

Center of Protective Environment (COPE)

Volume 1, Issue 3

April 2009



Inside this issue:

COPE Survey Comments pg 2

Impact of Domestic Violence on the Workplace pg 2

What Can Your Group Do? pg 3

Wanted: Volunteer Coordinator pg 3

Domestic Violence Knows No Social Boundries pg 3

Things our Clients Need pg 4

176

Crisis/hot line telephone calls handled Jan-Mar 2009.

142

Crisis/hot line telephone calls handled Jan-Mar 2008

21%

Increase for the same period year over year.

Please Join Us...

COPE and the City of Alamogordo are pleased to announce that Mark Wynn, an internationally recognized expert on domestic violence investigation and intervention, will be providing training in Alamogordo.

This training, entitled "Domestic Violence Investigation and Intervention," will be held 4 days, 8 hours each day, May 18, 19, 20 and 21 at the Tays Center, NMSU-A, Alamogordo. These presentations will be from 8 a.m. to 5 p.m., and any professionals who come into contact with domestic violence victims, i.e., law enforcement, counselors, attorneys, nurses,

Silent Witnesses

In 1990, an ad hoc group of women artists and writers, upset about the growing number of women in Minnesota being murdered by their partners or acquaintances, joined together with several other women's organizations to form Arts Action Against Domestic Violence. They felt an urgency to do something that would speak out against the escalating domestic violence in their state, something that would commemorate the lives of the 26 women whose lives had been lost in 1990 as a result of domestic violence.

After much brainstorming, they decided to create 26 free-standing, life-sized red wooden figures, each one bearing the name of a woman who once lived, worked, had neighbors, friends, family, children--whose life ended violently at the hands of a

doctors, teachers, are invited to attend. Each day of training will be the same, so participants only need to plan to come one of the four days.

On the evening of May 19th at 6:00 p.m. at the Tays Center, a brief session will be open to the public. The evening event will include a barbecue dinner, hosted by Our Country Kitchen, a brief ceremony involving our Silent Witness project (see the article below), and our main event, Mark Wynn. Tickets for the dinner are \$7.00, and will be available at the COPE offices, Our Country Kitchen, and BANK'34.

husband, ex-husband, partner, or acquaintance. A twenty-seventh figure was added to represent those uncounted women whose murders went unsolved or were erroneously ruled accidental. The organizers called the figures the Silent Witnesses (the original 27 witnesses).

COPE and the District Attorney's Office have joined together to develop a silent witness project for Otero and Lincoln Counties to remember and honor those individuals who lost their lives as a result of domestic violence in our area. The first group of silent witnesses has been on display on the court house steps in Alamogordo and a commemoration was held at the court house on

Mark's presentations are informative, entertaining and heartfelt. He talks about growing up in a home where domestic violence was an everyday occurrence. His mother, he and his siblings all suffered at the hand of her husband, the stepfather of the children.

Coincidentally, many of Mark's extended family members are "lawmen," and he grew up to be one too. Early in his career, he responded to domestic violence calls and this brought back many memories of witnessing

Please see "Join Us..." , pg 4

Wednesday, April 29 as part of National Crime Victims Week.

The silent witnesses are Melissa Luera, Victor Eaglestar, Liz Ballard, Deborah Rhoudes, Deputy Robert Hedman, Jr., and Daniele Fuller. Also included are two children who did not die, but witnessed the murder of their parents.

Another group of silent witnesses will be unveiled in Lincoln County. These are individuals who have lost their lives in recent years in Lincoln County as a result of domestic violence.

If you would like to know more about this project or if you would like to have these silent witnesses displayed at an event, please call Kay Gomolak at 434-3622.



COPE Survey Comments for January and February

Victims

"I've learned a lot from my program. I use what I've learned in everyday life. The people that work here are there to help you and they are so polite and helpful."

"The counseling is very helpful. If even just to vent."

"This office has been a life saver for me and my 4 kids. Thank you doesn't cover it. I appreciate your help so much."

"COPE has been very helpful in showing me changes I need to make and signs of an unhealthy relationship."

"Opening my eyes to a lot of things and teaching me a lot about myself."

