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Last paper newsletter

This will be the last paper newsletter we mail out, but we will continue to publish the newsletter quarterly on the COPE web site. We've started an emailing list to keep in touch with our supporters. Send your name and email address to:

info@copedv.org

And remember you can follow us on Facebook and on our web site:

facebook.com/copedv
www.copedv.org

Shelter Needs

- Towels
- Twin or full size blankets
- Front-facing child car seats
- Booster seats
- Hair products, including hair spray
- Alarm clocks
- Body lotions
- Batteries, AA & AAA
- Lanyards
- USB flash drives for children's school work

COPE's Annual Appeal

To Our Friends and Supporters,

COPE has been providing services to victims of domestic violence and their children in Otero County since 1980 and in Lincoln County since 2002. In that time we have helped thousands of people, saving lives and offering hope for a better tomorrow. We have done our best to provide the best possible services—to callers who seek immediate help on our 24/7 crisis line, to victims of domestic violence and their children who enter our shelter for safety, to young people who are educated about bullying and domestic violence through our prevention education programs.

COPE receives financial support from local, state and federal governments, from charitable foundations, from United Way of Otero County, from local businesses and from individuals like you. Even in good times there is never enough money to do all the work that is needed, and recent years have not been good times.

Your donation will help us continue our safety net of services in Otero and Lincoln Counties. These include:

- The 24-hour family violence crisis phone line staffed by our trained professionals.
- Shelter services for adults and children including safety, beds, food, clothing, personal items, counseling, assistance in filing Orders of Protection, and life skills training. We can also provide transportation for school children, for doctor's appointments, and for job interviews.
- Advocacy services at our offices in Alamogordo and Ruidoso that link people experiencing family violence to legal, housing, employment services, and other community resources.
- Counseling services at our offices, including individual and group counseling, that address issues of family and relationship

violence and improve communication and coping skills.

- Educational services conveying valuable information in the community to children and adults about preventing family and relationship violence.

More information about COPE is on page 2 of this newsletter.

Your tax-deductible gift to COPE will be used to provide assistance to individuals and families in our local communities. You may designate how your gift will be used. Please complete the form on page 3 and enclose it with your check in the enclosed envelope. If you prefer, you may use your credit card to make your donation online at our website, www.copedv.org.

Thank you, and best wishes to you during this holiday season.

Kay Gomolak,
Executive Director

Allen Stenger,
Board President



Representatives from the US Border Patrol office, Alamogordo, are pictured here with Kay Gomolak, COPE's Executive Director. They donated 25 complete Thanksgiving dinners for families in need who are receiving services from COPE. Also shown is one of several heavy duty tricycles that have been made by Border Patrol staff and donated to COPE's shelter.

COPE questions and answers

What is domestic violence?

Domestic violence is a pattern of behavior that is used to gain or maintain power and control over an intimate partner. It can happen to couples who are married, living together or who are dating. The abuse can be physical, sexual, emotional, economic or psychological actions or threats of actions. Domestic violence affects people of any socioeconomic background, education level, age, race, religion or sexual orientation.

How serious is the problem of domestic violence?

- A woman is battered in the US every 15 seconds. It is estimated that 1 in 4 women will be abused. This violence is the least reported crime in the country and is our nation's number one public health problem.
- In a stunning finding, the Adverse Childhood Experiences (ACE) study concluded that major disease, including cancer, stroke and heart disease, were linked to exposure to domestic violence as a child. A follow-up study showed that children exposed to six or more categories of abuse died, on average, 20 years earlier than their counterparts who had not been abused.
- For a child, domestic violence lasts a lifetime. Witnessing violence in the home is the strongest risk factor for transmitting violent behavior from one generation to the next.

How did COPE get started?

COPE was started in Alamogordo in 1980 by a group of concerned citizens who wanted to do something to help victims of domestic violence. The agency was incorporated in 1983 and received its first grant from the National Presbyterian Women's organization to provide assistance to victims of domestic violence.

What services does COPE offer for the community?

