

~Marianne Larned

DV 101...What *is* domestic violence?

Domestic violence is a *pattern of power and controlling behaviors used primarily by one person to dominate the other in a relationship.*

A domestic relationship as defined in the Illinois Domestic Violence Act includes people who are or were related by blood or marriage. In addition, the law protects people who live at the same residence even if they are not in an intimate relationship and high risk adults with

disabilities who have been abused by their caregivers.

Types of physical abuse include: pushing, restraining, kicking, biting, strangling, threats with a weapon, forced sex or sexual activity.

Emotional abuse is also a part of an abusive relationship. Emotionally abusive behaviors include: name calling, criticizing, humiliation, and threats.

A lesser know type of abuse is called “Economic

Abuse” and includes the following behaviors: keeping financial information secret, forcing partner to give his/her paycheck, refusing to pay for the family’s basic needs such as food, child-care, rent, and clothing.

If you or someone you know is experiencing these kinds of patterns in their relationship, encourage them to call CHOICES!

Support Groups for Women

Galena:

~Tuesdays
~10-11:30 am
~Choices’ Office

Mt. Carroll:

~Mondays
~5-6 pm
~Choices’ Office

Free and confidential!



PO Box 6166
Galena, IL 61036

Phone: 815-777-3681
Fax: 815-777-3682
www.choices4you.org



*Become a fan of
"CHOICES DV" on
Facebook and tell us
how you feel about do-
mestic violence in our
community!*



Support Our Mission!

CHOICES is ending domestic violence through safety, healing and education for individuals, families and our community.

There are a number of ways in which you can help CHOICES achieve its mission, consider doing one of the following:

_____ I would like more information about becoming a volunteer

_____ I would like to help with a CHOICES fundraiser

_____ ****Please accept my tax-deductible donation of \$_____**

Name: _____

Address: _____

Phone: _____ E-Mail: _____

****You can also donate with a credit card online at:**

www.choices4you.org