"This has helped me very much. I now, after years of marriage, realize he is verbally and mentally abusing me. I am already beginning to change. This is true with my daughter too, she does the same to me."

"I feel that this program is great to teach me about domestic violence and how to deal with it now and prevent it from happening again."

Impact of Domestic Violence on the Workplace

Nearly one-third of American women report being physically or sexually abused by a husband or boyfriend at some point in their lives. Domestic violence doesn't stay at home when victims and perpetrators go to work. Your business can play a key role in helping to end violence against women. Help educate your employees and managers about domestic violence and how we can all be part of the solution.

A study of domestic violence survivors found that 74% of employed battered women were harassed by

their partner while they were at work.

Domestic violence caused 56% of battered women to be late for work at least five times a month, 28% to leave early at least five days a month, and 54% to miss at least three full days of work a month.

The annual cost of lost productivity due to domestic violence is estimated as \$727.8 million, with over 7.9 million paid workdays lost each year.

Our health-related costs caused by physical assault, stalking, and homicide by

Offenders

"The staff here is excellent."

"The counselors are doing one heck of a job. Thanks!"

"The staff is very helpful and informing. They are also very supportive and care about what they do. Thanks."

"I think 53 weeks is a little too long. Maybe 25 is better."

"I love the people who work with COPE. They have done so much for my family and I."

"I don't have an abusive problem."

"I don't understand how I was found to be controlling because my house was a wreck and a controlling guy would use control to get his house cleaned."

"You are doing an excellent job on me and my family. It shows every day and I thank you for helping me."

"I thank COPE for helping me understand my feelings and my partner's feelings."

intimate partners exceed \$5.8 billion each year. Of this total, nearly \$4.1 billion are for direct medical and mental health care services.

More than 1 million women and 371,000 men are victims of stalking each year in the U.S. Stalkers often follow the victim to the workplace.

Contact COPE at (575) 434-3622 to schedule employee and/or manager training. If you have an employee needing immediate help, call our hot line at (575) 437-2673.



What Can Your Group Do?

We are often asked by groups in town, “What can we do to help?”

We have all kinds of ideas! Many of our shelter residents come to us with nothing but the clothes on their backs. Having bags filled with personal hygiene products such as shampoo, conditioner, brush, comb, hair ties, hair spray, deodorant, lotion would be a great relief.

Mother’s Day is another opportunity for small gifts the children can give their mothers. We have many families who don’t live in our shelter but are struggling to make it on their own.

Baskets of food staple for them would always be welcome. We often have lots of children in the shelter so a variety of different age appropriate “fun bags”

would be a great way to help distract them from the upheaval they are going through. Bags with craft supplies would be a terrific distraction for our guests.

As you can see, the opportunities are limited only by your group’s imagination. Please feel free to contact us for more ideas!



Wanted: Volunteer Coordinator

We are desperately in need of a Volunteer Coordinator. This volunteer position would take an estimated 5 to 10 hours a week.

community interested in being a volunteer with COPE, matching COPE needs with the right volunteer.

Responsibilities would consist of developing and maintaining a list of active volunteers. This person will be the primary point of contact for both members and organizations in the

Although there are many times we could use volunteer help, we end up obtaining it in a very ad hoc way due to staffing constraints—we have no one on staff to make this an organized effort.

We often need volunteers to help develop community events, staff registration tables, stuff envelopes, conduct activities for children and much more.

If you are interested, please contact Kay Gomolak at (575) 434-3622 or Sigrund Shoemaker at (575) 442-8741.

Center of Protective Environment (COPE)

The purpose of the Center of Protective Environment, Inc. (COPE) is to provide services that act to reduce the risk of family and relationship abuse in Otero and Lincoln Counties, New Mexico. Our mission is to provide a variety of services to individuals and families experiencing domestic violence, including but not limited to: shelter and housing advocacy to reduce homelessness, crisis intervention, advocacy and counseling services. COPE is dedicated to the treatment and prevention of family and relationship violence whenever possible. COPE advocates for community involvement to help deal with the problem of family and relationship violence within the community.

