



# COPE Expands Vision and Mission for the Future

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### Visit Us Now On



**43%** increase in crisis/hot line telephone calls handled from 2nd Qtr 2009 to 2nd Qtr 2010.

**63%** of the time, a child was present during an abusive situation.

The COPE board of directors and senior staff are pleased to announce COPE's new **vision and mission statements and five year strategic goals**. A committee of the board has been working diligently on the strategic planning process for many months. Members of the committee interviewed over 75 people, including the agency's clients, community partners, agency staff and board members.

The comments from these individuals were compiled and used by the board of directors and senior staff during strategic planning sessions. Following a great deal of brainstorming and breakout sessions, the group walked away with the following five-year strategic focus:

**Vision:** We envision a community knowledgeable about domestic violence and abuse and fully engaged and committed to its eradication.

**Mission:** The mission of COPE is to help people affected by domestic violence and other forms of abuse in Otero and Lincoln Counties, New Mexico. We do this by:

- Providing a comprehensive array of direct services, including shelter,
- Engaging others in effectively addressing these issues in our community,
- Promoting safe and healthy relation-

ships through awareness and prevention.

### Five Year Strategic Goals:

1. Develop a solid foundation/infrastructure from which to provide our services.
2. Grow a community to address domestic violence and abuse.
3. Provide an inclusive, comprehensive array of services.

As part of this planning process, we declared our intention to officially expand our vision and mission to include not only domestic violence but also abuse in our communities such as stalking, bullying and teen dating. We are already informally providing community education and training on these growing issues. We hope by formalizing this expansion, those in need of those services will know where to turn for help.

Each goal includes a number of specific objectives that are targeted to help the agency improve and/or continue its services. One of our first objectives is the development of a volunteer program to support and enhance the work of COPE. If you are interested in assisting us as a volunteer, please contact us at one of our offices: in Alamogordo, call 575-434-3622; in Ruidoso, call 575-258-4946.

## Hot Diggity Dog - It's Summer!

The clients and staff welcomed the beginning of summer with a cookout and swim time. Several of the staff dodged the smoke and barbecued hot dogs and hamburgers while the younger clients enjoyed splashing in the three wading pools set out on the back patio. The meal ended with everyone enjoying s'mores or ice cream floats.

Every Tuesday this summer, COPE has had a visitor from CHINS come over and host a playgroup for the moms and their children. Patti Greer brings the best toys and engages both moms, kiddos, and staff in an hour of just having fun with each other. Wednesday has been library day for several of the families whose children are participating in the summer reading program.

The children and Miss Barbara listen to stories, do a craft, and enjoy a picnic lunch provided by the public schools.



Two of the younger clients had July birthdays, so a special visitor was invited to celebrate with us. Matilda, the camel, and her owner, George Stone, paid the shelter a visit on Saturday morning and the clients and staff learned a lot about these interesting animals. Matilda patiently posed for pictures and made friends with many of the young children. She even donated some of her wool for them to keep.

Afterwards the residents, staff, and guests enjoyed a brunch, complete with camel and star shaped pancakes and an ice cream birthday cake for dessert. Everyone sang Happy Birthday to the staff member and children who were celebrating their special day. Several of the residents tried "Pin the Hump on the Camel" game, but found it to be harder than it looked. The children drew pictures to thank our guests who promised we would see them again.

# You Can Cope With Domestic Violence

by Donna Bonds, Victim Advocate, Ruidoso COPE Office

Domestic violence is the least reported crime in the country and is our nation's number one health problem. Domestic violence can be defined as any act of forceful control over an intimate partner or family member. Unnatural power and control of another can be accomplished by many different methods of attack. Besides physical and sexual violence, an abuser may resort to "keeping his partner in line" by causing her severe emotional abuse, intimidating or humiliating her, isolating her from family and friends, using coercion and threats towards her or the children, maintaining economic control over the family as well as making all the important decisions in their life. An abuser will use tactics to minimize or deny the violence that occurs between them or shift the responsibility for the abusive behavior on the victim.

A National Violence Against Women survey indicated that 1 in every 4 women will experience domestic violence in her lifetime. In the United States, the cost of intimate partner violence exceeds \$5.8 billion each year, \$4.1 billion of which is for direct medical and mental health services. The Center for Disease Control & Prevention also states there are 16,800 homicides and 2 million injuries due to intimate partner violence annually in the U.S. The economic impact to society is in excess of \$37 billion a year.

What can we do in our community to eradicate the devastating effects of domestic violence in our lives? The answer is to support an organization that functions as the first line of defense to stop the violence. COPE is one such agency, located at 204

Mechem, Suite 11, Ruidoso, and at 909 South Florida in Alamogordo. COPE is dedicated to intervention and prevention of family and relationship violence by offering a range of services including crisis intervention, shelter, advocacy support, outreach education and counseling.