- **Crisis phone line:** 575-437-2673 or 1-866-350-2673. Trained staff are available 24 hours a day, 7 days a week to assist callers with domestic violence issues.
- **Shelter:** COPE offers safety and shelter, food, clothing, transportation, assistance in filing Orders of Protection, and counseling for adults and children at its shelter in Alamogordo.
- **Advocacy:** Victim advocates are available at COPE's offices in Alamogordo and Ruidoso to help victims of domestic violence address their safety concerns and link them to supportive services for legal, housing and employment needs.
- **Counseling:** Trained counselors and domestic violence specialists are available in COPE's offices to help victims of domestic violence and their children address the trauma they have experienced and acquire skills to avoid further abuse.

- **Outreach and Education:** COPE's community educator offers presentations throughout Otero and Lincoln Counties to schools, churches, law enforcement, medical and legal professionals, civic organizations and businesses. These presentations convey valuable information about preventing and dealing with domestic violence and dating violence. To schedule a presentation, call 575-434-3622 or 575-258-4946.
- **Domestic Violence Offender Treatment and Intervention:** COPE is the only state certified provider of 52-week domestic violence offender treatment services in Otero and Lincoln Counties.

How many people are helped by COPE each year?

COPE provides direct services to 750 to 1,000 people annually and reaches more than 5,000 people each year with its outreach and education programs.

How is COPE funded?

COPE is funded by government and private foundation grants, the United Way of Otero County, and local contributions from individuals and groups throughout Otero and Lincoln Counties.

How will COPE use my donation?

COPE will use your gift to help victims of domestic violence and their children in our area. You may designate your donation to be used either in Otero or Lincoln Counties specifically if you wish. COPE has very low administrative costs, only 2.97%, so you can donate knowing that 97% of your dollar will go to direct service for victims and their children.

Who manages COPE and how do I know my donation will be used wisely?

COPE is under the direction of a 12-member board of directors who support the work provided by COPE's staff and volunteers. The agency is reviewed regularly by auditors and funding bodies.

Are donations tax deductible?

Yes. The Internal Revenue Service has identified COPE to be a tax exempt organization under section 501(c)(3) of the Internal Revenue Code. COPE will send you a confirmation letter or receipt recognizing your donation for tax purposes.

How can I give my donation to COPE?

Just complete the donation form on the next page of this newsletter and send it to COPE in the enclosed envelope. You may include your check or we can bill you if you wish to make installment payments. If you prefer to use your credit card, COPE can accept your donation on line at COPE's website, www.copedv.org.

Orders of Protection: What they are, why you may need them

COPE staff are available to assist victims of domestic violence, sexual assault, stalking or harassment in obtaining an Order of Protection. An Order of Protection is an important tool to assure the safety of victims of these crimes. COPE’s victim advocates provide immediate assistance, help review safety concerns, and provide support to the victim throughout the process. COPE may provide an attorney to represent the victim in these proceedings.

An Order of Protection is a court order from District Court which forbids the respondent, the alleged perpetrator, from committing further acts of violence, harassment and stalking against the named protected party or parties. Usually the order forbids any direct or indirect contact by the offender towards his or her victim. The purpose of the Order of Protection is to provide a measure of safety to those who have experienced domestic abuse, and to their children.

New Mexico has three forms of orders of protection: the *ex-parte* emergency order, the temporary order, and the long term standard order of protection. The emergency order of protection is filed by law enforcement with the district court or on-call judge. The purpose of the emergency order is to provide immediate protection to those in danger.

Following or independent of the emergency order of protection, a victim may file a petition for an order of protection which is usually accompanied by a petition for a temporary order. The temporary order may provide for short term custody and visitation of minor children, possession of home and vehicles, and prohibits contact by the restrained party upon the petitioner and household members. While the emergency order is in force for no more than the seventy-two hours, the temporary order may remain in effect up to ten days.