Love Shouldn't Hurt

United Way

909 South Florida Ave. Alamogordo, NM 88310 Phone: (505) 727-2619 TDD: (505) 727-2622

1201 Market Drive. Rosita, NM 88341 Phone: (505) 768-2679 TDD: (505) 768-2679

Domestic Violence Knows No Social Boundaries

Some people may think emotional and physical violence in the home is confined to couples of a lower socio-economic class. If only that were so, our mission and target audience would be better defined. Domestic violence knows no social boundaries.

It seems that it is harder to believe or sympathize with a well-dressed, bejeweled woman who finds the courage and self-respect to speak out against her successful, respected, powerful and often charming husband.

Lacking a frame of reference for domestic violence in this echelon, health-care professionals may misread the signs of abuse, while law enforcement officers and judges may have a hard time believing that a successful person might be abusive to his spouse.

She may feel too ashamed to go to a shelter. Women in domestic violence situations are often isolated by their abusers from friends and family, so they may have no one to go to for help. While educated and successful, the “upscale abused woman” is typically unaware of her legal rights. She can be con-

vinced by her abuser that she is responsible for his abusive behavior. She may be isolated by her denial and shame from the validating voices and potential assistance.

Many times the abuser feels eminently entitled and is incapable of seeing his wife as a person in her own right, or worse, is threatened by her successes. It happens all around us.

If you know or suspect someone is being abused, please contact COPE to learn how you can help.



Center of Protective Environment (COPE)

909 South Florida Ave 1204 Mechem Drive
 Alamogordo, NM 88310 Ruidoso, NM 88345

Hot line: 575.437.2673 Hot line: 1.866.350.2673
 Office: 575.434.3622 Office: 575.258.4946



The purpose of the Center of Protective Environment, Inc. (COPE) is to provide services that act to reduce the risk of family and relationship abuse in Otero and Lincoln Counties, New Mexico. Our mission is to provide a variety of services to individuals and families experiencing domestic violence, including but not limited to: shelter and housing advocacy to reduce homelessness, crisis intervention, advocacy and counseling services. COPE is dedicated to the treatment and prevention of family and relationship violence wherever possible. COPE advocates for community involvement to help deal with the problem of family and relationship violence within the community.

Things Our Clients Need.....

Our agency is in great need of food and personal care items for our clients. In addition, many of our clients are forced to leave their homes and start over. They need basic supplies to set up their new homes. Your donation of any of the following items would be most appreciated:

(Please bring refrigerated items directly to COPE)

- Cereal
- Ground beef
- Milk
- Eggs
- Cheese
- Lettuce
- Bacon
- Canned meat, i.e., tuna,
- Chicken
- Coffee
- Dry creamer
- Sugar
- Tea bags

- Personal care items and paper goods needed:
- Alarm clocks
- School supplies
- Diapers

- Over the counter medicines:
- Aspirin, ibuprofen, and acetaminophen
- Over the counter children's medications
- Paper plates
- Small and large
- Trash bags
- Toilet paper
- Paper towels
- Linens, including bedding and towels
- Deodorant/antiperspirant
- Toothpaste/toothbrushes
- Hair conditioner
- Disinfectant spray, low suds laundry detergent, cleaning supplies
- Kitchen items such as dishes, glasses, silverware, pots & pans, small appliances
- Tools for simple home repair

Please contact us for more information on how you can help domestic violence survivors and their children in our community.

Join Us.....

Continued from page 1

violence as a child.

Mark is a 20 year veteran of the Nashville Metropolitan Police Department. He has received many commendations and awards as a result of his police work and specifically his work on how to handle domestic violence in the law enforcement setting. He has written policies and procedures for handling domestic violence cases that are used around the world.

Mark is a gifted speaker with a down home country approach. He's been on The Oprah Winfrey Show, NBC World News Tonight, ABC Evening News, and Dateline to name a few.

We are truly blessed to have Mark Wynn train locally. Please don't miss this opportunity to hear this inspiring, informative man!

For more information about Mark, check his website, www.markwynn.com.

To register for the daylong events, contact Kristina at COPE, 575-434-3622.

