

The YWCA News Line



Oklahoma City

Fall 1995, Number 7

A Newsletter of the YWCA of Oklahoma City

Passageway Shelter

"The best thing
I ever did..."



From an interview with a past Passageway resident. The name has been changed.

My name is Shelia. Five years ago in June, for the first time, I left my abuser. It was the hardest thing I ever did in my life. I had nowhere to go and no money. I took my three children, eleven months, five and ten years old with me. I went to my sister's for the first night but she lived in a 750 sq ft. home with her two children and her husband. The next day I called around and found out about Passageway. They said that I could come and stay there.

When I arrived, I was scared to death. I had no idea what to expect. I was greeted by a counselor who made me feel at ease. I didn't know it then but coming to Passageway was the best decision I had ever made. During my stay I learned I was better than what my husband had lead me to believe. I slowly began to gain self respect and to build my life anew. I attended the meetings the counselors said were "mandatory" and found I was not alone. I discovered almost everyone there was married to the "same man" I was. It was very eye opening. I was encouraged to get my life together. I was told I was very smart and I could do anything I wanted to with my life. It was then I decided to go back to school.

Now, five years later I am a senior in college and am scheduled to graduate in December 1995 with a Bachelor's Degree in Family and Child Development.

I am proud to say that I once was a resident of Passageway, the best thing I ever did for myself and my children.

HUD Says Yes to YES!

YWCA Awarded Transitional Housing Program Grant

by Ruth Ann Ference, YWCA Director of Development

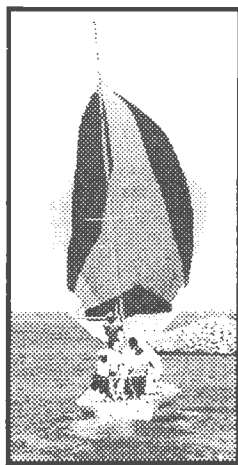
The YWCA of Oklahoma City has received confirmation by HUD (Department of Housing and Urban Development) that its proposal to initiate a new program for transitional housing for survivors of domestic violence has been approved for funding in the amount of \$731,314 over three years.

The total project, named YES! (YWCA Enabling Self-Sufficiency), is projected to cost \$1,144,451 over three years. The grant provides for (1) rehabilitation of 75% of an existing two story YWCA-owned building for one- and two-bedroom apartments, office, and laundry room; (2) Supportive services (100%); and (3) Operating costs (75% years one and two, 50% year three). The remaining 25% of the building will be used for storage and facility maintenance.

Carol Wall, YWCA Executive Director, said, "We have long recognized the need to provide transitional housing and supportive services to clients after their initial stay at Passageway for 30 to 60 days. Passageway is an emergency shelter, and we do a phenomenal service in that short length of time. Our 23 year history in providing services to domestic violence survivors has taught us, however, that a woman who wants to become self-sufficient needs more than a month or two to turn her life around. The answer is YES! The YWCA is proud to be a partner in providing the type of program that allows a woman and her children to build a life that is free of abuse and degradation."

See YES! pg 4.

OKC Boat Club Hosts Sixth Annual YWCA Passageway Regatta



Sailing onto Lake Hefner for the start of Passageway Regatta '95

The OKC Boat Club hosted the sixth annual Passageway Regatta at Lake Hefner the weekend of July 29 and 30. The multi-class regatta attracted more than 200 sailors from Oklahoma, Kansas, Arkansas, and Texas.

Liz Eagan, regatta chair for this year's event, reported that the regatta raised over \$3,500 for the YWCA Passageway Shelter for Battered Women and Children.

Sixty-nine boats registered and sailed during Passageway Regatta '95. Keel boats competed in three races while centerboard and multihulls sailed in a total of five races. "We are one of the few sailing clubs to host simultaneous, multi-class races," Eagan said. "It requires a lot of extra effort to design and officiate the different race courses, but the advantage is that we have more sailing

See Regatta pg 5.