The respondent will be served and a hearing set. The parties appear before a Domestic Violence Hearing Commissioner who hears evidence presented by both sides. The commissioner will make a recommendation as to whether an order of protection will be issued and for what length of time. In the Twelfth Judicial District most orders are for a year with a few extending two to four years. The Commissioner’s recommendation is forwarded to a judge who makes the final determination.

Copies of the protection order should be provided to the work place, children’s schools, day care facilities, landlords and anyone else that may come into contact with the protected and restrained parties on a regular basis. The local sheriff’s department will also receive a copy of the order and enter the information into the National Crime Information Center’s data base.

Orders of protections are effective. An eighteen-month study was conducted between January 2001 and June 2002 in Houston, Texas of women who had obtained orders of protection, both temporary and permanent. Even for the women who were not granted the order, the majority reported that just applying for the order reduced the level of violence they suffered. The largest number of violations related more to violations of the requirement to “stay 200 feet from the woman’s home or workplace” rather than to actual physical violence. The study surmised that the actual contact with the justice system and placing the abuse in the public eye prevented recurrence of violence.

For further information, contact a victim advocate at COPE or see our detailed article about orders of protection on COPE’s website, www.copedv.org/Resources.html.



COPE Annual Appeal Donation Form

- I’m pleased to contribute: \$ _____ to COPE:
 - to provide services in Otero County.
 - to provide services in Lincoln County
 - use where needed to help COPE provide domestic violence services.
 - My donation is enclosed.
 - Bill me ___ monthly or ___ quarterly.
 - I will pay by credit card online at www.copedv.org.

Name: _____

Address: _____

Email: _____

Mail to: COPE, Inc., 909 South Florida Avenue, Alamogordo, NM 88310

Your contribution to COPE is tax deductible.



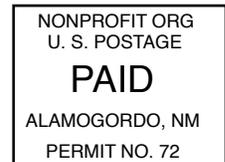
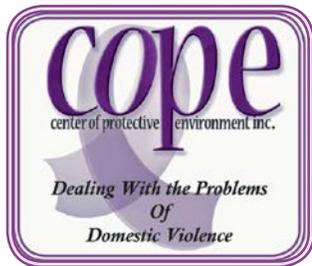
COPE shelter residents enjoy sitting by this little tree, planted in memory of Marie France-Mattison, a beloved staff member at the shelter who passed away.

COPE News CENTER OF PROTECTIVE ENVIRONMENT

909 South Florida Ave, Alamogordo, NM 88310
Hot Lines: 575.437.2673 or 1.866.350.2673
Office: 575.434.3622

www.copedv.org

1204 Mechem Dr, Ste 12, Ruidoso, NM 88345
Hot Line: 1.866.350.2673 • Office: 575.258.4946



909 South Florida Ave
Alamogordo, NM 88310

Return Service Requested

Holiday depression and stress

The winter holiday season, including Christmas, Hanukkah, and Thanksgiving, for most people is a fun time of the year filled with parties, celebrations, and social gatherings with family and friends. But for many people, it is a time filled with sadness, self-reflection, loneliness, and anxiety. Here are some helpful hints to assist with your Emotional Safety!

- A number of factors, including unrealistic expectations, financial pressures, and too many commitments can cause stress at holiday time.
- Certain people may feel depressed around the winter holidays due to seasonal affective disorder (SAD), sometimes referred to as seasonal depression.
- Headaches, excessive drinking, overeating, and insomnia are some of the possible consequences of poorly man-

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: housing advocacy and shelter to reduce homelessness, crisis intervention, victim advocacy and counseling services.

aged holiday stress.

- Those suffering from any type of holiday depression or stress can benefit from increased social support during this time of year. Counseling or support groups can also be beneficial.
- In addition to being an important step in preventing the symptoms of seasonal affective disorder, regular exposure to light that is bright, particularly fluorescent lights, significantly improves depression in people with SAD during the fall and winter.
- Setting realistic goals and expectations, reaching out to friends, sharing tasks with family members, finding inexpensive ways to enjoy yourself, and helping others are all ways to help beat holiday stress.

Happy holidays!