One of the most important tools that can be used to keep survivors of domestic violence safe is a protection order. COPE offers assistance to victims of domestic violence in obtaining orders of protection through the Family Violence Court located in the 12th District Courthouse in Carrizozo or Alamogordo, VAWA - Violence Against Women Act - provides funding for COPE to provide attorney representation for survivors of intimate partner violence who petition the court for a protection order. This service is free to survivors of intimate partner violence. For more information, contact an advocate at either of the COPE offices.

A recent study shows 50% of the survivors experienced no violation of the protection order during the first 6 months it was in effect. For those survivors who did experience violations, the type of violence or abuse was significantly reduced during the six month follow-up period compared to the 6 months before the protective order was issued. 77 to 95 percent of the survivors granted an order of protection felt it was definitely effective in increasing their safety from their abuser. The majority of the survivors who did not experience violation of their protection orders believed the effectiveness of the protective order was directly linked to the abuser's fear of going to jail.

If you have any questions, please contact us at 575-258-4946, Ruidoso or 575-434-3622 in Alamogordo.

## Results of the Ice Cream Social

Thanks to all who attended the Ice Cream Social and Jazz Jamboree on April 30 at the gymnasium at Bethel Baptist Church! With your help we were able to raise \$8,100 for our work at COPE. Perhaps you are now enjoying an item you purchased at the silent auction or remembering the fun we had listening to the NMSU-A Jazz Band and watching the half-time show with Jan King and volunteers from the audience.



Of necessity we have cut our budget 12% for the new fiscal

year, which began July 1. We are so grateful to folks like you who make it possible for us to continue to offer essential services to our community.

On Friday, November 19, you have the opportunity to enjoy another benefit concert at the Flickinger Center at 7:30 p.m. Ticket price is only \$10.00 this year. The theme is "Our Community's Gift to COPE." Some of the local artists performing are Charles Thompson (The King and I), Mike Julian, Donnie Burt, and the Grace United Methodist Church orchestra. We hope to see you there.



## COPE is now on facebook

This COPE newsletter reaches approximately 900 readers. Our advertising in the Alamogordo Daily News for specific events reaches, potentially, 7400 readers.

Now COPE has a new avenue for reaching even more people: the social networking phenomenon – facebook.

The COPE facebook page posted for the first time in early July. Since then, with the help of our 'friends', the page has been 'liked' by 80 people! Each day a COPE fact or request is posted and viewers

have the options of sharing the information with their friends and clicking on 'like' and posting a comment.

Facebook is a social network of interest to people of all ages. However, by launching this web page, we hope to also reach a younger audience with valuable information about our shelter and counsel-

ing services available in Otero and Lincoln Counties. Look at our page! You can search facebook for 'COPE Center of Protective Environment' and 'like' it so you, too, can receive daily information about COPE and what we are doing in the community.

## Dating Violence - A Very Serious Concern

Dating violence is a very serious concern for young women these days. The Bureau of Justice reports that women ages 16 to 24 experience the highest per capita rate of intimate violence—nearly 10 per 1,000 women. 1 in 5 female high school students report being physically and/or sexually abused by a dating partner, according to [www.seeitandstopit.org](http://www.seeitandstopit.org).

The Sexual Assault Nurse Examiners and COPE are hosting a premiere of “Date Violence” at Gerald Champion Regional Medical Center, at 7 p.m. on Tuesday, September 7. The group will host the film, produced by Emmy award winning New Mexico producer, Chris Schueler, and then have discussion after the film. Adults are encouraged to bring their children who are dating or near dating age.

“The largest percentage of people we see at COPE—both

victims and offenders—are under the age of 30,” says Kay Gomolak, Executive Director. “It is important for parents and teachers to know about the warning signs of dating violence and to share this information with teens,” she stresses.

Perry Lawson, community educator for COPE, provides educational presentations to groups on teen dating relationships. He focuses on increasing awareness and understanding about how to build safe and healthy relationships. Perry believes it is important to speak directly with teens on the issue because if they are not themselves in an abusive relationship, they may know someone who is in an abusive relationship. “Teens are most likely to talk with a peer about their relationship concerns,” says Perry.

The Mary Kay Ash Charitable Foundation offers some

excellent safety planning tips to teens who are dating:

- Consider hanging out with friends in a group when seeing a new person.

- Before leaving on a date, know the exact plans and make sure a friend or parent knows them and when to expect you home.

- Remember reaction time is slower when you’ve been using drugs or alcohol.

- Text or call a friend or parent to check in. Let them know if the plans change.

- Trust your instincts. If a situation or person is making you uncomfortable, remain calm and try and remove yourself from the situation.