YWCA Directory

YWCA Gaylord Community Service Complex
(405) 948-1770

YWCA Ione Branch
(405) 721-2485

YWCA McFarland Branch
(405) 424-4623

YWCA Crisis Intervention Services
(405) 947-4506

YWCA Domestic Violence Victim Assistance Program
(405) 297-2881

YWCA Rape Crisis Center Hotline
(405) 943-7273

YWCA Domestic Violence Hotline
(405) 949-1866

YWCA Third Phase Men's Group
(405) 947-4508

Positive Tomorrows Transitional Center
(405) 948-6012

CRISIS SERVICES

CITY CONTINUES DVVAP FUNDING

The city recently announced that it will continue funding of the YWCA Domestic Violence Victim Assistance Program (DVVAP). This program originally started in February, 1994, with a grant from the city of Oklahoma City. DVVAP represents a collaborative effort of the Oklahoma City Police Department, Municipal Court system, and the YWCA of Oklahoma City.

Deena Ezzell, YWCA staff member and DVVAP coordinator, has an office in the municipal court building. "If you're going to be useful, you have to be where you're needed," Ezzell said. "The clients I work with usually feel overwhelmed by the legal process. Most victims do not understand the differences between municipal and district courts or even civil and criminal proceeding."

"DVVAP is here to help domestic violence victims get through the system," Ezzell continued. "We assist with counseling, helping victims to file for Victim Protection Orders, and provide referral services."

Over the past 12 months, DVVAP has served 726 clients. For more information call 297-2881.

SEXUAL ASSAULT

by Blanche Barrymore

On June 15 of this year, the YWCA Rape Crisis Center embarked on a different program to help assault victims. Called SANE (Sexual Assault Nurse Examiners), it started in Tulsa several years ago. The Tulsa program provided the model for the OKC center.

The new program greatly reduces doctors and hospital involvement, costs to the victim, lack of privacy and lengthy waiting — all of which can add trauma and humiliation to the survivor. Instead, the 6th floor at University Hospital has provided, free of charge a family room and a special rape crisis examination room, where nurses, specifically trained at the Tulsa Center, examine the victims and give needed medication. Whatever expenses are incurred are paid for by the Oklahoma Crime Victims Compensation Board.

"The victim does not go through this alone," said Andrea Conklin, YWCA Rape Crisis Advocate, "One or more volunteers are on call 24 hours a day, and when the Hotline call comes through, we go immediately to the Hospital, giving emotional support in any way we can. The public needs to know that the YWCA is always here to help in time of crisis," she added.

Growing Up Strong

by Jeannine Desmarais, YWCA Volunteer



Most of the children who come into the YWCA Passageway Shelter for Battered Women and Children arrive with the clothes on their backs and fear in their hearts. Their physical needs for shelter, food, and clothing are often urgent. Equally important are unmet social, emotional, and self-care needs. The Children's Department at Passageways

has recently initiated a new program with the express purpose of addressing those needs. GUS, or Growing up Strong, is a program designed to help children develop self-esteem in a number of different ways. In short, GUS could be said to feed the soul.

GUS was developed through the joint efforts of the University of Oklahoma's Center for Child and Family Development - Continuing Education and Public Service and the Washita Valley Community Action Council Head start program. They perceived a strong need to emphasize activities with young children that would promote mental wellness and prevent mental health prob-

lems, such as substance abuse, in the future. GUS activities promote life skill development such as decision-making, problem-solving, assertiveness, accepting responsibility, cooperation, self-expression, and critical thinking.

At the shelter, GUS is utilized with children from ages 3-11. Most of these children lack basic life skills. They may be physically, emotionally, and socially delayed. They are often confused and anxious, and simply getting their attention can be a challenge. GUS promotes basic self care and cooperation with others. All of which adds up to building self-esteem and respect for others.

CRISIS SERVICES

Dealing with Anger

by George Young, 3rd Phase Facilitator

Ken (not his real name) came into the Third Phase program very confused and ashamed of his violent confrontations with his girlfriend. They had a child and were living together. During the first few sessions Ken shared very little. It was not until the fourth session, a session in which he heard one of the older men express

girlfriend had left, but he was now able to let her go and share this with the group. Ken still visits us at Third Phase on occasion and continues to verbalize his problems. But now he speaks of his struggle in positive terms and good choices.



"I don't know why I get so angry!"

his own feelings of shame, that Ken broke his silence. "I don't know why I get so angry," he said.

The process of change had begun. In the weeks that followed, Ken was able to talk about his childhood and slowly revealed a background of family abuse. Eventually, he began exploring the areas of stress in his current environment and discovered pent-up anger with his job and boss.

Once Ken made the connection to his own anger, he began to make great strides in group. His awareness allowed him to recognize the proper focus of his frustration. Ken's

Does Third Phase make a difference? It has been over a year and a half and Ken now feels that he has permanently moved to a new level... with higher levels yet to attain.

I like Ken's story because it helps illustrate the philosophy of the YWCA 3rd Phase Program. As counselors, we are here to help individuals raise their level of awareness, to guide them toward acceptance of personal responsibility for their actions... not to make marriages work, to bring families together or to assign blame. We are also here to help individuals confront abusive practices in intimate relationships and make healthy choices for the future.

YWCA Board of Directors

YWCA Board of Directors 1995-1996

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| Carol Ann Kratz | Executive Dir. |
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Are We Having Fun Yet? You Bet!

If you haven't been by either YWCA Ione or YWCA McFarland branches lately, then now is a good time to stop in and look over the fall line up of activities. Both branches continually add new programs and many existing services have been expanded.

McFarland Branch: New this fall at the McFarland Branch is recreational basketball for boys and girls age seven to thirteen, soccer for primary school age children, beginning and intermediate ballet for all ages, and the "Get Fit McFarland Club" for adults. Of special significance is McFarland's

new "Women's Resource Center" which, when fully developed, will serve as a clearing house of resources and information on services and offer monthly workshops on health, nutrition, careers, and family.

Ione Branch: The Ione Branch fall program schedule lists a number of water exercise, swim, and fitness classes. The Ione soccer league expects to host 32 teams with more than 400 individual players during the fall season. Teams are divided into age groups from under six to nineteen and there are also special soccer clinics, as



Did you think of a few things you might want to do this fall season: We thought so!

well as programs for the very young and the not so young. The Ione Branch also offers karate, slimnastics, ball room dancing, bridge, special dances for 5th and 6th grade students, a weekly book club, and a new arts and crafts club. While at Ione, be sure to ask about the special luxury bus tours and shopping trips they are planning.

YWCA Welcomes New Board Members

The YWCA of Oklahoma City welcomes six new members to the YWCA Board of Directors for 1995-1996. The YWCA is honored to have so many talented and dedicated community leaders on its board.



Sody Clements



Christy Elliott



Kay Green



Ann Henry



Georgetta James



Diana Lopez Story

Sody McCampbell Clements is the Membership Vice President of the Junior League of Oklahoma City. She is also a member of the Rainbow Fleet Board. Sody is a Training and Publications Manager for the C.R. Anthony Company.

Christy Elliott is Area Manager for Southwestern Bell Telephone Company. She is Vice Chair of the United Way Allocations Sub-Committee and is on the Initiatives Committee. Christy is also a member of the 'AIM-III' Mathematics Advisory Board.

Kay Green is a career consultant for corporate outplacement. She is a frequent speaker at business luncheons, conferences, and also speaks to high school groups. Kay is a "graduate" of the 1991 YWCA Institute for Public Leadership.

Ann Henry is an interior decorator and owner of The Fabric Shoppe. She organized the Oklahoma City Foundation for Dyslexia. Ann is a current member of the Winter Ball Committee, benefiting Allied Arts, and was past Chair of the Beaux Arts Ball.

Georgetta James has a Master's Degree of Education, is President of Millwood's Board of Education, a board member of the OK Committee to Prevent Child Abuse, a Leadership Oklahoma Alumna, and past president of Alpha Kappa Alpha Sorority.

Diana Lopez Story has a Bachelor's Degree of Fine Arts from the University of New Mexico and a Master's Degree in Human Relations from the University of Oklahoma. She is the Treasurer of the Hispanic Employment Program Committee and is also a member of the Federal Women's Program Commission.

YES!

from pg 1.