Anyone concerned about a dating relationship may call COPE and speak with a victim advocate. In Alamogordo, call the COPE office, 575-434-3622. In Ruidoso, call the COPE office at 575-258-4946. After hours, persons may call the crisis line, 575-437-2673 or 1-866-350-2673.

*To Whom It May Concern:*

*When people are in need there is nothing more satisfying to know that there is a place to turn to that gets donations of food and clothing from our community. COPE has provided me with all my basic needs. Thanks and appreciation to all in the community that share their things with others.*

*Anonymous*

## PNM Fund Awards COPE

The Center of Protective Environment, Inc. (COPE) was awarded a grant from the PNM Fund to improve its energy efficiency at its office and shelter for victims of domestic violence in Alamogordo. The grant will allow COPE to replace an old freezer with a new Energy Star rated freezer, to replace a broken solar panel on the roof of the shelter, to replace weather stripping on 10 doors and to tint windows.

“Our goal with this grant is to reduce our energy usage and to increase the overall comfortability of our facilities for clients and staff,” said Kay Gomolak, Executive Director of COPE. This is the second grant COPE has received from the PNM Fund’s Reduce Your Use Grant Program. The first grant received two years ago helped COPE to replace duct work and add insulation at COPE’s office in Alamogordo. “Our electric and gas bills were reduced significantly as a result of the new duct work and insulation. The new grant will help us to continue to reduce our costs and improve our efficiency,” says Gomolak.

The nonprofit PNM Fund, a division of the PNM Resources Foundation, this year awarded \$250,000 in Reduce Your Use Grants to nonprofits in its service territory to implement energy-saving measures that lower their electric bills and help the environment.

“With the demand for services supplied by so many nonprofits rising, and budgets tightening, the Reduce Your Use Grant represents a unique opportunity for a nonprofit to focus more of its money on what really matters: fulfilling its core mission,” said Diane Harrison Ogawa, executive director of the PNM Resources Foundation.

The PNM Fund is a division of the PNM Resources Foundation, a nonprofit established in 1983 to improve the quality of life in communities where the company’s customers and employees live and work. Celebrating its twenty-fifth anniversary, the PNM Resources Foundation is a separate nonprofit tax-exempt corporation and was originally endowed by a gift from earnings by shareholders of PNM. No customer

funds are part of the endowment. For more information, visit [www.pnm.com/fund](http://www.pnm.com/fund).



Kay Gomolak, COPE Executive Director, and Mary Parra, PNM Community Liaison



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Hot Line: 1.866.350.2673  
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**[ Love Shouldn't Hurt ]**



**Our Vision:** A community knowledgeable about domestic violence and abuse and fully engaged and committed to its eradication.

**Our Mission:** To help people affected by domestic violence and other forms of abuse in Otero and Lincoln Counties, New Mexico.

**We do this by:**

- Providing a comprehensive array of direct services, including shelter,
- Engaging others in effectively addressing these issues in our community,
- Promoting safe and healthy relationships through awareness and prevention.

**Services include:** shelter and housing advocacy to reduce homelessness, crisis intervention, advocacy and counseling services.

## Calendar of Events

• **September 7: World Premier of Date Violence: A Documentary About Violence in Student Relationships, produced in New Mexico by Chris Schuler, Emmy Award winning producer.** A viewing will be hosted at Gerald Champion Regional Medical Center Complex B by the Sexual Assault Nurse Examiner Program and COPE, 7 p.m. The program can also be viewed on KOBTV 4 and KRWG 22, 7 p.m.

• **September 15 and 16: New Mexico Coalition Against Domestic Violence annual conference on domestic violence at the Albuquerque Marriott.** For information contact the Coalition office at 505-246-9240 or register online at [www.regonline.com/2010NMCADV](http://www.regonline.com/2010NMCADV).

• **October 9: Bike run for women, beginning in Cloudcroft, 40, 60 and 100 mile rides.** For more information contact [Bob@Bike2Bike.org](mailto:Bob@Bike2Bike.org). COPE will assist and will be the charity beneficiary.

• **November 19: Our Community's Gift to COPE, a benefit concert.** Flickinger Center for Performing Arts, Alamogordo, 7:30 p.m.

## School Supplies for COPE

Help support the COPE kids with a donation of the items listed below:

Backpacks (suitable for boys or girls)

Pink erasers

Disinfecting wipes

Filler paper - wide rule

Pencil Pouches (3-ringed type)

Glue sticks

Kleenex

Quart or Gallon Ziploc bags

Colored pencils

3x5 index cards

Construction paper - all colors

Blue or black pens

Pocket folders with 3 tabs

Pocket folders without brads

Watercolors

Large markers

Liquid soap

**Please contact Barbara at COPE**

**with any questions.**

**575-434-3622**

**Thank you**

**for your support!**