The majority of participants to be served by YES! will be former clients of the YWCA Passageway Shelter for Battered Women and Children while an anticipated 10-15% of the residents will come from other crisis programs in the state and local non-domestic violence homeless population. The anticipated length of stay for YES! residents is nine months to one year. During that time, job training, education, and case management will be provided.

The YWCA will need to contribute over \$400,000 for the project over the three years. Ms. Wall continued, "We want to expand our partnership with the community. Since statistics tell us that one in four women will experience domestic violence during her lifetime, YES! will be an investment in real people we all know. Some are friends or family members, some we see at work. The HUD grant and community support will provide the resources to help the YWCA make YES! a reality!

I didn't know what she would say next...

Story related by a Passageway Child Advocate

She was a quiet, thoughtful ten year old. She hesitated when I asked her the more probing questions that were part of the intake evaluation. However, she was more forthcoming on the less threatening ones.

"What do you dislike about being in the shelter?" I asked.

"I have to go to bed too early!" she responded. It is a frequent complaint among children at the shelter.

"What do you like about being in the shelter?"

Her face grew serious and I wondered what would follow. "I like being able to play with all the other kids. I like feeling safe..." then, quietly, sadly... "and I really like it here because you can have all the food you want and we get to eat three times a day."

It's a moment I will never forget.



One of the hand-crafted angels donated by Ms. Dorothy Gordon of Stillmeadow Illinois

Chicago Hope

The bombing of the Murrah Building resulted in an outpouring of love from across the nation. We were especially moved by Ms. Dorothy Gordon who sent 150 hand-crafted angels to the YWCA and asked for our help in getting them to survivors of the bombing and to rescue workers. The Rev. Young, a chaplain at St. Anthony's hospital where most of the victims were treated, and the United Way will help us distribute these beautiful gifts.

The YWCA received and processed more than 1,473 thank you letters for cash gifts and 833 thank you letters for in-kind donations during fiscal year 1994. We can never say "Thank You" enough... the following is a list of special friends and donors who supported the YWCA with either cash or in-kind gifts between May 30, 1995 and June 28, 1995. We truly appreciate your generosity and kindness.

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Regatta from pg 1.

and less time waiting for a course to clear." Special thanks to Passageway Regatta '95 major sponsors, including: The Oklahoma City Boat Club, Cardinal Environmental, The Iguana Lounge, The Daily Oklahoman, United Mechanical, Southwestern Bell, and Integrations Incorporated.

Other special Passageway Regatta supporters included: OG&E Electric Services, Bob Willoughby Design, Dr. Stewart C. Smith, Miller Distributing, Ernst & Young L.L.P., Smith Cogeneration, Southwestern Bell Mobile Systems, Control Fire Systems, Appraisal Resources, Inc., Shasta, On the Cuff, OKC Boatworks, McDermott Sails, Sew What!, K'TOK, New York Bagel Shop, Quail Plaza IGA, and the City of Oklahoma City.



Passageway '95 Regatta Chairperson Liz Eagan (left) and Co-Chair Patricia Greenwall (right) take a momentary break before the beginning of the races.

The following are ongoing needs for the YWCA Passageway Shelter and the YWCA Rape Crisis Center:

- Towels
- Single sheets
- Bed spreads (single)
- Pillows
- Laundry soap
- Canned & non-perishable foods
- Cleaning supplies
- Disposable diapers
- Stainless flatware
- Tooth brushes
- New underwear (Women & Children's)
- Sweat suits (tops & pants don't have to match)
- Feminine hygiene products

Just Imagine

604,080 seconds
10,080 minutes
168 hours
7 days

WITHOUT VIOLENCE

Now you can help make it happen. Join the YWCA as it launches a nation wide campaign to stop the violence. For more information please call 948-1770.

**YWCA Week Without Violence
October 15-21, 1995**



No bench, no problem... at the YWCA we believe soccer should be played, not watched. So, what are you going to do this fall?

This year the YWCA soccer programs expect to field 32 teams. In addition to soccer, the YWCA lone and McFarland Branches offer a wide variety of recreational, educational, and health related services. YWCA memberships are good at all YWCA branches nation wide. Come join the fun.

YWCA News Updates Inside

Special thanks to Kerr-McGee for printing the YWCA newsletter.

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